

## **More Love**

I've been wandering and I don't understand  
Stumbling around, blind and thirsty, toward some promised land  
But I remember once, a whispering in my ear:  
"Everything you do from your heart will surely echo here"  
So I dance and sing that tune  
Pour my water on the ground and watch as roses bloom.

*Chorus:*

Did you put more love in the world today?  
More love on your way to the setting sun  
There is only one measure  
When you can honestly say, "I put more love"

*Simu simu ahavatchem ba'olam*

(Put, put your love into the world)

Well today I found a place I could not mend  
Sitting on the bed, holding hands with a faithful friend  
And I told her that the whole thing shook my faith  
Wondering aloud if our striving was really all a waste  
She said: "There is just one task,  
And all that matters is your answer when the question's asked"

(Chorus)

*Billy Jonas*

## **A New Year**

May this be a year of love and kindness.  
May strangers come to be friends.  
May truth and compassion always guide us. Amen.

May this be a year of hope and healing  
For all of those in need.  
May all of our deeds be a blessing. Amen.

A new year, a good year, a chance to start all over.  
A new year, a sweet year, a chance to bring us closer.

May this be a year of selfless giving.  
May this be a year of peace.  
And may we forgive and be forgiven. Amen.

A new year, a good year, a chance to start all over.  
A new year, a sweet year, a chance to bring us closer.

A new year, a good year, a chance to start all over.  
A new year, a sweet year, a chance to bring us closer.

Closer to the ones we love,  
A world that we can be proud of,  
'long as there are stars above,  
There comes a new year. Amen.

*Michael Hunter Ochs*

## **We Return to You Again**

For the gift of this new year, for the moments that we share  
For the beauty of this morning, let our voices rise in prayer  
We ask for blessing in this circle, bring us hope, end despair  
Bind our wounds, heal our sorrows, feel the hope that's everywhere

*Mishebeyrach Avoteynu*, may our prayers soar on high  
*Mishebeyrach Imoteynu*, and our blessings multiply  
Bless this holy congregation, may our words not be in vain  
In every generation we return to you again  
Yes, in every generation we return to you again

*Barech otanu b'vo-eynu*, bless our coming here to pray  
*Barech otanu b'tzeyteynu*, and as we go on our way  
As we travel on this journey, we do not go alone  
We're on this path together, the One that brings us home

*Mishebeyrach Avoteynu*, may our prayers soar on high  
*Mishebeyrach Imoteynu*, and our blessings multiply  
Bless this holy congregation, may our words not be in vain  
In every generation we return to you again  
Yes, in every generation we return to you again

*Rabbi Joe Black (adapted)*

## **We Are From the Garden**

We are from the garden,  
We are from the flood.  
We are from the angels singing,  
All you need is love.  
We are from the mountains,  
And the hope blowing on the wind  
We are from the Holy One within.

*Dan Nichols & NFTY*

## **When We Sing**

When we sing, when we sing,  
when we sing, we pray twice  
When we sing, when we sing,  
when we sing, we are one.

Shiru l'Adonai  
shiru shiru l'Adonai

(Sing to Adonai, sing, sing to Adonai)

שִׁירוּ לַיהוָה  
שִׁירוּ שִׁירוּ לַיהוָה

*Michael Hunter Ochs*

## O Guide My Steps

O guide my steps — and help me find my way  
I need Your shelter now, rock me in your arms  
And guide my steps — and help me make this day  
A song of praise to You — rock me in your arms and guide my steps

Ufros aleynu sukkat shlomecha. **וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.**  
(And spread over us the shelter of Your peace.)

*Text: Hashkiveynu prayer. Music & Lyrics: Debra Winston*

## Let There Be Love

Let there be love  
And understanding among us.  
Let peace and friendship  
Be our shelter from life's storms.

Let there be love  
And understanding among us.  
Let peace and friendship  
Be our shelter from life's storms.

Hashkiveynu Adonai eloheynu.  
Hashkiveynu l'shalom.  
V'ha'amideynu shomreynu l'chayim,  
ufros aleynu sukkat shlomecha.

**הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ.  
הַשְׁכִּיבֵנוּ לְשָׁלוֹם.  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים,  
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.**

(Lay us down, O our God. Let us rest in peace. Guard our lives, and spread over us the shelter of Your peace.)

*English Text by Chaim Stern  
Let There Be Love Music by Noah Aronson  
and Cantor Jodi Sufrin  
Hashkiveynu Music by Cantor Dan Singer*

## Pitchu Li - Open for Me

Pit'chu li sha'arei tzedek  
avo vam odeh yah.  
Zeh hash-a-ar l'Adonai  
tzadikim yavo-u vo.

פְּתַחוּ-לִי שַׁעֲרֵי-צְדָק  
אֲבֹא-בְכֶם אוֹדֶה יְהוָה:  
זֶה-הַשַּׁעַר לַיהוָה  
צְדִיקִים יָבֹאוּ בוֹ:

Open for me the gates of righteousness - as I enter them I will praise God's name. This is the gateway to the Eternal - here the righteous shall enter.

*Psalms 118:19-20*

## Al Tasteyr - Don't Hide Your Face

Don't hide Your face from me I'm asking for Your help.  
I call to You - please hear my prayers, O God.  
If You would answer me, as I have called to You  
Please heal me now, don't hide Your face from me.

*Psalms 102:3 & 27:9. Lyrics by Debbie Friedman*

## Shelter Us - Hashkiveynu

Hashkiveynu Adonai eloheynu l'shalom  
v'ha'amideynu shomreynu l'chayim.  
Amen.

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.  
אָמֵן.

(Grant, O Eternal God, that we may lie down in peace, and raise us up, O Creator, to life renewed.)

Shelter us beneath Thy wings, O Adonai.  
Guard us from all harmful things, O Adonai.  
Keep us safe throughout the night  
'til we wake with morning's light.  
Teach us, God, wrong from right. Amen.

*Musical setting by Steve Brodsky & Josh Zweiback*

## Yah Ana - Where God?

## יְהוָה אֱלֹהֵינוּ

Yah, ana emtza-acha?  
 M'komcha na'ala v'nelam!  
 V'ana lo emtza-acha?  
 K'vodecha maley olam!  
 Darashti kirvat'cha,  
 b'chol libi k'raticha,  
 v'tzeyti likratcha  
 likrati m'tzaticha.

יְהוָה, אֱלֹהֵינוּ אֵיךְ נִמְצָא?  
 מִמְּקוֹמְךָ נִעְלָה וְנִנְעָלָם!  
 וְאֵיךְ לֹא אֵיךְ נִמְצָא?  
 כְּבוֹדְךָ מְלֵא עוֹלָם!  
 דָּרַשְׁתִּי קִרְבְּתְךָ,  
 בְּכֹל לִבִּי קָרָאתִיךָ,  
 בְּצִאתִי לְקָרָאתְךָ  
 לְקָרָאתִי מִצִּאתִיךָ

Where might I go to find You  
 Exalted Hidden One  
 Yet where would I not go to find You  
 Everpresent Eternal One  
 My heart cries out to You.  
 Please draw near to me.  
 The moment I reach out for You  
 I find You reaching in for me.

*Text Yehuda HaLevi - music Chava Mirel or Dan Nichols & Ellen Dreskin*

## The World is Built on Kindness

Olam chesed yibaneh

עוֹלָם חֶסֶד יִבְנֶה

Olam chesed yibaneh, dai dai dai dai dai...  
 I will build this world from love... dai dai dai dai dai...  
 And you must build this world from love... dai dai dai dai dai...  
 And if we build this world from love... dai dai dai dai dai...  
 Then God will build this world from love... dai dai dai dai dai... Olam

*Psalm 89:3 ("The world is built on kindness"); lyrics by Rabbi Menachem Creditor*

## Additional Songs

### Hayom - Today

### היום

Hayom t'amtzeynu hayom t'varcheynu  
 hayom t'gad'leynu amen  
 hayom tidr'sheynu l'tovah  
 hayom ticht'veynu l'chayim tovim  
 hayom tishma shavateynu amen  
 hayom t'kabeyl b'rachamim uv'ratzon  
 et t'filateynu  
 hayom titm'cheynu bimin tzidkecha  
 amen

היום תִּאֲמָצְנוּ הַיּוֹם תִּבְרַכְנוּ  
 הַיּוֹם תִּגְדְּלֵנוּ אָמֵן  
 הַיּוֹם תִּדְרְשֵׁנוּ לְטוֹבָה  
 הַיּוֹם תִּכְתְּבֵנוּ לְחַיִּים טוֹבִים  
 הַיּוֹם תִּשְׁמַע שׁוֹעֲתֵנוּ אָמֵן  
 הַיּוֹם תִּקְבֹּל בְּרַחֲמִים וּבְרָצוֹן  
 אֶת תְּפִלָּתֵנוּ  
 הַיּוֹם תִּתְמַכְנוּ בְּיָמִין צְדָקָךְ  
 אָמֵן

Strengthen us – today. Bless us – today, Exalt us – today. Amen.

Seek our well-being – today. Inscribe us for a good life – today. Lovingly accept our prayers – today. Amen.

Hear our plea – today. Sustain us with the power of Your righteousness– today. Amen.

### Or Zarua - Light is Sown

### אור זרע

Or zarua latzadik  
 ul'yishrey leyv simchah.

אור זרע לצדיק  
 ולישרי-לב שמחה:

Light is sown for the righteous,  
 radiance and joy for the pure of heart.

*Psalm 97:11, music Dan Nichols*





**גְּמַר חַטִּימָה טוֹבָה**  
*G'mar Chatimah Tova*

*May you be sealed for good in the Book of Life*

(As the candle is snuffed out in the wine, we sing:)

Eyliyahū hanavi Eyliyahū hatishbi  
eyliyahū hagiladi  
bimheyra v'yameynu yavo eyleynu  
im mashiach ben david.

אֵלֵיָהוּ הַנְּבִיא אֵלֵיָהוּ הַתְּשֻׁבִי  
אֵלֵיָהוּ הַגִּלְעָדִי  
בְּמַהֲרָה בְּיָמֵינוּ יָבֵא אֵלֵינוּ  
עִם מָשִׁיחַ בֶּן דָּוִד.

Elijah the prophet, Elijah the Tishbite, Elijah the Gileadite. May he soon, in our days, come to us with the Messiah, son of David.

Mir'yam han'viah  
oz v'zimrah b'yadah  
mir'yam tirkod itanu  
l'hagdil zimrat olam

מִרְיָם הַנְּבִיאָה  
עֹז וְזִמְרָה בְּיָדָהּ  
מִרְיָם תִּרְקֹד אִתָּנוּ  
לְהַגְדִּיל זִמְרַת עוֹלָם

Miriam the prophet, strength and song in her hand; Miriam, dance with us in order to increase the song of the world!

Mir'yam tirkod itanu  
l'takeyn et ha-olam.  
Bimheyra v'yameynu hi t'vi-eynu  
el mey hay'shuah,  
el mey hay'shuah!

מִרְיָם תִּרְקֹד אִתָּנוּ  
לְתַקֵּן אֶת־הָעוֹלָם:  
בְּמַהֲרָה בְּיָמֵינוּ הִיא תְּבִיאֵנוּ  
אֵל מַי הַיְּשׁוּעָה,  
אֵל מַי הַיְּשׁוּעָה!

Miriam, dance with us in order to repair the world. Soon she will bring us to the waters of redemption!

Mir'yam han'viah  
oz v'zimrah b'yadah  
mir'yam tirkod itanu  
l'hagdil zimrat olam

מִרְיָם הַנְּבִיאָה  
עֹז וְזִמְרָה בְּיָדָהּ  
מִרְיָם תִּרְקֹד אִתָּנוּ  
לְהַגְדִּיל זִמְרַת עוֹלָם

Miriam the prophet, strength and song in her hand; Miriam, dance with us in order to increase the song of the world!

(Smell the spices and pass them around)

### Over the Spices

Baruch ata Adonai eloheynu  
melech ha-olam,  
borey miney b'samim.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מֵיְנֵי בְשָׁמִים.

We praise You, Adonai, whose presence fills creation. You create different kinds of spices.

### Over the Havdalah Candle

Baruch ata Adonai eloheynu  
melech ha-olam,  
borey m'orey ha-eysh.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מְאוּרֵי הָאֵשׁ.

We praise You, Adonai, whose presence fills creation. You create the light of fire.

(Again, take up the cup of wine and say:)

Just as we make Havdalah to end Shabbat, God asks us to make a difference every day of the week:

*Havdalah - make a difference by feeding the hungry.*

*Havdalah - make a difference by caring for the sick.*

*Havdalah - make a difference by comforting those in sorrow.*

*By our choices, we can help to make a difference for others.*

Baruch ata Adonai eloheynu  
melech ha-olam,  
hamavdil beyn kodesh l'chol.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם,  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

We praise You, Adonai, whose presence fills creation. You make a difference between holy and common.

## Havdalah - Separation

*(As we begin, light the Havdalah candle)*

Lay'hudim haitah orah v'simcha  
v'sason vikar keyn tih'yeh lanu  
tih'yeh lanu tih'yeh lanu.

לְיְהוּדִים הֵיְתָה אֹרֶה וְשִׂמְחָה  
וְשִׁשׂוֹן וְיִקָּר כֵּן תְּהִיָּה לָנוּ  
תְּהִיָּה לָנוּ תְּהִיָּה לָנוּ.

*The Jews enjoyed light and gladness, honor and joy - may we too experience these same blessings!*

Hineh el y'shuati, evtach v'lo  
efchad, ki ozi v'zimrat yah Adonai,  
vay'hi li lishua kos y'shuot  
esa uv'sheym Adonai ekra.

הִנֵּה אֵל יְשׁוּעָתִי, אֶבְטַח וְלֹא  
אֶפְחָד, כִּי עֲזִי וְזִמְרַת יְהוָה,  
וַיְהִי לִי לִישׁוּעָה כּוֹס יְשׁוּעוֹת  
אֲשֶׁא וּבְשֵׁם יְיָ אֶקְרָא.

*Behold, God is my redeeming power; trusting in the Eternal, I am not afraid. For the Eternal is my strength and my song, and has become my redemption. I shall lift up the cup of redemption and call out in the name of God.*

*(Lift the cup of wine)*

## Over the Wine

Baruch ata Adonai eloheynu melech  
ha-olam, borey pri hagafen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, בּוֹרֵא פְרֵי הַגָּפֶן.

We praise You, Adonai, whose presence fills creation. You create the fruit of the vine.

**Tekiah Gedolah - The Great Blast**

**תְּקִיעַת גְּדוּלָה**

*(Once:)*

Sh'ma yisrael Adonai eloheynu  
Adonai echad.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ  
יְהוָה אֶחָד.

Hear, O Israel: Adonai is our God, Adonai is One.

*(Three times:)*

Baruch shem k'vod malchuto  
l'olam va-ed

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ  
לְעוֹלָם וָעֶד

Blessed is God's glorious dominion forever and ever

*(Seven times:)*

Adonai hu ha'elohim!

יְיָ הוּא הָאֱלֹהִים!

Adonai is God!

*(The Shofar is sounded)*

Tekiah Gedolah!

תְּקִיעַת גְּדוּלָה!

*(Be seated)*

Y'hey sh'mey raba m'varach

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

l'alam ul'almev almaya.

לְעָלָם וּלְעֵלְמֵי עֲלַמְיָא.

Yitbarach v'yishtabach v'yitpa-ar

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

v'yitromam v'yitnasey v'yithadar

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

v'yitaleh v'yithalal

וְיִתְעַלֶּה וְיִתְהַלָּל

sh'mey d'kudsha b'rich hu.

שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.

L'eyla ul'eyla mikol birchata

לְעֵלָא וּלְעֵלָא מְכַל בְּרַכְתָּא

v'shirata tushb'chata v'nechemata

וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָּא

da-amiran b'alma v'imru amen.

דְאָמִירָן בְּעֵלְמָא וְאָמְרוּ אָמֵן.

May God's great name be blessed forevermore. Blessed and praised, glorified and exalted, extolled and honoured, adored and lauded, is the name of the Blessed Holy One, above and beyond all blessings, hymns, praises and consolations that are uttered in the world. And let us say: Amen.

Titkabeyl tzlot'hon uva'ut'hon

תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן

d'chol beyt yisrael kadam avuhon

דְכָל בֵּית יִשְׂרָאֵל קְדָם אַבוּהוֹן

di vishmaya v'imru amen.

דִּי בְשַׁמְיָא וְאָמְרוּ אָמֵן:

Y'hey shlama raba min sh'maya

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא

v'chayim aleynu v'al kol yisrael

וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל

v'imru amen.

וְאָמְרוּ אָמֵן.

Oseh shalom bimromav

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו

hu ya'aseh shalom

הוּא יַעֲשֵׂה שְׁלוֹם

aleynu v'al kol yisrael

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל

v'al kol b'ney adam v'imru amen.

וְעַל כָּל בְּנֵי אָדָם וְאָמְרוּ אָמֵן.

May our prayers and petitions and those of the whole House of Israel be received by the Heavenly Presence. And let us say: Amen. May there be abundant peace and life from heaven upon us and upon all Israel. And let us say: Amen. May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel and on all the world. And let us say: Amen.

## The Ark is Open - God's Door is Open

As melodies from this whole season  
wash over you and through you,  
imagine that you are standing  
in front of the open Ark.  
Whisper to God  
what you most need to say.  
Right now!

### Aleph - א

Va'anachnu korim  
umishtachavim umodim  
lifney melech malchey hamlachim  
hakadosh baruch hu.

וְאֶנְחֲנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

We therefore bend the knee in awe and thanksgiving before the One who is sovereign over all, the Holy Blessed One.

## Kaddish Shalem - Whole Kaddish

Yitgadal v'yitkadash sh'mey raba  
b'alma di vra chirutey  
v'yamlich malchutey  
b'chayeychon uv'yomeychon  
uv'chayey d'chol beyt yisrael  
ba'agala uvizman kariv  
v'imru amen.

קַדִּישׁ שְׁלֵמִים  
יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא  
בְּעָלְמָא דִּי בְּרָא כְרַעוּתָהּ  
וְיַמְלִיךְ מַלְכוּתָהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
בְּעֵגְלָא וּבְזִמְן קָרִיב  
וְאָמְרוּ אָמֵן.

Let God's great name be exalted and hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all the House of Israel, speedily and very soon. And let us say: Amen.

S'lach na la'avon ha-am hazeh k'godel  
chasdecha, v'cha'asher nasata la-am  
hazeh mimitzrayim v'ad hena.

סֶלַח נָה לְעוֹן הָעַם הַזֶּה כְּגֹדֶל  
חֲסֵדְךָ, וְכַאֲשֶׁר נָשַׂאתָ לְעַם  
הַזֶּה מִמִּצְרַיִם וְעַד הַנְּהַה.

*As, in Your love, You have been patient with this people from the time You led us out of Egypt to the present day, so, in Your great love, may You forgive Your people now.*

Vayomer Adonai "salachti kidvarecha."

וַיֹּאמֶר יי "סֶלַחְתִּי כְּדְבָרְךָ."

*And God said: "I have pardoned in response to your plea."*

Pit'chu lanu sha'arei tzedek,  
navo vam, nodeh yah.

פְּתַחוּ-לָנוּ שַׁעֲרֵי-צְדָקָה,  
נָבוֹא בָם, נוֹדֶה יְהוָה.

Open for us the gates of righteousness and we shall enter to praise our God.

Seh-u sh'arim rasheychem,  
v'hinasu pitchey olam,  
v'yavo melech hakavod!  
Mi hu zeh melech hakavod!  
Adonai tz'vaot  
hu melech hakavod! Selah.

שֶׂאוּ שַׁעֲרֵים רָאשֵׁיכֶם,  
וְהִנָּשְׂאוּ פִתְחֵי עוֹלָם,  
וַיָּבֹא מֶלֶךְ הַכְּבוֹד!  
מִי הוּא זֶה מֶלֶךְ הַכְּבוֹד!  
יי צְבָאוֹת  
הוּא מֶלֶךְ הַכְּבוֹד! סֵלָה.

Lift up your heads, O gates!  
Lift yourselves up, O ancient doors!  
Let the One who reigns in glory enter.  
Who is it that reigns in glory?  
The God of all being  
Is the One who reigns in glory!



## Vidui - Confession of Sin

וִידוּי

Ashamnu, bagadnu, gazalnu,  
dibarnu dofi.

אֲשַׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ,  
דִּבַּרְנוּ דוֹפִי.

He'evinu, v'hirshanu, zadnu,  
chamasnu, tafalnu sheker.

הֶעֱוִינוּ, וְהִרְשָׁנוּ, זָדְנוּ,  
חֲמַסְנוּ, טָפַלְנוּ שֶׁקֶר.

We have trespassed; we have dealt treacherously; we have robbed; we have spoken slander. We have acted perversely; we have done wrong; we have acted presumptuously; we have wrought havoc; we have practiced deceit.

Ya-atznu ra, kizavnu, latznu, maradnu,  
ni-atznu, sararnu, avinu, pashanu,  
tzararnu, kishinu oref.

יַעֲצֵנוּ רָע, כִּזְבְּנוּ, לָצַנוּ, מָרַדְנוּ,  
נֹאֲצֵנוּ, סָרַרְנוּ, עֵוִינוּ, פָּשַׁעְנוּ,  
צָרַרְנוּ, קִשִּׁינוּ עוֹרֶף.

We have counselled evil; we have spoken falsehood; we have scoffed; we have revolted; we have blasphemed; we have rebelled; we have committed iniquity; we have transgressed; we have oppressed; we have been stiff-necked.

Rashanu, shichatnu,  
ti-avnu, ta-inu, titanu.

רָשָׁעְנוּ, שִׁחַתְנוּ,  
תֵּעֲבֹנוּ, תֵּעִינוּ, תֵּתַעְנוּ.

We have acted wickedly; we have dealt corruptly; we have committed abomination; we have gone astray; we have led others astray.

We have turned aside from Your commandments and from Your precepts, and it has not availed us. You are just, whatever befalls us. You call us to righteousness, but we bring evil upon ourselves. What shall we say before You, who dwell on high? What shall we plead before You, enthroned beyond the stars? Are not all things known to you?

## Aleph - א

We have all committed offences: together we confess these human sins:

*The sins of Arrogance, Bigotry and Cynicism; of Deceit and Egotism, Flattery and Greed, Haughtiness, Injustice and Jealousy.*

We Kept grudges, were Lustful, Malicious and Narrow-minded.

*We were Obstinate and Possessive, Quarrelsome, Rancorous and Selfish.*

We were Thoughtless, Unjust, Violent, Weak-willed, and Xenophobic.

*We Yielded to temptation, and showed Zeal for bad causes.*

Now may it be Your will Eternal God of all generations, to pardon all our sins, to forgive our wrongdoings, to blot out all our transgressions.

## Bet - ב

We stray and we sin...

when we fail to make peace the highest good,  
and when we are silent in the face of evil;  
when we forsake those who suffer far away,  
and when we shun the wronged and destitute among us;

*When we diminish God's image through violence or indifference,  
and when we fail to take care of those who depend on us;*

*when we engage in slander or deceit,  
and when we distort the truth for personal gain;  
when we judge others rashly or unfairly,  
and when we stoke the fires of communal strife;  
when we fail to embrace Torah – the Tree of Life,  
to walk its paths, and make its ways our own.*

We stray and we sin... when we offer no blessings, no words of thanks  
for the breath within us – and for the wonder of being.  
Together we confess. Together we take responsibility.

*(Rabbi Janet Marder)*

Avinu malkeynu chotmeynu b'sefer  
parnasah v'chalkalah.

אָבִינוּ מַלְכֵנוּ חֹתְמֵנוּ בְּסֵפֶר  
פְּרָנְסָה וְכַלְכָּלָה.

Avinu Malkeynu, seal us in the book of prosperity.

Avinu malkeynu chotmeynu b'sefer  
z'chuyot.

אָבִינוּ מַלְכֵנוּ חֹתְמֵנוּ בְּסֵפֶר  
זְכוֹת.

Avinu Malkeynu, seal us in the book of meritorious acts.

Avinu malkeynu chotmeynu b'sefer  
s'lichah um'chilah.

אָבִינוּ מַלְכֵנוּ חֹתְמֵנוּ בְּסֵפֶר  
סְלִיחָה וּמְחִילָה.

Avinu Malkeynu, seal us in the book of forgiveness.

Avinu malkeynu hatzmach lanu yeshua  
b'karov.

אָבִינוּ מַלְכֵנוּ הַצְמַח לָנוּ יְשׁוּעָה  
בְּקָרוֹב.

Avinu Malkeynu, hasten the time of our redemption.

Avinu malkeynu choneynu va'aneynu  
ki eyn banu ma'asim.  
Asey imanu tz'daka vachased  
v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ חֹנֵנוּ וְעֲנֵנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים.  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד  
וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.

Treat us with kindness and love, and be our help

*(Be seated)*

(All rise in body or spirit as the Ark is opened)

**Avinu Malkeynu - Our Parent, Our Sovereign**

**אָבִינוּ מַלְכֵנוּ**

Avinu malkeynu p'tach sha'arei  
shamayim lit'filateynu.

אָבִינוּ מַלְכֵנוּ פְּתַח שַׁעֲרֵי  
שָׁמַיִם לְתַפְלֵתֵנוּ.

Avinu Malkeynu, open the gates of heaven to our prayer.

Avinu malkeynu na al t'shivenu  
reykam milfanecha.

אָבִינוּ מַלְכֵנוּ נָא אַל תְּשִׁיבֵנוּ  
רֵיקָם מִלְּפָנֶיךָ.

Avinu Malkeynu, do not turn us away empty-handed from Your presence.

Avinu malkeynu s'lach um'chal l'chol  
avonoteynu.

אָבִינוּ מַלְכֵנוּ סִלַּח וּמַחַל לְכֹל  
עֲוֹנוֹתֵינוּ.

Avinu Malkeynu, forgive and pardon all our wrong-doing.

Avinu malkeynu chamol aleynu v'al  
olaleynu v'tapeynu.

אָבִינוּ מַלְכֵנוּ חַמַּל עָלֵינוּ וְעַל  
עוֹלָלֵנוּ וְטַפְּנוּ.

Avinu Malkeynu, have mercy on us and our children.

Avinu malkeynu chadeysh aleynu shanah  
tova.

אָבִינוּ מַלְכֵנוּ חֲדַשׁ עָלֵינוּ שָׁנָה  
טוֹבָה.

Avinu Malkeynu, let the new year be a good year for us.

Avinu malkeynu chotmeynu b'sefer  
chayim tovim.

אָבִינוּ מַלְכֵנוּ חֲתַמֵּנוּ בְּסֵפֶר  
חַיִּים טוֹבִים.

Avinu Malkeynu, seal us in the book of life for goodness.

Adonai yimloch l'olam va-ed!

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!

*God will reign forever!*

**B'terem Sh'chakim - Before the Dawn**

**בְּטֶרֶם שְׁחַקִּים**

Adonai melech, Adonai malach

יְיָ מֶלֶךְ, יְיָ מַלְאָךְ,

Adonai yimloch l'olam va'ed!

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!

The Eternal, the everlasting God will reign forever!

B'terem sh'chakim va'arakim nimtachu,

בְּטֶרֶם שְׁחַקִּים וְאַרְקִים נִמְתַּחֲוּ,

Adonai melech!

יְיָ מֶלֶךְ!

V'ad lo m'vorot zarachu,

וְעַד-לֹא מְאֻרוֹת זָרָחוּ,

Adonai malach!

יְיָ מַלְאָךְ!

V'ha-aretz kabaged tivleh,

וְהָאָרֶץ כְּבָגַד תִּבְלֶה,

v'hashamayim k'ashan nimplachu,

וְהַשָּׁמַיִם כְּעָשָׂן נִמְלָחוּ,

Before the earth and sky were formed, God was Sovereign! When heaven's lights had yet to shine, God did reign! Though like a garment, earth decay, and heaven all as smoke dissolve,

Adonai yimloch l'olam va-ed!

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!

*God will reign forever!*

V'ad lo asa aretz v'chutztot,

וְעַד-לֹא עָשָׂה אֶרֶץ וְחֻצוֹת,

Adonai melech!

יְיָ מֶלֶךְ!

Uvahachinu y'tzurim aley aratzot,

וּבְהִכִּינוּ יְצֻרִים עָלֵי אֲרָצוֹת,

Adonai malach!

יְיָ מַלְאָךְ!

Yargiz eretz mimkoma,

יִרְגִּז אֶרֶץ מִמְקוֹמָהּ,

vatchas amodeha palatzut,

וְתַכֵּס עֲמוּדֶיהָ פְּלָצוֹת,

Before the earth's expanse was spread, God was Sovereign! And when its creatures all were formed, God did reign! Though earth from out its orbit reel, and tremble to its lowest depths,

Tiz'ku l'shanim rabot,  
havanim v'ha'avot,  
b'ditza uv'tzahala,  
bish'at han'ilah.

תִּזְכּוּ לְשָׁנִים רַבּוֹת,  
הַבָּנִים וְהָאֲבוֹת,  
בְּדִיצָה וּבְצָהֳלָה,  
בְּשַׁעַת הַנְּעִילָה.

(...chorus)

May we all, both old and young, look for gladness and delight in the many years to come, as Thy gates are closed this night. God of awe, God of might, grant us pardon in this hour, as Thy gates are closed this night.

Michael sar yisrael,  
eyliyahu v'gav'riel,  
bas'ru na hag'ulah,  
bish'at han'ilah.

מִיכָאֵל שַׂר יִשְׂרָאֵל,  
אֵלֵיהוּ וְגַבְרִיאֵל,  
בְּשִׁרוּ נָא הַגְּאֻלָּה,  
בְּשַׁעַת הַנְּעִילָה.

El nora alila,  
el nora alila,  
ham'tzi lanu m'chilah,  
bish'at han'ilah.

אֵל נוֹרָא עֲלִילָה,  
אֵל נוֹרָא עֲלִילָה,  
הַמְצִיא לָנוּ מַחִילָה,  
בְּשַׁעַת הַנְּעִילָה.

Michael, Prince of Israel, Gabriel, Thy angels bright, with Elijah, come, redeem, as Thy gates are closed this night.

God of awe, God of might, grant us pardon in this hour, as Thy gates are closed this night.

**El Nora Alila - God of Awe**

**אל נורה עלילה**

(Chorus:)

El nora alila,  
el nora alila,  
ham'tzi lanu m'chilah,  
bish'at han'ilah.

אל נורא עלילה,  
אל נורא עלילה,  
המציא לנו מחילה,  
בשעת הנעילה.

God of awe, God of might, God of awe, God of might, Grant us pardon in this hour, as Thy gates are closed this night.

M'tey mis'par k'ru-im,  
l'cha ayin nos'im,  
um'sal'dim b'chila,  
bish'at han'ilah.

מתי מספר קרואים,  
לך עין נושאים,  
ומסלדים בחילה,  
בשעת הנעילה.

(...chorus)

We who few have been from yore, raise our eyes to heaven's height, trembling, fearful in our prayer, as Thy gates are closed this night. (chorus)

Shof'chim l'cha naf'sham,  
m'chey pish'am v'chachsham,  
v'ham'tzi'eym m'chilah,  
bish'at han'ilah.

שופכים לך נפשם,  
מחה פשעם וכחשם,  
והמציאם מחילה,  
בשעת הנעילה.

(...chorus)

Pouring out our soul we pray that the sentence Thou will write shall be one of pardoned sin, as Thy gates are closed this night. God of awe, God of might, Grant us pardon in this hour, as Thy gates are closed this night.



## Hoda-ah - Thanksgiving

## הודאה

Modim anachnu lach  
she-atah hu Adonai eloheynu.

מוֹדִים אֲנַחְנוּ לָךְ  
שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ.

We gratefully acknowledge that You, Adonai, are our God.

### Aleph - א

We give thanks to You, our God, for the many blessings in life.

*You give us minds to think and understand.*

You give us families to love us and take care of us.

*You give us our Jewish tradition to teach us how to live.*

Every day we find new miracles - and the greatest miracle of all is life itself.

*Adonai, we find goodness when we praise Your name.*

## Birchat Shalom - Blessings of Peace

## ברכת שלום

Sim shalom tova uv'racha  
cheyn vachessed v'rachamim  
aleynu v'al kol yisrael amecha.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה  
חֵן וְחֶסֶד וְרַחֲמִים  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

May your blessings of peace and compassion descend upon all Your people Israel.

**Kedushat Hayom - Holiness of This Day**

**קְדוּשַׁת הַיּוֹם**

Eloheynu velohey avoteynu, m'chal  
 la'avonoteinu b'yom (ha-shabbat uv'yom)  
 hakippurim hazeh, m'chey v'ha-aveyr  
 p'sha-eynu v'chatoteynu migegeg  
 eynecha. Baruch ata Adonai, melech  
 mocheyl v'soleycha la'a-onoteynu  
 v'la'avonot amo beyt yisrael,  
 uma'avir b'chol shanah v'shana, melech  
 kol ha-aretz, m'kadesh  
 (ha-shabbat v') yisrael  
 v'yom hakippurim.

אֱלֹהֵינוּ וְאֱלוֹהֵי אֲבוֹתֵינוּ, מְחַל  
 לְעֹנוּתֵינוּ בַּיּוֹם (הַשַּׁבָּת וּבַיּוֹם)  
 הַכִּפּוּרִים הַזֶּה, מְחַי וְהַעֲבִיר  
 פְּשָׁעֵינוּ וְחַטָּאתֵינוּ מִגֶּגֶד  
 עֵינֶיךָ. בָּרוּךְ אַתָּה יְיָ, מֶלֶךְ  
 מוֹחֵל וְסוֹלֵחַ לְעֹנוּתֵנוּ  
 וְלְעֹנוֹת עַמּוֹ בֵּית יִשְׂרָאֵל,  
 וּמַעֲבִיר בְּכָל-שָׁנָה וּשְׁנָה, מֶלֶךְ  
 כָּל-הָאָרֶץ, מְקַדֵּשׁ  
 (הַשַּׁבָּת וְ) יִשְׂרָאֵל  
 וַיּוֹם הַכִּפּוּרִים.

Our God and God of all generations, pardon our sins on this (Shabbat and this) Day of Atonement; sweep away our transgressions and misdeeds, that they vanish from Your sight.

*Blessed is the Eternal God, whose forgiving love annuls our trespasses year after year. Ruler of all the world, You hallow (the Sabbath,) the House of Israel and the Day of Atonement.*

**Avodah - Worship**

**עֲבוּדָה**

Be gracious, Adonai, to Your people Israel  
*and accept our prayers in love.*

In the ancient Temple, our ancestors offered You the best of their flocks and fields.

*In our synagogues, we offer You the prayers of our hearts and know that You understand us. We praise You, Adonai, who comes close to hear our prayer.*

Baruch ata Adonai ha-machazir  
 sh'chinato l'tzion.

בָּרוּךְ אַתָּה יְיָ הַמַּחְזִיר  
 שְׁכִינָתוֹ לְצִיּוֹן.

We praise You, Eternal One, who brings Your Shechinah to Zion.

Baruch k'vod Adonai mimkomo.

בְּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

God's glory fills the world.

Echad hu eloheynu hu avinu

אֶחָד הוּא אֱלֹהֵינוּ הוּא אָבִינוּ

hu malkeynu

הוּא מַלְכֵנוּ

hu moshi-eynu v'hu yash'mi-eynu

הוּא מוֹשִׁיעֵנוּ וְהוּא יִשְׁמִיעֵנוּ

b'rachamav l'eyney kol chai.

בְּרַחֲמָיו לְעֵינֵי כָל חַי.

Ani Adonai eloheychem

אֲנִי יְיָ אֱלֹהֵיכֶם

You alone are our God and Creator, You are our Ruler and Helper, and in Your mercy You reveal Yourself in the sight of all the living:

I am your Eternal God.

Yimloch Adonai l'olam elohayich tzion

יִמְלֹךְ יְיָ לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן

l'dor vador halleluya.

לְדוֹר וָדוֹר הַלְלוּיָהּ.

The Eternal God shall reign forever, your God, O Zion, from generation to generation. Halleluyah!

L'dor vador nagid godlecha

לְדוֹר וָדוֹר נִגִּיד גּוֹדְלֶךָ

ul'netzach n'tzachim k'dushatcha

וּלְנֹצֵחַ נִצְחִים קְדוּשַׁתְךָ

nakdish, v'shivchacha eloheynu mipinu

נִקְדִּישׁ, וְשִׁבְּחָךָ אֱלֹהֵינוּ מִפִּינוּ

lo yamush l'olam va-ed.

לֹא יָמוּשׁ לְעוֹלָם וָעֶד.

To all generations we will make known Your greatness, and to all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips.

Baruch ata Adonai hamelech hakadosh.

בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

We praise You, Eternal One, the holy Sovereign.

*(Be seated)*

Mi chamocha av harachamim,  
zocheyr y'tzurav l'chayim  
b'rachamim.

מִי כַמוֹךָ אֲבֵי הַרַחֲמִים,  
זוֹכֵר יִצּוּרֵיךָ לְחַיִּים  
בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai m'chayey hakol.

וְנֶאֱמַן אַתָּה לְהַחַיּוֹת הַכֹּל.  
בָּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, Source of mercy, who in compassion sustains the life of Your children? We put our trust in You, who gives life to all. We praise You, Eternal One, the Source of life.

### Kedusha - God's Holiness

### קְדוּשָׁה

N'kadesh et shimcha ba-olam  
k'shem shemakdishim oto bishmey  
marom. Kakatuv al yad n'vi-echa.  
V'kara zeh el zeh v'amar:

נִקְדָּשׁ אֶת שִׁמְךָ בְּעוֹלָם  
כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי  
מְרוֹם. כִּכְתוּב עַל יַד נְבִיאֶיךָ:  
וְקָרָא זֶה אֶל זֶה וְאָמַר:

We sanctify Your name on earth, even as the heavenly beings proclaim Your holiness, and in the words of the prophet Isaiah we say:

Kadosh Kadosh Kadosh  
Adonai tz'vaot, m'lo chol ha'aretz  
k'vodo.

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ  
יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ  
כְּבוֹדוֹ.

Holy, holy, holy is God majestic: the fullness of the earth is Your glory.

Adir adireynu Adonai adoneynu  
ma adir shimcha b'chol ha-aretz.

אֲדִיר אֲדִירֵנוּ יְיָ אֲדִירֵנוּ  
מֵה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

Source of our strength, Sovereign God, how glorious is Your name in all the earth.

Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotmeynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכַרְנוּ לְחַיִּים  
מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְחַתְּמָנוּ בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Remember us as we live our lives each day, O God, and help us to seal our names in the Book of Life for the coming year.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
בָּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

### **Gevurot - God's Power**

### **גְּבוּרוֹת**

Ata gibor l'olam adonai m'chayey  
hakol ata rav l'hoshia.  
Morid hatal.  
M'chalkeyl chayim b'chesed m'chayey  
hakol b'rachamim rabim.  
Someych noflim v'rofev cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocho ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה  
הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מוֹרִיד הַטַּל.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

Eternal is Your might, all life is Your gift, great is Your redemptive power. You bring on the dew. With love You sustain the living and with great compassion give life to all. You support the fallen and heal the sick, You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You in power? Who is like You, God of life and death, Source of salvation?

## Amidah - The Standing Prayer

## עמידה

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהִלָּתְךָ:

O God, open my lips so that my mouth can praise You.

## Avot V'imahot - God of our Ancestors

## אבות ואמהות

Baruch ata Adonai eloheynu velohey  
avoteynu v'imoteynu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:

Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey leah.

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה.

We praise You, Eternal our God, God of our ancestors:  
God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem l'ma-an sh'mo  
b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן. גּוֹמֵל חַסְדִּים טוֹבִים,  
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי  
אֲבוֹת וְאִמּוֹת, וְיַמְבִּיא גְּאֻלָּה  
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ  
בְּאַהֲבָה.

Great, powerful and awesome God, You grant loving kindness to everyone. You remember the good deeds of our ancestors and with love You bring redemption to us for the sake of Your name.

## Ne-ila - Locking

### Keep Open the Gates

The sun is setting. The gates are closing. The day is through.  
The sun is setting. The gates are closing. We're here with You.

Keep open the gates. Keep open the gates for us.  
Keep open the gates at the end of the day.

The sun is setting. The gates are closing. The day is through.  
The sun is setting. The gates are closing. We're here with You.

*By Eliana Light  
Arr. R. Jonah Rank  
and R. Oren Steinitz*

# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

## סדר בסוף יום כיפור

Seder B'sof Yom Kippur

**The order for the end of Yom Kippur service**





Yizkor

Y'hey shlama raba min sh'maya  
v'chayim aleynu v'al kol yisrael  
v'imru amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן.

Oseh shalom bimromav  
hu ya'aseh shalom  
aleynu v'al kol yisrael  
v'al kol b'ney adam v'imru amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו  
הוּא יַעֲשֶׂה שְׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל בְּנֵי אָדָם וְאָמְרוּ אָמֵן.

May there be abundant peace and life from heaven upon us and upon all Israel.  
And let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend  
on us, on all Israel and on all the world. And let us say: *Amen*.

May the Source of peace send peace to all who mourn and comfort to all who  
are bereaved. And let us say: *Amen*.

(Be seated)



גְּמַר חַטִּימָה טוֹבָה

G'mar Chatimah Tova

*May you be sealed for good in the Book of Life*

**Kaddish - Mourner's Kaddish****קדיש**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתָהּ  
 וְיַמְלִיךְ מַלְכוּתָהּ  
 בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמַּן קְרִיב  
 וְאִמְרוּ אָמֵן.

Let God's great name be exalted and hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all the House of Israel, speedily and very soon. And let us say: *Amen*.

Y'hey sh'mey raba m'varach  
 l'alam ul'almeiy almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעָלְמֵי עֵלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal  
 sh'mey d'kudsha b'rich hu.  
 L'eyla min kol birchata v'shirata  
 tushb'chata v'nechemata da-amiran  
 b'alma v'imru amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל  
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.  
 לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא  
 תְּשֻׁבְחָתָא וְנַחֲמָתָא דְאִמְרִין  
 בְּעֵלְמָא וְאִמְרוּ אָמֵן.

May God's great name be blessed forevermore.

Blessed and praised, glorified and exalted, extolled and honoured, adored and lauded, is the name of the Blessed Holy One, above and beyond all blessings, hymns, praises and consolations that are uttered in the world. And let us say: *Amen*.

(All rise in body or spirit)

**El Maley Rachamim - Merciful God**

El maley rachamim shocheyn  
 bamromim, hamtzey m'nucha  
 n'chona tachat kanfey hash'china, im  
 k'doshim ut'horim k'zohar harakiya  
 mazhirim, l'nishmot yakiraynu  
 shehalchu l'olamam.  
 Ba'al harachamim yastiyreym b'seyter  
 k'nafav l'olamim, v'yitzror bitzror  
 hachayim et nishmatam.  
 Adonai hu nachalatam v'yanuchu  
 b'shalom al mishkavam.  
 V'nomar amen.

**אל מלא רחמים**

אל מלא רחמים שוכן  
 במרומים, המצא מנוחה  
 נכונה תחת כנפי השכינה, עם  
 קדושים וטהורים כזהר הרקיע  
 מזהירים, לנשמות יקירינו  
 שהלכו לעולמם.  
 בעל הרחמים יסתירם בסתר  
 כנפיו לעולמים, ויצרור בצרור  
 החיים את נשמתם.  
 יי הוא נחלתם וינוחו  
 בשלום על משכבם.  
 ונאמר אמן:

O God, exalted and full of compassion, grant perfect peace in the shelter of Your wings to our loved ones who have entered their eternal home. Merciful one, let them find refuge forever in your eternal presence and may their eternal souls be bound up in the bond of eternal life. The Eternal God is their inheritance. May they rest in peace. And let us say: Amen.

**Life is Born (Dor Holeich)**

Life is born and life moves on,  
and the earth has held and will hold it all.

The sun rises and the sun sets and returns again to rise and fall.

The wind turns South and the wind turns North,  
turning, turning, returning still.

The rivers run from the clouds to the sea  
and become the rain, and the sea is never filled.

So the beginning moves to the end and the end flows on to begin again.

The one at the end is the one who begins  
and the breath of breaths is within all things.

*Rabbi Jill Hammer  
Based on Ecclesiastes 1:1, 4-7,  
inspired by Nelly Sachs*

**Yizkor - Remember**

**יִזְכוֹר**

Yizkor eloheynu nishmot  
yakirai . . . shehalchu l'olamam.

יִזְכוֹר אֱלֹהֵינוּ נִשְׁמוֹת  
יַקִּירֵי . . . שֶׁהָלְכוּ לְעוֹלָמָם.

May God remember forever my dear ones . . . who have gone to their eternal rest.

May they be at one with the One who is life eternal. May the beauty of their lives shine forevermore, and may my life always bring honour to their memory.

Yizkor eloheynu nishmot  
kol acheynu b'ney yisrael shemasru  
et nafshoteyhem al kiddush  
hashem.

יִזְכוֹר אֱלֹהֵינוּ נִשְׁמוֹת  
כָּל-אֲחֵינוּ בְּנֵי יִשְׂרָאֵל שֶׁמָּסְרוּ  
אֶת-נַפְשׁוֹתֵיהֶם עַל קְדוּשַׁת  
הַשֵּׁם.

May God remember forever our brothers and sisters of the House of Israel who gave their lives for the sanctification of the Divine Name.

May they be at one with the One who is life eternal. May the beauty of their lives shine for evermore, and may my life always bring honour to their memory.

## Psalm 23

Mizmor l'david:

Adonai ro-i lo echsar.

Binot deshe yarbitzeyni, al mey

m'nuchot y'nahaleyni, nafshi

y'shovev. Yancheyni v'mag'ley

tzedek l'ma-an sh'mo.

Gam ki elech b'gey tzalmavet

lo ira ra, ki ata imadi.

Shivt'cha umishantecha,

heyma y'nachamuni.

Ta'aroch l'fanai shulchan neged

tzor'rai, dishanta bashemen roshi,

kosi r'vaya.

מִזְמוֹר לְדָוִד:  
 יְהוָה רֹעִי לֹא אֶחְסָר.  
 בְּנֵאוֹת דֶּשֶׁא יַרְבִּיצַנִי, עַל-מֵי  
 מְנוּחוֹת יְנַהֲלֵנִי, נַפְשִׁי  
 יִשְׁוֶבֶב. יִנְחֵנִי בְּמַעְגְּלֵי  
 צְדָק לְמַעַן שְׁמוֹ.  
 גַּם כִּי אֵלֶךְ בְּגֵי אֲלֻמֹּת  
 לֹא אִירָא רָע, כִּי אַתָּה עִמָּדִי.  
 שִׁבְתְּךָ וּמִשְׁעַנְתְּךָ,  
 הִמָּה יְנַחֲמֵנִי.  
 תַּעֲרֹךְ לְפָנַי שֻׁלְחָן נֶגֶד  
 צָרָרַי, דִּשְׁנַת בֶּשֶׂמֶן רֹאשִׁי,  
 כּוֹסֵי רוּיָהּ.

A psalm of David: Adonai is my shepherd, I shall not want. God makes me lie down in green pastures, leads me beside still waters and restores my soul. God guides me along straight paths for the sake of the divine Name. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me. Your rod and staff are a comfort to me. You prepare a table for me to face my sorrows; You have anointed my head with oil; my cup overflows.

Ach tov vachased yird'funi kol

y'mey chayai v'shavti b'veyt Adonai

l'orech yamim.

Adonai ro-i lo echsar.

אֶךְ טוֹב וַחֲסֵד יִרְדְּפוּנִי כָּל  
 יְמֵי חַיֵּי וְשִׁבְתִּי בְּבֵית-יְהוָה  
 לְאֶרֶךְ יָמִים.  
 יְהוָה רֹעִי לֹא אֶחְסָר.

Surely, goodness and mercy shall follow me all the days of my life, and I shall dwell in God's house forever. Adonai is my shepherd, I shall not want.

## **The Echo of Your Promise**

When I cry, my voice trembles with fear.  
When I call out, it cracks with anger.

How can I greet the dawn with song  
when darkness eclipses the rising sun?

To whom shall I turn when the clouds of the present  
eclipse the rays of tomorrow?

Turn me around to yesterday,  
that I may be consoled by its memories.

Were not the seas split asunder;  
did we not once walk together through the waters to the dry side?

Did we not bless the  
bread that came forth from the heavens?

Did your voice not reach my ears  
and direct my wanderings?

