

It is our duty to praise the Master
of all,

To recognize the greatness of the
One who created our beginning,

Who didn't make us as other
nations,

Or as other tribes,

Who didn't give us the same tasks,

Or the same fate,

So we bend the knees, and bow,
and give thanks

To the ruler of rulers,

The Praised Holy One.

1. עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,

2. לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,

3. שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,

4. וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה,

5. שֶׁלֹא שָׂם חֻלְקֵנוּ כָּהֶם,

6. וְגָרְלָנוּ כְּכֹל הַמּוֹנֵם,

7. וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים

וּמוֹדִים,

8. לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים,

9. הַקָּדוֹשׁ בָּרוּךְ הוּא.

Who reaches from heavens to
earth,

And dwells in the heavens above,

And the spirit reaches the greatest
heights,

This alone is our God, there are
none others.

The true ruler, like no others.

As it is written in God's Torah:

That you may know today and
understand this in your heart:

that Adonai alone is God in the
heavens above

and on Earth below; there is none
other.

And it was said, Adonai shall be the
ruler of the entire earth,

On this day, Adonai shall be one,
and God's name shall be one.

10. שֶׁהוּא נוֹטֶה שָׁמַיִם וְיִסַּד אֶרֶץ,

11. וּמוֹשֵׁב יִקְרוּ בַשָּׁמַיִם מִמַּעַל,

12. וְשָׁכִינַת עֶזּוֹ בְּגִבְהֵי מְרוֹמִים,

13. הוּא אֱלֹהֵינוּ אֵין עוֹד.

14. אֱמֶת מְלִכְנוּ, אָפֶס זִוְלָתוֹ,

15. כִּכְתוּב בְּתוֹרָתוֹ:

16. וַיֵּדַעַת הַיּוֹם וְהִשְׁבַּת אֶל לְבָבָהּ,

17. כִּי יְיָ הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל,

18. וְעַל הָאֶרֶץ מִתְחַת, אֵין עוֹד.

19. וְנֶאֱמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאֶרֶץ,

20. בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

BIG Idea - It is our duty!

לְשַׁבַּח עָלֵינוּ means “It is our duty to praise God.”

In this prayer we acknowledge that we have a unique and different way of praying and relating to God.

The *Aleinu* is the closing prayer for the morning, afternoon and evening services.

Did You Know?

...וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים...

means

...and we bend and bow...

- When we say - כּוֹרְעִים - we bend the knees
- When we say - וּמִשְׁתַּחֲוִים - our knees are still bent, and we also bow our upper body forward.
- We can rise and straighten up when we say וּמוֹדִים



Key Words:

מֶלֶךְ מְלִכֵּי הַמְּלָכִים – ruler of all rulers

הַקָּדוֹשׁ בָּרוּךְ הוּא – “The Praised Holy one”

כָּל הָאָרֶץ – The whole land/earth

שָׁמַיִם – sky/heavens

אֶרֶץ – land/earth

אֱלֹהֵינוּ – our God

הַיּוֹם – today

אֶחָד – one

Did You Know?

Aleinu tells that we, Jews, have a special mission to make the world a better place, to work towards fixing problems and to make life better for all people. We call this mission “*Tikun Olam*” in Hebrew, which means – “repairing the world”.

How do we repair the world?

First, we must notice what might need to be repaired – where are people in need of help? What help might they need? What does the earth need to continue to work in a way that sustains life?

Once we notice these needs we can begin to act – every action counts! Being kind to others, saving electricity and water, giving Tzedakah and volunteering to help others are all good ways to get started.

No action is too small. What might you do today to repair the world?

