

ro-einu, v'tishma kol  
tachanuneinu, ki Eil shomei-a  
t'fila v'tachanun atah. Baruch  
atah Adonai, shomei-a t'fila.

May it be Your will, our God and God of our ancestors, to lead us on the way of peace, so that You will bring us happily to our destination safe and sound. Save us from danger on the way. Give us good grace, kindness, and favor both in Your eyes and in the eyes of all we may meet. Hear our prayer for You and a God who listens to the heart's supplication. Praised are You, Adonai, who hears our prayers.

## T'FILAT HADERECH— PRAYER FOR TRAVELERS

יהי רצון מלפניך יי אלהינו  
 ואלהי אבותינו, שתוליכנו  
 לשלום, ותצדיקנו לשלום  
 ותדריכנו לשלום ותגיענו  
 למחוז חפצנו לחיים  
 ולשמחה ולשלום, ותצילנו  
 מכף כל-אויב ואורב  
 ולקטים וחיות רעות בדרך  
 ומכל-מיני פורעניות  
 המתרגשות ובאות לעולם.  
 ותשלח ברכה בכל-מעשה  
 ידינו, ותתננו לחן ולחסד  
 ולרחמים בעיניך ובעיני כל-  
 רואנו, ותשמע קול  
 תחנונינו, כי אל שומע  
 תפלה ותחנון אתה. ברוך  
 אתה יי, שומע תפלה.

Y'hi ratzon mil'fanecha Adonai Eloheinu  
 veilohei avoteinu, shetolicheinu  
 l'shalom, v'tatzideinu l'shalom  
 v'tadricheinu l'shalom v'tagi-einu  
 limchoz cheftzeinu l'chayim  
 ul-simcha ul-shalom, v'tatzileinu  
 mikaf kol oyeiv v'oreiv  
 v'listim v'chayot ra-ot baderech  
 u-mi kol minei fur-aniyot  
 hamitrag'shot uva-ot la-olam.  
 V'tishlach b'racha b'chol ma-asei  
 yadeineu, v'tit'neinu l'chein ul-chesed  
 ul-rachamin b'einecha uv-einei chol

Blessed are you, Eternal God, Sovereign of the universe, who in Your goodness nourishes the whole world with favor and kind love and mercy. You give food to all living things because Your kind love is always with us. Out of Your great goodness. You never let us lack for food, and may You never let us lack in the future. For the sake of what You stand for—that You are God, who feeds and provides for everyone—You do good for everyone and prepare food for all the living things You created. Blessed are You, O God, who feeds everyone.

Kakatuv, v'achalta v-savata	כְּפִתּוּב, וְאָכַלְתָּ וְשָׂבַעְתָּ
u-veirachta et Adonai	וַיְבָרַכְתָּ
Elohecha al ha-aretz hatova	אֱתֵי יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ
asher natan lach. Baruch	הַטּוֹבָה
Ata Adonai, al ha-aretz v'al	אֲשֶׁר נָתַן לְךָ. בָּרוּךְ אַתָּה
hamazon.	יְיָ, עַל הָאָרֶץ וְעַל הַמָּזוֹן.

Uv-nei Yerushalayim ir	וּבְנֵי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ
hakodesh bim-heira	בְּמַהֲרָה בְיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ
v'yameinu. Baruch Ata	בוֹנֵה בְרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.
Adonai, boneh v'rachamav	
Yerushalayim. Amen.	

O let Jerusalem, the holy city, be renewed in our time. Blessed is the Eternal, by whose compassion we will see Jerusalem renewed and at peace. Amen.

Oseh shalom bim-romav hu	עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא
ya-aseh shalom aleinu v'al	יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל־
kol Yisrael, v'imru. Amen.	יִשְׂרָאֵל, וְאָמְרוּ. אָמֵן.

May the One who causes peace to reign in the high heavens, let peace descend on us, on all Israel, and on all the world. And we say: Amen

Shir hama-a-lot  
 B'shuv Adonai  
 Et shivat Tziyon  
 Hayinu k'cholmim  
 Az yimalei s'chok pinu  
 Ul-shoneinu rina.  
 Az yomru vagoyim  
 Higdil Adonai la-a-sot  
 im eileh  
 Higdil Adonai la-a-sot  
 imanu  
 Hayinu s'meichim.  
 Shuva Adonai et sh'viteinu  
 Ka-afikim banegev.  
 Hazorim b'dima b'rina  
 yiktzoru.  
 Haloch yelech uvacho  
 Nosei meshech hazara.  
 Bo yavo v'rina nosei alumotav.

Baruch Ata Adonai,  
 Eloheinu melech ha-olam,  
 hazan et ha-olam kulo  
 b'tuvo b'chen b'chesed  
 uv-rachamim hu noten  
 lechem l'chol basar, ki  
 l'olam chasdo. Uv-tuvo  
 hagadol tamid lo chasar  
 lanu v'al yechar lanu  
 mazon l'olam va-ed.  
 Ba-avur sh'mo hagadol ki  
 hu El zan um-farnes lakol  
 u-meitiv lakol u-meichin  
 mazon l'chol b'riyotav  
 asher bara. Baruch Ata  
 Adonai, hazan et hakol.

שיר המעלות  
 בשוב יי את־שיבת ציון היינו  
 פְּחֻלְמִים. אֲזַי מְלֵא שְׁחוֹק פִּינוּ  
 וּלְשׁוֹנֵנוּ רִנָּה, אֲזַי יֹאמְרוּ בְּגוֹיִם  
 הַגְּדִיל יי לַעֲשׂוֹת עִם אֱלֹהִים.  
 הַגְּדִיל יי לַעֲשׂוֹת עִמָּנוּ הָיִינוּ  
 שְׂמֵחִים. שׁוּבָה יי אֶת־שְׁבִיתֵנוּ  
 כְּאֶפְיָקִים בְּנֶגֶב. הַזְרְעִים  
 בְּדַמְעָה בְרִנָּה יִקְצְרוּ. הַלֹּדֶךְ  
 יִלְךְ וּבִכָּה נִשְׂא מִשֶּׁדֶךְ הַזְרַע,  
 בָּא יבֹא בְרִנָּה נִשְׂא אֶלְמֹתָיו.

ברוך אתה יי, אלהינו מלך  
 העולם, הֵזֵן אֶת־הָעוֹלָם כֻּלּוֹ  
 בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים  
 הוּא נוֹתֵן לֶחֶם לְכָל־בֶּשֶׂר, כִּי  
 לְעוֹלָם חֶסֶדּוֹ. וּבְטוֹבוֹ הַגְּדוֹל  
 תָּמִיד לֹא חָסַר לָנוּ וְאֵל יִחְסַר  
 לָנוּ מִזֶּוֶן לְעוֹלָם וָעֶד. בְּעִבּוֹר  
 שְׁמוֹ הַגְּדוֹל כִּי הוּא אֵל זֵן  
 וּמִפְרֵגֶס לְכָל וּמִטִּיב לְכָל  
 וּמַכִּין מִזֶּוֶן לְכָל־בְּרִיּוֹתָיו אֲשֶׁר  
 בָּרָא. בְּרוּךְ אַתָּה יי, הֵזֵן אֶת־  
 הַכֹּל.