The waters, the lightning, the thunder  
remind me of yesterday's triumphs.

Let the past offer proof of tomorrow;  
let it be my comforter and guarantor.

I have been here before,  
known the fright and found your companionship.

I enter the sanctuary again  
to await the echo of your promise.

*Based on Psalm 77*

*Rabbi Harold M. Schulweis*

## **We Remember**

We remember those who lived, learned,  
prayed, celebrated, and mourned with us in times gone by.

We remember mothers and fathers  
who built a foundation for our lives.

*We remember the partnership of spouses.*

*We remember the love that made these relationships holy.*

*We remember brothers and sisters.*

*We remember children, taken before we were ready.*

We remember friends who touched our lives.

May this sanctuary be a safe container  
for our memory and our grief.

O God, on this holy day, help us to remember.

*And we say together:*

*Let their memories be a blessing.*

*In recalling their struggles, we become able to face our own.*

*Let their memories be a blessing.*

In reflecting on their joy, we become able to savor our own.

*Let their memories be a blessing.*

Give us the courage to transform loss into hope for the future.

*Let their memories be a blessing.*

And let us say: Amen.

*Days of Awe – Goldwasser & Barenblat*



**Esa Eynai - I Lift Up My Eyes****אֵשָׁא עֵינַי**

Esa eynai el heharim,  
 mey-ayin yavo ezri.  
 Ezri mey-im Adonai,  
 oseh shamayim va-aretz.

אֵשָׁא עֵינַי אֶל הַהָרִים,  
 מֵאֵין יָבוֹא עֶזְרִי:  
 עֶזְרִי מֵעַם יְהוָה,  
 עֹשֶׂה שָׁמַיִם וָאָרֶץ.

I lift my gaze to the mountains:  
 what is the source of my help?

*My help will come from the Eternal,  
 Maker of heaven and earth.*

God will not allow your foot to slip;  
 your Guardian will not slumber.

*Surely the Guardian of Israel neither slumbers nor sleeps.*

The Eternal is your Keeper, your shade at your side.  
 The sun shall not harm you by day, nor the moon by night.

*The Eternal will shield you from all evil and will uphold your soul. The Eternal will guard your coming and your going from this time forth and forever.*

**Bet - ב**

We are feeble; we live always on the brink of death. Scarcely ushered into life, we begin our journey to the grave. Our best laid plans are ever at risk; our fondest hopes are buried with us. Ambition drives us on to high exertion; indulgence makes us waste the powers we have; and evil seduces us to heap misery upon others. Success and failure, love and hatred, pleasure and pain mark our days from birth to death. We prevail, only to succumb, we fail, only to renew the struggle.

*Our days are few and full of trouble.*

The eye is never satisfied with seeing; endless are the desires of the heart. We devise new schemes on the graves of a thousand disappointed hopes. Like Moses on Mount Nebo, we behold the promised land from afar but may not enter it. Our life, at its best, is an endless effort for a goal we never attain. Death finally terminates the struggle, and joy and pride, success and failure, all are ended. Like children falling asleep over their toys, we relinquish our grasp on earthly possessions only when death overtakes us. Master and servant, rich and poor, strong and feeble, wise and simple, all are equal in death.

*The grave levels all distinctions, and makes the whole world kin.*

Eternal God, You have been our refuge in all generations.

*Before the mountains were born, or earth and universe brought forth, from eternity to eternity You are God.*

For a thousand years in Your sight are but as yesterday when it is past, or as a watch in the night.

*You sweep us away; we are like a dream at daybreak; we come and go like grass which in the morning shoots up, renewed, and in the evening fades and withers.*

The number of our years may be many or few; yet vain toil fills their span, for it is soon ended, and we fly away. So teach us to number our days that we may grow wise in heart.

*Let Your servants understand Your ways, and Your children see Your glory.*

Let the beauty of our Eternal God be with us, and may our work have lasting value.

*O let the work of our hands be enduring!*

**Yizkor - Remembrance****יִזְכוֹר**

B'yado afkid ruchi,  
 b'eyt ishan v'a-ira.  
 V'im ruchi g'viyati,  
 Adonai li v'lo ira.

בְּיָדוֹ אֶפְקִיד רוּחִי,  
 בְּעֵת אִישָׁן וְאֶעֱרָה.  
 וְעִם רוּחִי גְוִיָּתִי,  
 יְיָ לִי וְלֹא אִירָא.

Into Your hand I commit my spirit. When I sleep and when I wake. And with my spirit my body also, God is with me, I will not fear.

*Arr. Craig Taubman*

**Aleph - א**

O God, You are my God;  
 at first light I seek You.

*My soul thirsts for You,  
 my flesh longs for You,  
 where there is no water.*

So do I look for You in the sanctuary,  
 to behold Your power and Your glory.  
 Your love is better than life;  
 my lips will extoll You.

*And I will praise You with my life:  
 for You have been my help,  
 and in the shadow of Your wings  
 I sing for joy.*

# קהילת סולל

**Kehilat Solel - Solel Congregation**

# נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

# סדר יזכור

Seder Yizkor

**The order for the Yom Kippur Memorial service**



**Ani v'Atah - Me and You**

**אני ואתה**

Ani v'ata nishaneh et ha-olam  
Ani v'ata az yavo-u k'var kulam  
Omru et zeh kodem  
l'fanai zeh lo m'shaneh.  
Ani v'ata nishaneh et ha-olam

אני ואתה נשנה את העולם  
אני ואתה אז יבואו כפר כלם  
אמרו את זה קודם  
לפני זה לא משנה  
אני ואתה נשנה את העולם

Ani v'ata n'naseh mey-hatchala  
Yih'yeh lanu ra eyn davar zeh lo nora.

אני ואתה ננסה מהתחלה  
יהיה לנו רע אין דבר זה לא  
נורא.

You and I, we will change the world.  
You and I, then the others will follow.  
It's been said before, but that doesn't matter.  
You and I, we will change the world.

You and I will start from the beginning.  
It may be difficult, but that's not so terrible.



**גְּמַר חַטִּימַה טוֹבָה**

*G'mar Chatimah Tova*

*May you be sealed for good in the Book of Life*

## **Bet - ב**

This is the vision of a great and noble life:  
to endure ambiguity and to make light shine through it;  
to stand fast in uncertainty;  
to prove capable of unlimited love and hope.

## **Gimmel - ג**

Here I stand, the Jew, marked by history, for who can count how long? Wrapped in compassion as in a tallit, staring every storm in the face. Write songs of pain, sing prayers of torment, refresh yourself with suffering. Too much for one people, small and weak - it is enough to share out among the whole human race.

*But God has planted in me goodness, compassion, as a mother loves her children. So I writhe with pain, weep and sing, sing and weep. For the blood knows the heart of the world is not made of stone. The wonderful light of God's face is for all eternity stamped on it firm and deep.*

And the heart feels that there is a day and an hour, and a mountain called Zion. And then all the sufferings will gather there and will all become song. Ringing out into every corner of the Earth, from end to end. And the nations will hear it, and like the caravans in the desert, will all to that mountain throng.

## **Dalet - ד**

Why do we devote this time to remembering the martyred of our people? So their lives are not lost entirely to the pages of history or the daily news. And moreover, when we recall their names their impact and imprint on this world are reinforced. They shape us. They teach us where we come from and to Whom we belong. They remind us what we will stand for and what we will not stand for.

*The Prophet Isaiah promised: "And the ransomed of the Eternal One shall be restored and return to Zion singing, with everlasting joy as their crown. Joy and gladness shall be theirs: suffering and sorrow shall take flight."*

It is too small a task for you to be My servant merely to preserve the tribes of Jacob and to restore the survivors of Israel. I will make you a Light Unto The Nations, so that My saving power may reach to the ends of the earth.

*We remember the martyrs of our People, too, in order to acknowledge our own good fortune. As we cast our eyes over millennia of blood and tears, we see how rare and precious is this moment of vibrant Jewish life. Let us not take it for granted. Let us not squander this moment. Let us embrace it and protect it. Let us celebrate it and praise God for it.*

## Rebirth

After the suffering we rose up, refusing to die.  
We rose to tend the wounded and comfort the bereaved,  
to strengthen old communities and establish new ones,  
to open new synagogues, to build new schools.  
And we began to write a new chapter in our old book,  
continuing the story of Israel, the eternal people.

*God, teach us to do and to hear  
the command that rests upon us now:  
to honour the memory of the slain,  
to bring our people back to life,  
to bear witness before the world to Your glory  
and to the goodness of life.*

## Aleph - א

Mir Juden wissen, es ist ein  
Gebot von Gott, zu leben.

מִיר אִידן וויסן אַז עס איז אַיִן  
געבאָט פֿון גאָט צו לעבן.

*Rabbi Leo Baeck*

We Jews know that the commandment of God is to live.

## Ani Ma'amin - I Believe

Ani ma'amin  
be'emuna sh'leyma  
b'viyat hamashiach  
v'af al pi sheyit-mameyah  
im kol zeh ani ma'amin.

אֲנִי מֵאֲמִין  
אֲנִי מֵאֲמִין  
בְּאֵמוּנָה שְׁלֵמָה  
בְּבִיאַת הַמָּשִׁיחַ  
וְאֵף עַל פִּי שְׂיִתְמַהֲמָה  
עִם כָּל זֶה אֲנִי מֵאֲמִין.

I believe with perfect faith in the coming of the messianic age, and though it may not quickly be with us, nevertheless I believe.



## Gimmel - ג

Born in Jerusalem in 1922, Yitzhak Rabin, was at the centre of every major event of Israel's history for five decades. In 1948, he fought in the siege of Jerusalem during the War of Independence. He was army general turned statesman. He knew the frontlines of battle and was awarded the Nobel Prize for Peace.

*On November 4, 1995, at a peace rally in Tel Aviv, Yitzhak Rabin was assassinated by a radical Jewish opponent of his plan for peace. A blood-stained page of the Song of Peace, Shir LaShalom, was found in his breast pocket:*

## Dalet - ד

Among the eleven slain at the Tree of Life Congregation, the most deadly attack on a North American House of Worship, was Joyce Fienberg, who grew up in Toronto. She was educated and married here. She is mourned by many cousins here, including Past President of Holy Blossom Temple, Judy Winberg, who said, "I guess like most martyrs, Joyce would never have considered herself worthy of such a title. She would have simply said, 'She was in the right place at the wrong time.'" Joyce made it her mission to help strengthen the Tree of Life Congregation. She joined the synagogue board and drove every morning to make the minyan. That was Joyce, thoughtful and generous. And that's why the family knew with complete certainty that Joyce was there on Shabbat Morning, October 27, 2018, when the heavily armed white supremacist stormed the building.

*It is a tree of life for those who hold it fast, and all who cling to it find happiness. Its ways are ways of pleasantness and all its paths are peace. Turn us toward You, Adonai, and we shall return. Renew our days as of old.*

On the Shabbat after the Tree of Life massacre a remarkable thing happened. Hundreds of Muslims from the Greater Toronto Area gathered to form Rings of Peace around twelve synagogues, including Solel, just as we had done for local mosques in the immediate aftermath of the deadly attack on a mosque in Quebec City. They came to be counted. They came to stand in solidarity against the world's most tenacious and pernicious hatred.

*God commands: "This day I call heaven and the earth as witnesses against you that I have set before you life and death, blessing and curse. Now choose life, so that you and your children may live."*

*Deuteronomy 30:19*

## For the Sake of the Divine Name

We remember, too, the men and women who responded to the call of the prophets with: "Hineini. Here I am." They gave their lives while struggling to right wrongs, to make peace, to save others from humiliation or harm. We remember them today not as martyrs or saints, but as human beings defined by their moral choices, their sacrifices, and their service.

### Aleph - א

God commands:

*"You shall not remain indifferent."*

God commands:

*"Justice, justice shall you pursue."*

The prophet Amos taught:

*"Let justice roll down like waters; and righteousness like an ever-flowing stream."*

### Bet - ב

Daniel Pearl put himself in harm's way in order to inform the world of terror brewing. A dual citizen of the United States and Israel, he investigated in the Balkans, in Sudan, and in Iran. By 2002, at the age of 38, Pearl was the Wall Street Journal's bureau chief in South Asia. While investigating terrorism in Pakistan, he was abducted by Al Qaeda. A videotape of his murder preserves his last words: "My father is Jewish. My mother is Jewish. I am Jewish. Back in the town of B'nei Brak, there is a street named after my great-grandfather, Chayim Pearl, who was one of the founders of the town." "His last words –'I am a Jew' -- were an assertion of his inalienable right to recognition of the human oneness in his specific identity. His was the ultimate judgment on the senseless brutality that took his young life."

*Nadine Gordimer, adapted*

God commands:

*"You shall not stand idly by while your neighbour bleeds."*

Hillel the Sage insists:

*"In a place where there are no human beings, strive to be human."*

**Dalet - ד**

Today the ghetto knows a different fear,  
Close in its grip, Death wields an icy scythe.  
An evil sickness spreads a terror in its wake,  
The victims of its shadow weep and writhe.

*Today a father's heartbeat tells his fright  
And mothers bend their heads into their hands.  
Now children choke and die with typhus here,  
A bitter tax is taken from their bands.*

My heart still beats inside my breast  
While friends depart for other worlds.  
Perhaps it's better - who can say?  
Than watching this, to die today?

*No, no my God, we want to live!  
Not watch our numbers melt away.  
We want to have a better world.  
We want to work - we must not die!*

*Fear, by Eva Picková, age 12*

**Israel**

In one land especially we glimpsed the rays of a new dawn: the land of Zion, made ready for habitation by generation of pioneers. The great day came: Israel independent at last, the millennial dream, a dream no more.

*Drawn by its brightness, her children flocked to Israel from distant lands of despair and found hope. Though bent in mourning, they ploughed the earth deep so that grain would grow tall. And as they restored the land to its fruitfulness, they began themselves to be restored.*

Israel lives: a people at home again, rooted in its soil, its way of life, its ancient faith.

**Bet - ב**

Adonai our God, we have testified to Your presence in heaven and earth. But Your Presence has been an absence, Your Call a silence. Our Sages wrote in Your name: "If you are My witnesses, I am God, and if you are not My witnesses, it is as if I am not God." We have struggled to live for You, and see what our fate has been!? Is not Your fate bound up with ours? How can Your presence abide in a world where murder rules?!

*Peskita deRav Kahana 12:6*

*I believe with perfect faith in the coming of the Messianic Age. And even if it be delayed, I will await its arrival. Despite all this, I believe.*

*Moses Maimonides*

*Without Jews there is no Jewish God. If we leave this world, the light will go out in Your tent. Since Abraham knew You in a cloud, You have burned in every Jewish face. You have glowed in every Jewish eye, and we have made You in our image.*

*Jacob Glatstein translated from Yiddish by Nathan Halper*

Now the lifeless skulls add up to millions. The stars are going out around You.

The memory of You is dimming, The Kingdom will soon be over. Jewish seed and flower are embers. The dew cries in the dead grass! The Jewish dream and reality are ravished; they die together. Your witnesses are sleeping: Infants, women, young men, old. Even the Thirty-Six, Your saints, pillars of Your world, have fallen into a dead, and everlasting sleep.

*Who will dream You? Who will remember You? Who will deny You? Who will yearn for You? Who, on a lonely bridge, will leave You, in order to return?*

**Gimmel - ג**

First they came for the Communists and I did not speak out - because I was not a Communist. Then they came for the Socialists and I did not speak out - because I was not a Socialist. Then they came for the trade unionists and I did not speak out - because I was not a trade unionist. Then they came for the Jews and I did not speak out - because I was not a Jew. Then they came for me - and there was no one left to speak out for me.

*Martin Niemoeller*

## Shoah - The Holocaust

### Aleph - א

The darkness still hung over the surroundings  
The sad sky still hung over the ghetto  
A small wind flew with the storm  
And left further without any rush or fuss

*The evening left us and went on its way  
A frosty early morning came in replacement  
An unusual fog announced a problem  
A day of pain, suffering, theft and murder*

A dead stillness awaited the Angel of Death  
The heart stopped, the blood boiling  
A voice pleaded Shma Israel  
That the enemy's footsteps be destroyed

*Suddenly a scratching noise was heard  
A boot was moving in the frosty snow  
The father bit his lip  
The mother cried out in pain*

An old person sighed bitterly  
A young fist bent with fury  
For a third time the terrible times made us tremble  
And that froze with fright

*And once again the white snow turned red  
And the brown heart's face blazed  
Victorious they faced death  
Crying out triumphant*

Not seizing the morning  
Not how a day has started  
Because the devil was choking me  
And hurting me

*Yiskor! Today I remember all that I suffered  
I see souls in silk clothes and there  
With the righteous in the Garden of Eden  
Our dear ancient Yiddishkeit*

*Herschel Zynoberg, translated from the original Yiddish*

## Pogroms

One day Hasidim came to inform the great Rabbi Nachman of Bratzlav of rekindled persecutions against the Jews of the Ukraine. The Master listened and said nothing. They told him of violent pogroms in certain villages. Again, the Master listened and said nothing. They told him of slaughtered families, of desecrated cemeteries, of women raped, and children burned alive.

*The Master listened and shook his head. "I know," he whispered. "I know what you want, I know. You want me to shout with pain, weep in despair. I know, I know. But I will not, you hear me? I will not." After a long silence he did begin to shout, more and more loudly not to rail against God Almighty, but to instruct his people: "Gevalt, Yidden! Jews, for Heaven's sake, do not despair! Gevalt, Yidden! We are forbidden to despair!"*

## Kol Ha-Olam Kulo - All the world...

## כָּל הָעוֹלָם כָּלוֹ

Kol ha-olam kulo  
gesher tzar me-od,  
v'ha-ikar lo l'fached k'lal.

כָּל הָעוֹלָם כָּלוֹ  
גֶּשֶׁר צָר מְאֹד,  
וְהַעֲיָקָר לֹא לְפַחַר כָּלָל.

*Rabbi Nachman of Bratzlav*

All the world is a very narrow bridge. But the most important thing is not to be afraid.

## During the Crusades

In the days of the Crusades whole communities of Jews were massacred in the Rhineland. In one city, young and old donned armour and stood behind their leader, Rabbi Kalonymos ben Meshullam. The gate was smashed, their friends fled, and death reached out with sword and fire. They said to one another: "Let us be strong and bear the yoke of our holy faith, for only in this world can the enemy kill us." In another city, as the flames mounted high, the martyrs began to sing a song that began softly but rose to a crescendo. Those who heard it came and asked: "What kind of song is this? We have never heard such a sweet melody." It was the Aleinu. We must praise the God of all.

*So it was long ago. And only yesterday we drained once more the cup of sorrow.*

## Aleph - א

Av HaRachamim who dwells on high,  
in wondrous mercy, will remember  
with compassion  
the pious, upright and blameless,  
the holy communities,  
who laid down their lives  
for the sanctification of God's name.

*They were loved and  
lovely in their lifetimes.  
In death they were not parted.  
They were swifter than eagles and  
stronger than lions  
to carry out the will of their Maker  
and the desire of their Rock.*

## In Roman Times

In the time of Hadrian, emperor of Rome, the study and practice of Torah were forbidden. Israel's leaders said: "How do we survive without the Tree of Life? Why live when the soul is dead?" And so they taught and learned and did God's will. Israel's ten leaders were taken and doomed. Shimon ben Gamaliel was slain. Remembering his wisdom and witnessing his death, disciples exclaimed: "Is this Torah and this its reward?" Rabbi Yishmael was next to die. In pain and anguish he cried out, and at his cry the heavens trembled: "Accept this, affirm Me. For if you fail, the world must crumble into chaos." Then Yishmael accepted his fate and said: "I will trust in You even though You slay me."

*These things do I remember as my soul pours out memory: how the arrogant have devoured us.*

Akiba had defied the decree and continued to teach. He was among those taken. He was led to his death at the time when the Sh'ma is recited. As his flesh was flayed he said שְׁמַע יִשְׂרָאֵל (Sh'ma yisrael). "Even now?" his disciples asked. And he replied: "All my life this verse has troubled me: 'Love your Eternal God with all your being' - love God though you must die for it! I prayed always to be able to fulfill this, and now I can." And with his final breath he said יְיָ אֶחָד (Adonai echad) - "the Eternal God is One!", prolonging the last word until life was gone. Thus in a godless world was God affirmed.

*These things do I remember as my soul pours out memory: how the arrogant have devoured us.*

The Romans had forbidden the ordination of rabbis, decreeing death to ordainer and those ordained, and destruction for any city in which ordination would take place. Rabbi Yehudah ben Bava ordained five in the hills between two cities, Shefaram and Usha. When the enemy soldiers were upon them, Rabbi Yehudah told his disciples to flee. "What will become of you?" they cried, and he answered: "I shall place myself before them as an immovable rock." So he did, and the Roman lances struck him down, but the disciples escaped.

*These things do I remember as my soul pours out memory: how the arrogant have devoured us.*

Eleh ezkarah,  
v'nafshi alai esh'p'chah

אֵלֶּה אֶזְכָּרָה,  
וְנַפְשִׁי עָלַי אֶשְׁפָּכָה

These do I remember as my soul pours out memory.



## **Eyleh Ezkerah: These I Remember**

These I remember and my heart breaks open with tears:  
The millions of adults, children, and babies throughout history  
who died because they were Jews  
The rabbis tortured and slain by Rome  
The countless souls murdered in the European crusades  
The families hunted, exiled, or forcibly converted in the Spanish Inquisition  
The Yiddin of the shtetl, persecuted in pogroms and conscription  
The six million annihilated in the Shoah  
The victims of the massacre at Tree of Life  
And all who have been murdered by the senseless hand  
Of violent antisemitism, over continents and millenia  
These I remember and my heart breaks open with tears

*On Yom Kippur we lift our voice to God  
And remember them: these souls who were snatched  
violently from the bonds of life and hurled into the abyss  
We lift our voice to them on high for we know that is their place now  
We say: You have not died in vain. We say: We remember you.  
We say: Your lives had meaning. We say: We will carry on your legacy.*

This Yom Kippur, if we incline the ear of our heart,  
We may yet hear a still small voice: A rustling under the wings of Shechinah  
A gathering storm of angels growing louder, stronger, becoming  
A Great Assembly of Martyrs, mustering to pierce the veil

*This Yom Kippur, as we teeter on the brink  
They speak to us, not from the moments of each tragic death  
But from the full stature and strength of each life  
They say: You stand at the hinge of history.  
They say: Life and Death are set before you.  
They say: Racism, poverty, the broken tablets of a social contract.  
They say: Fire and flood, the rising sea, pandemics, the sixth mass extinction.  
They say: On the merit of our righteous acts we plead with you.  
They say: On the merit of our holy deaths we entreat you.  
They say: Let us not have died in vain.  
They say: Choose Life that you may live, and that we may live in you.  
They say: To what will you give your life?  
They say: For what would you give your life?*

These I remember and my heart breaks open with tears: Eyleh Ezkerah  
It is a wail of grief, and it is a summons to life

*Rabbi Shoshana Meira Friedman*

## Aleph - א

The Earth's crust is soaked in the tears of the innocent. The blood of every race cries out from the ground. Which is the people without its martyrs?

*Now therefore, we honour those of every race and continent: the innocent, the victims, all our companions in death and our partners in grief. Them we honour, them we mourn. May they never be forgotten. May a better world grow out of their suffering.*

And especially do we remember the suffering of the Jewish people, a people of pains and acquainted with grief. Look and remember. Look upon this land, far across the factories and the grass. Surely they will let you pass. Speak then and ask the forest and the loam: What do you hear? What does the land command? The earth is taken. This is not your home.

*Days and years of peace, these too have been our lot. Gandeur, greatness, quiet ages, domestic joys, times when fear might almost be forgotten. Yet again and again our peace has been shattered, our land usurped, our dwellings razed. The mind grows numb, and the heart turns to stone to see our long travail. Our foes were not content to give us pain. Their dream was darker still: a world without Jews, a world that would forget our very name! We cannot forget this or be indifferent to its meaning. We shall remember.*

## Bet - ב

I have taken an oath: to remember it all.  
To remember - to forget nothing at all.  
Forgetting nothing of this  
Till the tenth generation,  
Till the grief disappears,  
To the last, to its ending,  
Till the punishing blows are ended for good.  
I swear this night of terror  
Shall not have passed in vain;  
I swear this morning I'll not live unchanged,  
as if I were no wiser even now,  
even now.

*From "A Vow" by Avraham Shlonsky*

### **Hope in the Face of Suffering**

As the end of Yom Kippur approaches, our prayers turn to communal and then to personal mourning and remembrance. The Martyrology service recounts the long history of persecution of the Jewish people. Traditionally, the liturgical poem Eyleh Ezkerah (“These do I recall”) describes the torture and execution of ten Rabbis by the Romans during the Bar-Kochba revolt. For almost a thousand years our traditions for Yom Kippur have included this remembrance, as well as many more examples from our history, even up to the present day, where we have been persecuted simply for being Jews.

This subject is so challenging, even traumatizing, Why do we incorporate this service into our High Holy Days observance? The injustice, even the senselessness of the depth of cruelty and suffering that the Jewish people have endured over our history cannot but weigh heavily on us. Why dwell on this subject, especially in the closing hours of Yom Kippur?

By the time we recite the liturgy of the Martyrology service, we have spent weeks in cheshbon ha-nefesh (accounting of the soul). We have spent the last almost 24 hours fasting and praying for forgiveness for all the ways in which we have gone astray, and for strength to rededicate ourselves to doing better in the coming year. This long and emotional process brings us to a point where we can understand a harsh reality. We understand that no matter how much we want to do better, no matter how hard we try to improve, somehow a year from now we will be here again, asking God to forgive us, for there will always be more that we could have done. In spite of this, perhaps because of this, we rely on God’s mercy. It can be difficult to accept that we cannot be self-sufficient, but the Days of Awe have led us to the point where we must accept that we all depend on God’s mercy. Our liturgy reminds us that we can count on God’s mercy, and that gives us hope.

Yom Kippur is, ultimately, all about God’s mercy. Just as we know that we can never live up to a perfect standard and must ask God to forgive us, so too do we know that there will always be antisemites and those who want to destroy us. Nevertheless, despite so many attempts to wipe us out, we are still here. As we process our communal and our personal grief, and loss, and memory, the mere fact that we continue to exist is the proof of God’s faithfulness to the promise God made to our ancestors. And this too gives us hope. As we pray the words of the Martyrology service, we remind ourselves of this promise and take comfort from understanding that the fact that we are here to pray these words shows that God will continue to keep this promise, and that we can rely on God’s mercy.

# קהילת סולל

**Kehilat Solel - Solel Congregation**

# נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

# סדר אלה אזכרה

Seder Eylah Ezkerah

**The order for the Martyrology service**

**Tekiah Shofar - Sounding the Shofar**

**תְּקִיָּה שׁוֹפָר**

Baruch ata Adonai  
eloheynu melech ha-olam  
asher kidshanu b'mitzvotav  
v'tzivanu lishmoa kol shofar.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְשִׁמְעַ קוֹל שׁוֹפָר.

Baruch ata Adonai  
eloheynu melech ha-olam  
shehecheyanu v'kiymanu  
v'higyanu lazman hazeh.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהֶחַיֵּנוּ וְקִיַּמָּנוּ  
וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

We praise You, Eternal our God, whose presence fills creation. You bring us holiness through mitzvot, and have commanded us to hear the voice of the shofar.

We praise You, Eternal our God, whose presence fills creation, for giving us life, for sustaining us, and for enabling us to reach this season.

*(All rise in body or spirit to listen to the sound of the shofar)*

Tekiah. Shevarim teruah.  
Tekiah. Tekiah. Shevarim.  
Tekiah. Tekiah. Teruah.  
Tekiah gedolah!

תְּקִיעָה: שְׁבָרִים־תְּרוּעָה:  
תְּקִיעָה: תְּקִיעָה: שְׁבָרִים:  
תְּקִיעָה: תְּקִיעָה: תְּרוּעָה:  
תְּקִיעָה גְּדוֹלָה!



**גְּמַר חַטִּימַח טוֹבָה**

*G'mar Chatimah Tova*

*May you be sealed for good in the Book of Life*

## Shofar Blast

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Tekiah! (*Tekiah!*)

תְּקִיעָה!

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Shevarim! (*Shevarim!*)

שְׁבָרִים!

Tekiah! (*Tekiah!*)

תְּקִיעָה!

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Teru-ah-ha-ha-ha-ha-ha-ha-ha!

תְּרוּעָה!

(*Teru-ah-ha-ha-ha-ha-ha-ha-ha*)

Shevarim! (*Shevarim!*)

שְׁבָרִים!

Tekiah! (*Tekiah!*)

תְּקִיעָה!

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Tekiah gedolah! (*Tekiah gedolah!*)

תְּקִיעָה גְּדוֹלָה!

*I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Have a happy, happy, happy new year!*

Y'hey shlama raba min sh'maya  
v'chayim aleynu v'al kol yisrael  
v'imru amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן.

Oseh shalom bimromav  
hu ya'aseh shalom  
aleynu v'al kol yisrael  
v'al kol b'ney adam v'imru amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי  
הוּא יַעֲשֵׂה שְׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל בְּנֵי אָדָם וְאָמְרוּ אָמֵן.

May there be abundant peace and life from heaven upon us and upon all Israel.  
And let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend  
on us, on all Israel and on all the world. And let us say: *Amen*.

May the Source of peace send peace to all who mourn and comfort to all who  
are bereaved. And let us say: *Amen*.

*(Be seated)*

**Kaddish - Mourner's Kaddish**

**קדיש**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתֵהּ  
 וְיַמְלִיךְ מַלְכוּתֵהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאָמְרוּ אָמֵן.

Let God's great name be exalted and hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all the House of Israel, speedily and very soon. And let us say: *Amen*.

Y'hey sh'mey raba m'varach  
 l'alam ul'almei almay.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal  
 sh'mey d'kudsha b'rich hu.  
 L'eyla min kol birchata v'shirata  
 tushb'chata v'nechemata da-amiran  
 b'alma v'imru amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל  
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.  
 לְעֵלְא מִן כָּל בִּרְכָתָא וְשִׁירָתָא  
 תְּשֻׁבְּחָתָא וְנַחֲמָתָא דְאִמְרֵין  
 בְּעֵלְמָא וְאָמְרוּ אָמֵן.

May God's great name be blessed forevermore.

Blessed and praised, glorified and exalted, extolled and honoured, adored and lauded, is the name of the Blessed Holy One, above and beyond all blessings, hymns, praises and consolations that are uttered in the world. And let us say: *Amen*.



## Meditations Before the Kaddish

### Aleph - א

#### The Eye that Blinks

Human beings do not live forever. We live less than the time it takes to blink an eye, if we measure our eyes against eternity. So it may be asked what value is there to a human life. There is so much pain in the world. What does it mean to have to suffer so much if our lives are nothing more than the blink of an eye?

*I learned a long time ago that a blink of an eye in itself is nothing. But the eye that blinks, that is something. A span of life is nothing. But the person who lives that span is something. We can fill that tiny span with meaning, so its quality is immeasurable though its quantity may be insignificant. We must fill life with meaning, meaning is not automatically given to life.*

*Chaim Potok from The Chosen (adapted)*

### Bet - ב

#### Heirloom

My father bequeathed me no wide estates;  
No keys and ledgers were my heritage;  
Only some holy books with yahrzeit dates  
Writ mournfully upon a blank front page.

*The snuff left on this page, now brown and old,  
The tallow stains of midnight liturgy,  
These are my coat of arms, and these unfold  
My noble lineage, my proud ancestry.*

And my tears, too, have stained this heirloomed ground,  
When reading in these treatises some weird  
Miracle, I turned a leaf and found  
A white hair fallen from my father's beard.

*A.M.Klein (adapted)*

Sheh-hu noteh shamayim v'yoseyd aretz  
 u-moshav y'karo ba-shamayim mima-al,  
 ushchinat uzo b'govhey m'romim  
 hu eloheynu eyn od.  
 Emet malkeynu efes zulato,  
 kakatuv b'torato. V'yadata hayom  
 va-hasheyvota el l'vavecha  
 ki Adonai hu ha'elohim  
 ba-shamayim mima-al  
 v'al ha-aretz mitachat eyn od.

שְׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ  
 וּמוֹשָׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל,  
 וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים  
 הוּא אֱלֹהֵינוּ אֵין עוֹד.  
 אֱמֶת מְלַכְנוּ אֶפֶס זולָתוֹ,  
 כְּכַתוּב בְּתוֹרָתוֹ: וַיִּדְעַתְּ הַיּוֹם  
 וְהִשְׁבַּתְּ אֶל לְבַבְךָ  
 כִּי יי הוּא הָאֱלֹהִים  
 בַּשָּׁמַיִם מִמַּעַל  
 וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד.

God spread out the heavens and established the earth. The Eternal is our God, there is none else. In truth God alone is our Ruler, as it is written: "Know then this day and take it to heart: Adonai is God in the heavens above and on the earth below. There is none else."

V'ne-emar: V'haya Adonai l'melech  
 al kol ha-aretz.  
 Bayom hahu yih'yeh Adonai echad  
 ush'mo echad.

וְנֵאמַר: וְהָיָה יי לְמֶלֶךְ  
 עַל כָּל הָאָרֶץ.  
 בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד  
 וּשְׁמוֹ אֶחָד.

And it is said: "Adonai shall reign over all the Earth. On that day Adonai shall be One and God's name shall be One."

(Be seated)

## Aleynu - It's Up to Us

עֲלֵינוּ

Aleynu l'shabeyach la'adon hakol  
lateyt g'dula l'yotzeyr b'reysheet.  
Asher sahm chelkeynu l'yacheyd  
et sh'mo  
v'goraleynu l'hamlich malchuto.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל  
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.  
אֲשֶׁר שָׂם חֻלְקֵנוּ לְיַחַד  
אֶת שְׁמוֹ  
וְגוֹרְלֵנוּ לְהַמְלִיךְ מַלְכוּתוֹ.

Va'anachnu korim  
umishtachavim umodim  
lifney melech malchey hamlachim  
hakadosh baruch hu.

וְאֲנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

It is our duty to praise the supreme Ruler, to recognize the greatness of our Creator. For our heritage is to affirm God's unity and our destiny is to work toward the coming of the Messianic Age.

We therefore bend the knee in awe and thanksgiving before the One who is sovereign over all, the Holy Blessed One.

**Al Cheyt - For Sin**

Al cheyt shechatanu l'fanecha ...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ

For the wrongs that we have done, O God, we are truly sorry.

*For every time we lied, we are truly sorry.*

For every time we were thoughtless, we are truly sorry.

*For every time we hurt another person's feelings, we are truly sorry.*

For every time we played unfairly, we are truly sorry.

*For every time we made fun of others, we are truly sorry.*

For every time we didn't help someone in need, we are truly sorry.

*For every time we didn't show respect for parents and teachers, we are truly sorry.*

Al cheyt shechatanu l'fanecha ...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ

For the wrongs we have done, O God, we ask You to forgive us.

*We know that we can do better, and in this coming year we will try.*

## Avinu Malkeynu - Our Parent, Our Sovereign

## אבינו מלכנו

Avinu Malkeynu – our God who cares for us – please listen to our prayer.

Avinu Malkeynu – our God who cares for us – we pray for a good new year.

Avinu Malkeynu – our God who cares for us – help us to write a good chapter in the Book of Life for the coming year.

Avinu Malkeynu – our God who cares for us – may this year bring blessing for us and our families.

Avinu Malkeynu – our God who cares for us – may this year bring us closer to a world of friendship, freedom and peace.

Avinu malkeynu choneynu va'aneynu

ki eyn banu ma'asim.

Asey imanu tz'daka vachessed

v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ חֲנֵנוּ וְעָנֵנוּ

כִּי אֵין בָּנוּ מַעֲשִׂים.

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד

וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.

Treat us with kindness and love, and be our help

## Silent Prayer

O God, help me not to say bad things or to have bad thoughts. Help me to live by Your Torah and to have a good heart.

## Oseh Shalom - The One Who Makes Peace

## עֲשֵׂה שָׁלוֹם

Oseh shalom bimromav,

hu ya'aseh shalom aleynu

v'al kol yisrael v'al kol

b'ney adam, v'imru: Amen.

עֲשֵׂה שָׁלוֹם בְּמִרְמֹי,וְ

הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל

בְּנֵי אָדָם, וְאָמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel and on all the world. And let us say: Amen.

**Sim Shalom - Make Peace**

**שׁוֹמֵם שְׁלוֹם**

Sim shalom tova uv'racha cheyn  
 vachessed v'rachamim aleynu v'al kol  
 yisrael amecha v'al kol ha-amim.  
 Barcheynu avinu kulanu k'echad b'or  
 panecha, ki v'or panecha natata lanu  
 Adonai eloheynu torat chayim v'ahavat  
 chesed utz'daka uv'racha v'rachamim  
 v'chayim v'shalom.  
 V'tov b'eynecha l'vareych et amcha  
 yisrael v'et kol ha-amim b'chol  
 eyt uv'chol sha-a bish'lomecha.  
 B'sefer chayim uv'racha nikateyv  
 l'chayim tovim ul'shalom.  
 Baruch ata Adonai oseh ha-shalom.

שׁוֹמֵם שְׁלוֹם טוֹבָה וּבְרָכָה חֵן  
 וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל עַמֶּךָ וְעַל כָּל הָעַמִּים.  
 בְּרַכְנוּ אֲבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר  
 פָּנֶיךָ, כִּי בְּאוֹר פָּנֶיךָ נִתְּתָ לָנוּ  
 יְיָ אֱלֹהֵינוּ תּוֹרַת חַיִּים וְאַהֲבַת  
 חֶסֶד וּצְדָקָה וּבְרָכָה וְרַחֲמִים  
 וְחַיִּים וְשְׁלוֹם.  
 וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמֶּךָ  
 יִשְׂרָאֵל וְאֶת כָּל הָעַמִּים בְּכָל  
 עֵת וּבְכָל שָׁעָה בְּשִׁלוֹמְךָ.  
 בְּסֵפֶר חַיִּים וּבְרָכָה נִכְתָּב  
 לְחַיִּים טוֹבִים וּלְשְׁלוֹם.  
 בְּרוּךְ אַתָּה יְיָ עוֹשֵׂה הַשְׁלוֹם.

Grant us peace, Your most precious gift, O God, and give us the will to proclaim its message to all the peoples of the earth. Bless our country, that it may always be a stronghold of peace and an advocate of peace among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart. May we be Inscribed in the Book of Life for blessing and peace. We praise You, Eternal Source of peace.

**Aleph - א**

Grant us peace, Your most precious gift, O God, and help the Jewish people to be a messenger of peace to the nations of the world. Bless our country, that we may live in peace, and bring peace and happiness into the world. We praise You, Eternal Source of peace.

*(Echo Song: Everybody!)*

May God Bless You  
May God Keep You  
Shine light on you  
Help you find peace  
May God watch you  
and stay with you  
Forever ever and ever, and ever.

Y'varechecha

Adonai v'yishm'recha

Yaer Adonai

panav eleycha vichunecha

Yisa Adonai

panav eleycha

v'yaseym l'cha

shalom

יְבָרְכֶךָ  
יְי וְיִשְׁמְרֶךָ  
יְאֵר יְי  
פְּנֵי אֱלֹהֶיךָ וַיַּחַנְךָ  
יֵשָׁא יְי  
פְּנֵי אֱלֹהֶיךָ  
וַיֵּשֶׁם לְךָ  
שְׁלוֹם

*(Echo Song: Everybody!)*

May God Bless You  
May God Keep You  
Shine light on you  
Help you find peace  
May God watch you  
and stay with you  
Forever ever and ever, and ever.

Amen.

**Birchat Shalom - Blessings of Peace**

**ברכת שלום**

**Birchat Kohanim - Priestly Blessing**

**ברכת כהנים**

Y'varechecha Adonai v'yishm'recha  
Keyn y'hi ratzon!  
Yaer Adonai panav eleycha vichunecha  
Keyn y'hi ratzon!  
Yisa Adonai panav eleycha  
v'yaseym l'cha shalom  
Keyn y'hi ratzon!

יְבָרֶכֶךָ יי וְיִשְׁמְרֶכָּךְ  
כֵּן יְהִי רָצוֹן!  
יֵאָר יי פָּנָיו אֵלֶיךָ וִיחַנֶּנְךָ  
כֵּן יְהִי רָצוֹן!  
יִשָּׂא יי פָּנָיו אֵלֶיךָ  
וְיַשֵּׂם לְךָ שְׁלוֹם  
כֵּן יְהִי רָצוֹן!

May Adonai bless you and keep you. Be this God's will. May Adonai shine God's face upon you and be gracious to you. Be this God's will. May Adonai lift up God's face to you and give you peace. Be this God's will.

**Family Blessings**

Avinu Malkeynu – our God who cares for us – please listen to our prayer.

*(Echo Song, Grown-Ups First:)*

You are a blessing  
Every Day  
When I watch you grow  
Learn and play  
So I'll love you and keep you  
and I'll hug you and kiss you  
Forever ever and ever, and ever

*(Echo Song, Just the Kids Repeat)*

You are a blessing  
Every day  
When you care for me  
help our family  
I'll love you and keep you  
and I'll hug you and kiss you  
Forever ever and ever, and ever



## Avodah - Worship

Be gracious, Adonai, to Your people Israel  
*and accept our prayers in love.*

In the ancient Temple, our ancestors offered You the best of their flocks and fields.

*In our synagogues, we offer You the prayers of our hearts and know that You understand us. We praise You, Adonai, who comes close to hear our prayer.*

Baruch ata Adonai ha-machazir  
sh'chinato l'tzion.

בָּרוּךְ אַתָּה יְיָ הַמַּחְזִיר  
שְׁכִינָתוֹ לְצִיּוֹן.

We praise You, Eternal One, who brings Your Shechinah to Zion.

## Hoda-ah - Thanksgiving

## הודאה

Modim anachnu lach  
she-atah hu Adonai eloheynu.

מוֹדִים אֲנַחְנוּ לָךְ  
שְׂאֵתָהּ הוּא יְיָ אֱלֹהֵינוּ.

We gratefully acknowledge that You, Adonai, are our God.

## Aleph - א

We give thanks to You, our God, for the many blessings in life.

*You give us minds to think and understand.*

You give us families to love us and take care of us.

*You give us our Jewish tradition to teach us how to live.*

Every day we find new miracles - and the greatest miracle of all is life itself.

*Adonai, we find goodness when we praise Your name.*

**Bet - ב**

**God of Life**

We praise You, Eternal our God, God of our ancestors: God of Abraham and Sarah,

*God of Isaac and Rebekah, God of Jacob, Rachel and Leah.*

You are the mighty God, who gave life and blessing to our ancestors;

*Help us to be worthy of that blessing today.*

You are the loving God who cares for the helpless and the oppressed;

*Help us to feed the poor and set free the captive.*

You are the holy God, who has made us Your partner in completing the world.

*Help us to use this power for goodness and not for evil.*

Who is like You, God of mercy?

*Who remembers us for life and mercy?*

We place our trust in You, the Source of life:

Baruch ata Adonai m'chayey hakol.

בָּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכּוֹל.

Adonai who lives forever, You give us life.

**Kedushat Hayom - Holiness of This Day**

**קְדוּשַׁת הַיּוֹם**

Our God and God of our people, we pray to You on this holiest day of the year.

Help us to write a new chapter in the Book of Life for the coming year. Help us to continue the work of tikkun olam, the mending of the world, to make this world a better place for everyone.

V'taher libeynu l'avdecha be-emet.

וְטַהַר לִבְנוֹ לְעַבְדְּךָ בְּאֵמֶת.

Baruch ata Adonai m'kadesh

בָּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ

(ha-shabbat v'yisrael v'yom hazikaron.

(הַשַּׁבָּת וְיִשְׂרָאֵל וְיוֹם הַזִּכְרוֹן).

Purify our hearts to serve You in truth. We praise You, Adonai, who has given us holiness through this (Shabbat and this) Day of Atonement.

Baruch k'vod Adonai mimkomo.

בָּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

God's glory fills the world.

Echad hu eloheynu hu avinu

אֶחָד הוּא אֱלֹהֵינוּ הוּא אָבִינוּ

hu malkeynu hu moshi-eynu v'hu

הוּא מַלְכֵנוּ הוּא מוֹשִׁיעֵנוּ וְהוּא

yash'mi-eynu b'rachamav l'eyney kol chai.

יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָל חַי.

Ani Adonai eloheychem

אֲנִי יְיָ אֱלֹהֵיכֶם

You alone are our God and Creator, You are our Ruler and Helper, and in Your mercy You reveal Yourself in the sight of all the living: I am your Eternal God.

Yimloch Adonai l'olam elohayich tzion

יִמְלֹךְ יְיָ לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן

l'dor vador halleluya.

לְדוֹר וָדוֹר הַלְלוּיָהּ.

The Eternal God shall reign forever, your God, O Zion, from generation to generation. Halleluyah!

*(Be seated)*

## Aleph - א

### God of Our Ancestors

We praise You, Eternal our God, God of our ancestors:

God of Abraham, God of Sarah

God of Isaac, God of Rebekah

God of Jacob, God of Rachel and God of Leah.

Great, powerful, and awesome God, you grant loving kindness to everyone. You remember the good deeds of our ancestors and with love You bring redemption to us for the sake of Your name.

Remember us as we live our lives each day, O God, and help us to write our names in the Book of Life for the coming year. Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

Mi chamocha av harachamim,  
zocheyr y'tzurav l'chayim  
b'rachamim.

מִי כַמוֹךְ אֵב הַרַחֲמִים,  
זוֹכֵר יְצוּרֵיו לְחַיִּים  
בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai m'chayey hakol.

וְנֶאֱמַן אַתָּה לְהַחַיּוֹת הַכֹּל.  
בָּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, God of mercy, who remembers us for life and mercy? We place our trust in You, the Source of life. Adonai, who lives forever, You give us life.

### Kedusha - God's Holiness

### קְדוּשָׁה

N'kadesh et shimcha ba-olam  
k'shem shemakdishim oto  
bishmey marom.  
Kakatuv al yad n'vi-echa.  
V'kara zeh el zeh v'amar:

נִקְדַּשׁ אֶת שִׁמְךָ בְּעוֹלָם  
כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ  
בְּשִׁמֵי מְרוֹם.  
כִּכְתוּב עַל יַד נְבִיאֶךָ:  
וְקָרָא זֶה אֶל זֶה וְאָמַר:

We sanctify Your name on earth, even as the heavenly beings proclaim Your holiness, and in the words of the prophet Isaiah we say:

Kadosh Kadosh Kadosh  
Adonai tz'vaot, m'lo chol ha'aretz  
k'vodo.

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ  
יְיָ צְבָאוֹת, מְלֵא כָל הָאָרֶץ  
כְּבוֹדוֹ.

Holy, holy, holy is God majestic: the fullness of the earth is Your glory.

Adir adireynu Adonai adoneynu  
ma adir shimcha b'chol ha-aretz.

אֲדִיר אֲדִירֵנוּ יְיָ אֲדִנֵינוּ  
מֵה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

Source of our strength, Sovereign God, how glorious is Your name in all the earth.

Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotveynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכֹרְנוּ לְחַיִּים  
מֶלֶךְ חָפֵץ בַּחַיִּים  
וְכֹתְבֵנוּ בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Remember us as we live our lives each day, O God, and help us to write our names in the Book of Life for the coming year.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
בְּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

## Gevurot - God's Power

## גְּבוּרוֹת

Ata gibor l'olam adonai m'chayey  
hakol ata rav l'hoshia.  
Morid hatal.  
M'chalkeyl chayim b'chesed m'chayey  
hakol b'rachamim rabim.  
Someych noflim v'rofeiy cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocho ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה  
הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מוֹרִיד הַטַּל.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת  
וּמִי דוֹמֵה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

You are the mighty God, who gave life and blessing to our ancestors. You bring on the dew. Help us to be worthy of that blessing today. You are the loving God, who cares for the helpless and the oppressed. You are the holy God, who has made us Your partner in completing the world. Help us to use this power for goodness and not for evil.

## Amidah - The Standing Prayer

## עמידה

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהִלָּתְךָ:

O God, open my lips so that my mouth can praise You.

## Avot V'imahot - God of our Ancestors

## אבות ואמהות

Baruch ata Adonai eloheynu velohey  
avoteynu v'imoteynu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:

Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey leah

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה

We praise You, Eternal our God, God of our ancestors:

God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem l'ma-an sh'mo  
b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן. גּוֹמֵל חַסְדִּים טוֹבִים,  
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי  
אֲבוֹת וְאִמּוֹת, וְיִמְבִּיא גְּאֻלָּה  
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ  
בְּאַהֲבָה.

