

1. Our Birth in Unity

Ara. Abwoon d'bwashmaya
 Heb. Avinu shebashamayim
 Syr. 'Ābûnā' dî b ā

O Birther! Father-Mother of the Cosmos, you create all that moves in light.
O Thou! The Breathing Life of all, Creator of the Shimmering Sound that touches us.
Respiration of all worlds, we hear you breathing-in and out- in silence.
Source of Sound: in the roar and the whisper, in the breeze and the whirlwind, we hear your Name.
Radiant One: You shine within us, outside us-even darkness shines-when we remember.
Name of names, our small identity unravels in you, you give it back as a lesson.
Wordless Action, Silent Potency- where ears and eyes awaken, there heaven comes.
O Birther! Father-Mother of the Cosmos!

KJV : Our Father which art in heaven
 NBG : Onze Vader die in de hemelen zijt
 NBV-h: Onze Vader in de hemel
 SV : Onze Vader, Die in de hemelen zijt
 HSV : Onze Vader, Die in de hemelen zijt

2. Clearing Space for the Name to Live

Ara. Nethqadash shmakh
 Heb. yitkadesh shimkha.

Focus your light within us-make it useful: as the rays of a beacon show the way.
Help us breathe one holy breath feeling only you-this creates a shrine inside, in wholeness.
Help us let go, clear the space inside of busy forgetfulness: so theName comes to live.
Your name, your sound can move us if we tune our hearts as instruments for its tone.
Hear the one Sound that created all others, in this way the Name is hallowed in silence.
In peace the Name resides: a "room of one's own," a holy of holies open, giving light, to all.
We all look elsewhere for this light- it draws us out of ourselves-but the Name always lives within.

KJV : Hallowed be they name
 NBG : uw naam worde geheiligd
 NBV-h: laat uw naam geheiligd worden
 SV : Uw Naam worde geheiligd
 HSV : Uw Naam worde geheiligd

3. The Creative Fire

Ara. Teytey malkuthakh

Heb. Tavo malkhutekha

Create your reign of unity now- through our fiery hearts and willing hands.
Let your counsel rule our lives, clearing our intention for co-creation.
Unite our "I can" to yours, so that we walk as kings and queens with every creature.
Desire with and through us the rule of universal fruitfulness onto the earth.
Your rule springs into existence as our arms reach out to embrace all creation.
Come into the bedroom of our hearts, prepare us for the marriage of power and beauty.
From this divine union, let us birth new images for a new world of peace.

KJV : Thy kingdom come
 NBG : uw Koninkrijk kome
 NBV-h: laat uw koninkrijk komen
 SV : Uw Koninkrijk kome
 HSV : Uw Koninkrijk kome

4. Heaven Comes to Earth: Universal Compassion

Ara. Nehwey tzevyanach aykanna d'bwahmaya aph b'arha
 Heb. ye'aseh r'tzonekha ba'aretz ka'asher na'asah vashamayim

Your one desire then acts with ours, as in all light, so in all forms.
Let all wills move together in your vortex, as stars and planets swirl through the sky.
Help us love beyond our ideals and sprout acts of compassion for all creatures.
As we find your love in ours, let heaven and nature form a new creation.
Unite the crowd within in a vision of passionate purpose: light mates with form.
Create in me a divine cooperation- from many selves, one voice, one action.
Let your heart's fervent desire unite heaven and earth through our harmony.
Your one desire then acts with ours, as in all light, so in all forms.

KJV : Thy Will be done in earth, as it is in heaven
 NBG : uw wil geschiede, gelijk in de hemel alzo ook op de aarde
 NBV-h: laat uw wil gedaan worden op aarde zoals in de hemel
 SV : Uw wil geschiede, gelijk in den hemel alzo ook op de aarde
 HSV : Uw wil geschiede, zoals in de hemel zo ook op de aarde

5. The Blessings of Earthiness: The Next Step

Ara. Hawvlan lachma d'sunqanan yaomana
 Heb. Ten-lanu haiyom lechem chukeinu

Grant what we need each day in bread and insight: subsistence for the call of growing life.
Give us the food we need to grow through each new day, through each illumination of life's needs.
Let the measure of our need be earthiness: give all things simple, verdant, passionate.
Produce in us, for us, the possible: each only-human step toward home lit up.

Help us fulfill what lies within the circle of our lives: each day we ask no more, no less.
Animate the earth within us: we then feel the Wisdom underneath supporting all.
Generate through us the bread of life: we hold only what is asked to feed the next mouth.