*Leader, raising the goblet of wine again:*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַמְבַדֵּיל בֵּין קֹדֶשׁ  
לְחַל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין  
יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם  
הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי  
הַמַּעֲשֶׂה. בְּרוּךְ אַתָּה יי,  
הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחַל.

Baruch atah Adonai,  
Eloheinu melech ha-olam,  
hamavdil bein kodesh l'chol,  
bein or l'choshech, bein  
Yisrael la-amin, bein yom  
hashvi-i l'shei-shet y'mei  
hama-aseh. Baruch atah  
Adonai, hamavdil bein  
kodesh l'chol.

Praised are You, Eternal our God, Ruler of the universe,  
who has made a distinction between the holy and the  
ordinary, between light and darkness, between the people  
of Israel and the heathens, between the seventh day and  
the six ordinary days of the week. Praised are You,  
Adonai, who has made a distinction between the holy and  
the ordinary.

## **BIRKAT HAMAZON**

**(GRACE AFTER MEALS)**

Shir hama-a-lot is sung before Grace on Sabbaths and  
Festivals.

## HAMOTZI

### (BLESSING OVER THE BREAD)

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן  
הָאָרֶץ.

Baruch Ata Adonai,  
Eloheinu melech ha-olam,  
hamotzi lechem min ha-aretz

Blessed is the Eternal our God, Ruler of the universe,  
who causes bread to come forth from the earth.

## HAVDALAH

### (END OF SHABBAT)

*The Leader raises the cup of wine*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

Blessed is the Eternal our God, Ruler of the universe,  
Creator of the fruit of the vine.

*The Leader holds up the spice-box*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיַּי בְּשָׂמִים.

Blessed is the Eternal our God, Ruler of the universe,  
Creator of all the spices.

*The spice-box is circulated; the Leader holds up the  
candle*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.

Blessed is the Eternal our God, Ruler of the universe,  
Creator of the light of fire.

With wine, our symbol of joy, we celebrate this day and its holiness. We give thanks for all our blessings, for life and health, for work and rest, for home and love and friendship. And on Shabbat, eternal sign of creation, we rejoice that we are created in the divine image.

ברוך אתה, יי אלהינו, מלך העולם, בורא פרי הגפן.  
 ברוך אתה, יי אלהינו, מלך העולם, אשר קדשנו  
 במצותיו ורצה בנו, ושבית קדשו באהבה וברצון  
 הנחילנו, זכרון למעשה בראשית. כי הוא יום תחלה  
 למקראי קדש, זכר ליציאת מצרים. כי בנו בחרת  
 ואותנו קדשת מכל העמים, ושבית קדשך באהבה  
 וברצון הנחלתנו. ברוך אתה, יי, מקדש השבת.

Baruch Ata Adonai, Eloheinu melech ha-olam,  
 Borei pri hagafen.

Baruch Ata Adonai, Eloheinu, melech ha-olam, asher  
 kidshanu b'mitzvotav v'ratza vanu, v'Shabbat kodsho  
 b'ahava uv-ratzon hinchilanu, zikaron l'Ma-asei  
 v'reisheet, Ki hu yom t'chila l'mikra-ei kodesh, zecher  
 litziyat mitzrayim, Ki vanu vacharta v-otanu kidashta  
 mikol ha-amim, v'Shabbat kodsh'cha b'ahava uv-rat-  
 zon hinchaltanu. Baruch Ata Adonai, m'kadesh  
 haShabbat.

Blessed is the Eternal our God, Ruler of the universe,  
 Creator of the fruit of the vine.

Blessed is the Eternal our God, Ruler of the universe,  
 Who hallows us with Mitzvot and takes delight in us. In  
 God's love and favor God has made the holy Sabbath our  
 heritage, as a reminder of the work of creation. It is first  
 among our sacred days, and a remembrance of the  
 Exodus from Egypt.

O God, You have chosen us and set us apart from all the  
 peoples, and in love and favor have given us the Sabbath  
 day as a sacred inheritance. Blessed is the Eternal, for  
 the Sabbath and its holiness.

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בואי בשלום, עטרת בעלה, גם בשמחה ובצחקה,  
תוך אמוני עם סגולה. בואי כלה! בואי כלה!  
לכה...

Bo-i ve-sha-lom, a-te-ret ba-a-la;  
gam be-sim-cha u-ve-tso-ho-la.  
toch e-mu-nei am se-gu-la  
bo-i cha-la! bo-i cha-la! Le-cha do-di . . .

Enter in peace, O crown of your husband; enter in glad-  
ness, enter in joy. Come to the people that keeps its faith.  
Enter O bride! Enter, O bride!  
Beloved . . .

## HADLAKAT NEROT

(BLESSING OVER THE SHABBAT CANDLES)

ברוך אתה, יי אלהינו, מלך העולם,  
אשר קדשנו במצותיו וצונו להדליק נר של שבת.

Baruch Ata Adonai Eloheinu melech ha-olam,  
asher kidshanu b'mitzvotav  
v'tzivanu L'hadlik ner shel Shabbat.

Blessed is the Eternal our God. Ruler of the universe,  
by Whose Mitzvot we are hallowed, Who commands us  
to kindle the lights of Shabbat.

## KIDDUSH

(BLESSING OVER THE WINE)

“Six days shall you labor and do all your work, but the  
seventh day is consecrated to the Eternal your God.”

**LECHA DODI**

לְכֵה דוּדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת וְקַבְּלָהּ.

Le-cha do-di lik-rat ka-la, pe-nei Sha-bat ne-ka-be-la.

Beloved, come to meet the bride; beloved, come to greet Shabbat.

”שְׁמֹר” וְ”זְכוֹר”, בְּדַבּוֹר אֶחָד, הַשְּׁמִיעֵנִי אֶל הַמִּיְחָד.  
 יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם וּלְתִפְאַרֶת וּלְתִהְלָהּ.  
 לְכֵה...  
 ...לְכֵה

Sha-mor ve-za-chor be-di-bur e-chad,  
 hish-mi-a-nu Eil ha-me-yu-chad.  
 A-do-nai e-chad u-she-mo e-chad,  
 le-sheim u-le-tif-e-ret ve-li-te-hi-la.  
 Le-cha do-di . . .

“Keep” and “Remember”: a single command the Only God caused us to hear; the Eternal is One, His name is One; His are honor and glory and praise.  
 Beloved . . .