Great, powerful and awesome God, You grant loving kindness to everyone. You remember the good deeds of our ancestors and with love You bring redemption to us for the sake of Your name.

## Miriam's Song

And the women dancing with their timbrels,  
Followed Miriam as she sang her song.  
Sing a song to the One whom we've exalted,  
Miriam and the women danced,  
and danced the whole night long.

Mi chamocha ba-elim Adonai  
mi kamocha ne'dar bakodesh.  
Nora t'hilot oseh feleh.  
Shira chadasha shibchu g'ulim  
l'shimcha al s'fat hayam,  
yachad kulam hodu v'himlichu v'amru:  
Adonai yimloch l'olam va-ed.

מִי כַמֹּכָה בְּאֱלִים יי  
מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ.  
נֹרָא תְהִילַת עֹשֶׂה פֶלֶא.  
שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים  
לְשִׁמְךָ עַל שְׂפַת הַיָּם,  
יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:  
יְי יִמְלֹךְ לְעוֹלָם וָעֶד.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendour, doing wonders?

When our ancestors escaped to freedom, they sang a new song to Your name. At the shore of the sea, saved from destruction, they proclaimed Your sovereign power: "Adonai will reign forever and ever!"

*(All rise in body or spirit on the word "kuma")*

## Tzur Yisrael - Rock of Israel

Tzur yisrael kuma b'ezrat  
yisrael ufdey chin'umecha  
yehuda v'yisrael.  
Go'aleynu Adonai tz'vaot sh'mo  
k'dosh yisrael.  
Baruch ata Adonai ga-al yisrael.

צֹר יִשְׂרָאֵל  
צֹר יִשְׂרָאֵל קוּמָה בְּעֶזְרַת  
יִשְׂרָאֵל וּפְדֵה כְּנָאֲמֹךְ  
יְהוּדָה וַיִּשְׂרָאֵל.  
גְּאֲלֵנוּ יְי צְבָאוֹת שְׁמוֹ  
קְדוֹשׁ יִשְׂרָאֵל.  
בְּרוּךְ אַתָּה יְי גֹּאֲלֵ יִשְׂרָאֵל.

O Rock of Israel, come to the aid of Israel. Fulfill Your promise of redemption for Judah and Israel. Redeeming God, liberating God, holy God: all these are Your name. We praise You, Eternal One, Redeemer of Israel.

Uk'shartam l'ot al yadecha

v'hayu l'totafot beyn eynecha.

Uch'tavtam al mezuzot beytecha

u'visharecha.

L'ma-an tizk'ru va'asitem

et kol mitzvotai vih'yitem k'doshim

leyloheychem.

Ani Adonai eloheychem asher

hotzeyti etchem meyeretz mitzrayim

lih'yot lachem leylohim

ani Adonai eloheychem. Emet

וְקִשְׂרֹתֶם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וְכָתַבְתֶּם עַל-מְזוֹזֹת בֵּיתְךָ

וּבְשַׁעֲרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים

לֵאלֹהֵיכֶם:

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר

הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

לְהִיּוֹת לָכֶם לֵאלֹהִים

אֲנִי יְהוָה אֱלֹהֵיכֶם: אָמֵן

Bind them as a sign upon your hand, and let them be a symbol before your eyes. Inscribe them on the doorposts of your house and on your gates. Be mindful of all My mitzvot, and do them. So shall you consecrate yourselves to your God. I, Adonai, am your God who led you out of Egypt to be your God. I, Adonai, am your God. This is truth.

(Be seated)

## Aleph - א

You, Adonai, are the God of freedom,

*And we are Israel, Your people, who must work for the freedom of all the oppressed.*

Our Torah teaches us to be more like You: to treat everyone with צְדָקָה (tzedek), with justice and respect.

*Not to favour some people and turn our backs on others.*

To regard every person as equal, created by the One God;

*Not to act with prejudice toward people of a different race or skin colour.*

To learn that we can live in harmony with our fellow human beings;

*Not to glorify violence or war.*

As we pledge ourselves to these teachings, we remember how Miriam, Moses and the People of Israel sang when they first tasted the joy of freedom:



## Sh'ma - Hear

שמע

Sh'ma yisrael Adonai eloheynu  
Adonai echad.  
Baruch shem k'vod malchuto  
l'olam va-ed.

שמע ישראל יהוה אלהינו  
יהוה אחד  
ברוך שם כבוד מלכותו  
לעולם ועד.

Hear, O Israel: Adonai is our God, Adonai is One.  
Blessed is God's glorious dominion forever and ever

V'ahavta et Adonai eloheycha  
b'chol l'avvacha uv'chol nafsh'cha  
uv'chol m'odecha.  
V'hayu had'varim ha-eyleh  
asher anochi m'tzav'cha hayom  
al l'avvecha.  
V'shinantam l'vanecha v'dibarta bam  
b'shivt'cha b'veytecha uv'lecht'cha  
vaderech uv'shochb'cha uv'kumecha.

ואהבת את יהוה אלהיך  
בכל לבבך ובכל נפשך  
ובכל מאדך:  
והיו הדברים האלה  
אשר אנכי מצוך היום  
על לבבך:  
ושננתם לבניך ודברתם בהם  
בשבתך בביתך ובילכתך  
בדרך ובשכבך ובקומך:

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Reflect on these words which I command you this day, and take them to heart. Teach them faithfully to your children. Speak of them in your home and on your way, when you lie down and when you rise up.

**Bet - ב**

**Ma'ariv Chant**

Roll into dark, roll into light

Night becomes day, day turns to night

Borey yom va-laila

goleyl or mipney choshech

goleyl or mipney choshech

v'choshech mipney or

בוֹרָא יוֹם וְלַיְלָה  
גוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ  
גוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ  
וְחֹשֶׁךְ מִפְּנֵי אוֹר

*English words & music: Rabbi Noam Katz*

Creator of day and night, rolling light into darkness, and darkness into light.

**Ahava Raba - Great Love: Revelation**

**אהבה רבה**

V'ha-er eyneynu b'toratecha v'dabeyk

libeynu b'mitzvotcha, v'yached l'vaveynu

l'ahava ul'yira et sh'mecha.

V'lo neyvosh v'lo nikalem v'lo nikasheyl

l'olam va-ed.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ וְדַבֵּק  
לְבָנֵנוּ בְּמִצְוֹתֶיךָ, וְיִחַד לְבַבְנוּ  
לְאַהֲבָה וְלִירְאָה אֶת שְׁמֶךָ.  
וְלֹא נִבּוֹשׁ וְלֹא נִכָּלֵם וְלֹא נִכְשָׁל  
לְעוֹלָם וָעֶד.

Enlighten us with Your Torah, inspire us to embrace Your mitzvot, and unify us to love and revere Your Name. May we never be shamed as long as we trust in Your holy, great and awe-inspiring Name. We shall rejoice and know happiness in redemption, since You move all things toward completion.

**Aleph - א**

Make our eyes shine with the light of Your Torah, inspire us to live our lives full of mitzvot. Make us one people in the love of Your name so that we never feel fear or shame.

Baruch ata Adonai habocher b'amo

yisrael b'ahava.

בָּרוּךְ אַתָּה יְיָ הַבּוֹחֵר בְּעַמּוֹ  
יִשְׂרָאֵל בְּאַהֲבָה.

Blessed are You, Our God, who has chosen us, Your people Israel, in love.

## The Sh'ma & Its Blessings

## שִׁמְעַ וּבְרָכוֹתֶיהָ

(All rise in body or spirit)

### Barchu

### בָּרְכוּ

Barchu et Adonai ham'vorach

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ

Baruch Adonai ham'vorach l'olam va-ed.

בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal God, the Blessed One.

The Eternal is to be praised forever and ever.

(Be seated)

### Yotzer Or - Creator of Light

### יוֹצֵר אוֹר

Yotzer or uvorey choshech oseh

יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ עֹשֶׂה

shalom uvorey et hakol.

שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל.

Uv'tuvo m'chadesh b'chol yom tamid

וּבִטּוֹבוֹ מְחַדֵּשׁ בְּכֹל יוֹם תָּמִיד

ma'asey v'reysheet.

מַעֲשֵׂה בְרֵאשִׁית.

Baruch ata Adonai yotzer ham'orot.

בָּרוּךְ אַתָּה יְיָ יוֹצֵר הַמְּאוֹרוֹת.

You form light and create darkness. You make peace and create everything.

Blessed are You Adonai, creator of lights.

### Aleph - א

You form light and create darkness. You make peace and create everything.

*Adonai our God, You have created a huge universe with planets, moons and stars. Travelling at the speed of light, it would take thousands of years just to cross our own galaxy. Yet You oversee it all with loving care.*

In Your goodness, You renew daily the works of Creation.

*Every day is a fresh start, an opportunity to try something new. You have given us the power to shape our future.*

Blessed are You, Adonai, Creator of lights.

*We thank You for giving us this beautiful world, and for making us its guardians.*

**Chatzi Kaddish - Reader's Kaddish**

**זְצִי קַדִּישׁ**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֶה רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתָהּ  
 וְיַמְלִיךְ מַלְכוּתָהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאָמְרוּ אָמֵן.

Y'hey sh'mey raba m'varach  
 l'alam ul'almey almaya.

יְהֵא שֵׁמֶה רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעֵלְמֵי עֲלַמְיָא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal sh'mey d'kudsha  
 b'rich hu.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל שֵׁמֶה דְקֻדְשָׁא  
 בְּרִיךְ הוּא.

L'eyla ul'eyla mikol birchata  
 v'shirata tushb'chata v'nechemata  
 da-amiran b'alma v'imru: Amen.

לְעֵלָא וּלְעֵלָא מְכַל בְּרַכְתָּא  
 וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָּא  
 דְאָמִירָן בְּעֵלְמָא וְאָמְרוּ אָמֵן.

Let God's glory be extolled and God's great name be hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: *Amen*.

May God's great name be blessed forevermore.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: *Amen*.

Hineh ma tov uma na-im  
shevet achim gam yachad.

הִנֵּה מָה טוֹב וּמָה נָעִים  
שֶׁבֶת אַחִים גַּם יַחַד:

How good it is, *How good it is,*  
how sweet it is, *how sweet it is,*  
to be together on this day.

Shalom aleychem salaam aleykum.

שְׁלוֹם עֲלֵיכֶם סְלָאָם עֲלֵיכּוֹם:

*Psalm 133, music Elana Arian*

## For Yom Kippur

Yom Kippur is a day different from any other. Instead of going to work and school, we spend the day in synagogue to pray and to think.

*We think about how to make the coming year a good one for ourselves and our families, and we pray that God will help us to make good choices.*

As we think and pray together, we remember the teachings of a great Rabbi, Moses Maimonides:

*God gave each of us the ability to choose how we live our lives. So as we grow up, we learn to do what is right and not to do what is wrong.*

The Torah teaches us that human beings are special because we understand the difference between right and wrong, good and bad. We have the power to choose good if we want to.

*Each of us can decide whether to act in a way that is wise or foolish, helpful or mean, generous or selfish. No one can force us along one path or the other. It is up to us to choose the right path.*

We join together in prayer on this holiest day of the year, to praise God for giving us this gift of choice.

*Cause us to return, Eternal One, and we shall return. Renew our days as of old.*

## Aleph - א

Hashiveynu Adonai eylecha v'nashuva  
Chadeysh yameynu k'kedem.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה  
חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Cause us to return, Eternal One, and we shall return. Renew our days as of old.

# קהילת סולל

**Kehilat Solel - Solel Congregation**

# נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

# סדר יום כיפור

# לדור ודור

Seder Yom Kippur L'dor V'dor

**The order for the Yom Kippur  
intergenerational service**

## Rabbinic Wisdom

Our Rabbis taught: Six hundred and thirteen commandments were given to Moses. Michah reduced them to three: "Do justly, love mercy, and walk humbly with your God."

*Isaiah based all the commandments upon two of them: "Keep justice and righteousness."*

Amos saw one guiding principle upon which all the mitzvot are founded: "Seek Me and live."

*Habakkuk, too, expounded the Torah on the basis of a single thought: "The righteous shall live by their faith."*

Akiba taught: The great principle of the Torah is expressed in the mitzvah: "You shall love your neighbour as yourself." But ben Azzai found the principle even more fundamental in the words: "This is the story of humanity: God, in creating us, made us in the divine likeness."

*And Hillel summed up the Torah in this maxim: "What is hateful to you, do not do to others. The rest is commentary. You must go and study it."*

Hashiveynu Adonai eleycha v'nashuva.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה.

Chadeysh yameynu k'kedem.

חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

Cause us to return, Eternal One, and we shall return. Renew our days as of old.



גְּמַר חַטִּימָה טוֹבָה

G'mar Chatimah Tova

*May you be sealed for good in the Book of Life*

Y'hey shlama raba min sh'maya  
v'chayim aleynu v'al kol yisrael  
v'imru amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן:

Oseh shalom bimromav hu  
ya'aseh shalom aleynu v'al kol  
yisrael v'al kol b'ney adam  
v'imru amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא  
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל וְעַל כָּל בְּנֵי אָדָם  
וְאָמְרוּ אָמֵן:

For us and for all Israel, may the blessing of peace and the promise of life come true. And let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel and on all the world. And let us say: Amen.



**Kaddish Shalem - Full Kaddish**

**קדיש שלם**

Yitgadal v'yitkadash sh'mey raba.  
 B'alma di vra chirutey,  
 v'yamlich malchutey b'chayeychon  
 uv'yomeychon uv-chayey d'chol beyt  
 yisrael. Ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
 בְּעֵלְמָא דִּי בְּרָא כְרֻעוּתֵיהּ,  
 וְיַמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוּן  
 וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית  
 יִשְׂרָאֵל. בְּעֵגְלָא וּבִזְמַן קָרִיב  
 וְאָמְרוּ אָמֵן:

Y'hey sh'mey raba m'varach l'alam  
 ul'almeiy almayya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם  
 וּלְעֵלְמֵי עֵלְמַיָּא:

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal sh'mey d'kudsha  
 b'rich hu l'eyla ul'eyla mikol  
 birchata v'shirata tushb'chata  
 v'nechemata, da-amiran b'alma,  
 v'imru amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלֵּל שְׁמֵהּ דְקֻדְשָׁא  
 בְּרִיךְ הוּא לְעֵלְא וּלְעֵלְא מְכָל  
 בְּרַכְתָּא וְשִׁירְתָּא תְּשֻׁבְחָתָא  
 וְנַחֲמָתָא, דְאָמִירָן בְּעֵלְמָא,  
 וְאָמְרוּ אָמֵן:

Titkabeyl tzlot'hon uva'ut'hon  
 d'chol beyt yisrael kadam avuhon  
 di vishmaya v'imru amen.

תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
 דְכָל בֵּית יִשְׂרָאֵל קְדָם אַבוּהוֹן  
 דִּי בְשָׁמַיָּא וְאָמְרוּ אָמֵן:

Let God's glory be extolled, and God's great name be hallowed, in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: Amen.

May God's great name be blessed for ever more.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: Amen.

May the prayers and supplications of all Israel be acceptable to You, Who is in heaven. And let us say: Amen.

## **Aleph - א**

God before whom our words must be true, we acknowledge our faults and our failings. Help us now to strengthen the good impulses that are within us.

*Help us to care about the wrongs done to others, to seek forgiveness for the wrongs we do, and to forgive the wrongs that are done to us.*

Create in us a clean heart and a willing spirit.

*Shed Your light upon us, that we may see the goodness in each of us.*

## **Bet - ב**

Say always: "The world was created for my sake", and never say: "Of what concern is all this to me?" Live as if all life depended on you. Do your share to add some improvement, to supply some one thing that is missing, and to leave the world a little better for your stay in it.

*And it has been written: "Fire shall be kept burning upon the altar continually; it shall not go out." Our heart is the altar. In every occupation let a spark of the holy fire remain within you, and fan it into a flame.*

**T'filat Ha'lev - Prayer of the Heart**

**תפילת הלב**

(Silently)

Y'hi ratzon milfanecha, Adonai eloheynu  
 velohey avoteynu v'imoteynu,  
 shelo ta'aleh al-lev adam v'lo  
 sinat adam ta'aleh al libeynu.  
 Ut'yached l'vaveynu l'yirat et-sh'mecha  
 ut'rachakenu mikol-ma shesaneyta  
 ut'karvenu l'chol-ma she-ahavta  
 v'ta'aseh imanu tz'daka l'ma-an  
 sh'mecha.

יְהִי רָצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵינוּ  
 וְאֵלֵהֶי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
 שְׁלֹא תַעֲלֶה עַל-לֵב אָדָם וְלֹא  
 שִׁנְאַת אָדָם תַּעֲלֶה עַל לִבְנוֹ.  
 וְתִיַחַד לְבַבְנוּ לִירְאֵת אֶת-שְׁמֶךָ  
 וְתִרְחַקְנוּ מִכֹּל-מָה שֶׁשִּׁנְאַתָּ  
 וְתִקְרַבְנוּ לְכֹל-מָה שֶׁאַהַבְתָּ  
 וְתַעֲשֶׂה עִמָּנוּ צְדָקָה לְמַעַן  
 שְׁמֶךָ.

May it be Your will, Eternal our God, and God of all generations, that none may hate us, and let hatred for others never enter our hearts. Unite us in the reverence of Your name. Keep us far from the things You hate, and draw us near to the things You love. Treat us with compassion for Your name's sake.

Oseh shalom bimromav, hu  
 ya'aseh shalom aleynu v'al kol  
 yisrael v'al kol b'ney adam,  
 v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרְמֵי, הוּא  
 יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל וְעַל כָּל בְּנֵי אָדָם,  
 וְאָמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel and on all the world. And let us say: Amen.

## Birchat Shalom - Blessing for Peace

## ברכת שלום

Sim shalom tova uv'racha cheyn  
vachessed v'rachamim aleynu v'al kol  
yisrael amecha v'al kol ha-amim.  
Barcheynu avinu kulanu k'echad b'or  
panecha, ki v'or panecha natata lanu  
Adonai eloheynu torat chayim v'ahavat  
chesed utz'daka uv'racha v'rachamim  
v'chayim v'shalom. V'tov b'eynecha  
l'vareych et amcha yisrael v'et kol  
ha-amim b'chol eyt uv'chol sha-a  
bish'lomecha.  
Baruch ata Adonai oseh ha-shalom.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה חֵן  
וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל עַמֶּךָ וְעַל כָּל הָעַמִּים.  
בְּרַכְנוּ אֲבֵינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר  
פָּנֶיךָ, כִּי בְּאוֹר פָּנֶיךָ נִתְּתָ לָנוּ  
יְיָ אֱלֹהֵינוּ תּוֹרַת חַיִּים וְאַהֲבַת  
חֶסֶד וּצְדָקָה וּבְרָכָה וְרַחֲמִים  
וְחַיִּים וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ  
לְבָרֶךְ אֶת עַמֶּךָ יִשְׂרָאֵל וְאֶת כָּל  
הָעַמִּים בְּכָל עֵת וּבְכָל שָׁעָה  
בְּשִׁלּוֹמְךָ.  
בְּרוּךְ אַתָּה יְיָ עוֹשֵׂה הַשְּׁלוֹם.

Grant us peace, Your most precious gift, O God, and give us the will to proclaim its message to all the peoples of the earth. Bless our country, that it may always be a stronghold of peace and an advocate of peace among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart.  
We praise You, Eternal God, Source of peace.

## Avodah - Worship

## עבודה

R'tzey Adonai eloheynu b'amcha yisrael  
 u-t'filatam b'ahava t'kabeyl,  
 ut'hi l'ratzon tamid avodat  
 yisrael amecha. El karov l'chol  
 kor-av, p'neh el avadecha v'choneynu.  
 Sh'foch ruchacha aleynu v'techezena  
 eyneynu b'shuv'cha l'tzion b'rachamim.  
 Baruch ata Adonai ha-machazir  
 sh'chinato l'tzion.

רְצֵה יי אֱלֹהֵינוּ בְּעַמְךָ יִשְׂרָאֵל  
 וּתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל,  
 וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת  
 יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב לְכֹל  
 קוֹרְאָיו, פְּנֵה אֶל עַבְדֶיךָ וְחַנּוּנוֹ.  
 שְׂפּוֹךְ רוּחְךָ עָלֵינוּ וְתַחֲזִינָה  
 עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.  
 בָּרוּךְ אַתָּה יי הַמַּחְזִיר  
 שְׁכִינְתּוֹ לְצִיּוֹן.

Be gracious Eternal God to Your people Israel, and receive our prayers with love.  
 O may our worship be acceptable to You. Fill us with the knowledge that You are  
 near to all who seek You in truth. Let our eyes behold Your presence in our midst  
 and among our people in Zion.

We praise You, Eternal One, who brings Your Shechinah to Zion.

## Hoda-ah - Thanksgiving

## הודאה

Modim anachnu lach she-atah hu Adonai  
 eloheynu velohey doroteynu l'olam  
 va-ed, tzur chayeynu magen yisheyenu  
 ata hu l'dor vador.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָה הוּא יי  
 אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ לְעוֹלָם  
 וָעֶד, צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ  
 אַתָּה הוּא לְדוֹר וָדוֹר.

We gratefully acknowledge, Eternal God, that You are our Creator and Preserver,  
 the Rock of our life and our protecting Shield for all generations.

**Kedushat Hayom - Holiness of This Day**

**קְדוּשַׁת הַיּוֹם**

Eloheynu velohey avoteynu,  
 (r'tzey bim'nuchoteynu)  
 kad'sheynu b'mitzvotecha. Sabeynu  
 mituvecha, v'samcheynu bishuatecha,  
 (v'han'chileynu Adonai eloheynu, b'ahava  
 uv'ratzon shabbat kadshecha v'yanuchu  
 va yisrael m'kashey sh'mecha)  
 v'taher libeynu l'avdecha be-emet.  
 Ki ata sal'chan l'yisrael umachalan  
 l'sh'vtey y'shurun b'chol-dor vador,  
 umibaladeycha eyn lanu melech mocheyl  
 v'soleycha ela ata.  
 Baruch ata Adonai, melech mocheyl  
 v'soleycha la'a-onoteynu v'la'avonot amo  
 beyt yisrael, uma'avir ashmoteynu  
 b'chol shanah v'shana, melech al  
 kol ha-aretz, m'kadesh (ha-shabbat v')  
 yisrael v'yom hakippurim.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 (רְצֵה בְּמִנוּחֹתֵינוּ)  
 קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ. שַׁבְּעֵנוּ  
 מִטוֹבֶךָ, וְשִׂמְחֵנוּ בִּישׁוּעָתְךָ,  
 (וְהַנְּחִילֵנוּ יְיָ אֱלֹהֵינוּ, בְּאַהֲבָה  
 וּבְרָצוֹן שַׁבַּת קִדְּשְׁךָ וַיְנוּחוּ  
 בְּהַיְיָ שִׁשְׂרָאֵל מִקַּשְׂי שְׁמֶךָ,  
 וְטָהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.  
 כִּי אַתָּה סִלַּחְתָּ לְיִשְׂרָאֵל וּמַחֲלָה  
 לְשִׁבְטֵי יִשְׂרָאֵל בְּכָל־דּוֹר וָדוֹר,  
 וּמִבְּלַעַדֶיךָ אֵין לָנוּ מֶלֶךְ מוֹחֵל  
 וְסוֹלֵחַ אֶלָּא אַתָּה.  
 בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ מוֹחֵל  
 וְסוֹלֵחַ לְעֹוֹנוֹתֵינוּ וְלְעֹוֹנוֹת עַמּוֹ  
 בֵּית יִשְׂרָאֵל, וּמַעֲבִיר אֲשָׁמוֹתֵינוּ  
 בְּכָל־שָׁנָה וְשָׁנָה, מֶלֶךְ עַל  
 כָּל־הָאָרֶץ, מְקַדֵּשׁ (הַשַּׁבָּת וְ)  
 יִשְׂרָאֵל וַיּוֹם הַכִּפּוּרִים.

Our God and God of all generations, (May our rest on this day be pleasing in Your sight,) Sanctify us in your commandments. May we be satisfied with your goodness, and may we rejoice in your salvation, (and fill us, O God, with love and desire Your holy Sabbath in which Israel sanctifies Your name.)

*Blessed is the Eternal God, whose forgiving love annuls our trespasses year after year. Ruler of all the world, You hallow (the Sabbath,) the House of Israel and the Day of Atonement.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

For the sin we have sinned against you...

We have given meager support to our houses of study.

*We have neglected our heritage of learning.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

For the sin we have sinned against you...

We have sinned against ourselves and paid little heed to the life of the spirit.

*We have sinned against ourselves and not risen to fulfill the best that is in us.*

V'al kulam elo'ha s'lichot:

וְעַל כָּלֵם אֱלֹהֵי סְלִיחוֹת:

S'lach lanu, m'chal lanu, kaper lanu.

סְלַח לָנוּ, מַחַל לָנוּ, כַּפֵּר-לָנוּ.

For all these, O God of mercy, forgive us, pardon us, grant us atonement.

## עַל חַטָּא

### Al Cheyt - For Sin

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

For the sin we have sinned against you...

We have sinned against life by failing to work for peace.

*We have sinned against life by keeping silent in the face of injustice.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

For the sin we have sinned against you...

We have sinned against life by ignoring those who suffer in distant lands.

*We have sinned against life by forgetting the poor in our own midst.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

For the sin we have sinned against you...

We have failed to respect those made in the image of God.

*We have withheld our love from those who depend on us.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

For the sin we have sinned against you...

We have engaged in gossip and slander.

*We have distorted the truth for our own advantage.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

For the sin we have sinned against you...

We have conformed to fashion and not to conscience.

*We have indulged in despair in cynicism.*



**Bet - ב**

Uv'cheyn l'cha hakol yach'tiru  
l'eyl oreych din.

וּבְכֵן לְךָ הַכֹּל יִכְתִּירוּ  
לְאֵל עוֹרֵךְ דִּין.

And so all will crown You as Sovereign, Divine Judge.

You search the heart on Judgment Day,  
*You uncover its depths in judgment.*

You command us to righteousness on Judgment Day,  
*You know our inmost thoughts in judgment.*

Your love is steadfast on Judgment Day,  
*You keep Your covenant in judgment.*

You show compassion on Judgment Day,  
*You purify those who trust You in judgment.*

You see through our masks on Judgment Day,  
*But You cool Your wrath in judgment.*

You penetrate all mysteries on Judgment Day,  
*You free Your children in judgment.*

You are merciful to Your people on Judgment Day,  
*You preserve those who love You in judgment.*

L'rachem amo b'yom din,  
l'shomeyr ohavan badin.  
L'tomeych t'mimayov b'yom din.

לְרַחֵם עַמּוֹ בְּיוֹם דִּין,  
לְשׁוֹמֵר אוֹהֲבֵיךָ בְּדִין.  
לְתוֹמֵךְ תְּמַיְמוֹ בְּיוֹם דִּין.

You have mercy on Your people on the Day of Judgment and keep those who love Your teachings. You support the innocent on the Day of Judgment.

## Aleph - א

Ki hineh chachomer b'yad hayotzer,  
birtzoto marchiv uvirtzoto  
m'katzer,  
keyn anachnu b'yad'cha, chesed notzer,  
labrit habet v'al la-yetzer.

כִּי הִנֵּה כַחֲמֹר בְּיַד הַיּוֹצֵר,  
בְּרִצּוֹתוֹ מְרַחֵב וּבְרִצּוֹתוֹ  
מְקַצֵּר,  
כִּן אֲנַחְנוּ בְּיָדְךָ, חֶסֶד נוֹצֵר,  
לְבְרִית הַבֵּט וְאֵל לַיֵּצֵר.

As clay in the hand of the potter, to be thickened or thinned at will, are we in  
Your hand. Preserve us with Your Love.

*Your covenant recall, and not our imperfection.*

As stone in the hand of the mason, to be broken or preserved at will, are we in  
Your hand, Author of Life and Death.

*Your covenant recall, and not our imperfection.*

As iron in the hand of the blacksmith, to be thrust into fire or withdrawn at will,  
are we in Your hand. Help us to heal our wounds with deeds of charity.

*Your covenant recall, and not our imperfection.*

As a rudder in the hands of a sailor, to be guided or abandoned at will, are we in  
Your hand. Prevent our constant drifting.

*Your covenant recall, and not our imperfection.*

As glass in the hand of the glazier, to be melted or shaped at will, are we in Your  
hand. Maintain our fragile balance with Your grace.

*Your covenant recall, and not our imperfection.*

Mi chamocho av harachamim,  
zocheyr y'tzurav l'chayim  
b'rachamim.

מִי כְמוֹךָ אֵב הַרְחָמִים,  
זוֹכֵר יִצְוֵרְיוֹ לְחַיִּים  
בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai m'chayey hakol.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.  
בְּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, Source of mercy, who in compassion sustains the life of Your children? We put our trust in You, who gives life to all. We praise You, Eternal One, the Source of life.

### **Kedushat Hashem - God's Holiness**

קְדוּשַׁת הַשֵּׁם

Ata kadosh v'shimcha kadosh  
uk'doshim b'chol yom  
y'halelucha selah.  
Baruch ata Adonai hamelech hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ  
וְקְדוֹשִׁים בְּכֹל יוֹם  
יְהַלְלוּךָ סֵלָה.  
בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. We praise You, Eternal One, the holy Sovereign

*(Be seated)*

Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotveynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכֵרְנוּ לְחַיִּים  
מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְכֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
בְּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Remember us for life, Sovereign, who wills us toward life. And write us in the  
Book of Life for your sake, O God of life.

Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector  
of Abraham and Helper of Sarah.

## Gevurot - God's Power

## גְּבוּרוֹת

Ata gibor l'olam adonai m'chayey  
hakol ata rav l'hoshia.  
Morid hatal.  
M'chalkeyl chayim b'chesed m'chayey  
hakol b'rachamim rabim.  
Someych noflim v'rofey cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocha ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה  
הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מוֹרִיד הַטַּל.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

Eternal is Your might, all life is Your gift, great is Your redemptive power. You  
bring on the dew. With love You sustain the living and with great compassion  
give life to all. You support the fallen and heal the sick, You bring freedom to the  
captive and keep faith with those who sleep in the dust. Who is like You in  
power? Who is like You, God of life and death, Source of salvation?

(All rise in body or in spirit)

## Amidah - The Standing Prayer

עמידה

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהִלָּתְךָ:

Open my lips, Eternal One, so that my mouth may declare Your praise.

## Avot V'imahot - God of our Ancestors

אבות ואמהות

Baruch ata Adonai eloheynu velohey  
avoteynu v'imoteynu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:

Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey leah.

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem l'ma-an sh'mo  
b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן. גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדַי  
אֲבוֹת וְאִמּוֹת, וּמְבִיא גְּאֻלָּה  
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ  
בְּאַהֲבָה.

We praise You, Eternal our God, God of our ancestors:

God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Great, heroic, awesome God, supreme Divinity, who bestows deeds of kindness and gives life to all; who is mindful of the loyalty of our ancestors; and who brings, with love, redemption to their children's children for the sake of Your name.

**Chatzi Kaddish - Reader's Kaddish**

**זְצִי קַדִּישׁ**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתֵיהּ  
 וְיַמְלִיךְ מַלְכוּתֵיהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאָמְרוּ אָמֵן.

Y'hey sh'mey raba m'varach  
 l'alam ul'almey almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעֵלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal sh'mey d'kudsha  
 b'rich hu.  
 L'eyla ul'eyla mikol birchata  
 v'shirata tushb'chata v'nechemata  
 da-amiran b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא  
 בְּרִיךְ הוּא.  
 לְעֵלְא וּלְעֵלְא מְכַל בְּרַכְתָּא  
 וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָּא  
 דְּאָמִירָן בְּעֵלְמָא וְאָמְרוּ אָמֵן.

Let God's glory be extolled and God's great name be hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: *Amen*.

May God's great name be blessed forevermore.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: *Amen*.

## Returning the Torah to the Ark

Y'halelu et shem Adonai ki nispav sh'mo  
l'vado. Hodo al eretz v'shamayim.  
Vayarem keren l'amo t'hila l'chol  
chasidav, livney yisrael am  
k'rovo, halleluya.

יְהַלְלוּ אֶת שֵׁם יְיָ כִּי נִסְגַּב שְׁמוֹ  
לְבָדוֹ: הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.  
וַיֵּרָם קֶרֶן לְעַמּוֹ תְהִלָּה לְכָל  
חַסִּידָיו, לְבְנֵי יִשְׂרָאֵל עִם  
קְרוּבוֹ, הַלְלוּיָהּ.

Let us praise the name Adonai, for God alone is exalted. God's splendour covers heaven and earth and lights the beacon for our people, giving glory to God's faithful ones, Israel, a people close to God. Halleluyah!

Eytz chayim hi lamachazikim ba  
v'tomcheha m'ushar.  
D'racheha darchey no-am  
v'chol n'tivotaha shalom.  
Hashiveynu Adonai eleycha v'nashuva  
chadeysh yameynu k'kedem.

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ  
וְתִמְכֶיהָ מְאֹשֶׁר.  
דְּרָכֶיהָ דְרָכֵי נֵעִם  
וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.  
הַשִּׁיבֵנוּ יְיָ אֱלֹהֶיךָ וְנָשׁוּבָה  
חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

It is a tree of life to them that hold fast to it, and all its supporters are happy. Its ways are ways of pleasantness, and all its paths are peace. Cause us to return, Eternal One, and we shall return. Renew our days as of old.

(Be seated)

*Yom Kippur Mincha*

Baruch ata Adonai, melech  
mocheyl v'soleycha la'avonoteinu  
v'la'avonot amo beyt yisrael,  
uma'avir ashmoteynu b'chol shanah  
v'shana, melech al kol ha-aretz,  
m'kadesh (ha-shabbat v')yisrael  
v'yom hakippurim.

בָּרוּךְ אַתָּה יְיָ, מֶלֶךְ  
מוֹחֵל וְסוֹלֵחַ לְעוֹנוֹתֵינוּ  
וְלְעוֹנוֹת עַמּוֹ בֵּית יִשְׂרָאֵל,  
וּמַעֲבִיר אֲשֵׁמוֹתֵינוּ בְּכָל־שָׁנָה  
וּשְׁנָה, מֶלֶךְ עַל כָּל־הָאָרֶץ,  
מְקַדֵּשׁ (הַשַּׁבָּת וְ)יִשְׂרָאֵל  
וְיוֹם הַכִּפּוּרִים.

We praise You, our Sovereign God, whose forgiving love annuls our trespasses year after year. Ruler of all the world, You hallow (Shabbat and) the House of Israel and the Day of Atonement.



## Blessing After the Haftarah Reading

Baruch ata Adonai eloheynu  
melech ha-olam tzur kol ha-olamim  
tzaddik b'chol hadorot ha-eyl  
hane'eman ha-omer v'oseh  
ham'dabeir um'kayem shekol  
d'varav emet vatzedek.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם צוּר כָּל הָעוֹלָמִים  
צַדִּיק בְּכֹל הַדּוֹרוֹת הָאֵל  
הַנֶּאֱמָן הָאוֹמֵר וְעוֹשֶׂה  
הַמְדַבֵּר וּמְקַיֵּם שְׁכָל  
דְּבָרָיו אֱמֶת וְצֶדֶק.

Al hatorah, v'al ha'avoda, v'al  
han'vi-im, v'al yom  
(ha-shabbat hazeh v'al yom)  
hakippurim hazeh,  
shenatata lanu Adonai eloheynu,  
(lik'dusha v'lim'nucha)  
lim'chilah v'lis'lichah ul'kapareh,  
l'chavod ul'tifaret.  
Al hakol Adonai eloheynu,  
anachnu modim lach, um'var'chim  
otach, yitbarach shimcha b'fi kol  
chai tamid l'olam va-ed.  
Ud'varcha emet v'kayam la-ad.

עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה, וְעַל  
הַנְּבִיאִים, וְעַל יוֹם  
(הַשַּׁבָּת הַזֶּה וְעַל יוֹם)  
הַכִּפּוּרִים הַזֶּה,  
שֶׁנִּתַּתְּ לָנוּ יְיָ אֱלֹהֵינוּ,  
(לְקִדְשָׁה וְלִמְנוּחָה)  
לְמַחֲלָה וְלִסְלִיחָה וְלִכְפָּרָה,  
לְכָבוֹד וְלִתְפָּאֶרֶת.  
עַל הַכֹּל יְיָ אֱלֹהֵינוּ,  
אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים  
אוֹתְךָ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָּל  
חַי תָּמִיד לְעוֹלָם וָעֶד.  
וְדְבָרְךָ אֱמֶת וְקַיָּם לְעֶד.

Praised be the Eternal God, Ruler of the universe, Rock of all creation, righteous in all generations, the faithful God whose word is deed, whose every command is just and true.

For the Torah, for the privilege of worship, for the prophets and for this (Sabbath and this) Day of Remembrance, that you gave to us Adonai, our God, (for holiness and rest,) for pardon, forgiveness and atonement, for honour and glory, we thank and praise You. May your name be blessed forever by every living being, for your word is true forever.

וַיֹּאמֶר אֱלֹהִים אֶל־יוֹנָה הַהֵיטֵב זָזְרָה־לָּךְ עַל־הַקִּיקְיֹון וַיֹּאמֶר הֵיטֵב  
זָזְרָה־לִּי עַד־מוֹת׃ וַיֹּאמֶר יְהוָה אֵתָּה זָזְסַת עַל־הַקִּיקְיֹון אֲשֶׁר  
לֹא־עֲמַלְתָּ בּוֹ וְלֹא גָדַלְתָּו שֶׁבֶן־כַּיִלָּה הִיָּה וּבֶן־כַּיִלָּה אָבָד׃ וַאֲנִי  
לֹא אֲזוּזִים עַל־נִיָּוָה הָעֵיר הַגְּדוֹלָה אֲשֶׁר יֵשֵׁבָהּ הַרְבֵּה  
מִשְׁתֵּי־עֲשָׂרֵה רַבּוֹ אָדָם אֲשֶׁר לֹא־יָדַע בֵּין־יְמִינּוֹ לְשִׁמְאֹלּוֹ  
וּבַהֲמָה רַבָּה׃

Jonah 4:9-11

Vayomer elohim el yonah haheyteyv chara l'cha al hakiykayon vayomer  
heyteyv chara li ad mavet. Vayomer Adonai ata chas'ta al hakiykayon asher lo  
amal'ta bo v'lo gidal'to shebin lay'la haya uvin lay'la avad. Va'ani lo achus al  
nineveh ha-ir hag'dola asher yesh ba har'bey mish'teym es'rey ribo adam asher  
lo yada beyn y'mino lis'molo uv'heyra raba.

Then God said to Jonah, "Are you so deeply grieved about the plant?" "Yes," he  
replied, "so deeply that I want to die." Then Adonai said: "You cared about the  
plant, which you did not work for and which you did not grow, which appeared  
overnight and perished overnight. And should not I care about Nineveh, that  
great city, in which there are more than a hundred and twenty thousand persons  
who do not yet know their right hand from their left, and many beasts as well!"

וַיֵּצֵא יוֹנָה מִן־הָעִיר וַיֵּשֶׁב מִקְדָּם לָעִיר וַיַּעַשׂ לּוֹ שֵׁם סֹפֶה וַיֵּשֶׁב  
תְּזוּתָיָהּ בְּצֵל עֵד אֲשֶׁר יֵרָאֶה מֵה־יְהִיָּה בְּעִיר: וַיִּמַּן יְהוָה אֱלֹהִים  
קִיקְיוֹן וַיַּעַל מֵעַל לַיּוֹנָה כְּהִיּוֹת צֶלַעַל־רֹאשׁוֹ לְהִזְכִּיל לוֹ מִרְעָתוֹ  
וַיִּשְׁבְּמוֹ יוֹנָה עַל־הַקִּיקְיוֹן שְׂמֹנֶה גְדוּלָּה: וַיִּמַּן הָאֱלֹהִים תּוֹכֵלֶת  
בְּעֵלוֹת הַשָּׁמַיִם לְמִוּוֹרֹת וַתֵּף אֶת־הַקִּיקְיוֹן וַיִּבְשׂ: וַיְהִי? בְּיָרִיחַ  
הַשָּׁמַיִם וַיִּמַּן אֱלֹהִים רוּחַ קָדִים זָרִישִׁית וַתֵּף הַשָּׁמַיִם עַל־רֹאשׁ יוֹנָה  
וַיִּתְעַלֶּף וַיִּשְׂאֵל אֶת־נַפְשׁוֹ לְמוֹת וַיֹּאמֶר טוֹב מוֹתִי מִחַיִּי:

Jonah 4:5-8

Vayeytzeh yonah min ha-ir vayeyshev mikedem la-ir vaya-as lo sham sukkah vayeyshev tach'teha batzeyl ad asher yir'eh ma yih'yeh ba-ir. Va-y'man Adonai elohim kikayon vaya-al mey-al l'yonah lih'yot tzeyl al rosho l'hatzil lo meyra-ato vayis'mach yonah al hakiykayon simchah gedolah. Va-y'man ha'elohim tola-at ba'alot hashachar lama'charat vatach et hakiykayon vayiyvash. Vay'hi kiz'roach hashemesh va-y'man elohim ruach kadim charishit vatach hashemesh al rosh yonah vayit'alaf vayish'al et nafsho lamot vayomer tov moti meychayai.

Now Jonah had left the city and found a place east of the city. He made a booth there and sat under it in the shade, until he should see what happened to the city. Adonai provided a ricinus plant, which grew up over Jonah, to provide shade for his head and save him from discomfort. Jonah was very happy about the plant. But the next day at dawn God provided a worm, which attacked the plant so that it withered. And when the sun rose, God provided a sultry east wind; the sun beat down on Jonah's head, and he became faint. He begged for death, saying, "I would rather die than live."

וַיֵּרַע אֶל-יְהוָה רָעָה גְדוֹלָה וַיִּזְדַּר לוֹ: וַיִּתְפַּלֵּל אֶל-יְהוָה וַיֹּאמֶר אֲנִי  
יְהוָה הֲלוֹא-אֱנִי דְבָרִי עַד-הַיּוֹתֵי עַל-אֲדָמָתִי עַל-כֵּן קָדַמְתִּי לְבָרְנִי  
תַרְשִׁישָׁה כִּי יָדַעְתִּי כִּי אַתָּה אֱלֹהֵי חַיִּים וְרַחֲמוֹת אַרְךָ אַפַּיִם וְרַב-חַסֵּד  
וְנִחָם עַל-הָרָעָה: וְשָׂתָה יְהוָה קוֹז-נָא אֶת-נַפְשִׁי מִמָּוֶת כִּי טוֹב מוֹתִי  
מִחַיִּי: וַיֹּאמֶר יְהוָה הֲהֵיטֵב זָכַרְתָּ לְךָ:

*Jonah 4:1-4*

Vayeyra el yonah ra-ah gedolah vayichar lo. Vayit'paley l el Adonai vayomar ana Adonai halo zeh d'vari ad heyoti al ad'mati al keyn kidam'ti liv'rocha tarshishah ki yadati ki ata el chanun v'rachum erech appayim v'rav chesed v'nicham al hara-a. V'ata Adonai kach na et nafshi mimeni ki tov moti meychayai. Vayomer Adonai haheyteyv chara lach.

This displeased Jonah greatly, and he was grieved. He prayed to Adonai, saying, "O Adonai! Isn't this just what I said when I was still in my own country? That is why I fled beforehand to Tarshish. For I know that You are a compassionate and gracious God, slow to anger, abounding in kindness, renouncing punishment. Please, Adonai, take my life, for I would rather die than live." Adonai replied, "Are you that deeply grieved?"

וַיֵּאֱמִינוּ אֲנֵשֵׁי נִינְוָה בְּאֱלֹהִים וַיִּקְרְאוּ צוֹם וַיִּלְבְּשׁוּ שָׂקִים מִגְּדוֹלָם  
 וְעַד-קִטְטָם: וַיֵּגַע הַדָּבָר אֶל-מֶלֶךְ נִינְוָה וַיִּקָּם מִכִּסְאוֹ וַיֵּעֲבֹר אֲדָרְתוֹ  
 מֵעָלָיו וַיִּכַּס שֵׁק וַיֵּשֶׁב עַל-הָאֶפֶר: וַיִּזְעַק וַיֹּאמֶר בְּנִינְוָה מִטַּעַם  
 הַמֶּלֶךְ וַיְדַלְּקוּ לְאֹמֶר הָאָדָם וְהַבְּהֵמָה הַבֶּקָר וְהַצֹּאן אֶל-יִטְעָמוּ  
 מֵאוֹמָה אֶל-יָרְעוּ וּמִיָּם אֶל-יִשְׁתּוּ: וַיִּתְכַּסּוּ שָׂקִים הָאָדָם וְהַבְּהֵמָה  
 וַיִּקְרְאוּ אֶל-אֱלֹהִים בְּנוֹזְקָה וַיֵּשְׁבוּ אִישׁ מִדַּרְכּוֹ הַרְעָה וּמִן-הַנוֹזֵמַס  
 אֲשֶׁר בְּכַפֵּיהֶם: מִי-יִדְעַל יָשׁוּב וְנִזְוֹם הָאֱלֹהִים וְשׁוֹב מִנוֹרוֹן אָפוּ וְלֹא  
 נֹאבֵד: וַיֵּרָא הָאֱלֹהִים אֶת-מַעֲשֵׂיהֶם כִּי-שָׁבוּ מִדַּרְכָּם הַרְעָה וַיִּנְוֹם  
 הָאֱלֹהִים עַל-הַרְעָה אֲשֶׁר-דִּבֶּר לַעֲשׂוֹת-לָהֶם וְלֹא עָשָׂה:

Jonah 3:5-10

Vaya'aminu an'shey nineveh be-elohim vayik'ru tzom vayill'shu sakim  
 mig'dolam v'ad k'tanam. Vayiga hadavar el melech nineveh vayakom mikiso  
 vaya'veyr adar'to meyalav vay'chas sak vayeyshev al ha-efer. Vayaz'eyk  
 vayomer b'nineveh mita-am hamelech ug'dolayv leymor ha-adam v'hab'heyima  
 habakar v'hatzon al yit'amu m'oma al yir'u umayim al yish'tu. V'yit'kasu sakim  
 ha-adam v'hab'heyima v'yik'ru el elohim b'chaz'ka v'yashuvu ish midar'ko  
 hara-a umin hechamas asher b'chapeyhem. Mi yodeya yashuv v'nicham  
 ha'elohim v'shav mey'charon apo v'lo noved. Vayar ha'elohim et ma'aseyhem ki  
 shavu midarkam hara-a vayinachem ha'elohim al hara-a asher diber la'asot  
 lahem v'lo asa

The people of Nineveh believed God. They proclaimed a fast, and great and small alike put on sackcloth. When the news reached the king of Nineveh, he rose from his throne, took off his robe, put on sackcloth, and sat in ashes. And he had the word cried through Nineveh: "By decree of the king and his nobles: No man or beast—of flock or herd—shall taste anything! They shall not graze, and they shall not drink water! They shall be covered with sackcloth—man and beast—and shall cry mightily to God. Let everyone turn back from his evil ways and from the injustice of which he is guilty. Who knows but that God may turn and relent? He may turn back from His wrath, so that we do not perish." God saw what they did, how they were turning back from their evil ways. And God renounced the punishment He had planned to bring upon them, and did not carry it out.

מִשְׁמַרִּים הַבְּלִי-שׁוּא נִסְדָּם יַעֲזֹבוּ: וְאֲנִי בְּקוֹל תְּוֹדָה אֲזַבְּחָה-לָךְ  
אֲשֶׁר נָדַרְתִּי אֲשֶׁלְמָה יְשׁוּעָתָה לִיהוָה: וַיֹּאמֶר יְהוָה לֵדָג וַיִּקַּא  
אֶת-יֹנָה אֶל-הַיַּבָּשָׁה:

Jonah 2:9-11

M'shamrim hav'ley shav chasdam ya'azovu. Va'ani b'kol toda ez'b'cha lach  
asher nadarti ashaleyma y'shu-ata l'Adonai. Vayomer Adonai ladag vayakey et  
yonah el ha-yabasha.

