

תהלות לאל עליון ברוך הוא ומברך:  
משה ובני ישראל לך ענו שירה בשמחה רבה.  
ואמרו כלם.

מי־כמכה באלם יי.  
מי כמכה נאדר בקדש.  
נורא תהלת. עשה פלא:

שירה חדשה שבחו גאולים לשמך על שפת הים.  
יחד כלם הודו והמליכו ואמרו.

יי ימלך לעלם ועד:

צור ישראל. קומה בעזרת ישראל.  
ופדה כנאמך יהודה וישראל.  
גאלנו יי צבאות שמו קדוש ישראל.  
ברוך אתה יי גאל ישראל:

*The Sabbath Amidah begins on page 254 or page 255.  
The Festival Amidah begins on page 272 or page 273.*

*Mi hamoħa ba-eylim Adonai.  
Mi kamoħa nedar ba-kodesh.  
Nora t'hilot osey fe-leh . . .*

*Adonai yimloħ l'olam va-ed.*

*Tzur yisrael, kuma b'ezrat yisrael,  
U-f'dey ħin-um'ħa y'huda v'yisrael,  
Go-aleynu Adonai tz'vaot sh'mo  
k'dosh yisrael.*

*Baruħ ata Adonai, ga-al yisrael.*

Give praise to God on high,  
Ever praised may God's name be.

Moses and the Children of Israel  
Proclaimed in great exultation:

"Who is like You, O Lord, among the mighty?  
Who is, like You, glorious in holiness,  
Revered in praises, doing wonders?"

At the shore of the Sea, which they crossed in safety,  
The redeemed sang a new song to You.

Together they all gratefully proclaimed Your sovereignty:  
"The Lord shall reign for ever and ever."

Rock of Israel,  
Arise to the help of Israel.

Fulfill Your promise  
To deliver Judah and Israel.

"Our Redeemer, the Lord of hosts,  
Is the Holy One of Israel."

Praised are You, O Lord,  
Redeemer of Israel.

#### RECALLING OUR REDEMPTION

*We are a people in whom the past endures, in whom the present is inconceivable without moments gone by. The Exodus lasted a moment, a moment enduring forever. What happened once upon a time happens all the time.*

(Abraham J. Heschel)

#### WE ARE PARTNERS IN REDEMPTION

The phrase *Kumah B'ezrat Yisrael* ("arise to the help of Israel") can also be translated "arise with the help of Israel."

This suggests that redemption requires our working with God, not passively relying on God alone.

*"We are God's partners in both Creation and Redemption."* (A.N.S.)