KJV : Give us this day our daily bread
 NBG : Geef ons heden ons dagelijks brood
 NBV-h: Geef ons vandaag het brood dat wij nodig hebben
 SV : Geef ons heden ons dagelijks brood
 HSV : Geef ons heden ons dagelijks brood

6. Letting Go, Heartbeat by Heartbeat

Ara. Wahboqlan khaubayn (wakhtahayn) aykanna daph khnan shbwoqan
 l'khayyabayn
 Heb. u'selach-lanu et-ashmateinu ka'asher solechim anachnu la'asher ashmu
 lanu

Loose the cords of mistakes binding us, as we release the strands we hold of others' guilt.
Forgive our hidden past, the secret shames, as we consistently forgive what others hide.
Lighten our load of secret debts as we relieve others of their need to repay.
Erase the inner marks our failures make, just as we scrub our hearts of others' faults.
Absorb our frustrated hopes and dreams, as we embrace those of others with emptiness.
Untangle the knots within so that we can mend our hearts' simple ties to others.
Compost our inner, stolen fruit as we forgive others the spoils of their trespassing.
Loose the cords of mistakes binding us, as we release the strands we hold of others' guilt.

KJV : And forgive us our debts, as we forgive our debtors
 NBG : en vergeef ons onze schulden, gelijk ook wij vergeven onze schuldenaren
 NBV-h: Vergeef ons onze schulden, zoals ook wij vergeven wie ons iets schuldig is
 SV : En vergeef ons onze schulden, gelijk ook wij vergeven onzen schuldenaren
 HSV : En vergeef ons onze schulden, zoals ook wij onze schuldenaren vergeven

7. Remembrance: The Birth of New Creation and Liberty

Ara. Wela tahlan l'nesyuna Ela patzan min bisha
 Heb. Ve'al-tevieinu lidei massah, ki im-hatsileinu min-hara

Don't let surface things delude us, But free us from what holds us back (from our true purpose).
Don't let us enter forgetfulness, the temptation of false appearances.
(To the fraud of inner vacillation- like a flag tossed in the wind- alert us.)

But break the hold of unripeness, the inner stagnation that prevents good fruit.
(From the evil of injustice- the green fruit and the rotten- grant us liberty.)
Deceived neither by the outer nor the inner-free us to walk your path with joy.
Keep us from hoarding false wealth, and from the inner shame of help not given in time.
Don't let surface things delude us, But free us from what holds us back.

KJV : And lead us not into temptation, but deliver us from evil
 NBG : en leid ons niet in verzoeking, maar verlos ons van de boze
 NBV-h: En breng ons niet in beproeving, maar red ons van het Kwaad
 SV : En leid ons niet in verzoeking, maar verlos ons van den boze
 HSV : En leid ons niet in verzoeking, maar verlos ons van de boze

8. A Celebration of Cosmic Renewal

Ara. Metol dilakhie malkutha wahayla wateshbukhta l'ahlam almin.
 Ameyn.
 Heb. Ki lekha ha-mamlakha vehagevurah veba-tiferet l'olemei olamim.
 Amein.

From you is born all ruling will, the power and life to do, the song that beautifies all- from age to age it renews.
To you belongs each fertile function: ideals, energy, glorious harmony- during every cosmic cycle.
Out of you, the queen- and kingship- ruling principles, the “I can” of the cosmos...
Out of you, the vital force producing and sustaining all life, every virtue...
Out of you, the astonishing fire, the birthing glory, returning light and sound to the cosmos...
Again and again, from each universal gathering- of creatures, nations, planets, time, and space- to the next.
Truly-power to these statements- may they be the ground from which all my actions grow: Sealed in trust and faith.

KJV : For Thine is the kingdom, and the power, and the glory, for ever.
 Amen.
 NBG : [Want Uwer is het Koninkrijk en de kracht en de heerlijkheid in der eeuwigheid. Amen.]
 NBV-h: -
 SV : Want Uw is het Koninkrijk, en de kracht, en de heerlijkheid, in der eeuwigheid, amen.
 HSV : Want van U is het Koninkrijk en de kracht en de heerlijkheid, tot in eeuwigheid. Amen.

Amen.

Linkjes

[https://www.karlbarth.nl/het Onze Vader](https://www.karlbarth.nl/het-Onze-Vader)

[https://www.pthu.nl/het Onze Vader en de Amida \(het 18 gebed/Shemone Esree\)](https://www.pthu.nl/het-Onze-Vader-en-de-Amida-(het-18-gebed/Shemone-Esree))

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