They who cling to empty folly

Forsake their own welfare,

But I, with loud thanksgiving,

Will sacrifice to You;

What I have vowed I will perform.

Deliverance is Adonai's!

Adonai commanded the fish, and it spewed Jonah out upon dry land.

וַיְהִי דְבַר-יְהוָה אֶל-יֹנָה שֵׁנִית לֵאמֹר: קוּם לֶךְ אֶל-נִינְוָה הָעִיר  
הַגְּדוֹלָה וּקְרָא אֲלֶיהָ אֶת-הַקְּרִיאָה אֲשֶׁר אָנֹכִי דֹבֵר אֲלֶיהָ: וַיִּקַּם  
יֹנָה וַיֵּלֶךְ אֶל-נִינְוָה כְּדַבַּר יְהוָה וַנִּינְוָה הִיְתְּנָה עִיר-גְּדוֹלָה לְאֵלֹהִים  
מִהַלָּךְ שְׁלֹשֶׁת יָמִים: וַיִּזְחַל יֹנָה לָבוֹא בְעִיר מִהַלָּךְ יוֹם אֶחָד וַיִּקְרָא  
וַיֹּאמֶר עוֹד אַרְבָּעִים יוֹם וַנִּינְוָה נִהְפָּכֶת:

Jonah 3:1-4

Vay'hi d'var Adonai el yonah shenit leymor. Kum lech el nineveh ha-ir hag'dola  
ukra eyleyha et hak'ri-a asher anochi dover eleycha. Vayakom yonah vayelech  
el nineveh kid'var Adonai v'nineveh haitah ir gedolah leylohim ma'halach  
sh'loshet yamim. Vayachel yonah lavo va-ir ma'halach yom echad vayikra  
vayomar od ar'ba-im yom v'nineveh ne-hepachet.

The word of Adonai came to Jonah a second time: "Go at once to Nineveh, that  
great city, and proclaim to it what I tell you." Jonah went at once to Nineveh in  
accordance with Adonai's command. Nineveh was an enormously large city a  
three days' walk across. Jonah started out and made his way into the city the  
distance of one day's walk, and proclaimed: "Forty days more, and Nineveh shall  
be overthrown!"

וְאָנִי אִמַּרְתִּי נִגְרַשְׁתִּי מִנֶּגֶד עֵינֶיךָ אַךְ אוֹסִיף לְהַבִּיט אֶל־הַיְכָל  
קִדְשֶׁךָ: אִפְפוּנֵי מַיִם עַד־נֶפֶשׁ תִּהְיוּם יְסַבְּבֵנִי סוּף זָבוּשׁ לְרַאשֵׁי:  
לְקַצְוֵי הַרִים יִרְדְּתִי הָאָרֶץ בְּרוּחֶיךָ בְּעָדֵי לְעוֹלָם וְתַעַל מִשְׁחַזַּת זַרְעֵי  
יְהוָה אֱלֹהֵי: בְּהִתְעַלֵּף עָלַי נִפְשֵׁי אֶת־יְהוָה זְכַרְתִּי וַתָּבוֹא אֵלַיךְ  
תַּפְּלֹתַי אֶל־הַיְכָל קִדְשֶׁךָ:

*Jonah 2:5-8*

Va'ani amar'ti nig'rashti mineged eynecha ach osiyf l'habit el heychal  
kadshecha. Afafuni mayim ad nefesh t'hom y'sov'veyni suf chavush l'roshi.  
L'kitz'vey harim yarad'ti ha-aretz b'richeyha va'adi l'olam vata-al mishachat  
chayai Adonai elohay. B'hit'atef alai nafshi et Adonai zachar'ti vatavo eleycha  
t'filati el heychal kadshecha.

I thought I was driven away  
Out of Your sight:  
Would I ever gaze again  
Upon Your holy Temple?  
The waters closed in over me,  
The deep engulfed me.  
Weeds twined around my head.  
I sank to the base of the mountains;  
The bars of the earth closed upon me forever.  
Yet You brought my life up from the pit,  
O Adonai my God!  
When my life was ebbing away,  
I called Adonai to mind;  
And my prayer came before You,  
Into Your holy Temple.

וַיִּמַן יְהוָה דָּג גָּדוֹל לִבְלוֹאֵת יוֹנָה וַיְהִי יוֹנָה בִּמְעֵי הַדָּג שְׁלוֹשָׁה  
יָמִים וּשְׁלוֹשָׁה לַיְלוֹת: וַיִּתְפַּלֵּל יוֹנָה אֶל־יְהוָה אֱלֹהָיו מִבְּטֶן הַדָּגָה:  
וַיֹּאמֶר קָרָאתִי מִצָּרָה כִּי אֶל־יְהוָה וַיַּעֲנֵנִי מִבְּטֶן שְׂאוֹל שְׁוֹעֵתִי  
שְׁמֵעֵת קוֹלִי: וַתִּשְׁלִיכֵנִי מִצּוֹלָה בְּלִבַּב יַמַּיִם וַנָּהָר יִסְבְּבֵנִי  
כָּל־מִשְׁבָּרֶיךָ וַתִּגְלִיךָ עָלַי עֲבָרוֹ:

*Jonah 2:1-4*

Va-y'man Adonai dag gadol liv'lo-a et yonah vay'hi yonah bim'ey hadag shloscha yamim ushloscha leylot. Vayit'paley l yonah el Adonai elohav mimey hadaga. Vayomer karati mitzara li el Adonai vaya'aneyni mibeten sh'ol shi-ua'ti shamata koli. Vatash'licheyni m'tzula bil'vav yamayim v'nahar y'sov'veyni kol mish'bareycha v'galecha alai avaru.

Adonai provided a huge fish to swallow Jonah; and Jonah remained in the fish's belly three days and three nights. Jonah prayed to Adonai his God from the belly of the fish. He said:

In my trouble I called to Adonai,  
And He answered me;  
From the belly of Sheol I cried out,  
And You heard my voice.  
You cast me into the depths,  
Into the heart of the sea,  
The floods engulfed me;  
All Your breakers and billows  
Swept over me.



וַיִּזְחַזְחוּ הָאֲנָשִׁים לְהָשִׁיב אֶל־הַיַּבָּשָׁה וְלֹא יָכְלוּ כִּי הָיָם הוֹלֵךְ וְסֹעַר  
עֲלֵיהֶם: וַיִּקְרְאוּ אֶל־יְהוָה וַיֹּאמְרוּ אֱלֹהֵי יְהוָה אֵלֵּינוּ נָא נִבְרָא בְּנִפְשׁ  
הָאִישׁ הַזֶּה וְאֶל־הַיָּם וְאֶל־הַיָּבָשָׁה וְאֶת־יְהוָה כִּי־אַתָּה יְהוָה פֹּאֵשֶׁר זֹפַצְתָּ  
עָשִׂיתָ: וַיִּשְׂאוּ אֶת־יֹנָתָן וַיִּטְלֵהוּ אֶל־הַיָּם וַיִּשְׁמַד הָיָם מִיָּם: וַיִּירָאוּ  
הָאֲנָשִׁים יְרָאָה גְדוֹלָה אֶת־יְהוָה וַיִּזְבְּחוּ־זָבָח לַיהוָה וַיִּהְיוּ גְדָרִים:

*Jonah 1:13-16*

Vayach't'ru ha'anashim l'hashiv el ha-yabasha v'lo yacholu ki hayam holeych v'soer aleyhem. Vayik'ru el Adonai vayom'ru ana Adonai al na nov'da b'nefesh ha-ish hazeh v'al titeyn aleynu dam naki ki ata Adonai ka'asher chafatz'ta asita. Vayisu et yonah vay'tiluhu el hayam v'ay' amod hayam miza'po. Vayiyr'u ha'anashim yir'a gedolah et Adonai vayiz'b'chu zevach l'Adonai vayid'ru n'darim.

Nevertheless, the men rowed hard to regain the shore, but they could not, for the sea was growing more and more stormy about them. Then they cried out to Adonai: "Oh, please, God, do not let us perish on account of this man's life. Do not hold us guilty of killing an innocent person! For You, O God, by Your will, have brought this about." And they heaved Jonah overboard, and the sea stopped raging. The men feared Adonai greatly; they offered a sacrifice to Adonai and they made vows.

וַיֹּאמֶר אֲלֵיהֶם עֲבָרִי אֲנֹכִי וְאֶת־יְהוָה אֱלֹהֵי הַשָּׁמַיִם אֲנִי יֵרָא  
אֲשֶׁר־עָשָׂה אֶת־הַיָּם וְאֶת־הַיַּבָּשָׁה: וַיִּירְאוּ הָאָנָשִׁים יִרְאָה גְדוֹלָה  
וַיֹּאמְרוּ אֵלָיו מִה־זֹּאת עָשִׂיתָ פִּי־יָדְעוּ הָאָנָשִׁים פִּי־מִלְפָּנֶי יְהוָה הוּא  
בָּרוּךְ כִּי הִגִּיד לָהֶם: וַיֹּאמְרוּ אֵלָיו מִה־נַּעֲשֶׂה לָּךְ וַיִּשְׁתַּק הַיָּם  
מִעֲלֵינוּ כִּי הַיָּם הוֹלֵךְ וְסֹעַר: וַיֹּאמֶר אֲלֵיהֶם שְׂאוּנִי וְהַטִּילְנִי אֶל־הַיָּם  
וַיִּשְׁתַּק הַיָּם מִעֲלֵיכֶם כִּי יוֹדַע אֲנִי כִּי בְשָׁלִי הִסְעַר הַגָּדוֹל הַזֶּה  
עֲלֵיכֶם:

*Jonah 1:9-12*

Vayomer aleyhem ivri anochi v'et Adonai elohey hashamayim ani yarey asher  
asa et hayam v'et ha-yabasha. Vayiyru ha'anashim yir'a gedolah vayom'ru elav  
ma zot asita ki yadu ha'anashim ki milif'ney Adonai hu voreicha ki higid  
lahem. Vayom'ru elav ma na'aseh lach v'yish'tok hayam mey'aleyenu ki hayam  
holeych v'soer. Vayomer aleyhem sa-uni va'hatiluni el hayam v'yish'tok hayam  
mey'aleychem ki yodeya ani ki b'sheli hasa-ar hagadol hazeh aleychem.

"I am a Hebrew," he replied. "I worship Adonai, the God of Heaven, who made both sea and land." The men were greatly terrified, and they asked him, "What have you done?" And when the men learned that he was fleeing from the service of Adonai—for so he told them—they said to him, "What must we do to you to make the sea calm around us?" For the sea was growing more and more stormy. He answered, "Heave me overboard, and the sea will calm down for you; for I know that this terrible storm came upon you on my account."

וַיִּירָאוּ הַמִּלְחָמִים וַיִּזְעֻקוּ אִישׁ אֶל-אֱלֹהָיו וַיִּטְלוּ אֶת-הַפְּלִים אֲשֶׁר  
בְּאֹנֶיהָ אֶל-הַיָּם לְהַקֵּל מֵעֲלֵיהֶם וַיּוֹנֶה יָרֵד אֶל-יַרְבְּתַי הַסְּפִינָה  
וַיִּשְׁכַּב וַיִּרְדָּם: וַיִּקְרָב אֵלָיו רַב הַזּוּזָל וַיֹּאמֶר לוֹ מִה-כֶּה נִרְדָּם קוּם  
קְרָא אֶל-אֱלֹהֶיךָ אוֹלֵי יִתְעַשֶׂת הָאֱלֹהִים לָנוּ וְלֹא נִאֲבֹד: וַיֹּאמְרוּ  
אִישׁ אֶל-רֵעֵהוּ לָכוּ וְנַפְּיֵלָה גְּזֹרֹת וְנִדְעָה בְּשִׁלְמֵי הַרְעָה הַזֹּאת  
לָנוּ וַיַּפְּלוּ גְּזֹרֹת וַיַּפֵּל הַגְּזֹרֵל עַל-יוֹנָה: וַיֹּאמְרוּ אֵלָיו הַגִּידָה-נָא  
לָנוּ בְּאֲשֶׁר לָמִי-הַרְעָה הַזֹּאת לָנוּ מִה-מִלְּאֲכַתֶּךָ וּמֵאֵיזֶן תֵּבּוֹא מִה  
אֲרֻךְךָ וְאִי-מִזֶּה עִם אֲתָה:

Jonah 1:5-8

Vayiyr'u hamalachim vayiz'aku ish el elohav vayatilu et hakeylim asher ba'onayah el hayam l'hakel me'aleyhem v'yonah yarad el yarketey hasfinah vayishkav vayeradam. Vayikrav elav rav hachoveyl vayomer lo ma l'cha nirdam kum k'ra el eloheycha ulay yit'ashtet ha'elohim lanu v'lo noved. Vayom'ru ish el rey-eyhu l'chu v'napilah goralot veneydah b'shelmi hara-a hazot lanu vayapilu goralot vayipol hagoral al yonah. Vayom'ru elav hagida na lanu ba'asher l'mi hara-a hazot lanu ma m'lach't'cha umey-ayin tavo ma ar'tzecha v'ir mizeh am ata.

In their fright, the sailors cried out, each to his own god; and they flung the ship's cargo overboard to make it lighter for them. Jonah, meanwhile, had gone down into the hold of the vessel where he lay down and fell asleep. The captain went over to him and cried out, "How can you be sleeping so soundly! Up, call upon your god! Perhaps the god will be kind to us and we will not perish." They said to him, "Tell us, you who have brought this misfortune upon us, what is your business? Where have you come from? What is your country, and of what people are you?"

וַיְהִי דְבַר־יְהוָה אֶל־יוֹנָה בֶן־אֲמִתַּי לֵאמֹר: קוּם לֶךְ אֶל־נִינְוָה הָעִיר  
הַגְּדוֹלָה וּקְרָא עֲלֶיהָ כִּי־עֲלֹתָהּ רָעַתָּם לְפָנָי: וַיִּקֶּם יוֹנָה לְבָרִיז  
תַּרְשִׁישָׁה מִלְּפָנָי יְהוָה וַיֵּרֶד יָפוֹ וַיִּמְצָא אֲנִיָּה? בָּאָה תַרְשִׁישׁ וַיִּתֵּן  
שֹׁכְרָה וַיֵּרֶד בָּהּ לָבוֹא עִמָּהֶם תַרְשִׁישָׁה מִלְּפָנָי יְהוָה: וַיְהִי הַטָּיִל  
רִיזוֹ־גְדוֹלָה אֶל־הַיָּם וַיְהִי סַעַר־גָּדוֹל בַּיָּם וַהֲאֲנִיָּה זָזְשָׁבָה לְהַשְׁבֵּר:

*Jonah 1:1-4*

Vay'hi d'var Adonai el yonah ven amitai leymor. Kum lech el nineveh ha-ir  
hag'dola ukra aleha ki altah ra-atam l'fanai. Vayakom yonah liv'rocha  
tarshishah milif'ney Adonai vayered yafo vayimtza oniyah ba-ah tarshish  
vayiten secharah vayered ba lavo imahem tarshishah milif'ney Adonai.  
Va'Adonai hetil ruach gedolah el hayam vay'hi sa-ar gadol bayam v'ha'onyi-ah  
chishvah l'hishaver.

The word of Adonai came to Jonah son of Amittai: Go at once to Nineveh, that  
great city, and proclaim judgment upon it; for their wickedness has come before  
Me. Jonah, however, started out to flee to Tarshish from Adonai's service. He  
went down to Joppa and found a ship going to Tarshish. He paid the fare and  
went aboard to sail with the others to Tarshish, away from the service of Adonai.  
But Adonai cast a mighty wind upon the sea, and such a great tempest came  
upon the sea that the ship was in danger of breaking up.

*(After the final aliyah, all rise in body or spirit as the Torah is lifted)*

V'zot hatorah asher sahm moshe  
lifney b'ney yisrael al pi Adonai  
b'yad moshe.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה  
לְפָנַי בְּנֵי יִשְׂרָאֵל עַל פִּי יי  
בְּיַד מֹשֶׁה:

This is the Torah that Moses placed before the people of Israel to fulfill the word of God.

*(Be seated after the Torah is dressed)*

## Reading the Haftarah for Yom Kippur

### Blessing Before the Haftarah Reading

Baruch ata Adonai eloheynu melech  
ha-olam, asher bachar binviyim  
tovim, v'ratzah v'divreyhem  
hane'emarim be-emet,  
baruch ata Adonai, habocheh  
ba-torah uv'moshe avdo,  
uv'yisrael amo,  
uvin'viyey ha'emet vatzedek.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בְּנְבִיאִים  
טוֹבִים, וְרָצָה בְּדִבְרֵיהֶם  
הַנְּאֻמְרִים בְּאֵמֶת,  
בְּרוּךְ אַתָּה יי, הַבּוֹחֵר  
בַּתּוֹרָה וּבְמֹשֶׁה עַבְדּוֹ,  
וּבְיִשְׂרָאֵל עַמּוֹ,  
וּבְנְבִיאֵי הָאֵמֶת וְצֶדֶק.

We praise You, our Eternal God, whose presence fills creation, who has chosen faithful prophets to speak words of truth. We praise You, Eternal One, for the revelation of Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and justice.

### Third Torah Portion for Yom Kippur Afternoon

מִפְּנֵי שִׂיבָה תִּקְוִים וְהִדַּרְתָּ פָנַי זָקֵן וַיִּרְאֵתָ מֵאַלְהֵיךָ אֲנִי יְהוָה:  
וְכִי־יָגוּר אִתְּךָ גֵר בְּאַרְצְכֶם לֹא תוֹנֶה אֹתוֹ: כַּאֲדָרִיז מִכֶּם יְהוָה לְכֶם  
הַגֵּר? הֲגֵר אֶתְכֶם וְאַהֲבֵת לּוֹ כַּמוֹךָ כִּי־גֵרִים הָיִיתֶם בְּאֶרֶץ מִצְרַיִם  
אֲנִי יְהוָה אֱלֹהֵיכֶם: לֹא־תַעֲשׂוּ עֹל בַּמִּשְׁפָּט בַּמִּדָּה בַּמִּשְׁקָל  
וּבַמִּשְׁוֹרָה: מֵאֲזַי צֶדֶק אֲבִי־צֶדֶק אֵינֶפֶת צֶדֶק וְהָיָן צֶדֶק יְהוָה לְכֶם  
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר־הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם: וּשְׁמַרְתֶּם  
אֶת־כָּל־זִוְקוֹתַי וְאֶת־כָּל־מִשְׁפָּטַי וְעֲשִׂיתֶם אֹתָם אֲנִי יְהוָה:

*Leviticus 19:32-37*

Mipney seyvah takum v'hadarta p'ney zakeyn veyareyta mey'eloheycha ani Adonai. V'chi yagur itcha ger b'artsechem lo tonu oto. K'ezrach mikem yih'yeh lachem hageyr hagar itchem v'ahavta lo kamocho ki gerim heyitem b'erezt mitzrayim ani Adonai eloheychem. Lo ta'asu avel bamishpat bamidah bamishkal uvam'surah. Mozney tzedek avney tzedek eyfat tzedek v'hin tzedek yih'yeh lachem ani Adonai eloheychem asher hotzeyti etchem meyeretz mitzrayim. Ushmartem et kol chukotay v'et kol mishpatay va'asitem otam ani Adonai.

You shall rise before the aged and show deference to the old; you shall fear your God: I am Adonai. When strangers reside with you in your land, you shall not wrong them. The strangers who reside with you shall be to you as your citizens; you shall love each one as yourself, for you were strangers in the land of Egypt: I, Adonai, am your God. You shall not falsify measures of length, weight, or capacity. You shall have an honest balance, honest weights, an honest ephah, and an honest hin. I, Adonai, am your God who freed you from the land of Egypt. You shall faithfully observe all My laws and all My rules: I am Adonai.

**Second Torah Portion for Yom Kippur Afternoon (continued)**

לֹא-תִקְלַל זֹרֵשׁ וְלִפְנֵי עֵוֶר לֹא תִתֵּן מִכְשָׁל וַיִּרְאֵת מֵאֱלֹהֶיךָ אֲנִי  
יְהוָה: לֹא-תַעֲשׂוּ עִוֹל בְּמִשְׁפָּט לֹא-תֵשֵׂא פְנֵי-דָל וְלֹא תִהְדָּר פְּנֵי  
גָדוֹל בְּצֶדֶק תִּשְׁפֹּט עַמִּיתֶךָ: לֹא-תִלְךָ רֶכִיל בְּעַמֶּיךָ לֹא תֵלַמֵּד  
עַל-יָדָם רָעָה אֲנִי יְהוָה: לֹא-תִשָּׂא אֶת-אָזְנוֹךָ בַּלְבָּבָהּ הוֹכִיחַ הוֹכִיחַ  
אֶת-עַמִּיתֶךָ וְלֹא-תִשָּׂא עֲלֵיו זָמָּא: לֹא-תִקָּם וְלֹא-תִטֹּר אֶת-בְּנֵי  
עַמֶּךָ וְאֶהְבֵּת לְרֵעֶךָ כַּמִּוֶּדָה אֲנִי יְהוָה:

*Leviticus 19:14-18*

Lo t'kalel cheresch v'lifney iver lo titeyn mich'shol veyareyta mey'eloheycha ani Adonai. Lo ta'asu avel bamishpat lo tisa f'ney dal v'lo tehdar p'ney gadol b'tzedek tishpot amitecha. Lo telech rachil be'amecha lo ta'amod al dam rey-echa ani Adonai. Lo tisna et achicha bil'vavecha hoche-ach tochiach et amitecha v'lo tisa alav cheyt. Lo tikom v'lo titor et b'ney amecha v'ahavta lere'acha kamocha ani Adonai.

You shall not insult the deaf, or place a stumbling block before the blind. You shall fear your God: I am Adonai. You shall not render an unfair decision: do not favor the poor or show deference to the rich; judge your kin fairly. Do not deal basely with members of your people. Do not profit by the blood of your neighbour: I am Adonai. You shall not hate your kinsfolk in your heart. Reprove your kin but incur no guilt on their account. You shall not take vengeance or bear a grudge against members of your people. Love your neighbour as yourself: I am Adonai.

## Second Torah Portion for Yom Kippur Afternoon

וּבְקִצְרְכֶם אֶת־קְצִיר אֲרֻצְכֶם לֹא תִכְלֶה פֶּאת שְׂדֵךְ לִקְצֹר וּלְקַט  
קְצִירֶךָ לֹא תִלְקֹט: וּכְרֵמֶךָ לֹא תֵעוּלָל וּפְרֵט כְּרֵמֶךָ לֹא תִלְקֹט כְּעֵנִי  
וּלְגֵר תַּעֲזֹב אַתֶּם אֲנִי יְהוָה אֱלֹהֵיכֶם: לֹא תִגְזְבוּ וְלֹא־תִכְזוּשׁוּ  
וְלֹא־תִשְׁקְרוּ אִישׁ בְּעַמִּיתוֹ: וְלֹא־תִשְׁבְּעוּ בִשְׁמִי לַשֶּׁקֶר וּזְכַלְתֶּ  
אֶת־שֵׁם אֱלֹהֵי אֲנִי יְהוָה: לֹא־תַעֲשֶׂק אֶת־רֵעֶךָ וְלֹא תִגְזֹל  
לֹא־תִכְלִין בַּעֲלֹת שְׂכִיר אֹהֶךָ עַד־בֹּקֶר:

Leviticus 19:9-13

Uv'kutzr'chem et k'tsir ar'tz'chem lo t'chaleh pe-at sadecha liktzor v'leket  
k'tsircha lo telaket. V'charmecha lo t'olel uferet karmecha lo telaket le-ani  
v'lageyr ta'azov otam ani Adonai eloheychem. Lo tignovu v'lo t'chachashu v'lo  
teshakru ish ba'amito. V'lo tishav'u vishmi lashaker v'chilalta et shem  
eloheycha ani Adonai. Lo ta'ashok et rey'acha v'lo tizgol lo talin p'ulat sachir  
itcha ad boker.

When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest. You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger: I, Adonai, am your God. You shall not steal; you shall not deal deceitfully or falsely with one another. You shall not swear falsely by My name, profaning the name of your God: I am Adonai. You shall not defraud your fellow. You shall not commit robbery. The wages of a laborer shall not remain with you until morning.

*(Second portion continues on the next page)*



## First Torah Portion for Yom Kippur Afternoon

וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־כָּל־עַדַּת בְּנֵי־יִשְׂרָאֵל  
וְאָמַרְתָּ אֲלֵהֶם קְדוֹשִׁים תִּהְיוּ כִּי קָדוֹשׁ אֲנִי יְהוָה אֱלֹהֵיכֶם: אִישׁ אָמוֹ  
וְאָבִיו תִּירָאוּ וְאֶת־עֲבֹתַי תִּשְׁמְרוּ אֲנִי יְהוָה אֱלֹהֵיכֶם: אֶל־תִּפְּנוּ  
אֶל־הָאֱלֹהִים וְאֶל־הֵי מַסֹּכָה לֹא תַעֲשׂוּ לָכֶם אֲנִי יְהוָה אֱלֹהֵיכֶם:

*Leviticus 19:1-4*

Vayedaber Adonai el moshe lemor. Daber el kol adat b'ney yisrael v'amarta alehem k'doshim tihyu ki kadosh ani Adonai eloheychem. Ish imo ve'aviv tira-u v'et shabtotay tishmoru ani Adonai eloheychem. Al tifnu el ha'elilim velohey maseychah lo ta'asu lachem ani Adonai eloheychem.

Adonai spoke to Moses, saying: Speak to the whole Israelite community and say to them: You shall be holy, for I, Adonai your God, am holy. You shall each revere your mother and your father, and keep My sabbaths: I, Adonai am your God. Do not turn to idols or make molten gods for yourselves: I, Adonai am your God.

## Reading from the Torah for Yom Kippur

### Blessing Before Reading from the Torah

Barchu et Adonai ham'vorach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:

Baruch Adonai ham'vorach l'olam va-ed.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal One of blessing. Praised is the Eternal One forever and ever.

Baruch ata Adonai eloheynu melech

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ

ha-olam, esher bachar banu mikol

הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל

ha-amim v'natan lanu et torato.

הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ:

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who chose us from all the peoples and gave us Your law. We praise you Adonai, Giver of Torah.

### Blessing After Reading from the Torah

Baruch ata Adonai eloheynu

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

melech ha-olam,

מֶלֶךְ הָעוֹלָם,

asher natan lanu torat emet,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

v'chai'ey olam nata b'tocheynu.

וַחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ:

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who has given us the doctrine of truth, and eternal life has been planted within us. We praise you Adonai, Giver of Torah.

Echad eloheynu gadol adoneynu  
kadosh v'nora sh'mo.  
Gadlu l'Adonai iti un'rom'ma  
sh'mo yachdav.

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵנוּ  
קָדוֹשׁ וְנוֹרָא שְׁמוֹ.  
גַּדְלוּ לַיְי אֱתֵי וְנִרְוֹמְמָה  
שְׁמוֹ יַחְדָּו.

Our God is One, great is the Eternal, holy and awesome is God's name.  
Add your voice to mine so that together we may exalt God's name.

L'cha Adonai hagdula v'hagvura  
v'hatiferet v'haneytzach v'ha-hod,  
ki chol ba-shamayim uva-aretz.  
L'cha Adonai hamamlacha v'hamit'nasey  
l'chol l'rosh.

לְךָ יְי הַגְּדֻלָּה וְהַגְּבוּרָה  
וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,  
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ:  
לְךָ יְי הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא  
לְכֹל לְרֹאשׁ:

Yours, Eternal One, is the greatness, the power and the beauty, the triumph and the majesty, for everything in heaven and earth is Yours. Yours is the sovereignty for You are supreme above all.

Al shloshe d'varim  
ha-olam omeyd,  
al hatorah v'al ha'avoda  
v'al gemilut chasadim.

עַל שְׁלוֹשֵׁה דְּבָרִים  
הָעוֹלָם עוֹמֵד,  
עַל הַתּוֹרָה וְעַל הָעֲבוֹדָה  
וְעַל גְּמִילוּת חֲסָדִים.

The world depends on three things: on Torah, on worship and on loving deeds.

*(Be seated)*

## Reading from the Torah on Yom Kippur

V'haya b'achrit hayamim nachon yih'yeh  
 har beit-Adonai b'rosh heharim  
 v'nissa mig'varot v'nahru elav kol  
 hagoyim. V'halchu amim rabim  
 v'amru. L'chu v'na-aleh el-har-Adonai  
 el-beyt elohey ya'akov v'yoreinu  
 midrachav v'nelcha b'or'chotayv.

וְהָיָה בְאַחֲרֵית הַיָּמִים נִכּוֹן יִהְיֶה  
 הַר בַּיִת-יְיָ בְּרֹאשׁ הַהָרִים  
 וְנִסָּא מִגְּבוּעוֹת וְנָהְרוּ אֵלָיו כָּל  
 הַגּוֹיִם. וְהָלְכוּ עַמִּים רַבִּים  
 וְאָמְרוּ: לָכוּ וְנַעֲלֵה אֶל-הַר-יְיָ  
 אֶל-בַּיִת אֱלֹהֵי יַעֲקֹב וַיּוֹרְנוּ  
 מִדְּרָכָיו וְנִלְכֶה בְּאֲרָחֹתָיו.

And it will come to pass in the fullness of time: that the mountain of God's house will be established as the highest mountain and raised above the hills, and all the nations will flow to it. Then all peoples will say: Come, let us go up to the mountain of the Eternal, to the house of the God of Jacob. And they will say:

*Teach us Your ways, that we may walk in Your paths.*

*(All rise in body or spirit)*

Ki mitzion teytzey torah ud'var Adonai  
 miyrushalayim.  
 Baruch shenatan torah l'amo yisrael  
 bik'dushato.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה וּדְבַר יְיָ  
 מִירוּשָׁלַיִם:  
 בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל  
 בְּקֹדְשׁוֹ:

For Torah shall go forth out of Zion, and the word of the Eternal from Jerusalem. Praised is the One who, in holiness, has given the Torah to the people of Israel.

Sh'ma yisrael Adonai eloheyinu  
 Adonai echad.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ  
 יְיָ אֶחָד.

Hear, O Israel, Adonai is our God, Adonai is One.

## Aleph - א

How does one find God?

In heaven and earth,

In a clap of thunder, in a whisper of the soul,

In praise on the yellowed parchment in an ancient tongue,

In yearning of the heart, in a child not yet born.

*Blessed is the One who is.*

Taste of tears and wine, sight of starry skies,

Old men's voices chanting, children singing,

Scientists asking, artists proclaiming:

*Blessed is the One who will be.*

All the web of creation shining in God's bright sunlight,

The dew that has gathered in darkness,

Transfixes the light of the day.

*Blessed is the One who is and will be.*

## Bet - ב

Three times the Torah links Yom Kippur with the practice of self-denial. By tradition we fulfill this mitzvah by fasting, and these three references may suggest three reasons for this:

*Judaism calls for self-discipline. When we control our appetites on Yom Kippur, we remember that we can be masters, not slaves, of our desires.*

Judaism calls for empathy. When we consciously experience hunger, we think about the millions who need no Yom Kippur to suffer hunger.

*Judaism calls for teshuvah. The confession we make with our lips is a beginning. The repentance we do through fasting teaches us that we have sinned against ourselves and others.*

Fasting is only good when it helps us to transform ourselves and society, and it is this achievement that is the ultimate end of our worship on Yom Kippur.

Chaim Stern

# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

## סדר מנחה

יום כיפור

Seder Mincha Yom Kippur

**The order for the Yom Kippur  
afternoon service**

Hayom t'kabeyl b'rachamim uv'ratzon  
et t'filateynu hayom titm'cheynu  
bimin tzidkecha. Amen

הַיּוֹם תִּקְבַּל בְּרַחֲמִים וּבְרָצוֹן  
אֶת תְּפִלָּתֵנוּ הַיּוֹם תִּתְמַכְּנוּ  
בִּימֵין צְדָקָךָ אָמֵן

Hear our plea – today. Sustain us with the power of Your righteousness– today.  
Amen.



**אָמֵר וְזָתִימָה טוֹבָה**  
*G'mar Chatimah Tova*

*May you be sealed for good in the Book of Life*

## Hayom - Today

היום

Hayom t'amtzeynu

היום תִּאֲמָצֵנוּ

Hayom t'varcheynu

היום תְּבָרַכְנוּ

Hayom t'gad'leynu. Amen

היום תְּגַדְּלֵנוּ אָמֵן

Strengthen us – today. Bless us – today. Exalt us – today. Amen.

Today, give us strength today.

Give us blessing today.

Raise us up. Amen.

Hayom tidr'sheynu l'tovah

היום תִּדְרְשֵׁנוּ לְטוֹבָה

Hayom ticht'veynu l'chayim tovim

היום תְּכַתְּבֵנוּ לְחַיִּים טוֹבִים

Hayom tishma shavateynu. Amen

היום תִּשְׁמַע שׁוֹעֲתֵנוּ אָמֵן

Seek our well-being – today. Inscribe us for a good life – today. Lovingly accept our prayers – today. Amen.

Hayom t'amtzeynu

היום תִּאֲמָצֵנוּ

Hayom t'varcheynu

היום תְּבָרַכְנוּ

Hayom t'gad'leynu. Amen

היום תְּגַדְּלֵנוּ אָמֵן

Strengthen us – today. Bless us – today. Exalt us – today. Amen.

Today, give us strength today.

Give us blessing today.

Raise us up. Amen.



## Returning the Torah to the Ark

Y'halelu et shem Adonai ki nishgav sh'mo  
l'vado. Hodo al eretz v'shamayim.  
Vayarem keren l'amo t'hila l'chol  
chasidav, livney yisrael am k'rovo,  
halleluya.

יְהַלְלוּ אֶת שֵׁם יְיָ כִּי נִשְׁגַּב שְׁמוֹ  
לְבָדּוֹ: הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.  
וַיֵּרָם קֶרֶן לְעַמּוֹ תְהִלָּה לְכֹל  
חַסִּידָיו, לְבְנֵי יִשְׂרָאֵל עִם  
קְרוֹבוֹ, הַלְלוּיָהּ.

Let us praise the name Adonai, for God alone is exalted. God's splendour covers heaven and earth and lights the beacon for our people, giving glory to God's faithful ones, Israel, a people close to God. Halleluyah!

Eytz chayim hi lamachazikim ba  
v'tomcheha m'ushar.  
D'racheha darchey no-am  
v'chol n'tivotaha shalom.  
Hashiveynu Adonai eleycha v'nashuva.  
Chadeysh yameynu k'kedem.

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ  
וְתִמְכֶיהָ מְאֹד.  
דְּרָכֶיהָ דְרָכֵי נֵעִם  
וְכֹל נְתִיבוֹתֶיהָ שְׁלוֹם.  
הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה.  
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

It is a tree of life to them that hold fast to it, and all its supporters are happy. Its ways are ways of pleasantness, and all its paths are peace. Cause us to return, Eternal One, and we shall return. Renew our days as of old.

(Be seated)

## Prayer for Healing

*Chorus:*

El na refa lah refa na lanu

אֵל נָא רְפָא לָהּ רְפָא נָא לָנוּ

*(Translation: Dear God, heal her now, heal us now.)*

Dear God of our ancestors  
Help us renew our faith  
Grant us a perfect healing  
Bring peace to all our days

*(Chorus)*

Restore our strength of body  
Help clarify our minds  
Refresh our tired spirits  
Rejuvenate our Light

*(Chorus)*

Thank you for all these Blessings  
Throughout our days and nights  
We celebrate the journey  
This precious gift of life

*(Chorus)*

*Todd Herzog*

Baruch ata Adonai, melech  
mocheyl v'soleycha la'avonoteinu  
v'la'avonot amo beyt yisrael,  
uma'avir ashmoteynu b'chol shanah  
v'shana, melech al kol ha-aretz,  
m'kadesh (ha-shabbat v')yisrael  
v'yom hakippurim.

בָּרוּךְ אַתָּה יְיָ, מֶלֶךְ  
מוֹחֵל וְסוֹלֵחַ לְעוֹנוֹתֵינוּ  
וְלְעוֹנוֹת עַמּוֹ בֵּית יִשְׂרָאֵל,  
וּמַעֲבִיר אֲשֵׁמוֹתֵינוּ בְּכָל־שָׁנָה  
וְשָׁנָה, מֶלֶךְ עַל כָּל־הָאָרֶץ,  
מְקַדֵּשׁ (הַשַּׁבָּת וְ)יִשְׂרָאֵל  
וְיוֹם הַכִּפּוּרִים.

We praise You, our Sovereign God, whose forgiving love annuls our trespasses year after year. Ruler of all the world, You hallow (Shabbat and) the House of Israel and the Day of Atonement.

## Mi Shebeyrach - May the One Who Blesses

מִי שֶׁבֵרַךְ

### For Healing

Mi shebeyrach avoteynu  
m'kor hab'racha l'imoteynu

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמוֹתֵינוּ

May the source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing.

And let us say: Amen.

Mi shebeyrach imoteynu  
m'kor hab'racha l'avoteynu

מִי שֶׁבֵרַךְ אִמוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִבוֹתֵינוּ

Bless those in need of healing with refua shleyma,  
the renewal of body, the renewal of spirit.

And let us say: Amen.

Debbie Friedman

## Blessing After the Haftarah Reading

Baruch ata Adonai eloheynu  
melech ha-olam tzur kol ha-olamim  
tzaddik b'chol hadorot ha-eyl  
hane'eman ha-omer v'oseh  
ham'dabeir um'kayem shekol  
d'varav emet vatzedek.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם צוּר כָּל הָעוֹלָמִים  
צַדִּיק בְּכֹל הַדּוֹרוֹת הָאֵל  
הַנֶּאֱמָן הַאֹמֵר וְעוֹשֶׂה  
הַמְדַבֵּר וּמְקַיֵּם שְׁכָל  
דְּבָרָיו אֱמֶת וְצֶדֶק.

Al hatorah, v'al ha'avoda,  
v'al han'vi-im, v'al yom  
(ha-shabbat hazeh v'al yom)  
hakippurim hazeh,  
shenata lanu Adonai eloheynu,  
(lik'dusha v'lim'nucha)  
lim'chilah v'lis'lichah ul'kapareh,  
l'chavod ul'tifaret.  
Al hakol Adonai eloheynu,  
anachnu modim lach, um'var'chim  
otach, yitbarach shimcha b'fi kol  
chai tamid l'olam va-ed.  
Ud'varcha emet v'kayam la-ad.

עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה,  
וְעַל הַנְּבִיאִים, וְעַל יוֹם  
(הַשַּׁבָּת הַזֶּה וְעַל יוֹם)  
הַכִּפּוּרִים הַזֶּה,  
שָׁנַתָּ לָנוּ יְיָ אֱלֹהֵינוּ,  
(לְקִדְשָׁה וּלְמִנוּחָה)  
לְמַחֲלָה וּלְסִלְחָה וּלְכַפָּרָה,  
לְכָבוֹד וּלְתִפְאָרֶת.  
עַל הַכֹּל יְיָ אֱלֹהֵינוּ,  
אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים  
אוֹתְךָ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָּל  
חַי תָּמִיד לְעוֹלָם וָעֶד.  
וּדְבָרְךָ אֱמֶת וְקַיֵּם לְעֶד.

Praised be the Eternal God, Ruler of the universe, Rock of all creation, righteous in all generations, the faithful God whose word is deed, whose every command is just and true.

For the Torah, for the privilege of worship, for the prophets and for this (Sabbath and this) Day of Remembrance, that you gave to us Adonai, our God, (for holiness and rest,) for pardon, forgiveness and atonement, for honour and glory, we thank and praise You. May your name be blessed forever by every living being, for your word is true forever.

אז תקרא ויהיה יענה תשוע ויאמר ה'נני אם-תסיר מהוכה מוטה  
 שלח אצבע ודבר-און: ותפק לרעב נפשך ונפש יענה תשביע  
 וזרו ביושך אורך ואפלתך כצהרים: וזוך יהוה תמיד והשביע  
 בצחצחות נפשך ועצמותיך יזליץ והיית כגן רזה וכמוצא מים  
 אשר לא-יכזבו מימיו: ובגו ממך זרבות עולם מוסדי דור-ודור  
 תקומם וקרא לה גדר פרץ משלבב זתיבות לשבת: אם-תשיב  
 משבת רגלך עשיות וזפצה ביום קדשי וקראת לשבת ענה לקדוש  
 יהוה מכבד וכבדתו מעשיות הרכה ממוצא וזפצה ודבר דבר: אז  
 תתענה על-יהוה והרפכתיה על-[במתי] (במותי) ארץ והאכלתי  
 זוזלת יעקב אביך פי פי יהוה דבר:

Isaiah 58:9-14

Az tik'ra va'Adonai ya'aneh t'sha-ua v'yomar hineyni im tasir mitocha motah  
 sh'lach etz'ba v'daber aven. V'tafek lara-eyv naf'shecha v'nefesh na'anah tas'bi-a  
 v'zarach bachoshech orecha va'afelt'cha katza'harim. V'nachacha Adonai tamid  
 v'his'bi-ah b'tzach'tzachot naf'shecha v'atz'motecha yachalitz v'hayita k'gan  
 raveh uch'mitza mayim asher lo y'chaz'vu meymav. Uvanu mim'cha char'vot  
 olam mosdey dor vador t'komeym v'kora l'cha godeyr peretz m'shoveyv n'tivot  
 lashavet. Im tashiv mishabbat rag'lecha asot chafatzecha b'yom kad'shi v'karata  
 lashabbat oneg lik'dosh Adonai m'kubad v'chibad'to mey'asot d'racheycha  
 mim'tzo cheftz'cha v'dabeyr davar. Az titanag al Adonai v'hir'kav'ticha al  
 (ba-motey) aretz v'ha'achal'ticha nachalat ya'akov avicha ki pi Adonai diber.

Then, when you call, Adonai will answer; When you cry, He will say: Here I am. If  
 you banish the yoke from your midst, the menacing hand, and evil speech, and  
 you offer your compassion to the hungry and satisfy the famished creature—  
 then shall your light shine in darkness, and your gloom shall be like noonday.  
 Adonai will guide you always; God will slake your thirst in parched places and  
 give strength to your bones. You shall be like a watered garden, like a spring  
 whose waters do not fail. Those from your midst shall rebuild ancient ruins, you  
 shall restore foundations laid long ago. And you shall be called “repairer of fallen  
 walls, restorer of lanes for habitation.” If you refrain from trampling the Sabbath,  
 from pursuing your affairs on My holy day; if you call the Sabbath “delight,”  
 Adonai’s holy day “honored”; and if you honor it and go not your ways nor look  
 to your affairs, nor strike bargains— then you can seek the favor of Adonai. I will  
 set you astride the heights of the earth, and let you enjoy the heritage of your  
 father Jacob—for the mouth of Adonai has spoken.

הַכֹּזֵה יִהְיֶה צוֹם אֲבוֹנָהוּ יוֹם עֲצוֹת אָדָם נַפְשׁוֹ הִלְכָה פֶּאֶגְמוֹן רֹאשׁוֹ  
וְשָׁק וְאֵפֶר יִצִּיעַ הַלְזָה תִקְרָא-צוֹם וַיּוֹם רִצּוֹן לַיהוָה: הַלּוֹא זֶה צוֹם  
אֲבוֹנָהוּ פִתְחוּ זִרְצָבוֹת רִשְׁעֵי הַתֵּר אֲגִידוֹת מוֹטָה וְשִׁלְחוּ רִצּוֹנֵיכֶם  
זֹנְפִיִּים וְכָל-מוֹטָה תִנְתַּקוּ: הַלּוֹא פָרַס כָּרְעַב לַזֹּמֶךְ וְעַגְיִים מְרוּדִים  
תָּבִיא בַּיִת פִּי-תִרְאֶה עֲרֹם וְכִסִּיתוּ וּמִבְשָׂרָהּ לֹא תִתְעַלֵּם: אִי יִבְקַע  
כְּשִׁיזֹר אוֹרָה וְאַרְכָּתֶךָ מִהֲרָה תִצְמַחוּ וְהִלַּךְ לְפָנֶיךָ צְדָקָה כְּבוֹד יְהוָה  
יֵאֲסַפֶּה:

Isaiah 58:5-8

Hazchazeh yih'yeh tzom ev'chareyhu yom anot adam nafsho halachof  
k'ag'mon rosho v'sak va-eyfer yatzi-a halazeh tik'ra tzom v'yom ratzon  
l'Adonai. Halo zeh tzom ev'chareyhu pateycha char'tzobot resha hateyr agudot  
motah v'shalach r'tzutzim chaf'shim v'chol motah t'nateyku. Halo faros  
lara-eyv lachmecha va'aniyiyim m'rudim tavi vayit ki tireh arom v'chisito  
umib'sar'cha lo titalam. Az yibaka kashachar orecha va'aruchat'cha m'heyra  
titz'mach v'halach l'fanecha tzidkecha k'vod Adonai ya-as'fecha.

Is such the fast I desire, a day for men to starve their bodies? Is it bowing the head like a bulrush and lying in sackcloth and ashes? Do you call that a fast, A day when Adonai is favorable? No, this is the fast I desire: to unlock fetters of wickedness, and untie the cords of the yoke to let the oppressed go free; to break off every yoke. It is to share your bread with the hungry, and to take the wretched poor into your home; when you see the naked, to clothe him, and not to ignore your own kin. Then shall your light burst through like the dawn and your healing spring up quickly; Your Vindicator shall march before you, The Presence of Adonai shall be your rear guard.

קָרָא בְּגֵרוֹן אֱלֹהֵי-תַחוֹשֶׁף פְּשׁוֹפֵר הָרֵם קוֹלָהּ וְהִגִּיד לְעַמִּי פְשָׁעֵם  
וּלְבַיִת יַעֲקֹב נִזְטָאתָם: וְאוֹתֵי יוֹם יוֹם יִדְרָשׁוּן וְדַעַת דְּרָכֵי יוֹזְפָטָן  
כְּגוֹי אֲשֶׁר-צָדָקָה עָשָׂה וּמִשְׁפָּט אֱלֹהֵיוּ לֹא עָזַב יִשְׁאֲלוּנִי  
מִשְׁפָּטֵי-צָדֵק קִרְבַּת אֱלֹהִים יוֹזְפָטָן: לָמָּה צָמַנּוּ וְלֹא רָאִיתָ עֲלֵינוּ  
נַפְשָׁנוּ וְלֹא תִדְעַה הֵן בְּיוֹם צָמֻכֶם תִּמְצָאוּ-וִזְפָן וְכָל-עַלְבֵיכֶם תִּנְגָשׁוּ:  
הֵן לָרִיב וּמִצָּה תִצְוּמוּ וּלְהַכּוֹת בְּאִגְרָף רָשָׁע לֹא-תִצְוּמוּ כִּיּוֹם  
לְהִשְׁמִיעַ בְּמִרוֹם קוֹלְכֶם:

Isaiah 58:1-4

K'ra v'garon al tach'soch kashofar hareym kolecha v'hageid l'ami pish'am  
ul'veyt ya'akov chatotam. V'oti yom yom yidroshun v'da-at d'rachay  
yechpatzun k'goy asher tz'daka asa umish'pat elohav lo azav yish'aluni  
mishp'tey tzedek kirvat elohim yechpatzun. Lamah tzamnu v'lo ra-ita ininu  
naf'sheynu v'lo teda heyn b'yom tzom'chem tim'tz'u cheyfetz v'chol  
atz'veychem tin'gosu. Heyn l'riv umatzah tatzumu ul'hakit b'eg'rof resha lo  
tatzumu chayom l'hashmiya bamarom kol'chem.

Cry with full throat, without restraint. Raise your voice like a ram's horn! Declare to My people their transgression, to the house of Jacob their sin. To be sure, they seek Me daily, eager to learn My ways. Like a nation that does what is right, that has not abandoned the laws of its God, they ask Me for the right way, they are eager for the nearness of God: "Why, when we fasted, did You not see? When we starved our bodies, did You pay no heed?" Because on your fast day You see to your business and oppress all your laborers! Because you fast in strife and contention, and you strike with a wicked fist! Your fasting today is not such as to make your voice heard on high.

## Reading the Haftarah for Yom Kippur

### Blessing Before the Haftarah Reading

Baruch ata Adonai eloheynu melech

ha-olam, asher bachar binviyim

tovim, v'ratzah v'divreyhem

hane'emarim be-emet,

baruch ata Adonai, habocheh

ba-torah uv'moshe avdo,

uv'yisrael amo,

uvin'viyey ha'emet vatzedek.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בְּנַבִּיִּים  
טוֹבִים, וְרָצָה בְּדִבְרֵיהֶם  
הַנֶּאֱמָרִים בְּאֵמֶת,  
בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר  
בַּתּוֹרָה וּבְמֹשֶׁה עַבְדּוֹ,  
וּבְיִשְׂרָאֵל עַמּוֹ,  
וּבְנַבִּיֵי הָאֵמֶת וְצֶדֶק.