הִתְעוֹרְרִי, הִתְעוֹרְרִי, כִּי בָּא אוֹרְךָ; קוּמִי אוֹרִי, עוֹרִי עוֹרִי,  
 שִׁיר דְּבִרִי; כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.  
 לְכֵה...  
 ...לְכֵה

Hit-o-re-ri, hit-o-re-ri, ki va o-reich! ku-mi, o-ri,  
 u-ri u-ri, shir da-bei-ri;  
 ke-vod A-do-nai a-la-yich nig-la. Le-cha do-di . . .

Awake, awake, your light has come! Arise, shine, awake and sing;  
 the Eternal’s glory dawns upon you.  
 Beloved . . .

God, thank You for every gift You have given me these past days. As I go home, make me a special gift to my family and friends. AMEN

## WELCOMING SHABBAT

Sing

### SHALOM ALEICHEM

Sha-lom a-lei-chem,  
mal-a-chei ha-sha-reit  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.  
Bo-a-chem le-sha-lom,  
mal-a-chei ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.  
Ba-re-chu-ni le-sha-lom,  
mal-a-chei ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.  
Tsei-te-chem le-sha-lom,  
mal-a-chei ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei  
ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

שְׁלוֹם עֲלֵיכֶם

שְׁלוֹם עֲלֵיכֶם, מְלֹאכֵי הַשָּׁרֵת,  
מְלֹאכֵי עֲלִיוֹן,  
מִמְלַךְ מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.  
בּוֹאֲכֶם לְשָׁלוֹם, מְלֹאכֵי  
הַשָּׁלוֹם,  
מְלֹאכֵי עֲלִיוֹן,  
מִמְלַךְ מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.  
בְּרַכּוּנִי לְשָׁלוֹם, מְלֹאכֵי  
הַשָּׁלוֹם,  
מְלֹאכֵי עֲלִיוֹן,  
מִמְלַךְ מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.  
צִאתְכֶם לְשָׁלוֹם, מְלֹאכֵי  
הַשָּׁלוֹם,  
מְלֹאכֵי עֲלִיוֹן,  
מִמְלַךְ מְלֹכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

## **DAY NINE**

Almighty God, give me grace to keep the solemn Oath which I have made. Teach me to speak and do the truth, and to shun all that is false in speech and deed. Help me to carry out cheerfully our daily tasks, and to do the good that lies near to hand. Make me thoughtful for others and teach me the meaning of true friendship. Forgive me the wrong I have done, and give strength to resist all temptation; and when things go ill, grant that I may turn to You a trustful heart and to the world a smiling face. Help me to be a true Scout, and make me strong to follow You through all life's way. Remind me, God, to thank the leaders of my crew for the encouragement they have given me. AMEN

## **DAY TEN**

We have come to the end of our trek at Philmont. Do you feel good about having completed your trek? What do you think were your biggest accomplishments these past ten days?

Not all of your accomplishments have been physical ones. You have come to a better understanding of yourself and of your fellow crew members. You have grown in your appreciation of God's land and God's gifts to you in nature and in friendships.

Now it is time to look homeward and to family and friends there. You have matured. You are now an even greater and finer gift to them.

What do you want to do for your family when you get home? Your friends?

Israel gave birth in time to other religions that have brought many to God but our responsibility continues, for our mission remains unfulfilled. It will continue until the earth is full of the knowledge of God as the sea-bed is covered by water.

O God of Israel, teach me to be worthy of the name of Jew. May I do nothing to disgrace it. May my every act bring honor to my faith and glory to Your name. May I understand my responsibility as a Jew, to continue the task begun by earlier generations of my people who achieved greatness by their faith in the mission to which You had called them: to serve in Your name, to bring light and blessing to all the families of the earth. AMEN

## DAY EIGHT

Hallelujah.  
Praise God in His sanctuary;  
    praise Him in the sky, His stronghold.  
Praise Him for His mighty acts;  
    praise Him for His exceeding greatness.  
Praise Him with blasts of the horn;  
    praise Him with harp and lyre.  
  
Praise Him with timbrel and dance;  
    praise Him with lute and pipe.  
Praise Him with resounding cymbals;  
    praise Him with loud-clashing cymbals.  
Let all that breathes praise the Lord.  
Hallelujah.

Psalm 150

mortal man that You have taken note of him,  
 that You have made him little less than divine,  
 and adorned him with glory and majesty;  
 You have made him master over Your handiwork,  
 laying the world at his feet,  
 sheep and oxen, all of them,  
 and wild beasts, too;  
 the birds of the heavens, the fish of the sea,  
 whatever travels the paths of the seas.  
 O Lord, our Lord, how majestic is Your name  
 throughout the earth!

Psalm 8

### DAY SEVEN

Ma tovu ohalecha Ya-akov      מה־טובו אהליך יעקב  
 Mishk'notecha Yisrael      משכנותיך ישראל.

How goodly are your tents, O Jacob,  
 your dwelling places, O Israel.

The sense of being chosen impressed itself deeply on the soul of our people. And yet they did not consider themselves superior to other nations, for they knew that all humans are God's children. It was not their lineage but the possession of Torah that made them a choice people. For centuries they stood alone in upholding divine truth and the way of Torah in a world steeped in ignorance, superstition, and cruelty. Yet they always believed that others, too, might be chosen, if only they would choose the way of God.

Only one privilege did they claim, that of serving God and God's truth. And with that privilege came an exacting responsibility: "You of all the families of the earth, have known Me best; therefore I will hold you all the more accountable for your iniquities."

J-23

The fear of the Lord is pure,  
abiding forever;  
the judgments of the Lord are true,  
righteous altogether,  
more desirable than gold,  
than much fine gold;  
sweeter than honey,  
than drippings of the comb.  
Your servant pays them heed;  
in obeying them there is much reward.  
Who can be aware of errors?  
Clear me of unperceived guilt,  
and from willful sins keep Your servant;  
let them not dominate me;  
then shall I be blameless  
and clear of grave offense.  
May the words of my mouth  
and the prayer of my heart  
be acceptable to You,  
O Lord, my rock and my redeemer.

Psalm 19

## DAY SIX

For the leader; on the gittith. A psalm of David.

O Lord, our Lord,  
How majestic is Your name throughout the earth,  
You who have covered the heavens with Your splendor!  
From the mouths of infants and sucklings  
You have founded strength on account of Your foes,  
to put an end to enemy and avenger.  
When I behold Your heavens, the work of Your fingers,  
the moon and stars that You set in place,  
what is man that You have been mindful of him,

J-22

And God said: “This is a beautiful world that I have given you. Take care of it; do not ruin it.”

How can I take good care of Philmont, my country and my world? O God, guide me as I strive to take good care of Your creation. AMEN.

