Hashkiveinu Adonai eloheinu l'shalom
Help us to lie down, Dear One, in peace

V'ha'amideinu Malkeinu l'chayim
And let us rise again, Our Sovereign, to life

Ufros aleinu sukat sh'loomecha
Spread over us the shelter of Your peace

V'takneinu b'tzeitah tovah milfanecha
Decree for us a worthy daily lot
v'hoshieinu l'ma'an sh'mecha
And redeem us for the sake of Your great name

Ushmor tzeiteinu uvoeinu l'chayim ul'shalom
Guard our going forth each day for life and peace

Mei'atah v'ad olam
now and always
Ufros aleinu sukat sh'lomecha
Spread over us the shelter of Your peace

Baruch atah Adonai haporeis sukat shalom
Blessed are You, compassionate One
Who spreads Your canopy of peace

Aleinu v'al kol amo Yisrael v'al Yerushalayim
Over all Your people Israel and over Jerusalem