We praise You, our Eternal God, whose presence fills creation, who has chosen faithful prophets to speak words of truth. We praise You, Eternal One, for the revelation of Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and justice.

The prophet Isaiah's message is a passionate call to action. Yom Kippur calls on us not only to consider our actions and to fast and pray, but to change how we live. On this most sacred day of the Jewish year, the prophet speaks out against the idea that our ritual practice can be separated from our moral and ethical action. If we return to our regular lives as if our spiritual reflections on this day have nothing to do with how we go about living in the world, then we have learned nothing. All of our prayers and fasting should remind us of our obligations to those in need.

Yom Kippur is a day of judgement because God calls us to identify how we can commit to making the world better by our actions. Our rabbis teach in Mishnah Pirke Avot (The Ethics of Our Ancestors) 2:16 *lo alecha hamlachah ligmor, velo atah ben chorin lehibateil mimenah.* "It is not your duty to complete the work, but you are not exempt from beginning it." Where we see a need, and can respond to a problem, when we can alleviate suffering in some way, in our own small corner of the world, this has an effect that ripples outward beyond us and helps to make the world more whole, more holy. To be true partners with God in *Tikkun Olam*, the mending of the world, is to understand that God takes notice of our actions while our prayers call us to aspire to living out our faith.



**Fifth Torah Portion for Yom Kippur**

הִגַּדְתִּי לָכֶם הַיּוֹם כִּי אֲבֹד תִּאבְדוּן לֹא תֵאָרִיכּוּן יָמִים עַל־הָאָדָמָה  
אֲשֶׁר אֲתֶה עֵיבֵר אֶת־הַיַּרְדֵּן לָבוֹא שָׁמָּה לְרִשְׁתָּהּ: הֵעֵדְתִּי בְכֶם  
הַיּוֹם אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ הַנּוֹזְיִים וְהַמְּוֹת גִּתְתִּי לְפָנֶיךָ הַבְּרָכָה  
וְהַקְּלָלָה וּבְזוּרָתָּ בְּנוֹזְיִים לְמַעַן תִּזְוֶיֶה אֶתְּהָ וְזָרַעְךָ: לֹא־הִבֵּה אֶת־יְהוָה  
אֱלֹהֶיךָ לְשִׁמְעַל בְּקִלּוֹ וּלְדַבְּקָה־בּוֹ כִּי הוּא נֹזֵיף וְאָרַךְ יָמֶיךָ לְשִׁבַת  
עַל־הָאָדָמָה אֲשֶׁר גָּשַׁעַת יְהוָה לְאַבְתֵּיךָ לְאַבְרָהָם לְיִצְחָק וּלְיַעֲקֹב  
לָתֵת לָהֶם:

*Deuteronomy 30:18-20*

Higadeti lachem hayom ki avod toveydun lo ta'arichun yamim al ha'adamah  
asher ata over et hayarden lavo shamah lerishta. Ha-idoti vachem hayom et  
hashamayim v'et ha-aretz hachayim v'hamavet natati l'fanecha hab'racha  
vehak'lalah uvacharta bachayim l'ma-an tichyeh ata v'zarecha. L'ahava et  
Adonai eloheycha lishmoa b'kolo ul'dovka vo ki hu chayeycha v'orech  
yameycha lashevet al ha'adamah asher nishba Adonai la'avoteycha l'avraham  
l'yitzchak ul'ya'akov lateyt lahem.

I declare to you this day that you shall certainly perish; you shall not long endure  
on the soil that you are crossing the Jordan to enter and possess. I call heaven  
and earth to witness against you this day: I have put before you life and death,  
blessing and curse. Choose life—if you and your offspring would live— by loving  
Adonai your God, heeding God's commands, and holding fast to God. For  
thereby you shall have life and shall long endure upon the soil that Adonai swore  
to your ancestors, Abraham, Isaac, and Jacob, to give to them.

*(After the final aliyah, all rise in body or spirit as the Torah is lifted)*

V'zot hatorah asher sahm moshe  
lifney b'ney yisrael al pi Adonai  
b'yad moshe.

וזאת התורה אשר שם משה  
לפני בני ישראל על פי יי  
ביד משה:

This is the Torah that Moses placed before the people of Israel to fulfill the word  
of God.

*(Be seated after the Torah is dressed)*

Fourth Torah Portion for Yom Kippur

רֹאֵה נָתַתִּי לְפָנֶיךָ הַיּוֹם אֶת־הַחַיִּים וְאֶת־הַטּוֹב וְאֶת־הַמָּוֶת  
וְאֶת־הָרָע: אֲשֶׁר אֲנִי מִצְוֶיךָ הַיּוֹם לְאַהֲבָה אֶת־יְהוָה אֱלֹהֶיךָ לְלַכֵּת  
בְּדַרְכָּיו וּלְשׂוֹר מִצְוֹתַי וְזִמְתָּיו וּמִשְׁפָּטָיו וְזִמְתָּ וְרַבִּית וּבִרְכָה  
יְהוָה אֱלֹהֶיךָ בְּאֶרֶץ אֲשֶׁר־אַתָּה בָּא־שָׂמָה לְרִשְׁתָּהּ: וְאִם־יִפְּנֶה  
לְבַבְךָ וְלֹא תִשְׁמָע וְנִדְוַזְתָּ וְהִשְׁתַּחֲוִיתָ לְאֱלֹהִים אֲחֵרִים וְעַבַּדְתָּם:

Deuteronomy 30:15-17

Re-eh natati l'fanecha hayom et hachayim v'et ha-tov v'et hamavet v'et hara.  
Asher anochi m'tzav'cha hayom l'ahava et Adonai eloheycha lalech  
bid'rachav v'lishmor mitsvotav v'chukotav umishpatav v'chayita v'ravita  
uveyrach'cha Adonai eloheycha ba-aretz asher ata va shamah lerishta. V'im  
yifneh l'vavcha v'lo tishma venidachta v'hishtachavita leylohim acherim  
va'avadetam.

See, I set before you this day life and prosperity, death and adversity. For I  
command you this day, to love Adonai your God, to walk in God's ways, and to  
keep God's commandments, God's laws, and rules, that you may thrive and  
increase, and that Adonai your God may bless you in the land that you are about  
to enter and possess. But if your heart turns away and you give no heed, and are  
lured into the worship and service of other gods,

### Third Torah Portion for Yom Kippur

כִּי הַמִּצְוָה הַזֹּאת אֲשֶׁר אֲנֹכִי מִצְוֶה הַיּוֹם לֹא־תִפְלֹאת הוּא מִמּוֹךְ וְלֹא  
רְחֹקָה הוּא: לֹא בַשָּׁמַיִם הוּא לֵאמֹר מִי יַעֲלֶה־לָנוּ הַשָּׁמַיְמָה וְיִקְוֶה  
לָנוּ וְיִשְׁמַעֵנוּ אֶתְּךָ וְנַעֲשֶׂה: וְלֹא־מֵעֵבֶר לַיָּם הוּא לֵאמֹר מִי  
יַעֲבֹר־לָנוּ אֶל־עֵבֶר הַיָּם וְיִקְוֶה לָנוּ וְיִשְׁמַעֵנוּ אֶתְּךָ וְנַעֲשֶׂה:  
כִּי־קָרוֹב אֵלֶיךָ הַדָּבָר מְאֹד בְּפִיךָ וּבִלְבָבְךָ לַעֲשׂוֹתוֹ:

*Deuteronomy 30:11-14*

Ki hamitzvah hazot asher anochi m'tzav'cha hayom lo nifleyt hi mim'cha v'lo rechokah hi. Lo vashamayim hi leymor mi ya'aleh lanu hashamaymah v'yikacheha lanu v'yashmi'eynu otah v'na'asena. V'lo mey-eyver layam hi leymor mi ya'avor lanu el eyver hayam v'yikacheha lanu v'yashmi'eynu otah v'na'asena. Ki karov eleycha hadavar me-od b'ficha uvil'avcha la'asoto.

Surely, this instruction which I enjoin upon you this day is not too baffling for you, nor is it beyond reach. It is not in the heavens, that you should say, "Who among us can go up to the heavens and get it for us and impart it to us, that we may observe it?" Neither is it beyond the sea, that you should say, "Who among us can cross to the other side of the sea and get it for us and impart it to us, that we may observe it?" No, the thing is very close to you, in your mouth and in your heart, to observe it.

## Second Torah Portion for Yom Kippur

לְמַעַן הִקִּים אֱתֶךָ הַיּוֹם | לֹא לְעַם וְהוּא יִהְיֶה לְךָ לְאֱלֹהִים פֶּאֶשֶׁר  
דִּבֶּר-לְךָ וּכְאֲשֶׁר נִשְׁבַּע לְאַבְרָהָם לְיִצְחָק וְלִיעֲקֹב: וְכֵן  
אֶתְכֶם לְבַדְכֶם אֲנֹכִי כִּרְתִּי אֶת-הַבְּרִית הַזֹּאת וְאֶת-הָאֱלֹהִים הַזֹּאת: כִּי  
אֶת-אֲשֶׁר יִשְׁנֹו פֹה עִמָּנוּ הַיּוֹם לִפְנֵי יְהוָה אֱלֹהֵינוּ וְאֶת אֲשֶׁר  
אֵינְנוּ פֹה עִמָּנוּ הַיּוֹם:

*Deuteronomy 29:12-14*

L'ma-an hakim otecha hayom lo l'am v'hu yih'yeh l'cha leylohim ka'asher diber lach v'cha'asher nishba la'avoteycha l'avraham l'yitzchak ul'ya'akov. V'lo itchem l'vadechem anochi koreyt et habrit hazot v'et ha-alah hazot. Ki et asher yeshno poh imanu omed hayom lifney Adonai eloheynu v'eyt asher eynenu poh imanu hayom.

to the end that God may establish you this day as God's people and be your God, as God promised you and as God swore to your fathers, Abraham, Isaac, and Jacob. I make this covenant, with its sanctions, not with you alone, but both with those who are standing here with us this day before the Eternal our God and with those who are not with us here this day.

On Yom Kippur we stand before God. *Atem Nitzavim Hayom Kulchem* - You stand this day all of you. These words show us how to respond to the challenge of the moment, this moment in which we are called upon to stand still, look deep into our hearts and examine our lives. *Midrash Eicha Rabbah*(3:1) reads *atem nitzavim* not as "you stand" but as "you exist". Here we are fully present, united as one community, reaching out to God, reaching out to our family members, our friends, our community members, to those we haven't yet met, and to those who feel that they are standing on the periphery. We are reminded that we do not stand alone, we are here with all those from every walk of life, with those who are part of our past, present, and future. One Chasidic tradition teaches that the emphasis on all of us standing together is here to remind us that we each have a part to play, so that no one person can say "It's not my responsibility." Each one of us must participate and contribute to making our congregation and our world a better place.

How we choose to live has an impact on us and on our future generations. We are links in the chain of the generations of those who came before us and those who will come after us, *l'dor v'dor*: from generation to generation. These words remind us of the power of choice. The Torah portion urges us to choose wisely: Choose life! How do we make the best choices? How can we live in such a way that we do not take life for granted, but live with meaning and purpose, walking the path of Torah, with Tzedek - righteousness and justice?

The path is set before us. It is not far away, these teachings are within us. The path to living a life of goodness is not always easy but it is possible. We may have to make difficult decisions, and live with sometimes painful, uncertain, or challenging circumstances. But we don't do it alone. Teachers of Torah describe this moment as a covenantal re-affirmation ceremony. It calls upon us to be resilient, to reaffirm our faith and our connection to Jewish living and Jewish tradition. We stand here together, all of us.

## First Torah Portion for Yom Kippur

אַתֶּם נִצְבִים הַיּוֹם בְּלִפְנֵי יְהוָה אֱלֹהֵיכֶם רְאשֵׁיכֶם שְׂבִיטֵיכֶם  
 וְקַנְיֵיכֶם וְשִׁטְרֵיכֶם כָּל אִישׁ יִשְׂרָאֵל: טַפְכֶם נְשֵׁיכֶם וְגֵרְךָ אֲשֶׁר  
 בְּקִרְבְּךָ מִמּוֹצֵיךָ מִמּוֹצֵיב עִלְפֶיךָ עַד עֵאב מִימִיךָ: לְעִבְרְךָ בְּבְרִית יְהוָה  
 אֱלֹהֶיךָ וּבְאֵלֹתָיו אֲשֶׁר יְהוָה אֱלֹהֶיךָ כָּרַת לְעַמּוֹת הַיּוֹם:

*Deuteronomy 29:9-11*

*Atem nitzavim hayom kulechem lifney Adonai eloheychem rasheychem shivteychem zikneychem veshotreychem kol ish yisrael. Tapechem nesheychem v'geyr'cha asher b'kerev machaneycha meychoteyv eytzecha ad sho'ev meymecha. L'averecha bivrit Adonai eloheycha uv'alato asher Adonai eloheycha koreyt imcha hayom.*

You stand this day, all of you, before Adonai your God — your tribal heads, your elders and your officials, all the men of Israel, your children, your wives, even the stranger within your camp, from woodchopper to water-drawer — to enter into the covenant of the Eternal your God, which the Eternal your God is concluding with you this day, with its sanctions;

## Blessing Before Reading from the Torah

Barchu et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va-ed.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:  
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal One of blessing.

Praised is the Eternal One forever and ever.

Baruch ata Adonai eloheynu melech

ha-olam, esher bachar banu mikol

ha-amim v'natan lanu et torato.

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל  
הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ:  
בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who chose us from all the peoples and gave us Your law. We praise you Adonai, Giver of Torah.

## Blessing After Reading from the Torah

Baruch ata Adonai eloheynu

melech ha-olam,

asher natan lanu torat emet,

v'chai'ey olam nata b'tocheynu.

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,  
וַחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ:  
בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who has given us the doctrine of truth, and eternal life has been planted within us. We praise you Adonai, Giver of Torah.

L'cha Adonai hagdula v'hagvura  
v'hatiferet v'haneytzach v'ha-hod,  
ki chol ba-shamayim uva-aretz.  
L'cha Adonai hamamlacha v'hamit'nasey  
l'chol l'rosh.

לְךָ יְיָ הַגְדֻלָּה וְהַגְבוּרָה  
וְהַתְּפָאֳרָת וְהַנִּצְחָח וְהַהוֹד,  
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ:  
לְךָ יְיָ הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא  
לְכֹל לְרֹאשׁ:

Yours, Adonai, are greatness, might, splendor, triumph and majesty - yes, all that is in heaven and on earth; to You, Adonai, belong sovereignty and preeminence above all.

Al shloscha d'varim  
ha-olam omeyd,  
al hatorah v'al ha'avoda  
v'al gemilut chasadim.

עַל שְׁלֹשָׁה דְבָרִים  
הָעוֹלָם עוֹמֵד,  
עַל הַתּוֹרָה וְעַל הָעֲבוּדָה  
וְעַל גְּמִילוּת חַסְדִּים.

The world depends on three things: on Torah, on worship and on loving deeds.

Romemu Adonai eloheyenu  
v'hishtachavu l'har kodsho  
ki kadosh Adonai eloheyenu romemu.

רוֹמְמוּ יְיָ אֱלֹהֵינוּ  
וְהִשְׁתַּחֲוּוּ לְהַר קֹדֶשׁוֹ  
כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ רוֹמְמוּ.

Let us exalt Adonai our God, and worship at God's holy mountain; for Adonai our God is holy.

*(Be seated)*

Avinu malkeynu asey imanu  
l'ma-an sh'mecha.

אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ  
לְמַעַן שְׁמֶךָ.

Avinu Malkeynu, help us to exalt Your name in the world.

Avinu malkeynu kabeyl b'rachamim  
uv'ratzon et t'filateynu.

אָבִינוּ מַלְכֵנוּ קַבֵּל בְּרַחֲמִים  
וּבְרַצוֹן אֶת־תְּפִלָּתֵנוּ.

Avinu Malkeynu, in Your mercy, accept our prayer.

Avinu malkeynu choneynu va'aneynu  
ki eyn banu ma'asim.  
Asey imanu tz'daka vacheses  
v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ חֲנֵנוּ וְעַנֵּנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים.  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.  
Treat us with kindness and love, and be our help

*(The Torah is taken from the Ark)*

Baruch shenatan torah l'amo yisrael  
bik'dushato. Sh'ma yisrael Adonai  
eloheynu Adonai echad.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל  
בְּקִדְשׁוֹ: שְׁמַע יִשְׂרָאֵל יְיָ  
אֱלֹהֵינוּ יְיָ אֶחָד.

Praised be the One who, in holiness, has given Torah to the people of Israel.  
Hear, O Israel, Adonai is our God, Adonai is One.

Echad eloheynu gadol adoneynu  
kadosh v'nora sh'mo.  
Gadlu l'Adonai iti un'rom'ma  
sh'mo yachdav.

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵנוּ  
קָדוֹשׁ וְנוֹרָא שְׁמוֹ.  
גַּדְלוּ לַיְיָ אֶתִי וְנִרְוַמְמָה  
שְׁמוֹ יַחְדָּו.

Our God is One, great is the Eternal, holy and awesome is God's name.  
Add your voice to mine so that together we may exalt God's name.



**Avinu Malkeynu - Our Parent, Our Sovereign**

**אָבִינוּ מַלְכֵנוּ**

Avinu malkeynu chatanu l'fanecha.

אָבִינוּ מַלְכֵנוּ חָטְאנוּ לְפָנֶיךָ.

Avinu Malkeynu, we have sinned before You.

Avinu malkeynu hachazireynu

אָבִינוּ מַלְכֵנוּ הִחְזִירנוּ

bi'tshuvah sh'leyma l'fanecha.

בְּתִשְׁבּוּחַ שְׁלֵמָה לְפָנֶיךָ.

Avinu Malkeynu, may we return to you in earnest repentance.

Avinu malkeynu maley yadeynu

אָבִינוּ מַלְכֵנוּ מָלֵא יָדֵינוּ

mibir'choteycha.

מִבְּרַכּוֹתֶיךָ.

Avinu Malkeynu, forgive and pardon all our wrong-doing.

Avinu malkeynu s'lach um'chal

אָבִינוּ מַלְכֵנוּ סָלַח וּמָחַל

l'chol avonoteynu.

לְכָל עֲוֹנוֹתֵינוּ.

Avinu Malkeynu, have mercy on us and our children.

Avinu malkeynu kotveynu b'sefer

אָבִינוּ מַלְכֵנוּ כָּתַבְנוּ בְּסֵפֶר

chayim tovim.

חַיִּים טוֹבִים.

Avinu Malkeynu, inscribe us in Your book for a life of goodness.

Avinu malkeynu chadeysh aleynu

אָבִינוּ מַלְכֵנוּ חִדַּשׁ עָלֵינוּ

shanah tova.

שָׁנָה טוֹבָה.

Avinu Malkeynu, let the new year be a good year for us.

## Reading from the Torah for Yom Kippur

### Aleph - א

And Moses said: O let me behold Your glory! Then God said: I will make all My goodness pass before you, and will proclaim My name before you. Behold, there is a place by Me where you shall stand upon the rock...

Romemu Adonai eloheyenu  
v'hishtachavu l'har kodsho  
ki kadosh Adonai eloheyenu.

רוֹמְמוּ יְיָ אֱלֹהֵינוּ  
וְהִשְׁתַּחֲוּוּ לְהַר קָדְשׁוֹ  
כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

Let us exalt Adonai our God, and worship at God's holy mountain; for Adonai our God is holy.

### Bet - ב

Sovereign God, who presides on the Throne of Mercy, You guide the world with steadfast love, forgiving the transgressions of Your people. You pardon us when we stray and are generous with all who live, judging us by our merits.

You have taught us Your covenant with life. This day remember Your thirteen attributes of mercy, revealed from of old to Moses, the humble one. As scripture states: "The Eternal descended in a cloud and stood with him there and revealed the divine nature. The Eternal passed before Moses and said:"

*(All rise in body or spirit as the Ark is opened)*

### El Rachum V'chanun - God of Mercy

Adonai, Adonai, el rachum v'chanun,  
erech appayim, v'rav chesed v'emet.  
Notzer chesed la'alafim,  
noseh avon vafeshah v'chata-ah, v'nakeh.

אֵל רַחוּם וְחַנוּן  
יְהוָה יְהוָה אֵל רַחוּם וְחַנוּן,  
אָרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת:  
נֹצֵר חֶסֶד לְאַלְפִים,  
נֹשֵׂא עוֹן וּפְשָׁע וְחַטָּאָה, וְנִקֶּה.

"Adonai, Adonai, our God is merciful and gracious, patient, loving and true, showing mercy to thousands, forgiving evil, wrongdoing and sin, and granting pardon."

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ

For the sin we have sinned against you...

*For all of these, eternal Source of forgiveness*

*Help me know myself to be pardoned*

*Help me feel in my bones that I'm forgiven*

*Remind me I'm always, already, at one with You.*

*Rabbi Rachel Barenblat (adapted)*

V'al kulam elo'ha s'lichot.

וְעַל כָּלֵם אֱלֹהֵי סְלִיחוֹת:

S'lach lanu, m'chal lanu, kaper lanu.

סְלַח לָנוּ, מַחַל לָנוּ, כַּפֵּר-לָנוּ.

For all these, O God of mercy, forgive us, pardon us, grant us atonement.

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ

For the sin we have sinned against you...

*By allowing my body to be an afterthought too often and too easily;  
By not walking, running, leaping, climbing or dancing although I am able;  
By eating in my car and at my desk, mindlessly and without blessing;  
By not embracing those who needed it, and not allowing myself to be embraced;  
By not praising everybody's beauty, with our quirks and imperfections.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ

For the sin we have sinned against you...

*By letting my emotions run roughshod over the needs of others;  
By poking at sources of hurt like a child worrying a sore tooth;  
By revealing my heart before those who neither wanted nor needed to see it;  
By hiding love, out of fear of rejection, instead of giving love freely;  
By dwelling on what's internal when the world is desperate for healing.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ

For the sin we have sinned against you...

*By indulging in intellectual argument without humility or consideration;  
By reading words of vitriol, cultivating hot indignation;  
By eschewing intellectual discomfort that might prod me into growing;  
By living in anticipation, and letting anxiety rule me;  
By accepting defeatist thinking and the comfortable ache of despair.*

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ

For the sin we have sinned against you...

*By not being awake and grateful, despite uncountable blessings;  
By not being sufficiently gentle with my actions or with my language;  
By being not pliant and flexible, but obstinate, stark, and unbending;  
By not being generous with my time, with my words or with my being;  
By not being kind to everyone who crosses my wandering path.*

Ya-atznu ra, kizavnu, latznu, maradnu, יַעֲצָנוּ רָע, כִּזְבָּנוּ, לָצָנוּ, מָרַדְנוּ,  
ni-atznu, sararnu, avinu, pashanu, נִאֲצָנוּ, סָרַרְנוּ, עָוִינוּ, פָּשַׁעְנוּ,  
tzararnu, kishinu oref. צָרַרְנוּ, קִשִּׁינוּ עוֹרֶף.

We have counselled evil; we have spoken falsehood; we have scoffed; we have revolted; we have blasphemed; we have rebelled; we have committed iniquity; we have transgressed; we have oppressed; we have been stiff-necked.

Rashanu, shichatnu, רָשַׁעְנוּ, שִׁחַתְנוּ,  
ti-avnu, ta-inu, titanu. תֵּי־אָוְנוּ, תֵּי־יְנוּ, תִּיטָנוּ.

We have acted wickedly; we have dealt corruptly; we have committed abomination; we have gone astray; we have led others astray.

*(Be seated)*

## Aleph - א

Who among us is righteous enough to say: "I have not sinned?" We are arrogant, brutal, careless, destructive, egocentric, false, greedy, heartless, insolent, and joyless.

*Our sins are an alphabet of woe.*

## Al Cheyt - For Sin

עַל חַטָּא

Al cheyt shechatanu l'fanecha...

עַל חַטָּא שִׁחַטָּאנוּ לְפָנֶיךָ

For the sin we have sinned against you...

*I need to speak these words aloud and to know that the universe hears them.  
I get caught in old patterns and paradigms; I am stubborn and hard-headed.  
In the last year I have missed the mark more than I want to admit.*

*Forgive me, Source of all being, for the sin I have sinned before you...*

## Vidui - Confession of Sin

וידי

For transgressions against God, the Day of Atonement atones; but for transgressions of one human being against another, the Day of Atonement does not atone until they have made peace with one another.

*I hereby forgive all who have hurt me, all who have wronged me, whether deliberately or inadvertently, whether by word or by deed. May no one be punished on my account.*

*As I forgive and pardon those who have wronged me, may those whom I have harmed forgive and pardon me, whether I acted deliberately or inadvertently, whether by word or by deed.*

Eloheynu velohey avoteynu  
v'imoteynu, tavo l'fanecha  
t'filateynu v'al titalem  
mit'chinatenu.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
וְאִמּוֹתֵינוּ, תְּבוֹא לְפָנֶיךָ  
תְּפַלְתֵּנוּ וְעַל תַּתְעַלֵּם  
מִתְחַנְתֵּנוּ.

Our God and God of our ancestors, accept our prayer and do not hide from us.

*We are not so hard-hearted and stiff-necked to say before You, that we are wholly righteous and pure. Rather, we confess that we have gone astray, we have sinned, we have transgressed.*

*I gaze into the mirror that You hold out to me, the mirror that bids me to behold the image of my true self. With Your guidance, I pledge to brighten this image in the coming year. Help me to erase whatever in me is unworthy. Guide me to shape my life, that it may be a source of pride to You, to my loved ones, to my community, and to myself.*

*(All rise in body or spirit)*

Ashamnu, bagadnu, gazalnu,  
dibarnu dofi.  
He'evinu, v'hirshanu, zadnu,  
chamasnu, tafalnu sheker.

אֲשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ,  
דִּבַּרְנוּ דּוֹפִי.  
הֵאֵוִינוּ, וְהִרְשָׁעְנוּ, זָדְנוּ,  
חֲמַסְנוּ, טָפַלְנוּ שֶׁקֶר.

We have trespassed; we have dealt treacherously; we have robbed; we have spoken slander. We have acted perversely; we have done wrong; we have acted presumptuously; we have wrought havoc; we have practiced deceit.

**T'filat Ha'lev - Prayer of the Heart**

**תפילת הלב**

*(Silently)*

O God, keep my tongue from evil and my lips from deceit. Help me to be silent in the face of derision, humble in the presence of all. Open my heart to Your Torah, and I will hasten to do Your mitzvot. Save me with Your power. In time of trouble be my answer, that those who love You may rejoice.

**Aleph - א**

Yih'yu l'ratzon imrey fi v'hegyon libi  
l'fanecha Adonai tzuri v'go-ali.

יְהִיּוּ לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לְבִי  
לְפָנֶיךָ יְיָ צוּרִי וְגוֹאֲלִי.

May the words of my mouth and the meditations of my heart be acceptable unto You, O God, my Rock and my Redeemer.

**Bet - ב**

Oseh shalom bimromav hu  
ya'aseh shalom aleynu v'al kol  
yisrael v'al kol b'ney adam  
v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרְמֵי הַוַּי  
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל וְעַל כָּל בְּנֵי אָדָם  
וְאָמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel, and on all the world. And let us say: Amen.

**Sim Shalom - Make Peace**

**שׁוֹמֵ שְׁלוֹם**

Sim shalom tova uv'racha cheyn  
 vachessed v'rachamim aleynu v'al kol  
 yisrael amecha v'al kol ha-amim.  
 Barcheynu avinu kulanu k'echad b'or  
 panecha, ki v'or panecha natata lanu  
 Adonai eloheyntu torat chayim v'ahavat  
 chesed utz'daka uv'racha v'rachamim  
 v'chayim v'shalom.  
 V'tov b'eynecha l'vareych et amcha  
 yisrael v'et kol ha-amim b'chol  
 eyt uv'chol sha-a bish'lomecha.  
 B'sefer chayim uv'racha nikateyv  
 l'chayim tovim ul'shalom.  
 Baruch ata Adonai oseh ha-shalom.

שׁוֹמֵ שְׁלוֹם טוֹבָה וּבְרָכָה חֵן  
 וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל עַמֶּךָ וְעַל כָּל הָעַמִּים.  
 בְּרַכְנוּ אָבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר  
 פָּנֶיךָ, כִּי בְּאוֹר פָּנֶיךָ נִתַּת לָנוּ  
 יְיָ אֱלֹהֵינוּ תּוֹרַת חַיִּים וְאַהֲבַת  
 חֶסֶד וּצְדָקָה וּבְרָכָה וְרַחֲמִים  
 וְחַיִּים וְשְׁלוֹם.  
 וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמֶּךָ  
 יִשְׂרָאֵל וְאֶת כָּל הָעַמִּים בְּכָל  
 עֵת וּבְכָל שָׁעָה בְּשִׁלּוֹמְךָ.  
 בְּסֵפֶר חַיִּים וּבְרָכָה נִכְתָּב  
 לְחַיִּים טוֹבִים וּלְשְׁלוֹם.  
 בְּרוּךְ אַתָּה יְיָ עוֹשֵׂה הַשְׁלוֹם.

Peace and happiness, blessing, grace, love, and mercy: may these descend on all Israel and all the world. Bless us, O God, one and all, with the light of your presence; for in the light of Your presence we find the fullness of life: faithful love and charity, compassion, blessing, and peace.

*Help us, O God of peace, by our deeds to inscribe ourselves in the Book of life and blessing, righteousness and peace. Praised be the One who teaches Israel and all peoples to love and pursue peace, and to bring it to all the earth.*



## Birchat Kohanim - Priestly Blessing

## ברכת כהנים

Y'varechecha Adonai v'yishm'recha.

Keyn y'hi ratzon!

Yaer Adonai panav eleycha vichunecha.

Keyn y'hi ratzon!

Yisa Adonai panav eleycha

v'yaseym l'cha shalom.

Keyn y'hi ratzon!

יְבָרֶכֶךָ יי וְיִשְׁמְרֶכָּךְ.

כֵּן יְהִי רָצוֹן!

יֵאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנְּךָ.

כֵּן יְהִי רָצוֹן!

יִשָּׂא יי פָּנָיו אֵלֶיךָ

וַיַּשֵּׂם לְךָ שְׁלוֹם.

כֵּן יְהִי רָצוֹן!

May Adonai bless you and keep you. Be this God's will. May Adonai shine God's face upon you and be gracious to you. Be this God's will. May Adonai lift up God's face to you and give you peace. Be this God's will.

## For Our Elders

May the One who blessed our ancestors Sarah, Abraham, Isaac, Rebecca, Jacob, Rachel, and Leah, bless all those with us who have risen today to honour the Source of Life and the Torah. By this merit, may they be granted long life and much laughter, and be kept from trouble, hardship, and worry.

*May they always find a blessing in friends and experience learning, teaching and support with those throughout the generations. May they never feel left out or hemmed in or pushed away. May they find love where they will, in peace and safety. And may we always treasure them, for are we not told have compassion for the elders of Israel, the scholars, the righteous?*

And so together we say:

*May you find success and satisfaction in your labours, purpose and direction in your study; fun and carefree opportunity in your play. May you attain the wisdom that comes with a hundred and twenty full seasons. May God bless you and all who sail with you, along with all Israel, and the world, and let us say: Amen.*

*Siddur Shaar Zahav (adapted)*

**Birchat Shalom - Blessings of Peace****ברכת שלום**

The Priestly Blessing is among the oldest of Jewish liturgical texts; the threefold blessing is a direct quotation from Torah (Numbers 6:24-26). The Talmud considers this the single blessing most critical to preserve in its original form, regardless of changing social or religious climates. In the days when the temple stood in Jerusalem, this blessing was administered by the priestly class (*kohanim*), the male descendants of Aaron. This custom was followed for two thousand years in synagogues, with the descendants of the ancient *kohanim* standing on the bimah to offer this blessing to the congregation, with fingers spread and hands raised in an ancient gesture of blessing. Inspired by another verse in Torah, “You shall be a nation of priests and a holy people” (Exodus 19:6), progressive Judaism considers all Jews to have equal access to God, and invites everyone in the congregation to offer the Priestly Blessing.

We place this blessing here in this machzor because it is a long-standing custom for parents to recite the Priestly Blessing to their children on Friday night. Progressive Jews also offer the blessings to other loved ones: spouses and partners, dear friends, and fellow congregants in the synagogue.

At Solel Congregation, we recite the Priestly Blessing as a community on Yom Kippur, draping those who are dear to us in our *tallisim* (prayer shawls) to show how Torah brings us together in the sanctity of this day.

**A Nation of Priests**

The hands of the *kohanim* were a language in themselves. Hands held out, with the palms facing up, indicate the desire to receive; hands held up, with the palms facing down, indicate the desire to give. So, when the *kohanim* lifted up their hands to bless, they did not wish to pray for themselves — but only to bestow God’s bounty on the people.

*Holy One, we strive to be a nation of priests,  
our lives consecrated to holy work.  
Help us to use our hands as instruments of divine service —  
conduits of Your goodness.  
May blessings flow through us to our children, our friends,  
and all those whose lives we touch.*

*The Jewish Religion: A Companion, translated by Rabbi Louis Jacobs,  
Rabbi Janet Marder and Rabbi Sheldon Marder*

### Aleph - א

Be gracious Eternal God to Your people Israel, and receive our prayers with love. O may our worship be acceptable to You. Fill us with the knowledge that You are near to all who seek You in truth. Let our eyes behold Your presence in our midst and among our people in Zion.

*We praise You, Eternal One, who brings Your Shechinah to Zion.*

### Hoda-ah - Thanksgiving

### הוֹדָאָה

Modim anachnu lach she-atah hu Adonai  
eloheyenu velohey doroteynu l'olam  
va-ed, tzur chayeynu magen yisheyenu  
ata hu l'dor vador. Nodeh l'cha  
unsapeyr t'hilatecha al chayeynu  
hamsurim b'yodecha, v'al nishmoteynu  
hapkudot lach, v'al nisecha sheb'chol  
yom imanu, v'al niflotecha  
v'tovoteycha sheb'chol eyt erev  
vavoker v'tzahora-im. Ha-tov ki lo  
kalu rachamecha v'ham'racheym ki lo  
tammu chasdecha mey-olam ki-vinu  
lach.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָהּ הוּא יי  
אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ לְעוֹלָם  
וָעֵד, צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ  
אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדֶה לָךְ  
וְנִסְפֵּר תְּהִלָּתְךָ עַל חַיֵּינוּ  
הַמְּסוּרִים בְּיָדְךָ, וְעַל נִשְׁמוֹתֵינוּ  
הַפְּקוּדוֹת לָךְ, וְעַל נִסֵּיךָ שֶׁבְּכָל  
יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ  
וְטוֹבוֹתֶיךָ שֶׁבְּכָל עֵת עִרְב  
וְבֹקֵר וְצַהֲרַיִם. הַטּוֹב כִּי לֹא  
כָלוּ רַחֲמֶיךָ וְהִמְרַחֵם כִּי לֹא  
תָמוּ חֲסָדֶיךָ מֵעוֹלָם קִוִּינוּ  
לָךְ.

We gratefully acknowledge, Eternal God, that You are our Creator and Preserver, the Rock of our life and our protecting Shield. We give thanks to You for our lives which are in your hands, for our souls which are in Your keeping, for Your wondrous providence and Your continuous goodness which You bestow upon us day by day. Truly, Your mercies never fail, and Your love and kindness never cease. Therefore do we put our trust in You.

## Aleph - א

*On this Day of Atonement we pray for awareness.*

*Let love and compassion grow among us, and goodness be our daily care.*

## Bet - ב

Remember us, remember us,  
remember us our God, for good

Zochreynu Adonai eloheynu bo l'tovah  
ufokdeynu bo livracha  
v'hoshiy'eynu vo l'chayim.

זְכוּרֵנוּ יי אֱלֹהֵינוּ בּו לְטוֹבָה  
וּפְקֻדֵנוּ בּו לְבְרָכָה  
וְהוֹשִׁיעֵנוּ בּו לְחַיִּים.

Remember us for well-being. Bless us with Your nearness. Help us to a fuller life

*Liturgy- Kedushat Hayom Festival Tefillah, Music - Dan Nichols*

## Avodah - Worship

## עבודה

R'tzey Adonai eloheynu b'amcha yisrael  
u-t'filatam b'ahava t'kabeyl,  
ut'hi l'ratzon tamid avodat  
yisrael amecha. El karov l'chol  
kor-av, p'neh el avadecha v'choneynu.  
Sh'foch ruchacha aleynu v'techezena  
eyneynu b'shuv'cha l'tzion b'rachamim.  
Baruch ata Adonai ha-machazir  
sh'chinato l'tzion.

רְצֵה יי אֱלֹהֵינוּ בְּעַמְךָ יִשְׂרָאֵל  
וּתְפִלָּתָם בְּאַהֲבָה תְּקַבֵּל,  
וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת  
יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב לְכָל  
קוֹרְאָיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנוּ.  
שְׂפוֹךְ רוּחְךָ עָלֵינוּ וְתַחֲזִינָה  
עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.  
בְּרוּךְ אַתָּה יי הַמַּחְזִיר  
שְׁכִינָתוֹ לְצִיּוֹן.

Be gracious, Eternal God, to Your people Israel, and receive our prayers with love.  
O may our worship be acceptable to You. Fill us with the knowledge that You are  
near to all who seek You in truth. Let our eyes behold Your presence in our midst  
and among our people in Zion.

*We praise You, Eternal One, who brings Your Shechinah to Zion.*

Baruch k'vod Adonai mimkomo.

בָּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

God's glory fills the world.

Echad hu eloheynu hu avinu

אֶחָד הוּא אֱלֹהֵינוּ הוּא אָבִינוּ

hu malkeynu

הוּא מַלְכֵנוּ

hu moshi-eynu v'hu yash'mi-eynu

הוּא מוֹשִׁיעֵנוּ וְהוּא יִשְׁמִיעֵנוּ

b'rachamav l'eyney kol chai.

בְּרַחֲמָיו לְעֵינֵי כָל חַי.

Ani Adonai eloheychem

אֲנִי יְיָ אֱלֹהֵיכֶם

You alone are our God and Creator, You are our Ruler and Helper, and in Your mercy You reveal Yourself in the sight of all the living:

I am your Eternal God.

Yimloch Adonai l'olam elohayich tzion

יִמְלֹךְ יְיָ לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן

l'dor vador halleluya.

לְדוֹר וָדוֹר הַלְלוּיָהּ.

The Eternal God shall reign forever, your God, O Zion, from generation to generation. Halleluyah!

L'dor vador nagid godlecha

לְדוֹר וָדוֹר נִגִּיד גּוֹדְלֶךָ

ul'netzach n'tzachim k'dushatcha

וּלְנִצְחַח נִצְחִים קְדוּשַׁתְךָ

nakdish, v'shivchacha eloheynu mipinu

נִקְדִּישׁ, וְשִׁבְּחָךָ אֱלֹהֵינוּ מִפִּינוּ

lo yamush l'olam va-ed.

לֹא יָמוּשׁ לְעוֹלָם וָעֶד.

To all generations we will make known Your greatness, and to all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips.

Baruch ata Adonai hamelech hakadosh.

בָּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

We praise You, Eternal One, the holy Sovereign.

(Be seated)

Our origin is dust,  
and dust is our end.  
Each of us is a shattered urn,  
grass that must wither,  
a flower that will fade,  
a shadow moving on,  
a cloud passing by,  
a particle of dust floating on the wind,  
a dream soon forgotten.

*But You are the Sovereign,  
the everlasting God!*

*(All rise in body or spirit)*

### Kedushat Hashem - God's Holiness

### קְדוּשַׁת הַשֵּׁם

N'kadesh et shimcha ba-olam  
k'shem shemakdishim oto bishmey  
marom. Kakatuv al yad n'vi-echa.  
V'kara zeh el zeh v'amar.

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם  
כְּשֵׁם שְׁמַקְדִּישִׁים אוֹתוֹ בְּשָׁמַי  
מְרוֹם. כְּכַתוּב עַל יַד נְבִיאֶיךָ:  
וְקָרָא זֶה אֶל זֶה וְאָמַר:

We sanctify Your name on earth, even as the heavenly beings proclaim Your holiness, and in the words of the prophet Isaiah we say:

Kadosh Kadosh Kadosh  
Adonai tz'vaot m'lo chol ha'aretz  
k'vodo.

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ  
יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ  
כְּבוֹדוֹ.

Holy, holy, holy is God majestic: the fullness of the earth is Your glory.

Adir adireynu Adonai adoneynu  
ma adir shimcha b'chol ha-aretz.

אֲדִיר אֲדִירֵנוּ יְיָ אֲדֹנֵינוּ  
מִה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ.

Source of our strength, Sovereign God, how glorious is Your name in all the earth.

## Unetanneh Tokef - The Power of This Day

וְזִמְנָה תִּקְוָה

### Aleph - א

On Rosh Hashanah it is written, on Yom Kippur it is sealed:

That this year people will live and die,  
some more gently than others,  
and nothing lives forever.

*But amidst overwhelming forces  
of nature and humankind,  
we still write our own Book of Life,  
and our actions are the words in it,  
and the stages of our lives are the chapters,  
and nothing goes unrecorded, ever.*

Every deed counts.  
Everything you do matters.

And we never know what act or word  
will leave an impression or tip the scale.

So if not now, then when?

*For the things we can change, there is teshuva, realignment.  
For the things we cannot change, there is tefilah, prayer.  
For the help we can give, there is tzedakah, justice.*

*Together, let us write a beautiful Book of Life for the Holy One to read.*

Rabbi Joseph B. Meszler

### Bet - ב

This is Your glory:  
You are slow to anger, ready to forgive.  
It is not the death of sinners You seek,  
but that they should turn from their ways  
and live.  
Until the last day You wait for them,  
welcoming them  
as soon as they turn to You.

*You have created us and know what we are,  
we are but flesh and blood.*

Mi chamocha av harachamim,  
zocheyr y'tzurav l'chayim  
b'rachamim.

מִי כְמוֹךָ אֵב הַרְחָמִים,  
זוֹכֵר יְצוּרָיו לְחַיִּים  
בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai m'chayey hakol.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.  
בְּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, Source of mercy, who in compassion sustains the life of Your children?

We put our trust in You, who gives life to all. We praise You, Eternal One, the Source of life.

*(Be seated)*

#### **Unetaneh Tokef Kedushat Hayom**

Let us proclaim the power of this day -

A day whose holiness awakens deepest awe and inspires highest praise for Your dominion, for Your throne is a throne of love; Your reign is a reign of truth. In truth, You are judge and plaintiff, counselor and witness. You inscribe and seal. You record and recount. You remember all that we have forgotten. And when You open the Book of Memories, it speaks for itself - for every human hand leaves its mark, an imprint like no other. And so a great shofar will cry - *tekiah*. A still small voice will be heard. Angels, in a whirl of fear and trembling will say: Behold the Day of Judgment!

On Rosh Hashanah it is written; on Yom Kippur it is sealed: how many will pass away from this world, how many will be born into it; who will live and who will die; who will reach the ripeness of age, who will be taken before their time; who by fire and who by water; who by war and who by beast; who by famine and who by drought; who by earthquake and who by plague; who by strangling and who by stoning; who will rest and who will wander; who will be tranquil and who will be troubled; who will be calm and who tormented; who will live in poverty and who in prosperity; who will be humbled and who exalted.

But through *teshuvah* repentance, *tefilah* prayer, and *tzedakah* righteous acts we can transcend the harshness of the decree.

*Traditional Unetaneh Tokef  
(excerpted from the English translation from Mishkan HaNefesh)*



Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotveynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכַרְנוּ לְחַיִּים  
מֶלֶךְ חָפֵץ בַּחַיִּים  
וְכֹתְבֵנוּ בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
בָּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Remember us for life, Sovereign, who wills us toward life. And write us in the Book of Life for your sake, O God of life.

Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

## Gevurot - God's Power

## גְּבוּרוֹת

Ata gibor l'olam adonai m'chayey  
hakol ata rav l'hoshia.  
M'chalkeyl chayim b'chesed m'chayey  
hakol b'rachamim rabim.  
Someych noflim v'rofey cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocho ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה  
הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בְּעַל גְּבוּרוֹת  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

Eternal is Your might, all life is Your gift, great is Your redemptive power. With love You sustain the living and with great compassion give life to all. You support the fallen and heal the sick, You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You in power? Who is like You, God of life and death, Source of salvation?

## Amidah - The Standing Prayer

## עמידה

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שִׁפְתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהִלַּתְךָ:

Open my lips, Eternal One, so that my mouth may declare Your praise.

## Avot V'imahot - God of our Ancestors

## אבות ואמהות

Baruch ata Adonai eloheynu  
velohey avoteynu v'imoteynu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:

Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey leah

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה

We praise You, Eternal our God, God of our ancestors:

God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Great, heroic, awesome God, supreme Divinity, who bestows deeds of kindness and gives life to all; who is mindful of the loyalty of our ancestors; and who brings, with love, redemption to their children's children for the sake of Your name.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem  
l'ma-an sh'mo b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיוֹן. גּוֹמֵל חַסְדִּים טוֹבִים,  
וְזוֹכֵר חַסְדֵי  
אֲבוֹת וְאִמּוֹת, וְמַבִּיא גְּאֻלָּה  
לְבָנֵי בְנֵיהֶם  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

(All rise in body or spirit on the word "kuma")

## Tzur Yisrael - Rock of Israel

Tzur yisrael kuma b'ezrat  
yisrael ufdey chin'umecha  
yehuda v'yisrael. Go'aleynu Adonai  
tz'vaot sh'mo k'dosh yisrael.  
Baruch ata Adonai ga-al yisrael.

## צֹר יִשְׂרָאֵל

צֹר יִשְׂרָאֵל קוּמָה בְּעֶזְרַת  
יִשְׂרָאֵל וּפְדֵה כְּנָאֲמֶךָ  
יְהוּדָה וְיִשְׂרָאֵל. גְּאֲלֵנוּ יְיָ  
צְבָאוֹת שְׁמוֹ קְדוֹשׁ יִשְׂרָאֵל.  
בְּרוּךְ אַתָּה יְיָ גֹאֲלֵ יִשְׂרָאֵל.

O Rock of Israel, come to the aid of Israel. Fulfill Your promise of redemption for Judah and Israel. Redeeming God, liberating God, holy God: all these are Your name. We praise You, Eternal One, Redeemer of Israel.

## Aleph - א

In this world waiting to be redeemed, our hearts cry out: Cannot our dearest hopes at last come true? Many are our defeats, yet how many our deliverances! After servitude to Pharaoh, we choose service to God; after exile in Babylon, we rebuild God's shrine. Yesterday's wounds, so nearly fatal, begin to heal; and Israel, living still, plants new seeds of redemption.

*Let the time come when all the peoples will be joined in bonds that cannot break. The nations will yet be at peace; the earth will yield good fruit.*

*Mountains and waters will exult, those who sowed in tears will reap in joy, and all will sing with one accord.*

### Mi Chamocha - Who Is Like You?

### מִי כַמּוֹכָה

Mi chamocha ba-elim Adonai

mi kamocha ne'dar bakodesh.

Nora t'hilot oseh feleh.

מִי כַמּוֹכָה בְּאֱלִים יי

מִי כַמּוֹכָה נֹאדָר בְּקֹדֶשׁ.

נֹרָא תְהִילַת עֹשֶׂה פֶּלֶא.

Shira chadasha shibchu g'ulim

l'shimcha al s'fat hayam,

yachad kulam hodu v'himlichu v'amru:

Adonai yimloch l'olam va-ed.

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים

לְשִׁמְךָ עַל שִׁפְתַי הַיָּם,

יַחַד כָּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

יי יִמְלֹךְ לְעוֹלָם וָעֶד.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendour, doing wonders?

The redeemed sang a new song to Your name. At the shore of the sea, saved from destruction they proclaimed Your sovereign power: "Adonai will reign forever and ever."