## DAY FIVE

For the leader. A psalm of David.

The heavens declare the glory of God,  
the sky proclaims His handiwork.  
Day to day makes utterance,  
night to night speaks out.  
There is no utterance,  
there are no words,  
whose sound goes unheard.  
Their voice carries throughout the earth,  
their words to the end of the world.  
He placed in them a tent for the sun,  
who is like a groom coming forth from the chamber,  
like a hero, eager to run his course.  
His rising-place is at one end of heaven,  
and his circuit reaches the other;  
nothing escapes his heat.  
The teaching of the Lord is perfect,  
renewing life;  
the decrees of the Lord are enduring,  
making the simple wise;  
The precepts of the Lord are just,  
rejoicing the heart;  
the instruction of the Lord is lucid,  
making the eyes light up.

J-21

## DAY THREE

A song for ascents.

I turn my eyes to the mountains;  
from where will my help come?  
My help comes from the Lord,  
maker of heaven and earth.  
He will not let your foot give way;  
your guardian will not slumber.  
See, the guardian of Israel  
neither slumbers nor sleeps!  
The Lord is your guardian,  
the Lord is your protection  
at your right hand.  
By day the sun will not strike you,  
nor the moon by night.  
The Lord will guard you from all harm;  
He will guard your life.  
The Lord will guard your going and coming  
now and forever.

Psalm 121

## DAY FOUR

Oh, how wonderful are the Philmont nights! The many stars seem closer than ever. This land, is so beautiful. The day was a tough one, but so worth it. Thank you, God, for making it possible. Remind me, as I hike and look at the awesome view, that this is Your gift to us.

“And God saw everything that had been created, and found it very good.”

JEWISH

## **DAY TWO**

“Even those who are young grow weak; young people can fall exhausted. But those who trust in God will find their strength renewed. They will rise on wings like eagles. They will run and not get weary. They will walk and not grow weak.” (Isaiah 40:30-31)

Have you seen an eagle on the trail yet? We can learn from eagles and from much in nature.

One day a fisherman watched as a mother eagle dropped a young eaglet into the canyon below. The eaglet plummeted and fluttered. It appeared that it was about to be dashed to its death on the rocks below, when out of the sky plunged the father eagle and caught his offspring on his broad back. Then he flew up high and dropped the young one. This time the mother caught the little one on her back. The routine was repeated until the little eaglet learned to fly.

God gives us opportunities to try our wings so that we might learn to fly on our own. The Philmont experience is one of these learning and growing opportunities.

Dear God, when I grow weary, lift me up on Your wings.  
Give me the courage and strength I need for tomorrow.  
**AMEN**

## MEDITATIONS FOR EACH DAY

### DAY ONE

God be praised, now and forever,  
for giving us minds to understand Your teachings.

God be praised, now and forever,  
for hands that lift up those who fall.

God be praised, now and forever,  
for ears that hear the cry of those who need help.

God be praised, now and forever,  
for hearts that care about the needs of others.

God be praised, now and forever,  
for eyes that see the beauty of earth and sky.

God be praised, now and forever,  
for the new day and this new journey.

We praise God for all that is good, true,  
and beautiful in our lives.

Dear God, thank you for the wonderful opportunity to be here at Philmont. Give me the strength to endure, the wisdom to enjoy each moment, and the courage to push myself further than I ever have before. Bless my crew and its leaders as we begin our journey through Your majestic mountains. AMEN

## ADON OLAM

## אדון עולם

A-don o-lam, a-sher ma-lach	אָדוֹן עוֹלָם, אֲשֶׁר מַלְאָךְ
be-te-rem kol ye-tsir niv-ra,	בְּטָרֵם כָּל־יִצִּיר נִבְרָא,
le-eit na-a-sa ve-chef-tso kol,	לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כָּל,
a-zai me-lech she-mo nik-ra.	אֲזִי מַלְאָךְ שְׁמוֹ נִקְרָא.
Ve-a-cha-rei ki-che-lot ha-kol,	וְאַחֲרֵי כָּכֵלּוֹת הַכֹּל,
le-va-do yim-loch no-ra,	לְבַדּוֹ יִמְלוֹךְ נוֹרָא,
ve-hu ha-ya, ve-hu ho-veh,	וְהוּא הָיָה, וְהוּא הוֹוֶה,
ve-hu yi-he-yeh be-tif-a-ra.	וְהוּא יִהְיֶה בְּתִפְאַרְהָ.
Ve-hu e-chad, ve ein shei ni	וְהוּא אֶחָד, וְאֵין שְׁנֵי
le ham shil lo, le-hach-bi-ra,	לְהַמְשִׁיל לוֹ, לְהַחֲבִירָה,
be-li rei-sheet, be-li tach-lit,	בְּלִי רֵאשִׁית, בְּלִי תַכְלִית,
ve-lo ha-oz ve-ha-mis-ra.	וְלוֹ הָעֹז וְהַמְשָׁרָה.
Ve-hu Ei-li, ve-chai go-a-li,	וְהוּא אֵלִי, וְחַי גּוֹאֲלִי,
ve-tsur chev-li be-eit tsa-ra,	וְצוּר חֲבֻלִי בְּעֵת צָרָה,
ve-hu ni-si u-ma-nos li,	וְהוּא נָסִי וּמְנוֹס לִי,
me-nat ko-si be-yom ek-ra.	מִנַּת כּוֹסִי בְּיוֹם אֶקְרָא.
Be-ya-do af-kid ru-chi	בְּיָדוֹ אֶפְקִיד רוּחִי
be-eit i-shan ve-a-i-ra,	בְּעֵת אִישָׁן וְאַעִירָה,
ve-im-ru-chi ge-vi-ya-ti:	וְעַם־רוּחִי גִוִּיתִי:
A-do-nai li, ve-lo i-ra.	יְיָ לִי, וְלֹא אִירָא.

Ye-hei she-la-ma ra-ba min she-ma-ya ve-cha-yim a-lei-nu ve-al kol Yis-ra-eil,

ve-i-me-ru: a-mein.

O-seh sha-lom bi-me-ro-mav, hu ya-a-seh sha-lom a-lei-nu ve-al kol

Yis-ra-eil, ve-i-me-ru: a-mein.

May the Source of peace, send peace to all who mourn, and comfort to all who are bereaved. AMEN

**EIN KEILOHEINU**

אין כאלהינו

Ein kei-lo-hei-nu, ein ka-do-nei-nu, אין כאלהינו, אין כַּאֲדוֹנָנוּ,

Ein ke-mal-kei-nu, ein ke-mo-shi-ei-nu. אין כְּמַלְכֵּנוּ, אין כְּמוֹשִׁיעֵנוּ.

