

---

**Torah Portion: Yitro, Exodus 18:1–20:23**  
**Haftarah: Isaiah 6:1-7:6; 9:5-6**

---

## Morning Blessings

Music by Shefa Gold

?? מִתִּיר אֲסוּרִים, ?? פּוֹקֵחַ עִוְרִים,  
?? זֹקֵף כְּפוּפִים, ?? אוֹהֵב צַדִּיקִים.

*Adonai matir asurim, A-do-nai po-kei-ach iv-rim,  
Adonai zokeif k'fufim, Adonai oheiv tsadikim.*

Adonai frees the captives, Adonai opens the eyes of the blind,  
Adonai lifts up the fallen, Adonai loves the righteous.

*Ahal'lah Adonai b'chayai!*

אֶהְלֵלָה ?? בְּחַיִּי.

I will praise Adonai with my life!

## Prayer for Redemption of Hostages

*By CCAR members Rabbis Ofer and  
Rachel Sabath Beit Halachmi*

*Our God, the One who raised Joseph up from the pit, be  
"a refuge for the oppressed, a refuge in times of trouble."  
(Psalm 9:10)*

Send complete rescue and full redemption to all those  
held captive by the enemy.

Strengthen their spirit and bring them our prayers that  
they be protected from all harm.

Implant understanding in the heart of the enemy that they  
may return the captives in wholeness of body and spirit.

Grant wisdom to the Israel Defense Forces that they may  
secure freedom for the captives without loss of life. Grant  
strength of spirit and courage of heart to all the sons and  
daughters of Abraham, Sarah, and Hagar to release  
bonds of captivity and allow us all to live in freedom.

*"They shall call upon Me, and I will answer them; I will  
be with them in distress; I will rescue them, and honor  
them." (after Psalm 91:15).*

## Mi Shebeirach

Music by Craig Taubman

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ, אֲבֹרָהֶם יִצְחָק וְיַעֲקֹב,  
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרַךְ וִירְפָא אֶת־הַחֹלִים.

*Mi shebeirach avoteinu, Avraham, Yitschak v'Yaakov,  
Sarah, Rivkah, Racheil v'Leiah,  
Hu y'vareich virapei et hacholim.*

May God, who blessed our ancestors, Abraham, Isaac and  
Jacob, Sarah, Rebekah, Rachel and Leah, bless and heal  
those who are ill.

*Eil nah r'fah nah lah.*

אֵל נָא רְפָא נָא לָהּ.

God, please, we pray, bring healing.