## Ge-ulah - Redemption

גְּאוּלָּה

Emet v'yatziv

אֱמֶת וַיֵּצִיב

**True and certain** it is that You are God.

*As we yearn for certainty in a constantly changing world, enable us to find its source in You.*

Nachon v'kayam

נָכוֹן וְקָיָם

**Firm and enduring** is Your name throughout all generations.

*May our trust in You preserve us for generations to come.*

Ahuv v'chaviv

אֱהוּב וְחָבִיב

**Beloved and precious** are Your teachings to our ancestors and to us.

*By observing the traditions of our people, may we come to meet You as our ancestors did and bring Your presence into our lives.*

Nora v'adir

נֹרָא וְאָדִיר

**Awesome and majestic** is the redemptive power that You have displayed to the people of Israel.

*Our people witnessed Your presence when You delivered us from slavery to freedom. In beholding Your redeeming power, we discovered our own capacity for Tikun Olam, the mending of the world.*

Moses lifted his staff and showed us the power of trust. Waves of the sea swelled apart, and we crossed over to the shore of freedom.

*Miriam lifted her timbrel and showed us the power of song. Waves of voices swelled together, and we gave thanks to You for the gift of freedom.*

T'hilot l'eyl elyon

תְּהִלוֹת לְאֵל עֶלְיוֹן

Like our ancestors, we raise our voices in **song to the supreme God**, the source of blessing:

Uk'shartam l'ot al yadecha  
v'hayu l'totafot beyn eynecha.  
Uch'tavtam al mezuzot beytecha  
u'visharecha.  
L'maan tizk'ru va'asitem  
et kol mitzvotai vih'yitem k'doshim  
leyloheychem.  
Ani Adonai eloheychem, asher  
hotzeyti etchem meyeretz mitzrayim  
lih'yot lachem leylohim,  
ani Adonai eloheychem. Emet.

וְקִשְׂרֹתֶם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:  
וְכָתַבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ  
וּבְשַׁעֲרֶיךָ:  
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם  
אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים  
לְאֱלֹהֵיכֶם:  
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לְהֵיוֹת לָכֶם לְאֱלֹהִים  
אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

Bind them as a sign upon your hand, and let them be a symbol before your eyes. Inscribe them on the doorposts of your house and on your gates. Be mindful of all My mitzvot, and do them. So shall you consecrate yourselves to your God. I, Adonai, am your God who led you out of Egypt to be your God. I, Adonai, am your God. This is truth.

*(Be seated)*

## Sh'ma - Hear

שמע

Sh'ma yisrael Adonai eloheynu

שמע ישראל יהוה אלהינו

Adonai echad.

יהוה אחד

Baruch shem k'vod malchuto

ברוך שם כבוד מלכותו

l'olam va-ed.

לעולם ועד

Hear, O Israel: Adonai is our God, Adonai is One  
Blessed is God's glorious dominion forever and ever

## V'ahavta - You Shall Love

ואהבת

V'ahavta et Adonai eloheycha

ואהבת את יהוה אלהיך

b'chol l'avcha uv'chol nafsh'cha

בכל לבבך ובכל נפשך

uv'chol m'odecha.

ובכל מאדך:

V'hayu had'varim ha-eyleh

והיו הדברים האלה

a sher anochi m'tzav'cha hayom

אשר אנכי מצוה היום

al l'avvecha.

על לבבך:

V'shinantam l'vanecha v'dibarta bam

ושננתם לבניך ודברתם בהם

b'shivt'cha b'veytecha uv'lecht'cha

בשבתך בביתך ובליכתך

vaderech uv'shochb'cha uv'kumecha.

בדרך ובשכבך ובקומך:

You shall love Adonai your God with all your heart, with all your soul, with all your might. Reflect on these words which I command you this day, and take them to heart. Teach them faithfully to your children. Speak of them in your home and on your way, when you lie down and when you rise up.

## Ahava Raba - Great Love: Revelation

## אהבה רבה

V'ha-er eyneynu b'toratecha v'dabeyk  
libeynu b'mitzvotcha, v'yached l'vaveynu  
l'ahava ul'yira et sh'mecha.  
V'lo neyvosh v'lo nikalem v'lo nikashey  
l'olam va-ed.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ וּדְבֵק  
לְבָנוּ בְּמִצְוֹתֶיךָ, וַיַּחַד לְבַבְנוּ  
לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ.  
וְלֹא נִבּוֹשׁ וְלֹא נִקְלָם וְלֹא נִכְשָׁל  
לְעוֹלָם וָעֶד.

Enlighten us with Your Torah, inspire us to embrace Your mitzvot, and unify us to love and revere Your Name. May we never be shamed as long as we trust in Your holy, great and awe-inspiring Name. We shall rejoice and know happiness in redemption, since You move all things toward completion.

### Aleph - א

You give us abundant love, our beloved God, and show us great compassion. One both near and far, our ancestors trusted in You and so You taught them the laws of life. For their sake, we now pray that You teach us.

*Merciful God, nurture us and instruct our hearts to understand and discern; hearken, learn and teach; observe, do and fulfill all Your teachings in love.*

Enlighten us with Your Torah, inspire us to embrace Your mitzvot, and unify us to love and revere Your Name. May we never be shamed as long as we trust in Your holy, great and awe-inspiring Name. We shall rejoice and know happiness in redemption, since You move all things toward completion.

*Bring us in peace from the four corners of the earth, and lead us proudly back to our land. You have chosen to draw us near to You. With love we acknowledge You and proclaim Your unity. We praise You, Eternal One, who chooses Israel with love.*

### Bet - ב

Why does the verse in V'ahavta say, "And these words that I command you this day shall be al l'vavecha" – on your heart? Why not "in your heart?"

*The reason, he said, is that you cannot always put something in your heart; sometimes the heart is utterly closed.*

At those times, all you can do is place words on your heart in the hope that one day your heart will open and all the words will fall in.



## Aleph - א

We praise You, Eternal God, whose presence fills creation, Creator of light and darkness, who makes peace and gives life to all. With compassion You illumine the world and its inhabitants. Through Your goodness, creation is continually renewed.

*How You have varied Your works, all of them were made with wisdom. The universe is filled with Your creative power. The stars and planets themselves radiate praise for You.*

Cause a new light to shine upon Zion, and may we be worthy to behold its splendour.

*We praise You, Eternal One, Creator of light.*

## Bet - ב

Like an unbroken current  
energy streams from the Source.  
Bathing the planet in light,  
calling forth life,  
movement, mind unfolding from matter,  
the power to love.  
And we offer it back to You —  
our own creative energy,  
ever-dreaming, building,  
shaping patterns out of chaos,  
searching out light in the darkness.  
Creation never ceases, not for an instant:  
All life is aglow with Your light;  
All things draw sustenance from the Source.

Baruch ata Adonai yotzer ham'orot.

בְּרוּךְ אַתָּה יְיָ יוֹצֵר הַמְּאוֹרוֹת.

Our praise to You, Adonai, Creator of the lights of heaven.

*Rabbi Levi Yitzchak of Berditchev, adapted by Rabbi Janet Marder*

## The Sh'ma & Its Blessings

## שִׁמְעַ וּבְרָכוֹתֶיהָ

(All rise in body or spirit)

### Barchu

### בִּרְכוּ

Barchu et Adonai ham'vorach

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ

Baruch Adonai ham'vorach l'olam va-ed.

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal God, the Blessed One

The Eternal is to be praised forever and ever.

(Be seated)

### Yotzer Or - Creator of Light

### יוֹצֵר אוֹר

Baruch ata Adonai eloheynu melech

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ

ha-olam, yotzer or uvorey choshech

הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ

oseh shalom uvorey et hakol.

עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל.

Hameyir la-aretz v'ladarim aleha

הַמַּאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ

b'rachamim, uv'tuvo m'chadesh b'chol

בְּרַחֲמִים, וּבִטּוּבוֹ מְחַדֵּשׁ בְּכָל

yom tamid ma'asey v'reysheet.

יוֹם תָּמִיד מַעֲשֵׂה בְּרֵאשִׁית.

Ma rabu ma'asecha Adonai kulam

מָה רַבּוּ מַעֲשֵׂיךָ יְיָ כָּלֵם

b'chochma asita, mala ha-aretz

בְּחִכְמָה עָשִׂיתָ, מְלֵאָה הָאָרֶץ

kinyanecha.

קִינְיָנְךָ.

Titbarach Adonai eloheynu al shevach

תִּתְבָּרַךְ יְיָ אֱלֹהֵינוּ עַל שִׁבְחָ

ma'asey yadecha v'al m'orey or

מַעֲשֵׂה יָדֶיךָ וְעַל מְאֹרֵי אוֹר

she-asita y'fa-arucha selah.

שָׁעֲשִׂיתָ יִפְאָרוּךְ סִלָּה.

Or chadash al tzion ta-ir v'nizkeh

אוֹר חָדָשׁ עַל צִיּוֹן תָּאִיר וְנִזְכָּה

kulanu m'heyra l'oro.

כָּלֵנוּ מְהֵרָה לְאוּרוֹ.

Baruch ata Adonai yotzer ham'orot.

בְּרוּךְ אַתָּה יְיָ יוֹצֵר הַמְּאוּרוֹת.

**Chatzi Kaddish - Reader's Kaddish**

**זְצִי קַדִּישׁ**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ  
 וְיַמְלִיךְ מַלְכוּתֵיהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאִמְרוּ אָמֵן.

Y'hey sh'mey raba m'varach  
 l'alam ul'almey almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal sh'mey d'kudsha  
 b'rich hu.  
 L'eyla ul'eyla mikol birchata  
 v'shirata tushb'chata v'nechemata  
 da-amiran b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִיטַּא-ר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא  
 בְּרִיךְ הוּא.  
 לְעֵלְא וּלְעֵלְא מְכָל בְּרַכְתָּא  
 וְשִׁירְתָּא תְּשִׁבְּחָתָא וְנַחֲמָתָא  
 דְאִמְרִין בְּעֵלְמָא וְאִמְרוּ אָמֵן.

Let God's glory be extolled and God's great name be hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: *Amen*.

May God's great name be blessed forevermore.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: *Amen*.

Baruch ata Adonai  
eloheynu melech ha-olam,  
oter yisrael b'tifara.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

We praise You, Eternal God, whose presence fills creation.  
You adorn our people with glory.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hanoteyn laya-eyf koach.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַנּוֹתֵן לַיָּעִף כֹּחַ.

We praise You, Eternal God, whose presence fills creation.  
You give strength to the weary.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hama-avir sheyna mey-eynai  
utnuma mey-afapai.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמַּעֲבִיר שְׁנָה מֵעֵינַי  
וְתַנּוּמָה מֵעַפְעָפַי.

We praise You, Eternal God, whose presence fills creation.  
You remove sleep from my eyes and slumber from my eyelids.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asa li kol tzarki.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂה לִי כָּל צָרָכִי.

We praise You, Eternal God, whose presence fills creation.  
You provide for all my needs.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hameychin mitzadey gaver

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמַּכִּיז מִצְעָדֵי גֹבֵר.

We praise You, Eternal God, whose presence fills creation.  
You guide each person's steps.

Baruch ata Adonai  
eloheynu melech ha-olam,  
ozer yisrael bigvura.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

We praise You, Eternal God, whose presence fills creation.  
You support our people with courage.

Baruch ata Adonai  
eloheynu melech ha-olam,  
matir asurim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַתִּיר אֲסוּרִים.

We praise You, Eternal God, whose presence fills creation.  
You bring freedom to the captive.

Baruch ata Adonai  
eloheynu melech ha-olam,  
pokeyach ivrim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
פוֹקֵחַ עֵוְרִים.

We praise You, Eternal God, whose presence fills creation.  
You open the eyes of the blind.

Baruch ata Adonai  
eloheynu melech ha-olam,  
malbish arumim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַלְבִּישׁ עֲרֻמִּים.

We praise You, Eternal God, whose presence fills creation.  
You clothe the naked.

Baruch ata Adonai  
eloheynu melech ha-olam,  
zokeyf k'fufim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
זוֹקֵף כְּפוּפִים.

We praise You, Eternal God, whose presence fills creation.  
You lift up the fallen.

Baruch ata Adonai  
eloheynu melech ha-olam,  
roka ha-aretz al ha-mayim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

We praise You, Eternal God, whose presence fills creation.  
You spread the land upon the waters.

**Birchot Sheb'chol Yom - Daily Blessings**

**ברכות שבכל יום**

Baruch ata Adonai eloheynu melech  
ha-olam, asher natan lasechvi vina  
l'havchin beyn yom uveyn lay'la..

ברוך אתה יי אלהינו מלך  
העולם, אשר נתן לשכוי בינה  
להבחין בין יום ובין לילה.

We praise You, Eternal God, whose presence fills creation.  
You give us understanding to distinguish between day and night.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani b'tzalmo.

ברוך אתה יי  
אלהינו מלך העולם,  
שעשני בצלמו.

We praise You, Eternal God, whose presence fills creation.  
You have made me in Your image.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani ben/bat chorin.

ברוך אתה יי  
אלהינו מלך העולם,  
שעשני בן\בת חורין.

We praise You, Eternal God, whose presence fills creation.  
You have given me freedom.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani yisrael.

ברוך אתה יי  
אלהינו מלך העולם,  
שעשני ישראל.

We praise You, Eternal God, whose presence fills creation.  
You have made me a Jew.

Ul'vayat hameyt

וּלְוַיַּת הַמֵּיַת

To accompany the dead to burial

V'iyun t'fila

וְעִיּוֹן תְּפִלָּה

To pray with sincerity

Vahava-at shalom beyn adam lachaveyro

וְהִבְאֵת שְׁלוֹם בֵּין אָדָם לְחֵבְרוֹ

To make peace when there is strife

V'talmud torah k'neged kulam.

וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם.

And the study of Torah is equal to them all; because it leads to them all.



**Elu Devarim - These Are the Words**

**אלו דברים**

Elu d'varim she-eyn lahem shi-ur,  
she-adam ochel peyroteyhem ba-olam  
hazeh, v'hakeren kayemet lo la-olam  
haba. V'elu heyn:

אלו דברים שאין להם שעור,  
שאדם אוכל פרותיהם בעולם  
הזה, והקרן קיימת לו לעולם  
הבא. ואלו הן:

These are the mitzvot which have no limit. One eats of their fruit at this time,  
while their full effect is beyond measure:

Kibud av va-eym

כבוד אב ואם

To honour father and mother

Ug'milut chasadim

וגמילות חסדים

To perform acts of love and kindness

V'hashkamat beyt hamidrash shacharit  
v'arvit

והשכמת בית המדרש שחרית  
וערבית

To attend the house of study daily

V'hachnasat orchim

והכנסת אורחים

To welcome the stranger

Uvikur cholim

ובקור חולים

To visit the sick

V'hachnasat chatan v'chala

והכנסת חתן וכלה

To bring marriage partners to the chupah

## Hareyni - I Prepare Myself

## הַרִינִי

Hareyni m'zameyn et pi l'hodot  
ul'hallel ul'shabeyach et boree.  
Baruch ata Adonai,  
melech m'hulal batishbachot.

הַרִינִי מְזַמֵּן אֶת פִּי לְהוֹדוֹת  
וּלְהַלֵּל וּלְשַׁבַּח אֶת בּוֹרְאִי.  
בְּרוּךְ אַתָּה יְהוָה,  
מֶלֶךְ מְהַלֵּל בַּתְּשֻׁבָחוֹת.

With this do I prepare myself to thank, praise, and glorify my Creator.  
Blessed are You, Sovereign of Life, whom we praise with songs of glory.

## Aleph - א

Hareyni m'zameyn et fi l'hodot  
ul'hallel ul'shabeyach et boree.

הַרִינִי מְזַמֵּן אֶת פִּי לְהוֹדוֹת  
וּלְהַלֵּל וּלְשַׁבַּח אֶת בּוֹרְאִי.

With this prayer, I prepare, with this prayer I prepare myself for Thee  
For strength, for praise, for the glory of every new day.  
All that breathes, praises Thee, who created me.

*Text: P'sukei D'zimrah: Baruch Sheamar & Psalm 150  
Music with English lyrics by Jacob Spike Krause  
Music by Cantor Rosalie Boxt & Josh Nelson*

## Birchat Torah - Blessing for Torah

## בְּרַכַּת תּוֹרָה

Baruch ata Adonai eloheynu melech  
ha-olam, asher kidshanu b'mitzvotav  
v'tzivanu la-asok b'divrey torah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְעִסוֹק בְּדִבְרֵי תּוֹרָה.

We praise You, our Eternal God, whose presence fills creation. You bring us  
holiness through mitzvot and command us to engage in the study of Torah.

## Elohai Neshama - God of the Soul

## אלהי נשמה

Elohai n'shama shenatata bi  
t'hora hi.

Ata v'rata ata y'tzarta  
ata n'fachta bi,  
v'ata m'shamra b'kirbi.

אֱלֹהֵי נִשְׁמָה שֶׁנָּתַתָּ בִּי  
טְהוֹרָה הִיא.

אַתָּה בְּרַאתָה אֶתָּה יִצְרָתָה  
אַתָּה נִפְחָתָה בִּי,  
וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.

The soul that You have given me, O God, is a pure one. You have created and formed it, breathed it into me, and within me You sustain it.

V'ata atid litla mimenu l'chayey  
olam. Kol zman shehanshama b'kirbi  
modeh/modah ani l'fanecha Adonai  
elohai velohey dorotai, rivot kol  
hama'asim adon kol han'shamot.  
Baruch ata Adonai asher b'yado nefesh  
kol chai v'ruach kol b'sar ish.

וְאַתָּה עֲתִיד לְטַלְהָ מִמֶּנּוּ לְחַיֵּי  
עוֹלָם. כָּל זְמַן שֶׁהִנְשַׁמָּה בְּקִרְבִּי  
מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ יי  
אֱלֹהֵי וְאֱלֹהֵי דוֹרוֹתַי, רִבּוֹן כָּל  
הַמַּעֲשִׂים אֲדוֹן כָּל הַנְּשָׁמוֹת.  
בְּרוּךְ אַתָּה יי אֲשֶׁר בְּיָדוֹ נֶפֶשׁ  
כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.

Some day You will take it from me and restore it in time to come. So long as I have breath, therefore, I will give thanks to You, Eternal my God and God of all ages, Wellspring of all creation, Life-source of every soul. We praise You, Eternal God, in whose keeping are the souls of all the living and every human spirit.

**Asher Yatzar - Creation (of the body)**

**אֲשֶׁר יָצַר**

Baruch ata Adonai eloheynu melech  
ha-olam, asher yatzar et ha-adam  
b'chochma uvara vo n'kavim n'kavim  
chalulim chalulim. Galui v'yadua  
lifney kisey k'vodecha she-im yipateyach  
echad meyhem, oh yisatem echad  
meyhem, iy efshar l'hitkayeym  
v'la-amod l'fanecha.

Baruch ata Adonai rofeh chol basar  
umafli la'asot.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר יָצַר אֶת הָאָדָם  
בְּחָכְמָה וּבְרָא בּוֹ נִקְבִים נִקְבִים  
חַלּוּלִים חַלּוּלִים. גָּלוּי וַיְדוּעַ  
לְפָנֶי כֶּסֶף כְּבוֹדְךָ שָׁאֵם יִפְתַּח  
אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד  
מֵהֶם, אֵי אֶפְשָׁר לְהִתְקַיֵּם  
וְלַעֲמוֹד לְפָנֶיךָ.  
בְּרוּךְ אַתָּה יְיָ רוֹפֵא כָּל בֶּשָׂר  
וּמַפְלִיא לַעֲשׂוֹת.

We praise You, Eternal God, whose presence fills creation. You have formed us in wisdom, and created within us the spark of life. Each cell does the work of its Creator; each organ's existence is a tribute to God. If the working of this wondrous structure were to fail in its tasks, we could not exist before You and give thanks for Your sustenance. Let us cherish this gift of flesh and blood, and honour it as Your creation. We praise You, divine Healer, who performs wonders.

**Aleph - א**

I thank you for my life, body and soul  
Help me realize I am beautiful and whole  
I'm perfect the way I am and a little broken too  
I will live each day as a gift I give to You.

Baruch ata Adonai  
rofeh chol basar umafli la'asot.

בְּרוּךְ אַתָּה יְיָ  
רוֹפֵא כָּל בֶּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

We praise You, Eternal One, for wondrous acts of creation and healing.

*Text morning liturgy, music Dan Nichols*

## Or Zarua - Light is Sown

אור זרע

Or zarua latzadik  
ul'yishrey leyv simchah.

אור זרע לצדיק  
ולישרי-לב שמחה:

Light is sown for the righteous, radiance for the upright in heart.

*Psalm 97:11, music Dan Nichols*

### How to Make It New

How to make it new: each year the same missing of the same marks, the same petitions and apologies.

*We stand before our God— strengthened by reverence for the sacred obligations of Torah, ennobled by a commitment to do what is just and right.*

But every year the ascent through Elul does its magic, shakes old bitterness from our hands and hearts.

*We sit awake, itemizing ways we want to change. We try not to mind that this year's list looks just like the last.*

The conversation gets easier as we limber up. Soon we can stretch farther than we ever imagined. We breathe deeper.

*By the time we reach the top we've forgotten how nervous we were that repeating the climb wasn't worth the work.*

Creation gleams before us. The view from here matters, not because it's different from last year, but because we are,

*and the way to reach God is one breath at a time, one step, one word, every second a chance to reorient, repeat, return.*

*Rabbi Rachel Barenblat*

# קהילת סולל

**Kehilat Solel - Solel Congregation**

# נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

# סדר יום כיפור

Seder Yom Kippur

**The order for the Yom Kippur service**

**Eili, Eili - Oh God, My God**

**אֱלֹהֵי אֱלֹהֵי**

Eyli eyli shelo yigamer l'olam  
hachol v'hayam rishrush shel hamayim  
b'rak hashamayim t'filat ha-adam.

אֱלֹהֵי אֱלֹהֵי שְׁלֹא יִגְמַר לְעוֹלָם  
הַחֹל וְהַיָּם רִישְׁרוּשׁ שֶׁל הַמַּיִם  
בְּרַק הַשָּׁמַיִם תְּפִלַּת הָאָדָם.

Oh God, my God, I pray that these things never end, The sand and the sea, The  
rush of the water, The crash of the heavens, The prayer of the heart.

*Words: Hannah Senesh, music: David Zehavi*



**גְּמַר חַטִּימָה טוֹבָה**

*G'mar Chatimah Tova*

*May you be sealed for good in the Book of Life*

Y'hey shlama raba min sh'maya  
v'chayim aleynu v'al kol yisrael  
v'imru amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן.

Oseh shalom bimromav  
hu ya'aseh shalom  
aleynu v'al kol yisrael  
v'al kol b'ney adam v'imru amen.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו  
הוּא יַעֲשֵׂה שְׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל בְּנֵי אָדָם וְאָמְרוּ אָמֵן.

May there be abundant peace and life from heaven upon us and upon all Israel.  
And let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend  
on us, on all Israel and on all the world. And let us say: *Amen*.

May the Source of peace send peace to all who mourn and comfort to all who  
are bereaved. And let us say: *Amen*.

*(Be seated)*



**Kaddish - Mourner's Kaddish****קדיש**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתָהּ  
 וְיַמְלִיךְ מַלְכוּתָהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קְרִיב  
 וְאִמְרוּ אָמֵן.

Let God's great name be exalted and hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all the House of Israel, speedily and very soon. And let us say: *Amen*.

Y'hey sh'mey raba m'varach  
 l'alam ul'almeiy almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal  
 sh'mey d'kudsha b'rich hu.  
 L'eyla min kol birchata v'shirata  
 tushb'chata v'nechemata da-amiran  
 b'alma v'imru amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל  
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.  
 לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא  
 תְּשֻׁבְחָתָא וְנַחֲמָתָא דְאִמְרִין  
 בְּעֵלְמָא וְאִמְרוּ אָמֵן.

May God's great name be blessed forevermore.

Blessed and praised, glorified and exalted, extolled and honoured, adored and lauded, is the name of the Blessed Holy One, above and beyond all blessings, hymns, praises and consolations that are uttered in the world. And let us say: *Amen*.

## Meditations Before the Kaddish

### Aleph - א

#### The Tradition of the Kaddish

The origins of the Kaddish are mysterious. Angels are said to have brought it down from heaven.

*It possesses wonderful power. Truly, if there is any bond strong enough to chain heaven to earth, it is this prayer. It keeps the living together and forms a bridge to the mysterious realm of the dead. One might almost say that this prayer is the guardian of the people by whom alone it is uttered, and therein lies the warrant of its continuance. Can a people disappear and be annihilated so long as a child remembers its parents?*

Because this prayer does not acknowledge death, because it permits the blossom, which has fallen from the tree of humankind, to flower and develop again in the human heart, therefore it possesses sanctifying power.

### Bet - ב

#### In Recent Grief

When cherished ties are broken and the chain of love is shattered, only trust and the strength of faith can lighten the heaviness of the heart. At times the pain of separation seems more than we can bear, but if we dwell too long on our loss we embitter our hearts and harm ourselves and those about us.

*The psalmist said that in his affliction he learned the law of God. And in truth, grief is a great teacher, when it sends us back to serve and bless the living. We learn how to counsel and comfort those who, like ourselves, are bowed with sorrow. We learn when to keep silence in their presence, and when a word will assure them of our love and concern.*

And so even when they are gone, the departed are still with us moving us to live just as they themselves, in their higher moments, wished to live. We remember them now. They live in our hearts. They are an abiding blessing.

Sheh-hu noteh shamayim  
v'yoseyd aretz  
u-moshav y'karo ba-shamayim mima-al,  
ushchinat uzo b'govhey m'romim  
hu eloheynu eyn od.  
Emet malkeynu efes zulato,  
kakativ b'torato.  
V'yadata hayom va-hasheyvota  
el l'vavecha ki Adonai hu ha'elohim  
ba-shamayim mima-al v'al ha-aretz  
mitachat eyn od.

שְׁהוּא נוֹטֵה שָׁמַיִם  
וַיֹּסֵד אֶרֶץ  
וּמוֹשָׁב יִקְרוּ בַשָּׁמַיִם מִמַּעַל,  
וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים  
הוּא אֱלֹהֵינוּ אֵין עוֹד.  
אֱמֶת מַלְכֵנוּ אֶפֶס זולָתוֹ,  
כַּכַּתוּב בְּתוֹרָתוֹ.  
וַיִּדְעַת הַיּוֹם וְהִשְׁבַּת  
אֶל לְבַבְךָ כִּי יי הוּא הָאֱלֹהִים  
בַּשָּׁמַיִם מִמַּעַל וְעַל הָאָרֶץ  
מִתַּחַת אֵין עוֹד.

God spread out the heavens and established the earth. The Eternal is our God, there is none else. In truth God alone is our Ruler, as it is written: "Know then this day and take it to heart: Adonai is God in the heavens above and on the earth below. There is none else."

V'ne-emar: V'haya Adonai l'melech  
al kol ha-aretz.  
Bayom hahu yih'yeh Adonai echad  
ush'mo echad.

וְנֵאמַר: וְהָיָה יי לְמֶלֶךְ  
עַל כָּל הָאָרֶץ.  
בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד  
וּשְׁמוֹ אֶחָד.

And it is said: "Adonai shall reign over all the Earth. On that day Adonai shall be One and God's name shall be One."

*(Be seated)*

**Aleynu - It's Up to Us**

*(All rise in body or spirit)*

Aleynu l'shabeyach la'adon hakol  
lateyt g'dula l'yotzeyr b'reysheet.  
Asher sahm chelkeynu l'yacheyd  
et sh'mo  
v'goraleynu l'hamlich malchuto.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל  
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.  
אֲשֶׁר שָׂם חֵלְקֵנוּ לְיַחַד  
אֶת שְׁמוֹ  
וְגוֹרְלֵנוּ לְהַמְלִיךְ מַלְכוּתוֹ.

Va'anachnu korim  
umishtachavim umodim  
lifney melech malchey hamlachim  
hakadosh baruch hu.

וְאֲנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

It is our duty to praise the supreme Ruler, to recognize the greatness of our Creator. For our heritage is to affirm God's unity and our destiny is to work toward the coming of the Messianic Age.

We therefore bend the knee in awe and thanksgiving before the One who is sovereign over all, the Holy Blessed One.

Avinu malkeynu asey l'ma-ancha  
v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ עֲשֵׂה לְמַעַנְךָ  
וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be mindful of us and help us.

Avinu malkeynu kotveynu b'sefer  
s'lichah um'chilah.

אָבִינוּ מַלְכֵנוּ כָּתִבְנוּ בְּסֵפֶר  
סְלִיחָה וּמְחִילָה.

Avinu Malkeynu, inscribe us in the Book of Forgiveness.

Avinu malkeynu maley yadeynu  
mibir'choteycha.

אָבִינוּ מַלְכֵנוּ מָלֵא יָדֵינוּ  
מִבְּרַכּוֹתֶיךָ.

Avinu Malkeynu, fill our hands with blessing.

Avinu malkeynu choneynu va'aneynu  
ki eyn banu ma'asim.  
Asey imanu tz'daka vachased  
v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ חֲנֵנוּ וְעֲנֵנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים.  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.  
Treat us with kindness and love, and be our help

*(Be seated)*

(All rise in body or spirit as the Ark is opened)

Avinu malkeynu sh'ma koleynu. אָבִינוּ מַלְכֵנוּ שְׁמַע קוֹלֵנוּ.

Avinu Malkeynu, hear our voice.

Avinu malkeynu p'tach sha'arei shamayim lit'filateynu. אָבִינוּ מַלְכֵנוּ פְּתַח שַׁעֲרֵי שָׁמַיִם לְתַפְלֵתֵנוּ.

Avinu Malkeynu, open the gates of heaven to our prayer.

Avinu malkeynu t'hey hasha-a hazot sha-at rachamim v'eyt ratzon milfanecha. אָבִינוּ מַלְכֵנוּ תְּהֵא הַשְׁעָה הַזֹּאת שְׁעַת רַחֲמִים וְעֵת רָצוֹן מִלְפָּנֶיךָ.

Avinu Malkeynu, let this be an hour of compassion and favour.

Avinu malkeynu hareym keren yisrael amecha. אָבִינוּ מַלְכֵנוּ הָרַם קֶרֶן יִשְׂרָאֵל עִמָּךְ.

Avinu Malkeynu, give strength to Your people Israel.

Avinu malkeynu asey l'ma-an harugim al shem kadshecha. אָבִינוּ מַלְכֵנוּ עֲשֵׂה לְמַעַן הַרוּגִים עַל שֵׁם קָדְשְׁךָ.

Avinu Malkeynu, remember those slain for the love of Your name.

Avinu malkeynu asey l'ma-an ba-ey va-esh uvamayim al kiddush sh'mecha. אָבִינוּ מַלְכֵנוּ עֲשֵׂה לְמַעַן בָּאֵי בָאֵשׁ וּבַמַּיִם עַל קְדוּשַׁת שְׁמֵךְ.

Avinu Malkeynu, remember those who went through fire and water for Your sake.

## **Avinu Malkeynu - Our Parent, Our Sovereign**

We haven't forgotten, Avinu Malkeynu,

*Though we've overthrown kings  
And we disobey fathers*

And we have no great liking for absolute power.  
Akiva stood before You in a time of drought,  
And his word went up like a flame on the altar:

*Avinu Malkeynu, You alone are our ruler.  
Avinu Malkeynu, have compassion for us!*

He was humble and forgiving, so his prayer was answered.  
Tonight we speak again in a time of drought-dry  
ground beneath us; no water, only rock.

*Not a hunger for bread or a thirst for water,  
but hearts that are longing to hear God's voice.*

For the Sea of Faith is all but gone;  
The tide's gone out on the empty beach.  
The world mocks our hopes and life tests our courage.

*Why do the wicked live on and prosper?  
Why are You silent when they prey on the innocent?*

And if Your dominion is kindness and justice,  
why is Creation in so much pain?  
Avinu Malkeynu, sustain our souls.  
Send rain to our roots; help us find a way to pray.

*Make us humble and forgiving  
of ourselves and one another.*

Avinu Malkeynu - renew these words.  
Help us speak them with conviction and believe their truth.  
A hundred generations have stood before the ark  
and they lifted up their voices like flame on the altar  
and they put their trust in kindness and justice  
and they gave their strength to make the promise real.

*Avinu Malkeynu, we haven't forgotten.  
Avinu Malkeynu, bring us back to You.*

*Mishkan Hanefesh (New Reform Machzor)*

V'al cheyt shechatanu l'fanecha  
b'hona-at reya.

וְעַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּהוֹנָאֵת רַע:

*And the sin we have committed against You by hurting others in any way.*

V'al kulam elo'ha s'lichot.  
S'lach lanu, m'chal lanu, kaper lanu.

וְעַל כָּלֶם אֱלֹהֵי סְלִיחוֹת:  
סֶלַח לָנוּ, מַחֵל לָנוּ, כַּפֵּר-לָנוּ.

For all these, O God of mercy, forgive us, pardon us, grant us atonement.  
Master of forgiveness, Examiner of hearts, Revealer of depths,  
Declarer of righteousness, I have sinned before You.

### **Aleph - א**

Have mercy on me!

*The One who dwells in wonders, Ancient One of mercy, who remembers my ancestors' covenant and examines inward parts, I have sinned before You.*

Have mercy on me!

*The One who is good and benefits all life, who knows all that is hidden, Subduer of transgressions, wrapped in righteousness, I have sinned before You.*

Have mercy on me!

*Rabbi Rachel Barenblat (adapted)*



V'al kulam elo'ha s'lichot.

S'lach lanu, m'chal lanu, kaper lanu.

וְעַל כָּל־אֱלוֹהֵי סְלִיחוֹת:  
סְלַח לָנוּ, מַחַל לָנוּ, כַּפֵּר-לָנוּ.

For all these, O God of mercy, forgive us, pardon us, grant us atonement.

Al cheyt shechatanu l'fanecha

b'imutz halev,

עַל חַטָּא שֶׁחָטָאנוּ לְפָנֶיךָ  
בְּאִמּוּץ הַלֵּב,

*The sin we have committed against You by hardening our hearts,*

Al cheyt shechatanu l'fanecha

b'chilul hashem,

עַל חַטָּא שֶׁחָטָאנוּ לְפָנֶיךָ  
בְּחִלּוּל הַשֵּׁם,

*The sin we have committed against You by profaning Your name,*

V'al cheyt shechatanu l'fanecha

b'zilzul horim umorim.

וְעַל חַטָּא שֶׁחָטָאנוּ לְפָנֶיךָ  
בְּזִלְזוּל הוֹרִים וּמוֹרִים:

*And the sin we have committed against You by disrespect for parents and teachers.*

Al cheyt shechatanu l'fanecha

b'lashon hara,

עַל חַטָּא שֶׁחָטָאנוּ לְפָנֶיךָ  
בְּלָשׁוֹן הָרָע,

*The sin we have committed against You by speaking slander,*

Al cheyt shechatanu l'fanecha

b'masa uv'matan,

עַל חַטָּא שֶׁחָטָאנוּ לְפָנֶיךָ  
בְּמַסָּא וּבְמַתָּן,

*The sin we have committed against You by dishonesty in our work,*

## Al Cheyt - For Sin

## עַל חַטָּא

Al cheyt shechatanu l'fanecha b'ones  
uv'ratzon,

עַל חַטָּא שֶׁחָטֵאנוּ לְפָנֶיךָ בְּאָנָס  
וּבְרָצוֹן,

*The sin we have committed against You under duress or by choice,*

Al cheyt shechatanu l'fanecha b'zadon  
uvishgaga,

עַל חַטָּא שֶׁחָטֵאנוּ לְפָנֶיךָ בְּזָדוֹן  
וּבְשִׁגְגָה,

*the sin we have committed against You consciously or unconsciously,*

V'al cheyt shechatanu l'fanecha b'galui  
uvasater.

וְעַל חַטָּא שֶׁחָטֵאנוּ לְפָנֶיךָ  
בְּגִלּוּי וּבְסִתּוּר:

*And the sin we have committed against You openly or secretly.*

Al cheyt shechatanu l'fanecha  
b'har'hor halev,

עַל חַטָּא שֶׁחָטֵאנוּ לְפָנֶיךָ  
בְּהִרְהוּר הַלֵּב,

*The sin we have committed against You in our thoughts,*

Al cheyt shechatanu l'fanecha  
b'dibur peh,

עַל חַטָּא שֶׁחָטֵאנוּ לְפָנֶיךָ  
בְּדַבּוּר פֶּה,

*The sin we have committed against You with our words,*

V'al cheyt shechatanu l'fanecha b'chozek  
yad.

וְעַל חַטָּא שֶׁחָטֵאנוּ לְפָנֶיךָ בְּחֹזֶק  
יָד:

*And the sin we have committed against You by the abuse of power.*

## **Aleph - א**

*We have turned aside from Your commandments and from Your precepts, and it has not availed us. You are just, whatever befalls us. You call us to righteousness, but we bring evil upon ourselves.*

What can we say before You, who dwells on high? What shall we plead before You, enthroned beyond the stars? Are not all things known to You, both the mysteries of eternity and the dark secrets of all who live? You search the inmost chambers of the heart, and probe the deep recesses of the soul. Nothing is concealed from Your sight.

*Now may it be Your will, God of all generations, to forgive all our sins, to pardon all our wrongdoings, and to blot out all our transgressions.*

## **Bet - ב**

God of Old, Judge and Sovereign, Healer and Guide:

*Today I recount my deeds,  
The sins I've committed,  
The blessings I've bestowed.*

Today I recall my year,  
The challenges I've faced,  
The decisions I've made.

*Today I reach into my heart,  
The moments of anger,  
The moments of love.*

By Your command, God of Mercy,  
I lay bare the secrets within me, light and darkness,  
My gentle hand and my clenched fist,  
My strength and conceit, anger and fear.

*By Your command, God of Wisdom,  
I open myself to see truth, beauty and degradation,  
The holy and the profane, the victorious and the guilty*

By Your command, God of Salvation,  
I reclaim all that I am, and all that I've done,  
My pride and my shame,  
Returning to You so that I may redeem my days  
With awe and righteousness.

*Alden Solovy (adapted)*

**Vidui - Confession of Sin**

Our God and God of our ancestors, may our prayer reach You and may You be receptive to our plea. We are not so arrogant and stiff-necked as to say before You that we are perfect and have not sinned. Rather do we confess: we have erred, we have gone astray, we have done wrong.

*(All rise in body or spirit)*

Ashamnu, bagadnu, gazalnu,  
dibarnu dofi.

אֲשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ,  
דִּבַּרְנוּ דוֹפִי.

He'evinu, v'hirshanu, zadnu,  
chamasnu, tafalnu sheker.

הֶעֱוִינוּ, וְהִרְשָׁנוּ, זָדְנוּ,  
חָמַסְנוּ, טָפַלְנוּ שֶׁקֶר.

We have trespassed; we have dealt treacherously; we have robbed; we have spoken slander. We have acted perversely; we have done wrong; we have acted presumptuously; we have wrought havoc; we have practiced deceit.

Ya-atznu ra, kizavnu, latznu, maradnu,  
ni-atznu, sararnu, avinu, pashanu,  
tzararnu, kishinu oref.

יַעֲצֵנוּ רָע, כִּזְבָּנוּ, לָצַנוּ, מָרַדְנוּ,  
נִאֲצָנוּ, סָרַרְנוּ, עֵוִינוּ, פָּשַׁעְנוּ,  
צָרַרְנוּ, קִשְׁינוּ עוֹרֶף.

We have counselled evil; we have spoken falsehood; we have scoffed; we have revolted; we have blasphemed; we have rebelled; we have committed iniquity; we have transgressed; we have oppressed; we have been stiff-necked.

Rashanu, shichatnu,  
ti-avnu, ta-inu, titanu.

רָשָׁעְנוּ, שִׁחַתְנוּ,  
תֵּי־אֵנוּ, תֵּי־יָנוּ, תֵּי־אֵנוּ.

We have acted wickedly; we have dealt corruptly; we have committed abomination; we have gone astray; we have led others astray.

*(Be seated)*

## Mi Shebeyrach - May the One Who Blesses

מִי שֶׁבֵּרַךְ

### For Healing

Mi shebeyrach avoteynu  
m'kor hab'racha l'imoteynu

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

May the source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing.  
And let us say: Amen.

Mi shebeyrach imoteynu  
m'kor hab'racha l'avoteynu

מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with refua shleyma,  
the renewal of body, the renewal of spirit.  
And let us say: Amen.

*Debbie Friedman*

V'chol hachayim yoducha selah vi-hallelu  
 et shimcha be-emet, ha-eyl y'shuateynu  
 v'ezrateynu selah. Baruch ata Adonai  
 ha-tov shimcha ul'cha na-eh l'hodot.

וְכֹל הַחַיִּים יוֹדוּךָ סֶלָה וַיְהַלְלוּ  
 אֶת שִׁמְךָ בְּאֵמֶת, הָאֵל יְשׁוּעַתְנוּ  
 וְעֲזָרַתְנוּ סֶלָה. בְּרוּךְ אַתָּה יי  
 הַטּוֹב שִׁמְךָ וְלָךְ נָאֵה לְהוֹדוֹת.

O God our Redeemer and Helper, let all who live affirm and praise Your name in truth. Eternal God, whose name is Goodness, we give you thanks and praise.

### Aleph - א

We gratefully acknowledge, Eternal God, that You are our Creator and Preserver, the Rock of our life and our protecting Shield. We give thanks to You for our lives which are in your hands, for our souls which are in Your keeping, for Your wondrous providence and Your continuous goodness which You bestow upon us day by day. Truly, Your mercies never fail, and Your love and kindness never cease. Therefore do we put our trust in You.

*O God our Redeemer and Helper, let all who live affirm and praise Your name in truth. Eternal God, whose name is Goodness, we give you thanks and praise.*

### Birchat Shalom - Blessings of Peace

Shalom rav al yisrael amcha  
 v'al kol ha'amim tasim l'olam,  
 ki ata hu melech adon l'chol  
 ha-shalom. V'tov b'eynecha l'vareych  
 et amcha yisrael.  
 B'chol eyt uv'chol sha-a bish'lomecha.  
 Baruch ata Adonai oseh ha-shalom.

### ברכת שלום

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
 וְעַל כָּל הָעַמִּים תְּשִׂים לְעוֹלָם,  
 כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל  
 הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ  
 אֶת עַמְּךָ יִשְׂרָאֵל.  
 בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.  
 בְּרוּךְ אַתָּה יי עוֹשֵׂה הַשָּׁלוֹם.

Sovereign God of peace, let Your people Israel know enduring peace, for it is good in Your sight to bless Israel. Your blessings of peace are always with us. We praise You, eternal Source of peace.

**Hoda-ah - Thanksgiving****הוֹדָאָה**

Modim anachnu lach she-atah hu Adonai  
 eloheynu velohey doroteynu l'olam  
 va-ed, tzur chayeynu magen yisheyenu  
 ata hu l'dor vador. Nodeh l'cha  
 unsapeyr t'hilatecha al chayeynu  
 hamsurim b'yodecha, v'al nishmoteynu  
 hapkudot lach, v'al nisecha sheb'chol  
 yom imanu, v'al niflotecha  
 v'tovoteycha sheb'chol eyt erev  
 vavoker v'tzahora-im. Ha-tov ki lo  
 kalu rachamecha v'ham'racheym ki lo  
 tammu chasdecha mey-olam ki-vinu  
 lach.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֲתָהּ הוּא יי  
 אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ לְעוֹלָם  
 וָעֶד, צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ  
 אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדֶה לָךְ  
 וְנִסְפֵּר תְּהִלַּתְךָ עַל חַיֵּינוּ  
 הַמְּסוּרִים בְּיָדְךָ, וְעַל נִשְׁמוֹתֵינוּ  
 הַפְּקוּדוֹת לָךְ, וְעַל נִסְיֶיךָ שֶׁבְּכָל  
 יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ  
 וְטוֹבוֹתֶיךָ שֶׁבְּכָל עֵת עִרְב  
 וְבֹקֵר וְצַהֲרַיִם. הַטּוֹב כִּי לֹא  
 כָּלוּ רַחֲמֶיךָ וְהַמְּרַחֵם כִּי לֹא  
 תָּמוּ חַסְדֶּיךָ מֵעוֹלָם קִיְּנוּ  
 לָךְ.

We gratefully acknowledge, Eternal God, that You are our Creator and Preserver, the Rock of our life and our protecting Shield. We give thanks to You for our lives which are in your hands, for our souls which are in Your keeping, for Your wondrous providence and Your continuous goodness which You bestow upon us day by day. Truly, Your mercies never fail, and Your love and kindness never cease. Therefore do we put our trust in You.

V'al kulam yitbarach v'yitromam shimcha  
 malkeynu tamid l'olam va-ed.

וְעַל כָּלֶם יִתְבָּרַךְ וְיִתְרֹמַם שְׁמֶךָ  
 מַלְכֵנוּ תָּמִיד לְעוֹלָם וָעֶד.

Blessed and exalted be God's great name always and forever.

U'chtov l'chayim tovim kol b'ney  
 b'ritecha.

וְכָתַב לְחַיִּים טוֹבִים כָּל בְּנֵי  
 בְּרִיתְךָ.

May the people of Your covenant be inscribed for life.

We give thanks to You, Source of mercy, for the grace to show strength, courage and compassion in the face of adversity, trouble, and injustice. May the Day of Atonement remind us always of our sacred heritage and may we always be worthy to proclaim Your truth to all the world.

*Satisfy us with Your goodness and gladden us with Your salvation. Fill us with zeal for Your service and sanctify us with Your mitzvot, that our lives will be a blessing to humanity. Purify us that we may serve You in truth. For You, God, are Truth, and Your word endures forever. We praise You, Eternal One, who sanctifies Your people Israel and the Day of Atonement.*

## Avodah - Worship

## עבודה

R'tzey Adonai eloheynu b'amcha yisrael  
 u-t'filatam b'ahava t'kabeyl,  
 ut'hi l'ratzon tamid avodat  
 yisrael amecha. El karov l'chol  
 kor-av, p'neh el avadecha v'choneynu.  
 Sh'foch ruchacha aleynu v'techezena  
 eyneynu b'shuv'cha l'tzion b'rachamim.  
 Baruch ata Adonai ha-machazir  
 sh'chinato l'tzion.

רְצֵה יי אֱלֹהֵינוּ בְּעַמְךָ יִשְׂרָאֵל  
 וּתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל,  
 וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת  
 יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב לְכֹל  
 קוֹרְאָיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנוֹ.  
 שְׂפוֹךְ רוּחְךָ עָלֵינוּ וְתַחֲזִינָה  
 עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.  
 בְּרוּךְ אַתָּה יי הַמַּחְזִיר  
 שְׁכִינָתוֹ לְצִיּוֹן.

Be gracious, Eternal God, to Your people Israel, and receive our prayers with love. O may our worship be acceptable to You. Fill us with the knowledge that You are near to all who seek You in truth. Let our eyes behold Your presence in our midst and among our people in Zion.

*We praise You, Eternal One, who brings Your Shechinah to Zion.*



Zochreynu, Adonai eloheyenu, bo l'tovah.	זְכַרְנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה.
Amen	אָמֵן.
Ufokdeynu vo livracha. - Amen	וּפְקַדְנוּ בּוֹ לְבְרָכָה. – אָמֵן.
V'hoshiy'eynu vo l'chayim. - Amen	וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. – אָמֵן.

Remember us, Adonai our God for good (amen) and bless us with Your nearness (amen) and keep us in life (amen)

Eloheyenu velohey doroteynu,	אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ,
(r'tzey bim'nuchoteynu)	(רְצֵה בְּמִנוּחֹתֵינוּ),
kad'sheyenu b'mitzvoteycha v'teyn	קַדְשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן
chelkeynu b'toratecha, sabeynu	חֵלְקֵנוּ בְּתוֹרַתְךָ, שְׂבַעֵנוּ
mituvecha v'samcheynu bishuatecha,	מִטּוֹבְךָ וְשִׂמְחָנוּ בִישׁוּעַתְךָ,
v'taher libeynu l'avdecha be-emet.	וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.
Baruch ata Adonai m'kadesh	בָּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ
(ha-shabbat v'yom hakippurim).	(הַשַּׁבָּת וְיוֹם הַכִּפּוּרִים).

Our God and God of all generations, (may our rest on this day be pleasing in Your sight). Sanctify us with your commandments and let your Torah be our way of life. Satisfy us with Your goodness, and let us rejoice in Your salvation. Purify our hearts to serve You in truth. We praise you Adonai, who sanctifies (the Sabbath and) the Day of Remembrance.