Mi chei-lo-hei-nu? Mi cha-do-nei-nu? מי כאלהינו? מי כַּאֲדוֹנָנוּ?

Mi che-mal-kei-nu? Mi che-mo-shi-ei-nu? מי כְּמַלְכֵּנוּ? מי כְּמוֹשִׁיעֵנוּ?

No-deh lei-lo-hei-nu, no-deh la-do-nei-nu נודה לאלהינו, נודה לאֲדוֹנָנוּ,

no-deh le-mal-kei-nu, no-deh le-mo-shi-ei-nu נודה לְמַלְכֵּנוּ, נודה לְמוֹשִׁיעֵנוּ.

Ba-ruch E-lo-hei-nu ba-ruch A-do-nei-nu בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנָנוּ,

ba-ruch Mal-kei-nu ba-ruch Mo-shi-ei-nu בָּרוּךְ מַלְכֵּנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.

A-ta hu E-lo-hei-nu, אַתָּה הוּא אֱלֹהֵינוּ,

a-ta hu A-do-nei-nu, אַתָּה הוּא אֲדוֹנָנוּ,

A-ta hu Mal-kei-nu, אַתָּה הוּא מַלְכֵּנוּ,

a-ta hu Mo-shi-ei-nu. אַתָּה הוּא מוֹשִׁיעֵנוּ.



## קדיש יתום

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ,  
 וַיִּמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית  
 יִשְׂרָאֵל, בְּעֵגְלָא וּבְזֶמַן קָרִיב, וְאָמְרוּ: אָמֵן.  
 יְהִי אֵל שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עֲלַמְיָא.  
 יִתְבְּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר  
 וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקוּדְשָׁא, בְּרִיךְ הוּא, לְעַלְמֵי  
 מִן-כָּל-בְּרִכְתָּא וְשִׁירְתָּא, תִּשְׁבַּחְתָּא וְנַחֲמַתָּא דְאַמְיָן  
 בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.  
 יְהִי אֵל שְׁלָמָא רַבָּא מִן-שְׁמַיָּא וְחַיִּים עָלֵינוּ  
 וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.  
 עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
 וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Yit-ga-dal ve-yit-ka-dash she-mei ra-ba be-al-ma di-ve-ra  
chi-ru-tei

ve-yam-lich mal-chu-tei be-cha-yei-chon u-ve-yo-mei-  
chon u-ve-cha-yei de-chol beit

Yis-ra-eil, ba-a-ga-la u-vi-ze-man ka-riv, ve-i-me-ru: a-  
mein.

Ye-hei she-mei ra-ba me-va-rach le-a-lam u-le-al-mei al-  
ma-ya.

Yit-ba-rach ve-yish-ta-bach, ve-yit-pa-ar ve-yit-ro-mam  
ve-yit-na-sei, ve-yit-ha-dar

ve-yit-a-leh ve-yit-ha-lal she-mei de-ku-de-sha, be-rich  
hu, le-ei-la min kol

bir-cha-ta ve-shi-ra-ta, tush-be-cha-ta ve-ne-che-ma-ta,  
da-a-mi-ran be-al-ma,

ve-i-me-ru: a-mein.

## ALEINU

## All Rise

עלינו

עלינו לשבח לאדון הכל, לתת גדלה ליוצר בראשית,  
 שלא עשנו כגויי הארצות, ולא שמנו כמשפחות  
 האדמה; שלא שם חלקנו כהם, וגרלנו ככל המונם.  
 ואנחנו כורעים ומשתחוים ומוזים לפני מלך מלכי  
 המלכים, הקדוש ברוך הוא.  
 שהוא נוטה שמים ויוסד ארץ, ומושב יקרו בשמים  
 ממעל, ושכינת עזו בגוהי מרומים. הוא אלהינו, אין  
 עוד; אמת מלפניו, אפס זולתו, כפתוב בתורתו: "וידעת  
 היום והשבת אל לבבך, כי יי הוא האלהים בשמים  
 ממעל ועל הארץ מתחת, אין עוד."  
 ונאמר: "והיה יי למלך על כל הארץ; ביום ההוא יהיה  
 יי אחד ושמו אחד."

A-lei-nu le-sha-bei-ach la-a-don ha-kol,  
 la-teit ge-du-lah le-yo-tseir be-rei-sheet,  
 she-lo a-sa-nu ke-go-yei ha-a-ra-tsot,  
 ve-lo sa-ma-nu ke-mish-pe-chot ha-a-da-mah;  
 she-lo sam chel-kei-nu ka-hem,  
 ve-go-ra-lei-nu ke-chol ha-mo-nam.  
 Va-a-nach-nu ko-re-im u-mish-ta-cha-vim u-mo-dim  
 li-fe-nei me-lech ma-le-chei ha-me-la-chim,  
 ha-ka-dosh ba-ruch Hu.

Ve-ne-e-mar: "Ve-ha-ya A-do-nai le-me-lech  
 al kol ha-a-rets: ba-yom ha-hu yi-he-yeh  
 a-do-nai e-chad u-she-mo e-chad"

Oseh shalom bim-romav hu      עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא  
ya-aseh shalom aleinu v'al      יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל־  
kol Yisrael, v'imru. Amen.      יִשְׂרָאֵל, וְאָמְרוּ. אָמֵן.

May the One who causes peace to reign in the high heavens, let peace descend on us, on all Israel, and on all the world. And we say: Amen

Al sh'losha d'varim ha-olam      עַל שְׁלוֹשָׁה דְּבָרִים הָעוֹלָם  
omeid: Al ha-Torah v'al      עוֹמֵד: עַל הַתּוֹרָה וְעַל  
ha-avodah v'al g'milut      הָעֲבוּדָה וְעַל גְּמִילוּת  
chasadim.      חֶסֶדִים.

The world stands on three things:  
On the Torah, on divine service, and on deeds of loving kindness.

V'taheir libeinu l'ovd'cha      וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.  
be-emet.

Purify our hearts to serve You sincerely.

Esa einai el heharim      אֶשָּׂא עֵינַי אֶל הַהָרִים  
Mei'ayin yavo ezri.      מֵאֵינן יָבוֹא עֲזָרִי.  
Ezri mei-im Hashem      עֲזָרִי מֵעַם ה'  
Oseh shamayim va-aretz.      עוֹשֶׂה שָׁמַיִם וָאָרֶץ.

I will lift my eyes to the hills  
From where comes my help.  
My help comes from Adonai  
Who made heaven and earth.

### For Sabbath Morning

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג. עִם מְקַדְּשֵׁי  
שַׁבְּעֵי, כְּלֵם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ. וּבְשַׁבְּעֵי רְצִיתָ בּוֹ  
וְקַדְּשֵׁתוֹ, חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ, זְכַר לְמַעֲשֵׂה  
בְּרֵאשִׁית.

