

Name: _____

עֲלֵינוּ

1. עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל
2. לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
3. שָׁנַתָּן לָנוּ תּוֹרַת אֱמֶת
4. וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
5. וְאַנְחָנוּ כּוֹרְעִים וּמְשַׁתְּחִים
6. וּמוֹדִים לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
7. הַקְּדוֹשׁ בְּרוּךְ הוּא.
8. שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אֶרֶץ
9. וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל
10. וְשֹׁכֵנֵת עִזּוֹ בְּגַבְהֵי מְרוֹמִים.
11. הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מְלַכְנוּ אַפְס זולָתוֹ
12. כְּכַתוּב בְּתוֹרָתוֹ.
13. וְיָדַעַת הַיּוֹם וְהַשַּׁבָּת אֶל לְבַבְךָ,
14. כִּי יְהוָה הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל
15. וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

*It is up to us to offer praises to the Source of all,
to declare the greatness of the author of Creation,
who gave us teachings of truth
and planted eternal life within us.*

*And so, we bend the knee and bow,
acknowledging the sovereign who rules
above all those who rule, the blessed Holy One,
who stretched out the heavens and founded the earth,
whose realm embraces heaven's heights,
whose mighty presence stalks celestial ramparts.*

*This is our God; there is none else besides,
as it is written in the Torah:*

*"You shall know this day, and bring it home inside your heart,
that THE SUPREME ONE is God
in the heavens above and on the earth below.*

There is no other God.



Name: _____

שָׁנַתָּן לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ

Who gave us teachings of truth and planted eternal life within us

The words above are part of the blessing recited after an aliyah to the Torah. They replace the traditional words of Aleinu that thank God for “not having made us like the peoples of the world, nor having put us among the families of nations.” Why do you think Reconstructionists replace these traditional words with other traditional words from elsewhere in the siddur?

עָלֵינוּ literally means “on us.” It is the same Hebrew word that would be used in the sentence, “The rain fell **on us**.” It is the same Hebrew word used in the Friday evening prayer asking God to “spread a Sukkah of peace **on us**.” In the context of Aleinu, “on us” means something like, “It is on our shoulders.” Note that it says “our” and not “my.” What does communal responsibility mean to you? What other groups are you a part of, and what responsibilities do you share with other group members?