### Aleph - א

Remember us, remember us,  
Remember us our God, for good

Zochreynu Adonai eloheyenu bo l'tovah	זְכַרְנוּ יְיָ אֱלֹהֵינוּ בּוֹ לְטוֹבָה
ufokdeynu bo livracha	וּפְקַדְנוּ בּוֹ לְבְרָכָה
v'hoshiy'eynu vo l'chayim	וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים

(Remember us for well-being. Bless us with Your nearness. Help us to a fuller life)

*Liturgy- Kedushat Hayom Festival Tefillah, Music - Dan Nichols*

## Kedushat Hayom - Holiness of This Day

## קְדוּשַׁת הַיּוֹם

Ata b'chartanu ahavta otanu  
 v'ratzita banu v'kidash'tanu  
 b'mitzvotcha v'keravtanu malkeynu  
 la-avodatecha v'shimcha hagadol  
 v'hakadosh aleynu karata.  
 V'titen lanu Adonai eloheynu b'ahava  
 et yom (ha-shabbat hazeh v'et yom)  
 hazikaron hazeh, yom teruah,  
 mikra kodesh, zecher litziat  
 mitzrayim.

אַתָּה בְּחַרְתָּנוּ אָהַבְתָּ אוֹתָנוּ  
 וְרָצִיתָ בָּנוּ וְקִדַּשְׁתָּנוּ  
 בְּמִצְוֹתֶיךָ וְקָרַבְתָּנוּ מִלְּכָנוּ  
 לְעַבֹדְתֶיךָ וְשִׁמְךָ הַגָּדוֹל  
 וְהַקְּדוֹשׁ עָלֵינוּ קָרָאתָ:  
 וְתַתֵּן לָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה  
 אֶת־יוֹם (הַשַּׁבָּת הַזֶּה וְאֶת־יוֹם)  
 הַזְּכוֹרוֹן הַזֶּה, יוֹם תְּרוּעָה,  
 מִקְרָא קֹדֶשׁ, זֵכֶר לִיציֵאת  
 מִצְרַיִם:

In Your love you have chosen us and sanctified us with Your commandments.  
 You have called us to Your service that through us Your great and holy name  
 may become known in all the earth.

You have given us (this Sabbath day and) this Day of Remembrance to hear the  
 sound of the shofar, to unite in worship and to recall the Exodus from Egypt.

Eloheynu velohey avoteynu  
 v'imoteynu, ya'aleh v'yavo v'yizacher  
 zichroneynu kol amcha beyt yisrael  
 l'fanecha l'tovah l'cheyn ul'chesed  
 ul'rachamim l'chayim ul'shalom,  
 b'yom hazikaron hazeh.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
 וְאִמּוֹתֵינוּ, יַעֲלֶה וְיָבֵא וְיִזְכֹּר  
 זְכוֹרֹנֵנוּ כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
 לְפָנֶיךָ לְטוֹבָה לְחַן וּלְחֶסֶד  
 וּלְרַחֲמִים לְחַיִּים וּלְשָׁלוֹם,  
 בְּיוֹם הַזְּכוֹרוֹן הַזֶּה.

Our God and God of our ancestors, be mindful of Your people Israel on this Day  
 of Remembrance, and renew in us love and compassion, goodness, life and  
 peace

Mi chamocha av harachamim,  
zocheyr y'tzurav l'chayim  
b'rachamim.

מִי כְמוֹךָ אֵב הַרְחָמִים,  
זוֹכֵר יְצוּרֵינוּ לְחַיִּים  
בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai, m'chayey hakol.

וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל.  
בְּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, Source of mercy, who in compassion sustains the life of Your children? We put our trust in You, who gives life to all. We praise You, Eternal One, the Source of life.

### **Kedushat Hashem - God's Holiness**

### **קְדוּשַׁת הַשֵּׁם**

Ata kadosh v'shimcha kadosh  
uk'doshim b'chol yom  
y'halelucha selah.  
Baruch ata Adonai hamelech hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ  
וְקְדוֹשִׁים בְּכָל יוֹם  
יְהַלְלוּךָ סֵלָה.  
בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. We praise You, Eternal One, the holy Sovereign

### **Aleph - א**

Days pass and the years vanish, and we walk sightless among miracles. O God, fill our eyes with seeing and our minds with knowing. Let there be moments when Your Presence, like the softness of moonlight, illumines the darkness in which we walk.

*Help us to see wherever we gaze that the bush burns unconsumed.*

And we, clay touched by God, will reach out for holiness and exclaim in wonder: How filled with awe is this place, and we did not know it.

Baruch ata Adonai hamelech hakadosh.

בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. We praise You, Eternal One, the holy Sovereign.

*(Be seated)*

Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotveynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכַרְנוּ לְחַיִּים  
מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְכֹתְבֵנוּ בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
בְּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Remember us for life, Sovereign, who wills us toward life. And write us in the Book of Life for your sake, O God of life.  
Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

## Gevurot - God's Power

## גְּבוּרוֹת

Ata gibor l'olam adonai  
m'chayey hakol ata rav l'hoshia.  
M'chalkeyl chayim b'chesed  
m'chayey hakol b'rachamim rabim.  
Someych noflim v'rofey cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocha ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי  
מְחַיֶּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בְּעַל גְּבוּרוֹת  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יֵשׁוּעָה.

Eternal is Your might, all life is Your gift, great is Your redemptive power. With love You sustain the living and with great compassion give life to all. You support the fallen and heal the sick, You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You in power? Who is like You, God of life and death, Source of salvation?

(All rise in body or in spirit)

**Amidah - The Standing Prayer**

**עמידה**

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהִלָּתְךָ:

Open my lips, Eternal One, so that my mouth may declare Your praise.

**Avot V'imahot - God of our Ancestors**

**אבות ואמהות**

Baruch ata Adonai eloheynu velohey  
avoteynu v'imoteynu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:

Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey Leah.

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem l'ma-an sh'mo  
b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן. גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדַי  
אֲבוֹת וְאִמּוֹת, וְמַבִּיא גְּאֻלָּה  
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ  
בְּאַהֲבָה.

We praise You, Eternal our God, God of our ancestors:  
God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Great, heroic, awesome God, supreme Divinity, who bestows deeds of kindness  
and gives life to all; who is mindful of the loyalty of our ancestors; and who  
brings, with love, redemption to their children's children for the sake of Your  
name.

## Chatzi Kaddish - Reader's Kaddish

## זְצִי קַדִּישׁ

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֶה רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ  
 וְיַמְלִיךְ מַלְכוּתֵיהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאִמְרוּ אָמֵן.

Y'hey sh'mey raba m'varach  
 l'alam ul'almey almaya.

יְהֵא שֵׁמֶה רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעֵלְמֵי עֲלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal sh'mey d'kudsha  
 b'rich hu.  
 L'eyla ul'eyla mikol birchata  
 v'shirata tushb'chata v'nechemata  
 da-amiran b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל שֵׁמֶה דְקֻדְשָׁא  
 בְּרִיךְ הוּא.  
 לְעֵלָא וּלְעֵלָא מְכַל בְּרַכְתָּא  
 וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָּא  
 דְאִמְרִין בְּעֵלְמָא וְאִמְרוּ אָמֵן.

Let God's glory be extolled and God's great name be hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: *Amen*.

May God's great name be blessed forevermore.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: *Amen*.

(On Shabbat, we recite:)

## V'shamru - Covenant of Shabbat

וְשָׁמְרוּ

V'shamru v'ney yisrael et ha-shabbat,

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,

la'asot et ha-shabbat

לַעֲשׂוֹת אֶת הַשַּׁבָּת

l'dorotam brit olam.

לְדוֹרוֹתֵם בְּרִית עוֹלָם.

Beyni uveyn b'ney yisrael ot hi

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא

l'olam.

לְעוֹלָם.

Ki sheyshet yamim asa Adonai

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ

et hashamayim v'et ha-aretz.

אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ.

Uvayom hash'vi-i shavat vayinafash.

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׂ.

The people of Israel shall keep Shabbat, observing Shabbat in every generation as a covenant for all time. It is a sign forever between Me and the Jewish people. For in six days the Eternal God made heaven and earth, and on the seventh day God rested.

## Aleph - א

### The Tapestry of Our Jewish Heritage

The strength of a piece of cloth is in the threads of which the whole is woven.

*The tapestry of our Jewish heritage has in it threads of many colours, from bright gold to somber black.*

With its colours echoing the events of the time, this tapestry was begun many thousands of years ago. Its weaving will continue for the many thousands of years to come.

*The first strands slid through the fingers of Sarah, Rebekah, Leah and Rachel. Their thread was strong, their colours were brilliant.*

The pattern grew, the length increased, and the stories of our heroines and heroes – their deeds, their lives – were woven into a cloth of beauty and lasting strength.

Audrey Lurie

Hashkiveynu Adonai eloheynu l'shalom  
v'ha'amideynu shomreynu l'chayim.

הִשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

(May we lie down, our God in peace and keep us alive.)

Spread the shelter of Your peace over us  
Guide us in wisdom, compassion, and trust  
Save us for the sake of Your name  
Shield us from hatred, sorrow, and pain

Hashkiveynu Adonai eloheynu l'shalom  
v'ha'amideynu shomreynu l'chayim.  
L'chayim l'chayim.

הִשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.  
לְחַיִּים לְחַיִּים.

(May we lie down, our God in peace and keep us alive. For life, for life.)

*Words: Evening Liturgy, Music: Dan Nichols*



**Hashkiveynu - Divine Protection****הַשְׁכִּיבֵנוּ**

Hashkiveynu Adonai eloheynu l'shalom  
v'ha'amideynu shomreynu l'chayim.  
Ufros aleynu sukkat shlomecha  
v'takneynu b'eytza tova milfanecha.

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.  
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ  
וְתַקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.

Ushmor tzeyteynu uvo-enu l'chayim  
ul'shalom mey'ata v'ad olam.

וּשְׁמוֹר צְעֵתֵנוּ וּבּוֹאֲנוּ לְחַיִּים  
וּלְשָׁלוֹם מֵעַתָּה וְעַד עוֹלָם.

Baruch ata Adonai  
haporeys sukkat shalom  
aleynu v'al kol amo yisrael.

בְּרוּךְ אַתָּה יְיָ  
הַפּוֹרֵשׁ סִכַּת שְׁלוֹם  
עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל.

Grant, O Eternal God, that we may lie down in peace, and raise us up, O Creator, to life renewed. Spread over us the shelter of Your peace, guide us with Your good counsel.

O guard our coming and our going, that now and always we have life and peace. We praise You, Eternal One, whose shelter of peace is spread over us and over all Your people Israel.

**Aleph - א**

Grant, O Eternal God, that we may lie down in peace, and raise us up, O Creator, to life renewed. Spread over us the shelter of Your peace, guide us with Your good counsel, and for Your name's sake, be our help.

*Shield us from hatred and plague, keep us from war and famine and anguish, subdue our inclination to evil. O God, our Guardian and Helper, our gracious and merciful Ruler, give us refuge in the shadow of Your wings. O guard our coming and our going, that now and always we have life and peace.*

We praise You, Eternal One, whose shelter of peace is spread over us and over all Your people Israel.

## Mi Chamocha - Who Is Like You?

## מי כמכה

Mi chamocha ba-elim Adonai  
mi kamocha ne'dar bakodesh.  
Nora t'hilot oseh feleh.

מי כמכה באלים יי  
מי כמכה נאדר בקדש.  
נורא תהילת עשה פלא.

Malchut'cha ra-u vanecha, bokeya yam  
lifney moshe,  
zeh eyli anu v'amru.  
Adonai yimloch l'olam va-ed.

מלכותך ראו בניך, בוקע ים  
לפני משה,  
זה אלי ענו ואמרו:  
יי ימלוך לעולם ועד.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendour, doing wonders?

Your children saw Your saving power as the Sea of Reeds parted. "This is my God." they responded. "Adonai will reign forever and ever."

V'ne-emar: Ki fadah Adonai et ya'akov,  
ug'alo miyad chazak mimenu.  
Baruch ata Adonai ga-al yisrael.

ונאמר: כי פדה יי את יעקב,  
וגאלו מיד חזק ממנו.  
ברוך אתה יי גאל ישראל:

As You redeemed Israel and saved us from arms stronger than our own, so may You redeem all those who are still oppressed and persecuted. We praise You, Eternal One, the Redeemer of Israel.

## **Awaiting Redemption**

We worship the power that unites all the universe into one great harmony. That oneness, however, is not yet. We see imperfection, disorder, and evil all about us. But before our eyes is a vision of perfection, order, and goodness: these too we have known in some measure. There is evil enough to break the heart, good enough to exalt the soul. Our people has experienced untold suffering and wondrous redemptions; we await a redemption more lasting, and more splendid, than any of the past.

When will redemption come?

*When we triumph over the violence that fills our world.*

*When we look upon others as we would have them look upon us.*

*When we grant to every person the rights we claim for ourselves.*

Once we were in bondage, then we were free. In that first liberation our people saw revealed the power of the Most High. They perceived that God's presence redeems time and event from the hands of tyrants.

*We, too, affirm the power that makes for freedom.*

*We sing the song that celebrates our deliverance from Egypt and from all bondage.*

*Rabbi Chaim Stern*

## **Standing on the Parted Shores of History**

Standing on the parted shores of history,  
we still believe what we were taught  
before ever we stood at Sinai's foot,

*that wherever we are, it is eternally Egypt  
that there is a better place, a Promised Land;  
that the winding way to that promise  
passes through the wilderness.*

That there is no way to get from here to there  
except by joining hands, marching  
together.

*Michael Walzer*

## Ge-ula - Redemption



### Aleph - א

They said redemption would come,  
only when no one's expecting it anymore,  
and one night they sat silent and awake  
at the thresholds of their stores and homes  
and didn't expect redemption,  
and when dawn rose  
there were tears rolling down from all the rooftops.

*Rivka Miriam*

### Emet v'Emunah - Truth and Faithfulness in the night

Our Sages taught:

It is proper to mention the Exodus from Egypt in our morning prayers and also at night.

We celebrate the going-out from Egypt in the morning light,  
full of confidence and vigor as we enter a new day.

But in the evening, weary from the day's exertions,  
cast down and fearful at the coming of the night —  
what can the Exodus teach us then?

Our nighttime prayer brings hope and trust in the future.  
As God did not abandon our people long ago — through the long,  
dark night of exile —  
so the Holy One will be with us in time to come.  
To stand by the one you love: that is the true essence of faithfulness,  
the meaning of *emunah*.

So it is written in the Psalms:

"To proclaim Your kindness in the morning, and Your faithfulness in the nights."

Sing with joy in the mornings of your life,  
when light surrounds you and the work seems beautiful and good.  
And in the evenings of your life,  
when you dwell in sorrow and the world seems dark,  
do not despair.

*Rabbi Sheldon Marder and Rabbi Janet Marder*

Uk'shartam l'ot al yadecha  
v'hayu l'totafot beyn eynecha.  
Uch'tavtam al mezuzot beytecha  
u'visharecha.

וְקִשְׂרֹתֶם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:  
וְכָתַבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ  
וּבְשַׁעֲרֶיךָ:

Bind them as a sign upon your hand, and let them be a symbol before your eyes.  
Inscribe them on the doorposts of your house and on your gates.

L'ma-an tizk'ru va'asitem  
et kol mitzvotai vih'yitem k'doshim  
leyloheychem.

לְמַעַן תִּזְכְּרוּ וְעַשִּׂיתֶם  
אֶת-כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים  
לְאֱלֹהֵיכֶם:

Be mindful of all My mitzvot, and do them. So shall you consecrate yourselves to  
your God.

Ani Adonai eloheychem asher  
hotzeyti etchem meyeretz mitzrayim  
lih'yot lachem leylohim  
ani Adonai eloheychem. Emet

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לְהִיּוֹת לָכֶם לְאֱלֹהִים  
אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

I, Adonai, am your God who led you out of Egypt to be your God. I, Adonai, am  
your God. This is truth.

*(Be seated)*

(All rise in body or in spirit)

## Sh'ma - Hear

שְׁמַע

Sh'ma yisrael Adonai eloheynu

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ

Adonai echad.

יְהוָה אֶחָד

Baruch shem k'vod malchuto

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ

l'olam va-ed.

לְעוֹלָם וָעֶד

Hear, O Israel: Adonai is our God, Adonai is One

Blessed is God's glorious dominion forever and ever

V'ahavta et Adonai eloheycha

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ

b'chol l'avcha uv'chol nafsh'cha

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשֶׁךָ

uv'chol m'odecha.

וּבְכָל-מְאֹדְךָ:

V'hayu had'varim ha-eyleh asher anochi

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי

m'tzav'cha hayom al l'avvecha.

מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ:

You shall love Adonai your God with all your heart, with all your soul, with all your might. Reflect on these words which I command you this day, and take them to heart.

V'shinantam l'vanecha v'dibarta bam

וְשִׁנַּנְתֶּם לְבָנֵיךָ וּדְבַרְתָּ בָּם

b'shivt'cha b'veytecha uv'lecht'cha

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַחְתְּךָ

vaderech uv'shochb'cha uv'kumecha.

בְּדַרְךָ וּבְשׁוֹכְבְּךָ וּבְקוּמְךָ:

Teach them faithfully to your children. Speak of them in your home and on your way, when you lie down and when you rise up.

**Ahavat Olam - Revelation****אהבת עולם**

Ahavat olam beyt yisrael  
 amcha ahavta, torah u'mitzvot  
 chukim u'mishpatim otanu limad'ta.  
 Al keyn Adonai eloheynu b'shochveynu  
 uv'kumeynu nasiach b'chukecha  
 v'nismach b'divrey toratecha  
 uv'mitzvotecha l'olam va-ed.  
 Ki heyim chayeynu v'orech yameynu  
 uvahem ne-hegeh yomam va-laila.  
 V'ahavat'cha al tasir mimenu  
 l'olamim. Baruch ata Adonai  
 ohev amo yisrael.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל  
 עִמָּךְ אַהֲבַת, תּוֹרָה וּמִצְוֹת  
 חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.  
 עַל כֵּן יי אֱלֹהֵינוּ בְּשׁוֹכְבֵנוּ  
 וּבְקוּמֵנוּ נִשְׁיַח בְּחֻקֶיךָ  
 וְנִשְׁמַח בְּדַבְרֵי תּוֹרַתְךָ  
 וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
 כִּי הֵם חַיֵּינוּ וְאֲרָךְ יָמֵינוּ  
 וּבָהֶם נִהְגֶה יוֹמָם וְלַיְלָה.  
 וְאַהֲבַתְךָ אֶל תִּסִּיר מִמֵּנוּ  
 לְעוֹלָמִים. בְּרוּךְ אַתָּה יי  
 אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Unending is Your love for Your people, the House of Israel. Torah and mitzvot, laws and precepts have You taught us. Therefore, our Eternal God, when we lie down and when we rise up, we will meditate on Your laws and rejoice in Your Torah and mitzvot forever. Day and night we will reflect on them, for they are our life and the length of our days. Your love shall never depart from our hearts. We praise You, Eternal One, who loves Your people Israel.

**Aleph - א**

Unending is Your love for Your people, the House of Israel. Torah and mitzvot, laws and precepts have You taught us.

*Therefore, our Eternal God, when we lie down and when we rise up, we will meditate on Your laws and rejoice in Your Torah and mitzvot forever.*

Day and night we will reflect on them, for they are our life and the length of our days.

*Your love shall never depart from our hearts. We praise You, Eternal One, who loves Your people Israel.*

## Ma'ariv Aravim - Creation

## מעריב ערבים

Baruch ata Adonai eloheynu  
 melech ha-olam, asher bidvaro  
 ma'ariv aravim.  
 B'chochma poteyach, sh'arim,  
 uvitvuna m'shaneh itim,  
 umachalif et hazmanim,  
 um'sadeyr et hakochavim  
 b'mishm'roteyhem barakiya kirtzono.  
 Borey yom va-laila,  
 goleyl or mipney choshech  
 v'choshech mipney or,  
 uma'avir yom umeyvi lay'la,  
 umavdil beyn yom uveyn lay'la,  
 Adonai tz'vaot sh'mo.  
 El chai v'kayam, tamid yimloch  
 aleynu l'olam va-ed.  
 Baruch ata Adonai, hama'ariv aravim.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
 מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ  
 מַעְרִיב עֶרְבִים.  
 בְּחָכְמָה פּוֹתֵחַ, שְׁעָרִים,  
 וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,  
 וּמַחְלִיף אֶת הַזְּמַנִּים,  
 וּמְסַדֵּר אֶת הַכּוֹכָבִים  
 בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרִצּוֹנוֹ.  
 בּוֹרֵא יוֹם וְלַיְלָה,  
 גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ  
 וְחֹשֶׁךְ מִפְּנֵי אוֹר,  
 וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה,  
 וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,  
 יְיָ צְבָאוֹת שְׁמוֹ.  
 אֵל חַי וְקַיָּם, תָּמִיד יִמְלֹךְ  
 עָלֵינוּ לְעוֹלָם וָעֶד.  
 בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֶרְבִים.

We praise you, Eternal our God, whose presence fills creation. Your word brings on the evening twilight. You open the gates of dawn with wisdom, and with foresight you make times pass and seasons change. Your plan sets the courses of stars in the sky, creating day and night, turning light into darkness and darkness into light. You make the day fade away and bring on the night, separating day and night. You rule the hosts of heaven. We praise You, Eternal One, who brings on the evening twilight.



Kul'hon icharatna v'hon.

Kul'hon y'hon sheran, shevikin

shevitin, beteylin um'vutalin,

lo sharirin v'lo kayamin.

Nidrana lo nidrei, ve'esarana lo

esarey, ushvuatana lo shevuot.

כְּלֵהוֹן אַחֲרֵטָנָא כְּהוֹן.  
כְּלֵהוֹן יְהוֹן שְׂרָן, שְׂבִיקִין  
שְׂבִיתִין, בְּטֵלִין וּמְבַטְלִין,  
לֹא שְׂרִירִין וְלֹא קַיָּמִין.  
נִדְרָנָא לֹא נִדְרֵי, וְאֶסְרָנָא לֹא  
אֶסְרֵי, וְשְׂבוּעַתָּנָא לֹא שְׂבוּעוֹת.

May they be dissolved and annulled. These vows shall not be binding vows, these prohibitions shall not be binding prohibitions, these oaths shall not be binding oaths.

Knowingly or not, the whole community of Israel and all who live among them have sinned; let them be forgiven.

As, in Your love, You have been patient with this people from the time You led us out of Egypt to the present day, so, in Your great love, may You forgive Your people now.

Vayomer Adonai "salachti kidvarecha."

וַיֹּאמֶר יי "סָלַחְתִּי כִּדְבָרְךָ."

And God said: "I have pardoned in response to your plea."

*(The Torah is returned to the Ark)*

## The Sh'ma and its Blessings

## שְׁמַע וּבְרֻכּוֹתֶיהָ

### Barchu

### בְּרָכוּ

Barchu et Adonai ham'vorach

בְּרָכוּ אֶת יי הַמְּבֹרָךְ

Baruch Adonai ham'vorach l'olam va-ed.

בְּרוּךְ יי הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal God, the Blessed One.

The Eternal is to be praised forever and ever.

*(Be seated)*

Bishiva shel mala uvishiva  
 shel mata, al da-at hamakom  
 v'al da-at hakahal, anu matirin  
 l'hitpalel im ha'avaryanim.

בִּישִׁיבָה שֶׁל מַעֲלָה וּבִישִׁיבָה  
 שֶׁל מַטָּה, עַל דַּעַת הַמָּקוֹם  
 וְעַל דַּעַת הַקְּהָל, אָנוּ מַתִּירִין  
 לְהִתְפַּלֵּל עִם הָעֹבְרִינִים.

In the sight of God and of the congregation, no matter how far some of us may have transgressed by departing from our people and our heritage, we pray as one on this Night of Repentance. Kol Nidrei: a whisper of wings, as promises are remembered. Saint and sinner alike commune with the Most High. We are at one.

*Heart of all life, from this Day of Atonement to the next – may we reach it in peace – all Israel makes these vows: to turn from sin and wrongdoing, and to walk in the way of Your Law, the path of justice and right. Yet we know our weakness – how prone we are to fail: help us to keep these vows made with contrite hearts. We have come to seek pardon and forgiveness.*

Kol nidrei ve'esarei vacharamey,  
 v'konamey v'chinuyeh, v'kinusey  
 ushvu'ot, dindarna  
 ud'ish'tabana,  
 ud'acharimna v'di-asarna al  
 nafshatana, miyom kipurim zeh ad  
 yom kipurim haba aleynu l'tovah.

כָּל נִדְרֵי וְאֶסְרֵי וְחָרַמֵי,  
 וְקוֹנָמֵי וְכִנּוּיֵי, וְקִנּוּסֵי  
 וּשְׁבוּעוֹת, דִּינְדַרְנָא  
 וְדִאִשְׁתַּבְּעָנָא,  
 וְדִאֲחַרִּימָנָא וְדִאֲסַרְנָא עַל  
 נַפְשַׁתְנָא, מִיּוֹם כְּפוּרִים זֶה עַד  
 יוֹם כְּפוּרִים הַבָּא עָלֵינוּ לְטוֹבָה.

All the vows, promises and oaths we make with God, all the obligations and restrictions we place on ourselves in God's name, all the harsh things we say only to regret them, the things we promise and forget, and the deals we bargain with God in a moment of duress, the good-hearted resolutions we cannot fulfill after honest effort — for all of these, from this Yom Kippur to the next, we request release.

## Yom Tov Lights

Baruch ata Adonai eloheynu  
 melech ha-olam  
 asher kidshanu b'mitzvotav  
 v'tzivanu l'hadlik ner  
 (shel shabbat v'shel  
 yom hakippurim.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
 מֶלֶךְ הָעוֹלָם  
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
 וְצִוָּנוּ לְהַדְלִיק נֵר  
 (שֶׁל שַׁבָּת וְשֶׁל  
 יוֹם הַכִּפּוּרִים).

We praise You, Eternal our God, whose presence fills creation. You bring us holiness through mitzvot, and have commanded us to light the candles of Yom Kippur.

Baruch ata Adonai  
 eloheynu melech ha-olam  
 shehecheyanu v'kiymanu  
 v'higiyanu lazman hazeh.

בְּרוּךְ אַתָּה יְיָ  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
 שֶׁהַחַיָּנוּ וְקִיַּמְנוּ  
 וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

We praise You, Eternal our God, whose presence fills creation, for giving us life, for sustaining us, and for enabling us to reach this season.

## Kol Nidrei - All Vows

## כָּל נִדְרֵי

*(All rise in body or spirit as the Ark is opened)*

Kol Nidre is the prayer of people not free to make their own decisions, people forced to say what they do not mean. In repeating this prayer, we identify with the agony of our forebears who had to say "yes" when they meant "no." Kol Nidre is also a confession: we are all transgressors, all exiled from the Highest we know, all in need of the healing of forgiveness and reconciliation. For what we have done, for what we may yet do, we ask pardon; for rash words, broken pledges, insincere assurances, and foolish promises, may we find forgiveness.

*For transgressions against God, the Day of Atonement atones; but for transgressions of one human being against another, the Day of Atonement does not atone until they have made peace with one another.*

*Kol Nidre*

Open our hearts to serve You in the coming year  
as we empty ourselves of all pretense.

*We are ready to begin once again.*

*Rabbi Michael Lutz*

## **Lighting Yizkor Lights**

At birth, a miracle:

You light the spark in every human soul

*Emerging into the light, we breathe it in –  
the neshama, Your sacred gift of life*

And every day, every breath  
comes to us as a miracle

*The light within us - unique and precious,  
is with us always while we live*

When breath has ceased and life has gone,  
the neshama returns to You

*And the spark that lived inside the ones we love,  
unique, and precious, and beautiful is theirs no more*

Their light is ours; their radiance now burns in us,  
eternal flame of memory

*So we light candles, to keep our love alive,  
to bring their light into the world*

A light unique and precious,  
ours to treasure, while we live

*A ner tamid that lights our days  
and gives us strength to journey through the nights*

*Mishkan HaNefesh - Rabbis Janet & Sheldon Marder*

## **A Blessing for Kol Nidre**

We gather in humility tonight,  
before You  
Eternal One  
with our failings,  
which are humbling,  
and our heartbreaks,  
which are abundant.

*Forgive us, we beg—  
for all the promises we did not keep,  
for failing to live up to our word,  
for neglecting the life of our souls.*

This night of fasting,  
we are hungry:  
for comfort,  
for meaning,  
for affection.  
Forgive us for  
when we sought to find them in shadowy places,  
when we lacked empathy for each other,  
when our compassion played hide and seek.

*Feed us, this Kol Nidre,  
with a Torah of hope,  
with melodies of dignity and harmonies of justice,  
with a prayerful call to service.*

Nourish us  
in prayer and contemplation,  
in the ancient words of our sages,  
by asking forgiveness for those we have wronged,  
and turning our lives toward hospitality  
and the embrace of all your creation.

*Forgive us, Adonai, Creator of the Universe,  
for when we did not live up to the best image of ourselves.  
Source of Divine Forgiveness,  
forgive us as we seek to forgive one another  
and to forgive ourselves.*

# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

## סדר ערב יום כיפור

כל נדרי

Seder Erev Yom Kippur  
Kol Nidre

**The order for the Yom Kippur Eve service  
All Vows**



V'hu eyli v'chai go'ali,  
v'tzur chevli b'eyt tzara.  
V'hu nisi umanos li  
M'nat kosi b'yom ekra.

וְהוּא אֱלֹהֵי יְחִי גֹאֲלִי,  
וְצוּר חֶבְלֵי בַּעַת צָרָה.  
וְהוּא נִסִּי וּמְנוֹס לִי  
מִנַּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

You are my God, my living Redeemer. Rock of my affliction in time of trouble.  
You are my banner and refuge. My Benefactor on whom I call.

B'yado afkid ruchi,  
b'eyt ishan v'a-ira.  
V'im ruchi g'viyati,  
Adonai li v'lo ira.

בְּיָדוֹ אֶפְקִיד רוּחִי,  
בַּעַת אִישָׁן וְאֶעִירָה.  
וְעִם רוּחִי גְוִיִּתִי,  
יְי לִי וְלֹא אִירָא.

Into Your hand I commit my spirit. When I sleep and when I wake. And with my  
spirit my body also, God is with me, I will not fear.



שָׁנָה טוֹבָה וּמְתוּקָה

*Shana Tova Umetukah*

*We wish you a good and sweet year!*



## Adon Olam - God of Everything

## אֲדוֹן עוֹלָם

Adon olam asher malach,  
b'terem kol y'tzir nivra.  
L'eyt na'asa v'cheftzo kol,  
azai melech sh'mo nikra.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,  
בְּטֶרֶם כָּל יִצִיר נִבְרָא.  
לְעֵת נַעֲשֶׂה בְּחִפְזוֹ כָּל,  
אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

Eternal ruler who reigned supreme before all of creation was drawn. When it was finished according to Your will, then Sovereign was Your name proclaimed to be.

V'acharey kichlot hakol,  
l'vado yimloch nora.  
V'hu haya, v'hu hoveh,  
v'hu yih'yeh, b'tifara.

וְאַחֲרַי כְּכֹלֹת הַכֹּל,  
לְבַדּוֹ יִמְלֹךְ נֹרָא.  
וְהוּא הָיָה, וְהוּא הוֹבֵה,  
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

When this world shall be no more, in majesty You still shall reign. And God was and God is, and God will be in glory.

V'hu echad v'eyn sheyni,  
l'hamshil lo l'hachbira.  
B'li reysheet b'li tachlit,  
v'lo ha-oz v'hamisra.

וְהוּא אֶחָד וְאֵין שֵׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,  
וְלֹא הָעוֹז וְהַמְשִׁרָה.

Alone are You, there is no second. Without division or ally; without beginning, without end, to You alone are the power and sovereignty.

Y'hey shlama raba min sh'maya  
v'chayim aleynu v'al kol yisrael  
v'imru amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן.

Oseh shalom bimromav  
hu ya'aseh shalom  
aleynu v'al kol yisrael  
v'al kol b'ney adam v'imru amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו  
הוּא יַעֲשֶׂה שְׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל בְּנֵי אָדָם וְאָמְרוּ אָמֵן.

May there be abundant peace and life from heaven upon us and upon all Israel.  
And let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend  
on us, on all Israel and on all the world. And let us say: *Amen*.

May the Source of peace send peace to all who mourn and comfort to all who  
are bereaved. And let us say: *Amen*.

*(Be seated)*

**Kaddish - Mourner's Kaddish**

קדיש

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתֵהּ  
 וְיַמְלִיךְ מַלְכוּתֵהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאָמְרוּ אָמֵן.

Let God's great name be exalted and hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all the House of Israel, speedily and very soon. And let us say: *Amen*.

Y'hey sh'mey raba m'varach  
 l'alam ul'almeiy almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal  
 sh'mey d'kudsha b'rich hu.  
 L'eyla min kol birchata v'shirata  
 tushb'chata v'nechemata da-amiran  
 b'alma v'imru amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל  
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.  
 לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא  
 תְּשֻׁבְחָתָא וְנַחֲמָתָא דְאֲמִירָן  
 בְּעֵלְמָא וְאָמְרוּ אָמֵן.

May God's great name be blessed forevermore.

Blessed and praised, glorified and exalted, extolled and honoured, adored and lauded, is the name of the Blessed Holy One, above and beyond all blessings, hymns, praises and consolations that are uttered in the world. And let us say: *Amen*.

## Meditations Before the Kaddish

### Aleph - א

#### Heirloom

My father bequeathed me no wide estates;  
No keys and ledgers were my heritage;  
Only some holy books with yahrzeit dates  
Writ mournfully upon a blank front page.

*The snuff left on this page, now brown and old,  
The tallow stains of midnight liturgy,  
These are my coat of arms, and these unfold  
My noble lineage, my proud ancestry.*

And my tears, too, have stained this heirloomed ground,  
When reading in these treatises some weird  
Miracle, I turned a leaf and found  
A white hair fallen from my father's beard.

*A.M.Klein (adapted)*

### Bet - ב

#### The Eye that Blinks

Human beings do not live forever. We live less than the time it takes to blink an eye, if we measure our eyes against eternity. So it may be asked what value is there to a human life. There is so much pain in the world. What does it mean to have to suffer so much if our lives are nothing more than the blink of an eye?

*I learned a long time ago that a blink of an eye in itself is nothing. But the eye that blinks, that is something. A span of life is nothing. But the person who lives that span is something. We can fill that tiny span with meaning, so its quality is immeasurable though its quantity may be insignificant. We must fill life with meaning, meaning is not automatically given to life.*

*Chaim Potok from The Chosen (adapted)*

Sheh-hu noteh shamayim v'yoseyd aretz  
u-moshav y'karo ba-shamayim mima-al,  
ushchinat uzo b'govhey m'romim  
hu eloheyntu eyn od.  
Emet malkeyntu efes zulato,  
kakativ b'torato. V'yadata hayom  
va-hasheyvota el l'vavecha  
ki Adonai hu ha'elohim  
ba-shamayim mima-al  
v'al ha-aretz mitachad eyn od.

שְׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ  
וּמוֹשָׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל,  
וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים  
הוּא אֱלֹהֵינוּ אֵין עוֹד.  
אֱמֶת מַלְכֵנוּ אֶפֶס זִוְלָתוֹ,  
כְּכָתוּב בְּתוֹרָתוֹ: וַיִּדְעָתָ הַיּוֹם  
וְהִשְׁבַּת אֶל לְבָבָךְ  
כִּי יְיָ הוּא הָאֱלֹהִים  
בַּשָּׁמַיִם מִמַּעַל  
וְעַל הָאָרֶץ מִתְחַד אֵין עוֹד.

God spread out the heavens and established the earth. The Eternal is our God, there is none else. In truth God alone is our Ruler, as it is written: "Know then this day and take it to heart: Adonai is God in the heavens above and on the earth below. There is none else."

V'ne-emar: V'haya Adonai l'melech  
al kol ha-aretz.  
Bayom hahu yih'yeh Adonai echad  
ush'mo echad.

וְנֵאמַר: וְהָיָה יְיָ לְמֶלֶךְ  
עַל כָּל הָאָרֶץ.  
בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד  
וּשְׁמוֹ אֶחָד.

And it is said: "Adonai shall reign over all the Earth. On that day Adonai shall be One and God's name shall be One."

*(Be seated)*

(All rise in body or in spirit)

## Aleynu - It's Up to Us

עֲלֵינוּ

Aleynu l'shabeyach la'adon hakol  
lateyt g'dula l'yotzeyr b'reysheet.  
Asher sahm chelkeynu l'yacheyd  
et sh'mo  
v'goraleynu l'hamlich malchuto.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל  
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.  
אֲשֶׁר שָׂם חֻלְקָנוּ לְיַחַד  
אֶת שְׁמוֹ  
וְגוֹרְלָנוּ לְהַמְלִיךְ מַלְכוּתוֹ.

Va'anachnu korim  
umishtachavim umodim  
lifney melech malchey hamlachim  
hakadosh baruch hu.

וְאֲנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

It is our duty to praise the supreme Ruler, to recognize the greatness of our Creator. For our heritage is to affirm God's unity and our destiny is to work toward the coming of the Messianic Age.

We therefore bend the knee in awe and thanksgiving before the One who is sovereign over all, the Holy Blessed One.

## Returning the Torah to the Ark

Y'halelu et shem Adonai ki nisgav

sh'mo l'vado.

Hodo al eretz v'shamayim.

Vayarem keren l'amo

t'hila l'chol chasidav, livney

yisrael am k'rovo, halleluya.

יְהַלְלוּ אֶת שֵׁם יי כִּי נִשְׁגָּב

שְׁמוֹ לְבָדוֹ:

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.

וַיָּרֶם קֶרֶן לְעַמּוֹ

תְּהִלָּה לְכָל חַסִּידָיו, לְבָנָי

יִשְׂרָאֵל עִם קְרוּבוֹ, הַלְלוּיָהּ.

Let us praise the name Adonai, for God alone is exalted. God's splendour covers heaven and earth and lights the beacon for our people, giving glory to God's faithful ones, Israel, a people close to God. Halleluyah!

Eytz chayim hi lamachazikim ba

v'tomcheha m'ushar.

D'racheha darchey no-am

v'chol n'tivoteha shalom.

Hashiveynu Adonai eleycha v'nashuva

chadeysh yameynu k'kedem.

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ

וְתִמְכֶיהָ מְאֹשֶׁר.

דְּרָכֶיהָ דְרָכֵי נֵעִם

וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.

הַשִּׁיבֵנוּ יי אֵלֶיךָ וְנָשׁוּבָה

חֲדֵשׁ יָמֵינוּ כְּקֶדֶם.

It is a tree of life to them that hold fast to it, and all its supporters are happy. Its ways are ways of pleasantness, and all its paths are peace. Cause us to return, Eternal One, and we shall return. Renew our days as of old.

*(Be seated)*

## For Our Nation and Its Leaders

May the One who blessed the patriarchs and matriarchs of our people also bless all those who hold positions of leadership and responsibility in our public life. May they be responsive to Your will, so that our nation may be to the world an example of justice and compassion.

*Deepen our love for our country and our desire to serve all who dwell in it. Teach us to uphold its good name by our own right conduct; and keep us safe always from affliction, strife and war. And let us say: Amen.*

## For the State of Israel

Tzur yisrael v'go-alo, bareych na  
et m'dinat yisrael, hag'shamat  
tikvateynu.

צור יִשְׂרָאֵל וְגוֹאֲלוֹ, בְּרַךְ נָא  
אֶת מְדִינַת יִשְׂרָאֵל, הַגְּשֵׁמַת  
תְּקוּתֵנוּ.

O God, please bless and protect the State of Israel, our Jewish homeland. Send Your light and Your truth to everyone who lives there - Jew and non-Jew alike - and help us all to work together towards peace. Help Israel's judges, teachers and political leaders work toward justice, freedom and honesty in everything they do. Bless our people wherever we live, and teach us to keep a special love for Israel in our hearts so that some day we too can walk upon the land of our ancestors and fulfill their wish: To be a free people in our land, the of Zion and Jerusalem.



## Mi Shebeyrach - May the One Who Blesses

מִי שֶׁבֵרַךְ

*(All rise in body or in spirit)*

### For Healing

Mi shebeyrach avoteynu  
m'kor hab'racha l'imoteynu

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

May the source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing.  
And let us say: Amen.

Mi shebeyrach imoteynu  
m'kor hab'racha l'avoteynu

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with refua shleyma,  
the renewal of body, the renewal of spirit.  
And let us say: Amen.

*Debbie Friedman*

### For Our Community

May the One who blessed the patriarchs and matriarchs of our people also bless  
this holy congregation and all those who have been called to the Torah to praise  
God's name on this (Shabbat day and this) Day of Remembrance.

*May the Holy One bless and protect them. May God send blessing upon all  
their worthy deeds. And let us say: Amen.*

## Shofar Blast

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Tekiah! (*Tekiah!*)

תְּקִיעָה!

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Shevarim! (*Shevarim!*)

שְׁבָרִים!

Tekiah! (*Tekiah!*)

תְּקִיעָה!

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Teru-ah-ha-ha-ha-ha-ha-ha-ha!

תְּרוּעָה!

(*Teru-ah-ha-ha-ha-ha-ha-ha-ha*)

Shevarim! (*Shevarim!*)

שְׁבָרִים!

Tekiah! (*Tekiah!*)

תְּקִיעָה!

I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Happy, happy, happy new year!

Tekiah gedolah! (*Tekiah gedolah!*)

תְּקִיעָה גְּדוֹלָה!

*I like to hear the shofar blast. Sometimes slow and sometimes fast! I like to hear the shofar blast. Have a happy, happy, happy new year!*

## Shofarot - Listening

## שׁוֹפָרוֹת

The third part of the shofar service reminds us that the shofar was heard at Mount Sinai when God gave us the Torah. It will be heard again, around the world, when the messianic age comes to bring peace to all people.

*As we listen to the final call of the shofar, we promise to continue working for a world of peace, a world of gentleness, a world that will welcome God's presence to dwell within.*

Baruch ata Adonai shomeya kol  
t'ruat amo yisrael b'rachamim.

בְּרוּךְ אַתָּה יְיָ שׁוֹמֵעַ קוֹל  
תְּרוּעַת עַמּוֹ יִשְׂרָאֵל בְּרַחֲמִים.

We praise You, Adonai, who hears the voice of your people Israel in mercy.

*(All rise in body or spirit as the shofar is sounded)*

Tekiah. Shevarim teruah.

תְּקִיעָה: שְׁבָרִים־תְּרוּעָה:

Tekiah. Tekiah. Shevarim.

תְּקִיעָה: תְּקִיעָה: שְׁבָרִים:

Tekiah. Tekiah. Teruah.

תְּקִיעָה: תְּקִיעָה: תְּרוּעָה:

Tekiah gedolah!

תְּקִיעָה גְּדוֹלָה!

*(Be seated)*

(All rise in body or spirit as the Shofar is sounded)

**Malchuyot - Sovereignty**

**מַלְכוּת**

Tekiah. Shevarim-Teruah.

תְּקִיעָה: שְׁבָרִים-תְּרוּעָה:

Tekiah. Tekiah. Shevarim.

תְּקִיעָה: תְּקִיעָה: שְׁבָרִים:

Tekiah. Tekiah. Teruah.

תְּקִיעָה: תְּקִיעָה: תְּרוּעָה:

Tekiah.

תְּקִיעָה:

God placed us here to bring goodness to the world. We must remember to take care of our planet and to protect all creatures that live on Earth.

(Be seated)

**Zichronot - Remembrance**

**זְכוֹרוֹת**

This part of the shofar service reminds us that we and God have a partnership that we call the *brit*, the covenant.

*On Rosh Hashanah, God asks us to remember this covenant and to follow the teachings of Torah so that we can make a better world for everyone.*

Baruch ata Adonai zocheyr habrit.

בָּרוּךְ אַתָּה יְיָ זוֹכֵר הַבְּרִית.

We praise You, Adonai, who remembers the covenant.

(All rise in body or spirit as the shofar is sounded)

Tekiah. Shevarim teruah.

תְּקִיעָה: שְׁבָרִים-תְּרוּעָה:

Tekiah. Tekiah. Shevarim.

תְּקִיעָה: תְּקִיעָה: שְׁבָרִים:

Tekiah. Tekiah. Teruah.

תְּקִיעָה: תְּקִיעָה: תְּרוּעָה:

Tekiah.

תְּקִיעָה:

(Be seated)

## Seder Tekiah Shofar - Sounding the Shofar סדר תקייה שופר

Now we shall listen to a new voice – but it is not the voice of any person. It is the voice of the shofar. The shofar is a special instrument, and its music is not like any other music we know.

*The sounds it makes are new and different sounds – just as different and new as Rosh Hashanah itself. As we listen to the shofar, we ask God to open our ears so that we may understand its voice, and to open our hearts so that we may pray with all our might.*

Baruch ata Adonai  
eloheynu melech ha-olam  
asher kidshanu b'mitzvotav v'tzivanu  
lishmoa kol shofar

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְשִׁמְעַ קוֹל שׁוֹפָר

Baruch ata Adonai  
eloheynu melech ha-olam  
shehecheyanu v'kiymanu  
v'higyanu lazman hazeh.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהַחַיֵּינוּ וְקִיְמָנוּ  
וְהַגִּיעָנוּ לְזִמְן הַזֶּה.

We praise You, Eternal our God, whose presence fills creation. You bring us holiness through mitzvot, and have commanded us to hear the shofar.

We praise You, Eternal our God, whose presence fills creation, for giving us life, for sustaining us, and for enabling us to reach this season.

## Blessing After the Haftarah Reading

Baruch ata Adonai eloheynu melech  
 ha-olam tzur kol ha-olamim  
 tzaddik b'chol hadorot ha-eyl  
 hane'eman ha-omer v'oseh  
 ham'dabeir um'kayem  
 shekol d'varav emet vatzedek.  
 Al hatorah, v'al ha'avoda,  
 v'al han'vi-im,  
 (v'al yom ha-shabbat hazeh)  
 v'al yom hazikaron hazeh,  
 shenatata lanu Adonai eloheynu,  
 (lik'dusha v'lim'nucha) l'chavod  
 ul'tifaret. Al hakol Adonai eloheynu,  
 anachnu modim lach, um'var'chim  
 otach, yitbarach shimcha b'fi kol  
 chai tamid l'olam va-ed.  
 Ud'varcha emet v'kayam la-ad.  
 Baruch ata Adonai, melech  
 al kol ha-arets, m'kadesh  
 (ha-shabbat v'yisrael v'yom hazikaron.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם צוּר כָּל הָעוֹלָמִים  
 צַדִּיק בְּכָל הַדּוֹרוֹת הָאֵל  
 הַנֶּאֱמָן הָאוֹמֵר וְעוֹשֶׂה  
 הַמְדַבֵּר וּמְקַיֵּם  
 שְׁכָל דְּבָרָיו אֱמֶת וְצֶדֶק.  
 עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה,  
 וְעַל הַנְּבִיאִים,  
 (וְעַל יוֹם הַשַּׁבָּת הַזֶּה),  
 וְעַל יוֹם הַזִּכְרוֹן הַזֶּה,  
 שִׁנַּתַּתָּ לָנוּ יְיָ אֱלֹהֵינוּ,  
 (לְקִדְשָׁה וְלִמְנוּחָה), לְכָבוֹד  
 וְלִתְפָאֳרָת. עַל הַכֹּל יְיָ אֱלֹהֵינוּ,  
 אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים  
 אוֹתְךָ, יִתְבָּרֵךְ שְׁמֶךָ בְּפִי כָּל  
 חַי תָּמִיד לְעוֹלָם וָעֶד.  
 וּדְבָרְךָ אֱמֶת וְקַיִם לְעֶד.  
 בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ  
 עַל כָּל-הָאָרֶץ, מְקַדֵּשׁ  
 (הַשַּׁבָּת וְיִשְׂרָאֵל וְיוֹם הַזִּכְרוֹן).

Praised be the Eternal God, Ruler of the universe, Rock of all creation, righteous in all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets and for this (Shabbat and this) Day of Remembrance, that You, our Eternal God have given us for (holiness and rest,) honour and glory, we thank and bless You. May Your name be blessed forever by every living being, for Your word is true forever. We praise you God, Ruler of all the earth, for the holiness of (the Sabbath), the House of Israel and the Day of Remembrance.