Those who celebrate Shabbat rejoice in Your sovereignty, hallowing the seventh day, called it delight. All of them truly enjoy Your goodness. For it pleased You to sanctify the seventh day, calling it the most desirable day, a reminder of Creation.

### For Sabbath Afternoon

You are One, Your name is One, and who is like Your people Israel, unique throughout the world? Singular splendor, crown of salvation, a day of rest and sanctity You have given to Your people. Abraham was glad, Isaac rejoiced, Jacob and his children found rest on this day, a rest reflecting Your lavish love and true faithfulness, in peace and tranquility, contentment and quietude, a perfect rest in which You delight. May Your children acknowledge You as their source of rest, and through their rest may they sanctify Your name.

### READ TOGETHER

Ever-living God, we raise up our voices in thanksgiving for the blessings we enjoy. We are thankful for the consideration, kindness, and love of parents. Help us, O God, to be worthy of the opportunities we are given. May we always show appreciation for all the sacrifices made for our sake. Teach us to play fairly, to advance the cause of the oppressed and to lift the hands of the weak. Help us to express our thanksgiving, not only in words, but also with deeds of goodness and truth. Give us the wisdom to make the most of our Philmont experience by practicing the spirit of the Scout Oath and Law at all times. Amen.

J-12

**Evening**

אתה קדוש וְשִׁמְךָ קדוש וְקדושים בְּכָל־יּוֹם יְהַלְלוּךָ  
סְלָה. בְּרוּךְ אַתָּה יְיָ הָאֵל הַקָּדוֹשׁ:

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, Master of Might? Who is Your equal, O God of life and death, Source of salvation? Blessed is the Eternal, the Source of life.

You are holy, Your name is holy, and Your holy ones praise you daily. Praised are You, O Eternal, the holy God.

**For Friday Evening**

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רַצֵּה בְּמִנוּחַתֵּנוּ. קִדְּשֵׁנוּ  
בְּמִצְוֹתֶיךָ וְתּוֹן חֶלְקֵנוּ בְּתוֹרַתֶךָ, שִׁבְעֵנוּ מִטּוֹבֶךָ וְשִׁמְחֵנוּ  
בִּישׁוּעֶתֶךָ, וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחִילֵנוּ יְהוָה  
אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שֶׁבֶת קִדְּשֶׁךָ, וְיִגְוַחוּ בְּךָ יִשְׂרָאֵל  
מִקְדְּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת.

Our God and God of our ancestors, accept our Shabbat offering of rest. Add holiness to our lives and Your mitzvot and let Your Torah be our portion. Fill our lives with Your goodness, and gladden us with Your triumph. Cleanse our hearts and we shall serve You faithfully. Lovingly and willingly, Adonai our God, grant that we inherit Your holy gift of Shabbat forever, so that Your people Israel who hallow Your name will always find rest on this day. Praised are You, Adonai who hallows Shabbat.

Giver of loving kindness and Master of all things, 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 Savior and our Shield.

Blessed is the Eternal, the Shield of Abraham.

**GOD'S POWER**

בורות

אתה גבור לעולם, אֲדֹנָי, מְחִיָּה מֵתִים (הַכֹּל) אֶתְּהָ, רַב  
 לְהוֹשִׁיעַ.  
 מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחִיָּה מֵתִים (הַכֹּל) בְּרַחֲמִים  
 רַבִּים. סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,  
 וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם.  
 מִי כְמוֹךָ, בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָּךְ, מְלֶכֶךְ מִמֵּית  
 וּמְחַיֶּה וּמְצַמֵּיחַ יְשׁוּעָה  
 וְנֶאֱמָן אֶתְּהָ לְהַחְיֹת מֵתִים (הַכֹּל). בְּרוּךְ אַתְּהָ, יְיָ,  
 מְחִיָּה הַמֵּתִים (הַכֹּל).

A-ta gi-bor le-o-lam, A-do-nai, me-cha-yei mei-tim (ha-kol)  
 a-ta, rav le-ho-shi-a.

Me-chal-kei cha-yim be-che-sed,  
 me-cha-yei mei-tim (ha-kol) be-ra-cha-mim ra-bim.  
 So-meich no-fe-lim, ve-ro-fei cho-lim,  
 u-ma-tir a-su-rim, u-me-ka-yeim  
 e-mu-na-to li-shei-nei a-far.

Mi cha-mo-cha, ba-al ge-vu-rot, u-mi do-meh lach,  
 me-lech mei-mit u-me-cha-yeh u-mats-mi-ach ye-shu-a?  
 Ve-ne-e-man a-ta le-ha-cha-yot ha-kol.  
 Ba-ruch a-ta, A-do-nai, me-cha-yei mei-tim (ha-kol).



J-10

**AMIDA**  
**All Rise**

A-do-nai, se-fa-tai tif-tach, u-fi תפלה  
ya-gid te-hi-la-te-cha. אֲדֹנָי, שְׁפֹתַי תִּפְתָּח, וּפִי  
יגיד תְּהִלָּתְךָ.

Eternal God, open my lips, that my mouth may declare  
Your glory.

**GOD OF ALL GENERATIONS**

אבות

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי  
יִצְחָק וְאֱלֹהֵי יַעֲקֹב: הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל  
עֲלִיּוֹן.  
גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת,  
וּמְבִיא  
גּוֹאֵל לְבָנֵי בְנֵיהֶם, לְמַעַן שְׂמוֹ, בְּאַהֲבָה.  
מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה, יְיָ, מַגֵּן אַבְרָהָם.

Ba-ruch a-ta, A-do-nai, E-lo-hei-nu vei-lo-hei  
a-vo-tei-nu, E-lo-hei Av-ra-ham, E-lo-hei  
Yits-chak, vei-lo-hei Ya-a-kov: ha-eil ha-ga-dol,  
ha-gi-bor ve-ha-no-ra, Eil el-yon,

go-meil cha-sa-dim to-vim, ve-ko-nei ha-kol,  
ve-zo-cheir cha-se-dei a-vot, u-mei-vi go-el  
li-ve-nei ve-nei-hem, le-ma-an she-mo, be-a-ha-va.  
Me-lech o-zeir u-mo-shi-a u-ma-gein.

Ba-ruch a-ta, A-do-nai, ma-gein Av-ra-ham.

We praise You, Eternal our God and God of our ancestors:  
God of Abraham, God of Isaac, God of Jacob: great,  
mighty, and awesome God, most high.

You shall love Adonai your God with all your mind, with all your strength, with all your being.

Set these words which I command you this day upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up.

Bind them as a sign upon your hand; let them be a symbol before your eyes; inscribe them on the doorposts of your house, and on your gates.

Mi cha-mo-cha ba-ei-lim, A-do-nai?	מי־כִּמְכָה בְּאֵלִים, יְיָ?
Mi ka-mo-cha, ne-dar ba-ko-desh,	מי כִּמְכָה, גְּאֲדָר בְּקִדְשׁ,
no-ra te-hi-lot, o-sei fe-leh?	נִרְא תְהִלַּת, עֲשֵׂה פִּלְא?

Who is like You, Eternal One, among  
the gods that are worshipped?  
Who is like You, Majestic in holiness,  
awesome in splendor, doing wonders?

שִׁירָה הַדְּשָׁה שֶׁבָּחוּ גְּאוּלִּים לְשִׁמְךָ עַל־שִׁפְתֵי הַיָּם; יַחַד  
בְּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: "יְיָ יִמְלֵךְ לְעוֹלָם וָעַד!"

As our ancestors trusted in You dear God, may we also  
trust in your salvation.

בְּרוּךְ אַתָּה, יְיָ, גֹּאֵל יִשְׂרָאֵל.

Enlighten us with Your Teaching, help us to hold fast to Your Mitzvot, and unite our hearts to love and revere Your name. Then shall we never be shamed, for we shall put our trust in You, the great, holy, and awesome One. We shall rejoice and be glad in Your salvation, for You, O God, are the Author of many deliverances. In love You have chosen us and drawn us near to You to serve You in faithfulness and to proclaim Your unity.

Blessed is the Eternal Who in love has chosen the people Israel for service.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

She-ma Yis-ra-eil A-do-nai E-lo-hei-nu, A-do-nai e-chad!  
Hear, O Israel: the Eternal is our God, the Eternal is one!

בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד!

Ba-ruch sheim ke vod mal-chu-to le o lam va ed!  
Praised be God's glorious sovereignty for ever and ever!

וְאֶהְיֶה אֵת יְיָ אֱלֹהֵיךָ בְּכָל־לְבָבְךָ וּבְכָל־נַפְשְׁךָ  
וּבְכָל־מַאֲדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְךָ  
הַיּוֹם, עַל־לְבָבְךָ. וְשָׁנַנְתָּם לְבִנְיָד, וְדַבַּרְתָּ בָּם בְּשַׁבְתְּךָ  
בְּבֵיתְךָ, וּבְלַכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ וּבְקוּמְךָ.  
וּקְשַׁרְתָּם לְאוֹת עַל־יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ,  
וְכַתְּבָתָם עַל־מְזוֹזוֹת בְּיַתְדְךָ, וּבְשַׁעְרֶיךָ.

Ve-a-hav-ta eit A-do-nai E-lo-he-cha, be-chol  
le-va-ve-cha, u-ve-chol naf-she-cha, u-ve-chol  
me-o-de-cha.

Ve-ha-yu ha-de-va-rim ha-ei-leh, a-sher a-no-chi  
me-tsa-ve-cha ha-yom, al le-va-ve-cha.

Ve-shi-nan-tam

le-va-ne-cha, ve-di-bar-ta bam be-shiv-te-cha  
be-vei-te-cha u-ve-lech-te-cha va-de-rech,  
u-ve-shoch-be-cha u-ve-ku-me-cha.

U-ke-shar-tam le-ot al ya-de-cha, ve-ha-yu le-to-ta-fot  
bein ei-ne-cha

U-che-tav-tam al me-zu-zot bei-te-cha u-vish-a-re-cha.

How manifold are Your works, O God; in wisdom You have made them all; the earth is full of Your creations.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ  
מַעְרִיב עֲרֵבִים, בְּחָכְמָה פּוֹתַח שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה  
עֵתִים, וּמַחְלִיף אֶת־הַיָּמִינִים, וּמְסַדֵּר אֶת־הַכּוֹכָבִים  
בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרֻצּוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל  
אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר, וּמַעֲבִיר יוֹם וּמַבְיֵא  
לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל  
חַי וְקַיִם, תָּמִיד יִמְלֹךְ עָלֵינוּ, לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה, יְיָ, הַמַּעְרִיב עֲרֵבִים.

Praised be the Eternal our God, Ruler of the universe, whose word brings the evening dusk. You open the gates of dawn with wisdom, change the day's divisions with understanding, set the succession of seasons and arrange the stars in the sky according to Your will. You create day and night, rolling light away from darkness and darkness away from light. Eternal God, Your rule shall embrace us forever. Praised are You, God, for each evening's dusk.

אֶהְבֵּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֵּת: תּוֹרָה וּמִצְוֹת,  
חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.  
עַל־כֵּן, יְיָ אֱלֹהֵינוּ, בְּשִׂכְבְּנוּ וּבִקְוִימוֹנוּ נְשִׁיחַ בְּחֻקֶיךָ,  
וְנִשְׁמַח בְּדַבְּרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
כִּי הֵם חַיֵּינוּ וְאֶרְךְ יָמֵינוּ, וּבָהֶם נִהְגֶּה יוֹמָם וְלַיְלָה.  
וְאֶהְבֵּתְךָ אֶל־תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים! בְּרוּךְ אַתָּה, יְיָ,  
אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Deep is Your love for us, O Eternal our God, and great is Your compassion. Our Maker and Sovereign, our ancestors trusted You, and You taught them the laws of life: be gracious now to us, and teach us.

Have compassion upon us, O Source of mercy, and guide us to know and understand, learn and teach, observe and uphold with love all the teachings of Your Torah.

Your sovereignty is everlasting.  
Your dominion endures for all generations.

Adonai supports all who stumble,  
and raises all who are bowed down.

All eyes look hopefully to You, to receive their food in due  
time.

You open Your hand, and Your favor sustains all the  
living.

In all His paths Adonai is faithful; in all His deeds He is  
loving.

Adonai is near to all who call, to all who call upon Him  
in truth.

God fulfills the desire of those who revere Him;  
God hears their cry and delivers them.

All who love Adonai He preserves, but all the wicked He  
destroys.

My mouth shall praise Adonai.  
Let all flesh praise God's name throughout all time.

Psalm 145

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ  
הָעוֹלָם, יוֹצֵר אוֹר וּבּוֹרֵא חֹשֶׁךְ,  
עֹשֶׂה שְׁלוֹם וּבּוֹרֵא אֶת־הַכֹּל.

Praised be the Eternal our God, Ruler of the universe,  
who makes light and creates darkness, who ordains peace  
and fashions all things.

With compassion God gives light to the earth and all who  
dwell there; with goodness God renews the work of cre-  
ation continually, day by day.

J-5

Blessed are they who dwell in Your house;  
they shall praise You forever.

Psalm 84:5

Blessed the people who are so favored;  
blessed the people whose God is the Lord.

Psalm 144:15

I glorify You, my God, my Sovereign; I praise You  
throughout all time.

Every day do I praise You, exalting Your glory forever.

Great is Adonai, and praiseworthy;  
His greatness exceeds definition.

One generation lauds Your works to another,  
declaring Your mighty deeds.

They tell of Your wonders, and of Your glorious splendor.

They speak of Your greatness, and of Your awesome  
power.

They recall Your goodness; they sing of Your faithfulness.

Gracious and compassionate is Adonai;  
patient, and abounding in love.

Adonai is good to all; His compassion embraces all.

All of Your creatures shall praise You;  
the faithful shall repeatedly bless You.

They shall describe Your glorious sovereignty,  
declaring Your power.

And people will know of Your might,  
the splendor of Your dominion.

## SING

הִנֵּה מַה־טוֹב וּמַה־נָּעִים      Hi-nei ma-tov u-ma na-im

שֶׁבֶת אֲחִים גַּם יַחַד.      she-vet a-chim gam ya-chad.

How good it is, and how pleasant, when brothers and sisters live together in unity.

אֲשֶׁר יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלֹךְ סָלָה.  
אֲשֶׁר יֵעָם שְׂפָכָה לוֹ, אֲשֶׁר יֵעָם שִׁיְהוּהוּ אֱלֹהָיו.  
תִּהְיֶה לְדוֹד.  
אֲרוּמֶמְךָ אֱלֹהֵי הַמֶּלֶךְ, וְאֲבָרְכָה שְׁמֶךָ לְעוֹלָם וָעֶד.  
בְּכָל־יּוֹם אֲבָרְכֶךָ, וְאֶהְלֵלֶה שְׁמֶךָ לְעוֹלָם וָעֶד.  
גְּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלִגְדֹלְתוֹ אֵין חֶקֶר.  
דוֹר לְדוֹר יִשְׁבַּח מַעֲשֶׂיךָ, וְיִגְבֹּרְתֶיךָ יִגְיָדוּ.  
הַדָּר כְּבוֹד הוֹדֶךָ, וְדַבְּרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.  
וְעִזּוֹ נוֹרְאוֹתֶיךָ יֹאמְרוּ, וְיִגְדְּלוּךָ אֲסַפְּרֶנָּה.  
וְכִי רַב טוֹבֶךָ יִבְיָעוּ, וְצִדְקוֹתֶיךָ יִרְגְּנוּ.  
חֲנוּן וְרַחוּם יְהוָה, אַרְךְּ אַפַּיִם וְגִדְל־חַסֵּד.  
טוֹב יְהוָה לְכָל, וְרַחֲמָיו עַל כָּל־מַעֲשָׂיו.  
יִוְדוּךָ יְהוָה כָּל־מַעֲשֶׂיךָ, וְחִסִּידֶיךָ יִבְרְכוּכָה.  
כְּבוֹד מַלְכוּתֶיךָ יֹאמְרוּ, וְיִגְבֹּרְתֶיךָ יִדְבְּרוּ.  
לְהוֹדִיעַ לְבָנֵי הָאָדָם גְּבוּרָתִי, וְכְבוֹד הַדָּר מַלְכוּתוֹ.  
מַלְכוּתֶיךָ מַלְכוּת כָּל־עֲלָמִים, וּמִמְשַׁלְתֶיךָ בְּכָל־דוֹר וָדוֹר.  
סוֹמֵךְ יְהוָה לְכָל־הַנְּפֹלִים, וְזוֹקֵף לְכָל־הַכְּפוּפִים.  
עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ, וְאֶתְּהָ נוֹתֵן לָהֶם אֶת־אֲכָלָם  
בְּעֵתוֹ.  
פֹּתַח אֶת־יְדֶיךָ, וּמִשְׁבִּיעַ לְכָל־חַי רִצּוֹן.  
צַדִּיק יְהוָה בְּכָל־דְּרָכָיו, וְחִסִּיד בְּכָל־מַעֲשָׂיו.  
קָרוֹב יְהוָה לְכָל־קוֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.  
רִצּוֹן יִרְאֵיו יַעֲשֶׂה, וְאֶת־שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם.  
שׁוֹמֵר יְהוָה אֶת־כָּל־אֲהַבָּיו, וְאֶת כָּל־הַרְשָׁעִים יִשְׁמִיד.  
□ תִּהְיֶה יְהוָה יִדְבֵר פִּי,  
וַיִּבְרַךְ כָּל־בָּשָׂר שֵׁם קְדֹשׁוֹ לְעוֹלָם וָעֶד.  
וְאֲנַחְנוּ נִבְרַךְ הֵא, מִעַתָּה וְעַד עוֹלָם. הִלְלוּיָהּ.

## DAILY WORSHIP SERVICE

O God, it is not easy to pray,  
And yet I pray that these few moments  
Will somehow bring me closer to You.

### READ RESPONSIVELY OR TOGETHER

“The Torah is a tree of life to them that hold fast to it.”

Because a Scout is reverent, a Scout strives to be true to God, to study the Torah, and to live according to its commands.

“Seek the peace of the city and pray unto God for it; for in the peace of it shall you have peace.”

Because a Scout is reverent, a Scout is loyal to America and its ideals of religious liberty to all.

“All Jews are mindful of the well-being of one another.”

Because a Scout is reverent, a Scout is loyal to the Jewish people and is ready to help other Jews everywhere.

“Honor your father and your mother that your days may be long upon the land.”

Because a Scout is reverent, a Scout is a devoted and loyal son or daughter.

“Oh, how good it is, and how pleasant, for friends to dwell together in unity.”

Because a Scout is reverent, he or she strives to be a good Scout, a good Jew, and a good American at all times.

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**EAGLES SOARING HIGH**

**TRAIL WORSHIP  
FOR  
JEWS, CHRISTIANS, AND MUSLIMS**

**(JEWISH SECTION)**

Prayer during the Jewish day is divided into three major periods, and there are prayer services which correspond to each of these periods. Morning prayers (Shacharit) are recited from the predawn hour when one can differentiate color using natural light through the first half of the day. Afternoon prayers (Mincha) are recited from halfway through the day until sunset, and evening prayers (Maariv) are said from sunset until the rise of the morning star. Prayers are also recited whenever appropriate for experiencing natural wonders as well as for receiving nourishment. The Jewish Sabbath is observed from 18 minutes prior to sunset on Friday (candle-lighting time) until one hour after sunset on Saturday night. To assist Jewish Scouts in calculating the proper times for services as well as for the observance of the Sabbath, we refer you to pages M-5–M-8 of this book for a reference chart.

**CHRISTIAN**

**INTERFAITH**

# **EAGLES SOARING HIGH**

**TRAIL WORSHIP  
FOR  
JEWS, CHRISTIANS, AND MUSLIMS**

**HYMNS**

**MUSLIM**

**JEWISH**