וַיֹּאמֶר נְזֻמְיָה הוּא הַתְּרַשָּׁתָא וְעִזְרָא הַכֹּהֵן הַסֹּפֵר וְהַלְוִיִּם הַמְּבִינִים  
אֶת־הָעָם לְכֹל־הַעֵם הַיּוֹם קֹדֶשׁ־הוּא לִיהוָה אֱלֹהֵיכֶם אַל־תִּתְאָבְלוּ  
וְאַל־תִּבְכּוּ פִּי בּוֹכִים כָּל־הָעָם פְּשִׁמְעִים אֶת־דְּבַר־יְהוָה: וַיֹּאמֶר  
לָהֶם לֶכּוּ אֲכָלוּ מִשְׂמֵנִים וּשְׂתוּ מִמִּתְקִים וּשְׂלִזוּ מִנּוֹת לֵאמֹן נֶכּוֹן  
לֹא פִי־קָדוֹשׁ הַיּוֹם לֵאדֹנָי וְאַל־תִּעֲצֹבוּ פִּי־וַיְדַוֵּת יְהוָה הִיא  
מִעֲדֵיכֶם:

*Nehemiah 8:9-10*

Vayomer n'chem'ya hu hatir'shata v'ezra hakoheyn hasofer v'hal'vi-im  
ham'vinim et ha-am l'chol ha-am hayom kadosh hu l'Adonai eloheychem al  
tit'ab'lu v'al tiv'chu ki vochim kol ha-am k'sham'am et divrei hatorah. Vayomer  
lahem l'chu ich'lu mashmanim ush'tu mam'takim v'shilchu manot l'eyn  
nachon lo ki kadosh hayom la'adoneynu v'al tey-atzeyvu ki ched'vat Adonai hi  
ma-uz'chem.

Nehemiah the governor, Ezra the priest and scribe, and the Levites who were explaining to the people said to all the people, "This day is holy to Adonai your God: you must not mourn or weep," for all the people were weeping as they listened to the words of the Teaching. He further said to them, "Go, eat choice foods and drink sweet drinks and send portions to whoever has nothing prepared, for the day is holy to Adonai. Do not be sad, for your rejoicing in Adonai is the source of your strength."

Nehemiah and Ezra were leaders of the Jews who returned from exile in Babylonia to the Land of Israel after 458 BCE. They encouraged the people to rebuild the Temple. When the rebuilt Temple was complete, Ezra gathered the people at the Water Gate in Jerusalem early on Rosh Hashanah morning, directly opposite the Temple. There he read the entire Torah aloud while the people stood and listened. Ezra taught the Torah to everyone - men, women and children. As the people listened, they cried when they realized how much of the Torah they had forgotten, but Ezra told them not to be sad. Instead, he reminded everyone that it was a holiday, and they should celebrate by eating and drinking sweet and delicious foods, and to share with the needy, making sure those who were poor or hungry had something to enjoy too. Ezra and Nehemiah told the people to rejoice that they were able to learn Torah, and to celebrate the holidays in freedom, to renew Jewish life for themselves and their families. And that is what we do too, every year at Rosh Hashanah.

וַיָּבִיֵא עֶזְרָא הַכֹּהֵן אֶת־הַתּוֹרָה לְפָנָי הַקָּהֵל מֵאִישׁ וְעַד־אִשָּׁה וְכֹל  
 מִבֵּין לְשִׁמְעַת בַּיּוֹם אֶחָד לַחֹדֶשׁ הַשְּׁבִיעִי: וַיִּקְרָא־בוֹ לְפָנָי הַרְוֹזוֹב  
 אֲשֶׁר? לְפָנָי שְׁעַר־הַמַּיִם מִן־הָאֹרֶל עַד־מִזְצִיַּת הַיּוֹם נִגִּד הָאָזְשִׁים  
 וְהַזְּשִׁים וְהַמְּבִינִים וְאֲזָנֵי כָל־הָעָם אֶל־סֵפֶר הַתּוֹרָה:

*Nehemiah 8:2-3*

Vayavi ezra hakoheyn et hatorah lifney hakahal mey-ish v'ad ishah v'chol  
 meyvin lishmoa b'yom echad lachodesh hash'vi-i. Vayikra vo lifney har'chov  
 asher lifney sha-ar hamayim min ha-or ad machatzit hayom neged ha'anashim  
 v'hanashim v'ham'vinim v'atz'ney chol ha-am el sefer hatorah.

On the first day of the seventh month, Ezra the priest brought the Teaching  
 before the congregation, men and women and all who could listen with  
 understanding. He read from it, facing the square before the Water Gate, from  
 the first light until midday, to the men and the women and those who could  
 understand; the ears of all the people were given to the scroll of the Teaching.

וַיְבָרֶךְ עֶזְרָא אֶת־יְהוָה הָאֱלֹהִים הַגָּדוֹל וַיַּעֲזְבוּ כָל־הָעָם אָמֵן | אָמֵן  
 בְּמַעַל יְדֵיהֶם וַיִּקְדּוּ וַיִּשְׁתַּחֲוּוּ כִּי־הוּא אֲפַיִם אֲרָצָה:

*Nehemiah 8:6*

Vayevarech ezra et Adonai ha'elohim hagadol vaya'anu chol ha-am amen amen  
 b'mo-al y'deyhem vayik'du vayish'tachavu l'Adonai appayim artza.

Ezra blessed Adonai, the great God, and all the people answered, "Amen, Amen,"  
 with hands upraised. Then they bowed their heads and prostrated themselves  
 before Adonai with their faces to the ground.



## Reading the Haftarah for Rosh Hashanah

### Blessing Before the Haftarah Reading

Baruch ata Adonai eloheyנו melech

ha-olam, asher bachar binviyim

tovim, v'ratzah v'divreyhem

hane'emarim be-emet,

Baruch ata Adonai,

habocheh ba-torah uv'moshe avdo,

uv'yisrael amo,

uvin'viyey ha'emet vatzedek.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בְּנְבִיאִים  
טוֹבִים, וְרָצָה בְּדְבָרֵיהֶם  
הַנְּאֻמִּים בְּאֵמֶת,  
בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר  
בַּתּוֹרָה וּבַמּוֹשֶׁה עַבְדּוֹ,  
וּבִישְׂרָאֵל עַמּוֹ,  
וּבְנְבִיאֵי הָאֵמֶת וְצַדִּיק.

We praise You, our Eternal God, whose presence fills creation, who has chosen faithful prophets to speak words of truth. We praise You, Eternal One, for the revelation of Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and justice.

וַיָּגַע הַחֹדֶשׁ הַשְּׁבִיעִי וּבְנֵי יִשְׂרָאֵל בְּעָרֵיהֶם: וַיֵּאסְפוּ כָל־הָעָם כְּאִישׁ  
אֶחָד אֶל־הַרְוֹחוֹב אֲשֶׁר לִפְנֵי שַׁעַר־הַמַּיִם וַיֹּאמְרוּ לְעֶזְרָא הַסֹּפֵר  
לְהָבִיא אֶת־סֵפֶר תּוֹרַת מֹשֶׁה אֲשֶׁר־צִוָּה יְהוָה אֶת־יִשְׂרָאֵל:

*Nehemiah 8:1*

Vayiga hachodesh hash'vi-i uv'ney yisrael b'areyhem. Vayeys'fu chol ha-am k'ish echad el har'chov asher lifney sha-ar ha-mayim vayom'ru l'ez'ra hasofer l'havi et sefer torat moshe asher tzivah Adonai et yisrael.

When the seventh month arrived—the Israelites being [settled] in their towns the entire people assembled as one man in the square before the Water Gate, and they asked Ezra the scribe to bring the scroll of the Teaching of Moses with which Adonai had charged Israel.

Third Torah Portion for Rosh Hashanah

וַיִּתְּרָא שָׂרָה אֶת־בֶּן־הַגֵּר הַמִּצְרִית אֲשֶׁר־יָלְדָה לְאַבְרָהָם מִצְּחָק:  
וַתֹּאמֶר לְאַבְרָהָם גֵּרֶשׁ הָאִמָּה הַזֹּאת וְאֶת־בְּנָהּ כִּי לֹא יִירָשׁ  
בֶּן־הָאִמָּה הַזֹּאת עִם־בְּנֵי עַם־יִצְחָק: וַיִּרַע הַדָּבָר מְאֹד בְּעֵינֵי  
אַבְרָהָם עַל אֹדוֹת בְּנֹו: וַיֹּאמֶר אֱלֹהִים אֶל־אַבְרָהָם אַל־יִרַע בְּעֵינֶיךָ  
עַל־הַצֶּעֵר וְעַל־אֲמֹתֶיךָ כֹּל אֲשֶׁר תֹּאמַר אֵלֶיךָ שָׂרָה שְׂמֹעַ בְּקוֹלָהּ כִּי  
בְּיִצְחָק יִקְרָא לָהּ יִרְעֶ: וְגַם אֶת־בֶּן־הָאִמָּה לְטוֹי אֲשִׁימֶנּוּ כִּי יִרְעֶךָ  
הוּא:

Genesis 21:9-13

Vateyreh sarah et ben hagar hamitzrit asher yaldah l'avraham metzacheyk.  
Vatomer l'avraham garesh ha-amah hazot v'et benah ki lo yirash ben ha-amah  
hazot im beni im yitzchak. Vayeyra hadavar me-od b'eyney avraham al odot  
beno. Vayomer elohim el avraham al year b'eynecha al hana-ar v'al amatecha  
kol asher tomar eleycha sarah sh'ma b'kolah ki veyitzchak yikarey l'cha zara.  
V'gam et ben ha-amah l'goy asimenu ki zar'acha hu.

Sarah saw the son whom Hagar the Egyptian had borne to Abraham playing. She  
said to Abraham, "Cast out that slave-woman and her son, for the son of that  
slave shall not share in the inheritance with my son Isaac." The matter distressed  
Abraham greatly, for it concerned a son of his. But God said to Abraham, "Do not  
be distressed over the boy or your slave; whatever Sarah tells you, do as she says,  
for it is through Isaac that offspring shall be continued for you. As for the son of  
the slave-woman, I will make a nation of him, too, for he is your seed."

*(After the final aliyah, all rise in body or spirit as the Torah is lifted)*

V'zot hatorah asher sahm moshe  
lifney b'ney yisrael al pi Adonai  
b'yad moshe.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה  
לְפָנֵי בְנֵי יִשְׂרָאֵל עַל פִּי יי  
בְּיַד מֹשֶׁה:

This is the Torah that Moses placed before the people of Israel to fulfill the word  
of God.

*(Be seated after the Torah is dressed)*

## Second Torah Portion for Rosh Hashanah

וַאֲבָרָהֶם בֶּן־מֵאָת שָׁנָה בְּהוֹלִיד לּוֹ אֶת יִצְחָק בְּנוֹ: וַתֹּאמֶר שָׂרָה  
צְחֹק עָשָׂה לִי אֱלֹהִים כָּל־הַשָּׁמַע יִצְחָק־לִי: וַתֹּאמֶר מִי מִלֵּל  
לְאֲבָרָהֶם הַיְזִיקָה בָנִים שָׂרָה כִּי־יֵלְדֵתִי בֶן לְזָקְנָי: וַיִּגְדַּל הַיֶּלֶד  
וַיִּזְמַח וַיַּעַשׂ אֲבָרָהֶם מִשְׁתֵּה גָדוֹל בְּיוֹם הַזָּמִח אֶת־יִצְחָק:

Genesis 21:5-8

V'avraham ben me-at shanah b'hivaled lo et yitzchak beno. Vatomer sarah tz'chok asa li elohim kol hashomea yitzchak li. Vatomer mi mileyl l'avraham heynikah vanim sarah ki yaladeti veyn lizkunav. Vayigdal hayeled vayigamal vaya-as avraham mishteh gadol b'yom higameyl et yitzchak.

Now Abraham was a hundred years old when his son Isaac was born to him. Sarah said, "God has brought me laughter; everyone who hears will laugh with me." And she added,

"Who would have said to Abraham

That Sarah would suckle children!

Yet I have borne a son in his old age."

The child grew up and was weaned, and Abraham held a great feast on the day that Isaac was weaned.

Below we read from the story of Abraham and Sarah and the birth of Isaac .  
We may instead read from the story of the creation of the universe on page 162.

Genesis 21 tells the story of Sarah becoming pregnant with Isaac. After long years of infertility, her prayers are answered. She laughs in joy and in wonder, that what seemed impossible is happening, and that the promise made to her and to Abraham is at last coming true. Chapter 21 begins with the words "God took note of Sarah as promised; and did for Sarah as spoken". God remembered. This is a central theme of Rosh Hashanah. During these Yamim Noraim we pray to be remembered for life and for good. We pray for a future where we like Abraham and Sarah will have future descendants to carry on Jewish life. These are Days of Awe because God does remember us. And just as God remembers Sarah, in the Haftarah for the first day of Rosh Hashanah we read the story of Hannah, who also prays for a child, for a future, and is remembered.

### First Torah Portion for Rosh Hashanah

וַיִּהְיֶה פֶקֶד אֶת־שָׂרָה פֶּאֶשֶׁר אָמַר וַיַּעַשׂ יְהוָה לְשָׂרָה כַּאֲשֶׁר דִּבֶּר:  
וַיִּלְדָּר וַיִּתְּלֵד שָׂרָה לְאַבְרָהָם בֶּן לְזָקְנָיו לַמּוֹעֵד אֲשֶׁר־דִּבֶּר אֲתוֹ  
אֱלֹהִים: וַיִּקְרָא אַבְרָהָם אֶת־שֵׁם־בְּנֵו הַנּוֹלָד־לוֹ אֲשֶׁר־יָלְדָה־לוֹ  
שָׂרָה יִצְחָק: וַיִּמַּל אַבְרָהָם אֶת־יִצְחָק בְּנֵו בֶן־שְׁמוֹנַת יָמִים פֶּאֶשֶׁר  
צִוָּה אֲתוֹ אֱלֹהִים:

Genesis 21:1-4

Va'Adonai pakad et sarah ka'asher amar vaya-as Adonai le-sarah ka'asher diber. Vatahar va-teyled sarah l'avraham beyn lizkunav lamo-eyd asher diber oto elohim. Vayikra avraham et shem beno hanolad lo asher yaldah lo sarah yitzchak. Vayamal avraham et yitzchak beno ben sh'monat yamim ka'asher tzivah oto elohim.

Now Adonai thought about Sarah as promised, and did for her as spoken. Sarah became pregnant and gave birth to a son when Abraham was very old, at the time God had set for this. Abraham gave his newborn son, whom Sarah had borne him, the name of Isaac. And when his son Isaac was eight days old, Abraham circumcised him, as God had commanded him.

### Third Torah Portion for Rosh Hashanah

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צְבָאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי  
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל-מְלַאכְתּוֹ אֲשֶׁר  
עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת  
מִכָּל-מְלַאכְתּוֹ אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת: אֵלֶּה תוֹלְדוֹת הַשָּׁמַיִם  
וְהָאָרֶץ בְּהִבְרָאָם בַּיּוֹם עָשׂוֹת יְהוָה אֱלֹהִים אֶרֶץ וְשָׁמַיִם:

Genesis 2:1-4

Vay'chulu hashamayim v'ha-aretz v'chol tz'va-am. Vay'chal elohim bayom hash'vi-i m'lachto asher asa vayishbot bayom hash'vi-i mikol m'lachto asher asa. Vayevarech elohim et yom hash'vi-i vay'kadesh oto ki vo shavat mikol m'lachto asher bara elohim la'asot. Eleh toledot hashamayim v'ha-aretz b'hibare'am b'yom asot Adonai elohim eretz v'shamayim.

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that He had been doing, and He ceased on the seventh day from all the work that He had done. Such is the story of heaven and earth when they were created. When Adonai, our God made earth and heaven.

*(After the final aliyah, all rise in body or spirit as the Torah is lifted)*

V'zot hatorah asher sahm moshe  
lifney b'ney yisrael al pi Adonai  
b'yad moshe.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׁם מֹשֶׁה  
לְפָנַי בְּנֵי יִשְׂרָאֵל עַל פִּי יי  
בְּיַד מֹשֶׁה:

This is the Torah that Moses placed before the people of Israel to fulfill the word of God.

*(Be seated after the Torah is dressed)*

*(Continue on page 168)*

**Second Torah Portion for Rosh Hashanah**

וַיְבָרֶךְ אֹתָם אֱלֹהִים וַיֹּאמֶר לָהֶם אֱלֹהִים פְּרוּ וּרְבוּ וּמְלֹאוּ  
 אֶת-הָאָרֶץ וּכְבֹּשׁוּהָ וּרְדוּ בְדִגְתַּת הַיָּם וּבְעוֹף הַשָּׁמַיִם וּבְכָל-חַיַּת  
 הָרֶמֶשׂוֹת עַל-הָאָרֶץ: וַיֹּאמֶר אֱלֹהִים הִנֵּה נָתַתִּי לָכֶם אֶת-כָּל-עֵשֶׂב?  
 זֶרַע זָרַע אֲשֶׁר עַל-פְּנֵי כָל-הָאָרֶץ וְאֶת-כָּל-הָעֵץ אֲשֶׁר-בּוֹ פְרִי-עֵץ  
 זֶרַע זָרַע לָכֶם יִהְיֶה לְאֹכְלָהּ: וְלִכְלֹל-חַיַּת הָאָרֶץ וְלִכְלֹל-עוֹף הַשָּׁמַיִם  
 וְלִכְלֹל? רֹמֵשׁ עַל-הָאָרֶץ אֲשֶׁר-בּוֹ נֶפֶשׁ חַיָּה אֶת-כָּל-יֶרֶק עֵשֶׂב  
 לְאֹכְלָהּ וַיְהִי-כֵן: וַיֵּרָא אֱלֹהִים אֶת-כָּל-אֲשֶׁר עָשָׂה וְהִנֵּה טוֹב מְאֹד  
 וַיְהִי-עֶרֶב וַיְהִי-בֹקֶר יוֹם הַשִּׁשִּׁי:

Genesis 1:28-31

Vayevarech otam elohim vayomer lahem elohim peru urevu umil'u et ha-aretz v'chivshuha uredu bid'gat hayam uv'of hashamayim uv'chol chayah haromeset al ha-aretz. Vayomer elohim hineh natati lachem et kol esev zoreyah zera asher al p'ney chol ha-aretz v'et kol ha-etz asher bo feru eytz zoreyah zara lachem yih'yeh l'ochlah. Ul'chol chayot ha-aretz ul'chol of hashamayim ulechol romes al ha-aretz asher bo nefesh chayah et kol yerek esev l'ochlah vay'hi cheyn. Vayar elohim et kol asher asa v'hineh tov me-od vay'hi erev vay'hi voker yom hashishi.

God blessed them and God said to them, "Be fertile and increase, fill the earth and master it; and rule the fish of the sea, the birds of the sky, and all the living things that creep on earth." God said, "See, I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food. And to all the animals on land, to all the birds of the sky, and to everything that creeps on earth, in which there is the breath of life, [I give] all the green plants for food." And it was so. And God saw all that He had made, and found it very good. And there was evening and there was morning, the sixth day.

Below we read from the story of the creation of the universe.  
We may instead read from the story of Abraham and Sarah and the birth of Isaac on page 165.

Genesis 1 recalls the story of Creation. On Rosh Hashanah we celebrate the birthday of the world. And what better way to do so than to read of the world's beginnings. This Torah reading for the second day of Rosh Hashanah speaks to us of renewal at the new year. Our prayers on Rosh Hashanah include the words *Hayom Harat Olam*, "today the world is born", or "today the world is conceived". On Rosh Hashanah we are invited to conceive of what the world can be and what we can be in the coming year. We are invited to see the world as a becoming, a new beginning, that begins with our hopes and wishes and dreams for the year that is just now opening before us. We are beginning anew, we are becoming, we are in process.

### First Torah Portion for Rosh Hashanah

וַיֹּאמֶר אֱלֹהִים תּוֹצֵא הָאָרֶץ נֶפֶשׁ חַיָּה לְמִינָהּ בְּהֵמָה וָרֶמֶשׁ  
וְזוּיָתוֹ-אָרֶץ לְמִינָהּ וְיִהְיֶה-כֵן: וַיַּעַשׂ אֱלֹהִים אֶת-זוּיֹת הָאָרֶץ לְמִינָהּ  
וְאֶת-הַבְּהֵמָה לְמִינָהּ וְאֶת כָּל-רֶמֶשׂ הָאֲדָמָה לְמִינָהּ וַיֵּרָא אֱלֹהִים  
כִּי-טוֹב: וַיֹּאמֶר אֱלֹהִים נַעֲשֶׂה אָדָם בְּצַלְמֵנוּ כִּדְמוּתֵנוּ וַיְרִדוּ בְדִגְתַּי  
הַיָּם וּבְעוֹף הַשָּׁמַיִם וּבַבְּהֵמָה וּבְכָל-הָאָרֶץ וּבְכָל-הָרֶמֶשׂ הָרֹמֵשׂ  
עַל-הָאָרֶץ: וַיִּבְרָא אֱלֹהִים אֶת-הָאָדָם בְּצַלְמוֹ בְּצֶלֶם אֱלֹהִים בָּרָא  
אֹתוֹ זָכָר וּנְקֵבָה בָּרָא אֹתָם:

Genesis 1:24-27

Vayomer elohim totzey ha-aretz nefesh chayah l'minah b'heyimah varemes v'chayto eretz l'minah vay'hi cheyn. Vaya-as elohim et chayat ha-aretz l'minah v'et hab'heyimah l'minah v'eyt kol remes ha'adamah l'minehu vayar elohim ki tov. Vayomer elohim na'aseh adam b'tzalmenu kid'muteynu v'yirdu vid'gat hayam uv'of hashamayim uvab'heyimah uv'chol ha-aretz uv'chol haremes haromes al ha-aretz. Vayivra elohim et ha-adam b'tzalmo b'tzelem elohim barato zachar un'kevah bara otam.

God said, "Let the earth bring forth every kind of living creature: cattle, creeping things, and wild beasts of every kind." And it was so. God made wild beasts of every kind and cattle of every kind, and all kinds of creeping things of the earth. And God saw that this was good. And God said, "Let us make man in our image, after our likeness. They shall rule the fish of the sea, the birds of the sky, the cattle, the whole earth, and all the creeping things that creep on earth." And God created man in His image, in the image of God He created him; male and female He created them.

## Reading from the Torah for Rosh Hashanah

### Blessing Before Reading from the Torah

Barchu et Adonai ham'vorach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:

Baruch Adonai ham'vorach l'olam va-ed.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal One of blessing. Praised is the Eternal One forever and ever.

Baruch ata Adonai eloheynu melech

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ

ha-olam, esher bachar banu mikol

הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל

ha-amim v'natan lanu et torato.

הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ:

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who chose us from all the peoples and gave us Your law. We praise you Adonai, Giver of Torah.

### Blessing After Reading from the Torah

Baruch ata Adonai eloheynu

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

melech ha-olam,

מֶלֶךְ הָעוֹלָם,

asher natan lanu torat emet,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

v'chai'ey olam nata b'tocheynu.

וְחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ:

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who has given us the doctrine of truth, and eternal life has been planted within us. We praise you Adonai, Giver of Torah.



L'cha Adonai hagdula v'hagvura  
v'hatiferet v'haneytzach v'ha-hod,  
ki chol ba-shamayim uva-aretz.  
L'cha Adonai hamamlacha v'hamit'nasey  
l'chol l'rosh.

לְךָ יְיָ הַגְדֻלָּה וְהַגְבוּרָה  
וְהַתְּפָאֶרֶת וְהַנִּצְחָה וְהַהוֹד,  
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ:  
לְךָ יְיָ הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא  
לְכֹל לְרֹאשׁ:

Al shloscha d'varim  
ha-olam omeyd,  
al hatorah v'al ha'avoda  
v'al gemilut chasadim.

עַל שְׁלֹשָׁה דְבָרִים  
הָעוֹלָם עוֹמֵד,  
עַל הַתּוֹרָה וְעַל הָעֲבוּדָה  
וְעַל גְּמִילוּת חֲסָדִים.

Yours, Eternal One, is the greatness, the power and the beauty, the triumph and the majesty, for everything in heaven and earth is Yours. Yours is the sovereignty for You are supreme above all. The world depends on three things: on Torah, on worship and on loving deeds.

Romemu Adonai eloheynu  
v'hishtachavu l'har kodsho  
ki kadosh Adonai eloheynu romemu.

רוֹמְמוּ יְיָ אֱלֹהֵינוּ  
וְהִשְׁתַּחֲוּוּ לְהַר קְדֹשׁוֹ  
כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ רוֹמְמוּ.

Let us exalt Adonai our God, and worship at God's holy mountain; for Adonai our God is holy.

*(Be seated)*

(All rise in body or spirit)

Ki mitzion teytzey torah ud'var Adonai      כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה וּדְבַר יְיָ  
miyrushalayim.      מִירוּשָׁלַיִם:  
Baruch shenatan torah l'amo yisrael      בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל  
bik'dushato.      בְּקִדְשָׁתוֹ:

For Torah shall go forth out of Zion, and the word of the Eternal from Jerusalem.  
Praised is the One who, in holiness, has given the Torah to the people of Israel.

Adonai Adonai el rachum v'chanun,      יְהוָה יְהוָה אֵל רַחוּם וְחַנוּן,  
erech appayim v'rav chesed v'emet.      אָרְךָ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת:  
Notzer chesed la'alafim,      נֹצֵר חֶסֶד לְאַלְפִים,  
noseh avon vafeshah v'chata-ah, v'nakeh.      נוֹשֵׂא עֲוֹן וּפֹשֵׁעַ וְחַטָּאָה, וְנִקֶּה.

Adonai, Adonai, our God is merciful and gracious, patient, loving and true,  
showing mercy to thousands, forgiving evil, wrongdoing and sin, and granting  
pardon.

Sh'ma yisrael Adonai eloheynu      שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ  
Adonai echad.      יְיָ אֶחָד.

Hear, O Israel, Adonai is our God, Adonai is One.

Echad eloheynu gadol adoneynu      אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵנוּ  
kadosh v'nora sh'mo.      קָדוֹשׁ וְנוֹרָא שְׁמוֹ.  
Gadlu l'Adonai iti un'rom'ma      גִּדְלוּ לַיְיָ אֶתִּי וְנִרְוַמְמָה  
sh'mo yachdav.      שְׁמוֹ יַחְדָּו.

Our God is One, great is the Eternal, holy and awesome is God's name.  
Add your voice to mine so that together we may exalt God's name.

## Reading from the Torah on Rosh Hashanah

### Aleph - א

Listen! Can you hear me?

I am the Torah, unfurling the holidays of the Jewish people.

*I celebrate the warmth of the candles on Shabbat  
the sweetness of honey on Rosh Hashanah  
the quiet remembering of mistakes on Yom Kippur  
the joy of sharing on Sukkot  
the hope of freedom on Pesach  
the pride of learning Torah on Shavuot.*

I am the Torah, unraveling the laws of the Jewish people.

I teach love and respect for parents  
honesty and kindness to friends  
sharing with others  
keeping our festivals holy  
using words and deeds that help and heal  
praying to one God for peace everywhere.

*I am the Torah  
unfurling the stories of the Jewish people  
I speak of the love of Abraham and Sarah  
the trust of Isaac  
the courage of Ruth  
the guidance of Moses  
the strength of Deborah.*

Listen! Have you heard me?

I am your Torah.

Judith K. Price

### Bet - ב

Ashrei adam matza choch'mah.

אֲשֵׁרֵי אָדָם מֵצֵא חֲכָמָה.

Happy is the one who finds wisdom, the one who gains understanding.

*For its fruits are better than silver and its yield is better than fine gold.*

It is more precious than rubies and no treasure can match it.

**Gimmel - ג**

Oseh shalom bimromav,  
hu ya'aseh shalomaleyenu  
v'al kol yisrael v'al kol  
b'ney adam, v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרְוּמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל  
בְּנֵי אָדָם, וְאָמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel and on all the world. And let us say: Amen.

(All rise in body or spirit as the Ark is opened)

## Avinu Malkeynu - Our Parent, Our Sovereign

אֲבִינוּ מַלְכֵנוּ

Avinu Malkeynu – our God who cares for us – please listen to our prayer.

Avinu Malkeynu – our God who cares for us – we pray for a good new year.

Avinu Malkeynu – our God who cares for us – help us to write a good chapter in the Book of Life for the coming year.

Avinu Malkeynu – our God who cares for us – may this year bring blessing for us and our families.

Avinu Malkeynu – our God who cares for us – may this year bring us closer to a world of friendship, freedom and peace.

Avinu malkeynu choneynu va'aneynu

ki eyn banu ma'asim.

Asey imanu tz'daka vachessed

v'hoshiy'eynu.

אֲבִינוּ מַלְכֵנוּ חֲנֵנוּ וְעֲנֵנוּ

כִּי אֵין בָּנוּ מַעֲשִׂים.

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד

וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.

Treat us with kindness and love, and be our help.

(Be seated)

## Silent Prayer

O God, help me not to say bad things or to have bad thoughts. Help me to live by Your Torah and to have a good heart.

## Aleph - א

Sim shalom tova uv'racha cheyn  
vachessed v'rachamim aleynu v'al kol  
yisrael amecha v'al kol ha-amim.  
Barcheynu avinu kulanu k'echad b'or  
panecha, ki v'or panecha natata lanu  
Adonai eloheynu torat chayim v'ahavat  
chesed utz'daka uv'racha v'rachamim  
v'chayim v'shalom. V'tov b'eynecha  
l'vareych et amcha yisrael v'et kol  
ha-amim b'chol eyt uv'chol sha-a  
bish'lomecha.  
B'sefer chayim uv'racha nikateyv  
l'chayim tovim ul'shalom.  
Baruch ata Adonai oseh ha-shalom.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה חֵן  
וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל עַמְּךָ וְעַל כָּל הָעַמִּים.  
בְּרַכְנוּ אָבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר  
פָּנֶיךָ, כִּי בְּאוֹר פָּנֶיךָ נִתְּתָ לָנוּ  
יְיָ אֱלֹהֵינוּ תּוֹרַת חַיִּים וְאַהֲבַת  
חֶסֶד וְצְדָקָה וּבְרָכָה וְרַחֲמִים  
וְחַיִּים וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ  
לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל וְאֶת כָּל  
הָעַמִּים בְּכָל עֵת וּבְכָל שָׁעָה  
בְּשְׁלוֹמְךָ.  
בְּסֵפֶר חַיִּים וּבְרָכָה נִכְתָּב  
לְחַיִּים טוֹבִים וּלְשְׁלוֹם.  
בְּרוּךְ אַתָּה יְיָ עוֹשֵׂה הַשְׁלוֹם.

Grant us peace, Your most precious gift, O God, and give us the will to proclaim its message to all the peoples of the earth. Bless our country, that it may always be a stronghold of peace and an advocate of peace among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart.  
May we be Inscribed in the Book of Life for blessing and peace.  
We praise You, Eternal Source of peace.

## Bet - ב

Grant us peace, Your most precious gift, O God, and help the Jewish people to be a messenger of peace to the nations of the world. Bless our country, that we may live in peace, and bring peace and happiness into the world.  
We praise You, Eternal Source of peace.

## Birchat Shalom - Blessings of Peace

## ברכת שלום

Y'varechecha Adonai v'yishm'recha

Keyn y'hi ratzon!

Yaer Adonai panav eleycha vichunecha

Keyn y'hi ratzon!

Yisa Adonai panav eleycha

v'yaseym l'cha shalom

Keyn y'hi ratzon!

יְבָרֵךְ יי וְיִשְׁמְרֵךְ

כֵּן יְהִי רָצוֹן!

יֵאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנֵּךְ

כֵּן יְהִי רָצוֹן!

יִשָּׂא יי פָּנָיו אֵלֶיךָ

וַיַּשֵּׂם לְךָ שְׁלוֹם

כֵּן יְהִי רָצוֹן!

May Adonai bless you and keep you. Be this God's will. May Adonai shine God's face upon you and be gracious to you. Be this God's will. May Adonai lift up God's face to you and give you peace. Be this God's will.

## L'dor Vador - From Generation to Generation

We are gifts and we are blessings, we are history in song  
We are hope and we are healing, we are learning to be strong  
We are words and we are stories, we are pictures of the past  
We are carriers of wisdom, not the first and not the last

*Chorus:*

L'dor vador nagid godlecha

L'dor vador... we protect this chain

From generation to generation

L'dor vador, these lips will praise Your name.

Looking back on the journey that we carry in our heart  
From the shadow of the mountain to the waters that would part  
We are blessed and we are holy, we are children of Your way  
And the words that bring us meaning, we will have the strength to say.

*(Chorus)*

*Words and music by Josh Nelson*

## Avodah - Worship

Be gracious, Adonai, to Your people Israel  
*and accept our prayers in love.*

In the ancient Temple, our ancestors offered You the best of their flocks and fields.

*In our synagogues, we offer You the prayers of our hearts and know that You understand us. We praise You, Adonai, who comes close to hear our prayer.*

Baruch ata Adonai ha-machazir  
sh'chinato l'tzion.

בְּרוּךְ אַתָּה יְיָ הַמַּחְזִיר  
שְׁכִינָתוֹ לְצִיּוֹן.

We praise You, Eternal One, who brings Your Shechinah to Zion.

## Hoda-ah - Thanksgiving

## הודאה

Modim anachnu lach  
she-atah hu Adonai eloheynu.

מוֹדִים אֲנַחְנוּ לָךְ  
שְׂאֵתָה הוּא יְיָ אֱלֹהֵינוּ.

We gratefully acknowledge that You, Adonai, are our God.

## Aleph - א

We give thanks to You, our God, for the many blessings in life.

*You give us minds to think and understand.*

You give us families to love us and take care of us.

*You give us our Jewish tradition to teach us how to live.*

Every day we find new miracles - and the greatest miracle of all is life itself.

*Adonai, we find goodness when we praise Your name.*



Baruch k'vod Adonai mimkomo.

בָּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

Echad hu eloheynu hu avinu  
hu malkeynu hu moshi-eynu v'hu  
yash'mi-eynu b'rachamav l'eyney kol chai.

אֶחָד הוּא אֱלֹהֵינוּ הוּא אָבִינוּ  
הוּא מַלְכֵנוּ הוּא מוֹשִׁיעֵנוּ וְהוּא  
יִשְׁמָיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָל חַי.

Ani Adonai eloheychem

אֲנִי יְיָ אֱלֹהֵיכֶם

God's glory fills the world.

You alone are our God and Creator, You are our Ruler and Helper, and in Your mercy You reveal Yourself in the sight of all the living: I am your Eternal God.

Yimloch Adonai l'olam elohayich tzion  
l'dor vador halleluya.

יִמְלֹךְ יְיָ לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן  
לְדוֹר וָדוֹר הַלְלוּיָהּ.

The Eternal God shall reign forever, your God, O Zion, from generation to generation. Halleluyah!

## Kedushat Hayom - Holiness of This Day

## קְדוּשַׁת הַיּוֹם

Our God and God of our people, we thank You for giving us this new year, a day to begin a new chapter in the Book of Life.

*When we listen to the shofar, we will remember to serve You with a pure heart. We will do our share to continue the work of tikkun olam, the mending of the world, to make this world a better place for everyone.*

V'taher libeynu l'avdecha be-emet.  
Baruch ata Adonai melech al kol  
ha-aretz m'kadesh (ha-shabbat v')  
yisrael v'yom hazikaron.

וְטָהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.  
בָּרוּךְ אַתָּה יְיָ מֶלֶךְ עַל כָּל  
הָאָרֶץ מְקַדֵּשׁ (הַשַּׁבָּת וְ)  
יִשְׂרָאֵל וְיוֹם הַזִּכְרוֹן.

Purify our hearts to serve You in truth.

We praise You, Adonai, who has given us holiness through this (Shabbat and this) Day of Remembrance.

(Be seated)

Mi chamocha av harachamim,  
zocheyr y'tzurav l'chayim  
b'rachamim.

מִי כְמוֹךָ אֵב הַרְחָמִים,  
זוֹכֵר יְצוּרֵינוּ לְחַיִּים  
בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai m'chayey hakol.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.  
בָּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, God of mercy, who remembers us for life and mercy? We place our trust in You, the Source of life. Adonai, who lives forever, You give us life.

### Kedusha - God's Holiness

### קְדוּשָׁה

N'kadesh et shimcha ba-olam  
k'shem shemakdishim oto  
bishmey marom.  
Kakatuv al yad n'vi-echa.  
V'kara zeh el zeh v'amar.

נִקְדַּשׁ אֶת שִׁמְךָ בְּעוֹלָם  
כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ  
בְּשִׁמֵי מְרוֹם.  
כְּכָתוּב עַל יַד נְבִיאֶךָ:  
וְקָרָא זֶה אֶל זֶה וְאָמַר:

We sanctify Your name on earth, even as the heavenly beings proclaim Your holiness, and in the words of the prophet Isaiah we say:

Kadosh Kadosh Kadosh  
Adonai tz'vaot, m'lo chol ha'aretz  
k'vodo.

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ  
יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ  
כְּבוֹדוֹ.

Holy, holy, holy is God majestic: the fullness of the earth is Your glory.

Adir adireynu Adonai adoneynu  
ma adir shimcha b'chol ha-aretz.

אֲדִיר אֲדִירֵנוּ יְיָ אֲדִירֵנוּ  
מֵה אֲדִיר שִׁמְךָ בְּכָל הָאָרֶץ.

Source of our strength, Sovereign God, how glorious is Your name in all the earth.

Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotveynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכַרְנוּ לְחַיִּים  
מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְכֹתְבֵנוּ בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Remember us as we live our lives each day, O God, and help us to write our names in the Book of Life for the coming year.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
בְּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

## Gevurot - God's Power

## גְבוּרוֹת

Ata gibor l'olam adonai m'chayey  
hakol ata rav l'hoshia.  
Morid hatal.  
M'chalkeyl chayim b'chesed m'chayey  
hakol b'rachamim rabim.  
Someych noflim v'rofey cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocho ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה  
הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מוֹרִיד הַטַּל.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בְּעַל גְבוּרוֹת  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

You are the mighty God, who gave life and blessing to our ancestors. You bring on the dew. Help us to be worthy of that blessing today. You are the loving God, who cares for the helpless and the oppressed. You are the holy God, who has made us Your partner in completing the world. Help us to use this power for goodness and not for evil.

## Amidah - The Standing Prayer

## עמידה

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהִלָּתְךָ:

O God, open my lips so that my mouth can praise You.

## Avot V'imahot - God of our Ancestors

## אבות ואמהות

Baruch ata Adonai eloheynu velohey  
avoteynu v'imoteynu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:

Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey leah.

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה.

We praise You, Eternal our God, God of our ancestors:

God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem l'ma-an sh'mo  
b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן. גּוֹמֵל חַסְדִּים טוֹבִים,  
וְזוֹכֵר חַסְדֵי  
אֲבוֹת וְאִמּוֹת, וְיַמְבִּיא גְּאֻלָּה  
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ  
בְּאַהֲבָה.

Great, powerful and awesome God, You grant loving kindness to everyone. You remember the good deeds of our ancestors and with love You bring redemption to us for the sake of Your name.

## Miriam's Song (afternoon/evening version)

And the women dancing with their timbrels,  
Followed Miriam as she sang her song.  
Sing a song to the One whom we've exalted.  
Miriam and the women danced,  
And danced the whole night long.

Mi chamocha ba-elim Adonai  
mi kamocho ne'dar bakodesh.  
Nora t'hilot oseh feleh.

מִי כַמֹּכָה בְּאֱלִים יי  
מִי כַמֹּכָה נִאֲדָר בִּקְדוּשׁ.  
נֹרָא תְהִילַת עֲשֵׂה פֶלֶא.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendour, doing wonders?

Malchut'cha ra-u vanecha,  
bokeya yam lifney moshe,  
zeh eyli anu v'amru.  
Adonai yimloch l'olam va-ed.

מַלְכוּתְךָ רָאוּ בְּנֵיךָ,  
בוֹקֵעַ יָם לְפָנַי מֹשֶׁה,  
זֶה אֱלֵי עָנּוּ וְאָמְרוּ:  
יי יִמְלֹךְ לְעוֹלָם וָעֶד.

Your children saw Your saving power as the Sea of Reeds parted. "This is my God." they responded. "Adonai will reign forever and ever."

*(All rise in body or spirit on the word "kuma")*

## Tzur Yisrael - Rock of Israel

Tzur yisrael kuma b'ezrat  
yisrael ufdey chin'umecha  
Yehuda v'yisrael.  
Go'aleynu Adonai tz'vaot sh'mo  
k'dosh yisrael.  
Baruch ata Adonai ga-al yisrael.

צֹר יִשְׂרָאֵל  
צֹר יִשְׂרָאֵל קוּמָה בְּעֶזְרַת  
יִשְׂרָאֵל וּפְדֵה כְּנָאֲמֶךָ  
יְהוּדָה וְיִשְׂרָאֵל.  
גּוֹאֲלֵנוּ יי צְבָאוֹת שְׁמוֹ  
קְדוֹשׁ יִשְׂרָאֵל.  
בְּרוּךְ אַתָּה יי גֹּאֲלֵ יִשְׂרָאֵל.

O Rock of Israel, come to the aid of Israel. Fulfill Your promise of redemption for Judah and Israel. Redeeming God, liberating God, holy God: all these are Your name. We praise You, Eternal One, Redeemer of Israel.

## Miriam's Song (morning version)

And the women dancing with their timbrels,  
Followed Miriam as she sang her song.  
Sing a song to the One whom we've exalted.  
Miriam and the women danced,  
And danced the whole night long.

Mi chamocha ba-elim Adonai  
mi kamocho ne'dar bakodesh.  
Nora t'hilot oseh feleh.

מִי כַמֹּכָה בְּאֱלִים יי  
מִי כַמֹּכָה נִאֲדָר בְּקֹדֶשׁ.  
נֹרָא תְהִילַת עֹשֶׂה פֶלֶא.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendour, doing wonders?

Shira chadasha shibchu g'ulim  
l'shimcha al s'fat hayam,  
yachad kulam hodu v'himlichu v'amru.  
Adonai yimloch l'olam va-ed.

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים  
לְשִׁמְךָ עַל שִׁפְתַי הַיָּם,  
יַחַד כְּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:  
יי יִמְלֹךְ לְעוֹלָם וָעֶד.

When our ancestors escaped to freedom, they sang a new song to Your name. At the shore of the sea, saved from destruction, they proclaimed Your sovereign power: "Adonai will reign forever and ever!"

## Ge-ulah - Freedom

You, Adonai, are the God of freedom

*And we are Israel, Your people, who must work for the freedom of all the oppressed.*

Our Torah teaches us to be more like You: to treat everyone with צֶדֶק (tzedek), with justice and respect.

*Not to favour some people and turn our backs on others.*

To regard every person as equal, created by the One God.

*Not to act with prejudice toward people of a different race or skin colour.*

To learn that we can live in harmony with our fellow human beings.

*Not to glorify violence or war.*

As we pledge ourselves to these teachings, we remember how Miriam, Moses and the people of Israel sang when they first tasted the joy of Freedom.

Uk'shartam l'ot al yadecha

v'hayu l'totafot beyn eynecha.

Uch'tavtam al mezuzot beytecha

u'visharecha.

L'ma-an tizk'ru va'asitem

et kol mitzvotai vih'yitem k'doshim

leyloheychem.

Ani Adonai eloheychem asher

hotzeyti etchem meyeretz mitzrayim

lih'yot lachem leylohim

ani Adonai eloheychem. Emet.

וְקִשְׂרֹתֶם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וְכַתְּבֶתֶם עַל-מְזוֹזוֹת בֵּיתְךָ

וּבְשַׁעֲרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים

לֵאלֹהֵיכֶם:

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר

הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

לְהִיּוֹת לָכֶם לֵאלֹהִים

אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

Bind them as a sign upon your hand, and let them be a symbol before your eyes. Inscribe them on the doorposts of your house and on your gates. Be mindful of all My mitzvot, and do them. So shall you consecrate yourselves to your God. I, Adonai, am your God who led you out of Egypt to be your God. I, Adonai, am your God. This is truth.

*(Be seated)*



(All rise in body or in spirit)

## Sh'ma - Hear

שמע

Sh'ma yisrael Adonai eloheyenu

שמע ישראל יהוה אלהינו

Adonai echad.

יהוה אחד

Baruch shem k'vod malchuto

ברוך שם כבוד מלכותו

l'olam va-ed.

לעולם ועד

Hear, O Israel: Adonai is our God, Adonai is One  
Blessed is God's glorious dominion forever and ever

## V'ahavta - You Shall Love

ואהבת

V'ahavta et Adonai eloheycha

ואהבת את יהוה אלהיך

b'chol l'avcha uv'chol nafsh'cha

בכל לבבך ובכל נפשך

uv'chol m'odecha.

ובכל מאדך:

V'hayu had'varim ha-eyleh

והיו הדברים האלה

asher anochi m'tzav'cha hayom

אשר אנכי מצוה היום

al l'avvecha.

על לבבך:

V'shinantam l'vanecha v'dibarta bam

ושננתם לבניך ודברתם בהם

b'shivt'cha b'veytecha uv'lecht'cha

בשבתך בביתך ובליכתך

vaderech uv'shochb'cha uv'kumecha.

בדרך ובשכבך ובקומך:

You shall love Adonai your God with all your heart, with all your soul, with all your might. Reflect on these words which I command you this day, and take them to heart. Teach them faithfully to your children. Speak of them in your home and on your way, when you lie down and when you rise up.

**Ahava Raba - Great Love: Revelation**

**אהבה רבה**

V'ha-er eyneynu b'toratecha v'dabeyk  
libeynu b'mitzvotcha, v'yached l'vaveynu  
l'ahava ul'yira et sh'mecha.  
V'lo neyvosh v'lo nikalem v'lo nikasheyl  
l'olam va-ed.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ וּדְבֵק  
לְבָנוּ בְּמִצְוֹתֶיךָ, וַיַּחַד לְבַבְנוּ  
לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ.  
וְלֹא נִבּוֹשׁ וְלֹא נִכְלֵם וְלֹא נִכְשֵׁל  
לְעוֹלָם וָעֶד.

Enlighten us with Your Torah, inspire us to embrace Your mitzvot, and unify us to love and revere Your Name. May we never be shamed as long as we trust in Your holy, great and awe-inspiring Name. We shall rejoice and know happiness in redemption, since You move all things toward completion.

**Aleph - א**

Make our eyes shine with the light of Your Torah, inspire us to live our lives full of mitzvot. Make us one people in the love of Your name so that we never feel fear or shame.

Baruch ata Adonai habocher b'amo  
yisrael b'ahava.

בָּרוּךְ אַתָּה יְיָ הַבּוֹחֵר בְּעַמּוֹ  
יִשְׂרָאֵל בְּאַהֲבָה.

Blessed are You, Our God, who has chosen us, Your people Israel, in love.

## The Sh'ma & Its Blessings

## שִׁמְעַ וּבְרָכוֹתֶיהָ

(All rise in body or in spirit)

### Barchu

### בְּרָכוּ

Barchu et Adonai ham'vorach

בְּרָכוּ אֶת יְיָ הַמְּבֹרָךְ

Baruch Adonai ham'vorach l'olam va-ed.

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal God, the Blessed One

The Eternal is to be praised forever and ever.

(Be seated)

### Yotzer Or - Creator of Light

### יוֹצֵר אוֹר

You form light and create darkness. You make peace and create everything.

*Adonai our God, You have created a huge universe with planets, moons and stars. Travelling at the speed of light, it would take thousands of years just to cross our own galaxy. Yet You oversee it all with loving care.*

In Your goodness, You renew daily the works of Creation.

*Every day is a fresh start, an opportunity to try something new. You have given us the power to shape our future.*

Blessed are You, Adonai, Creator of lights.

*We thank You for giving us this beautiful world, and for making us its guardians.*

**Chatzi Kaddish - Reader's Kaddish**

**זְצִי קַדִּישׁ**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתֵיהּ  
 וְיַמְלִיךְ מַלְכוּתֵיהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאָמְרוּ אָמֵן.

Y'hey sh'mey raba m'varach  
 l'alam ul'almey almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעֵלְמֵי עֵלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal sh'mey d'kudsha  
 b'rich hu.  
 L'eyla ul'eyla mikol birchata  
 v'shirata tushb'chata v'nechemata  
 da-amiran b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא  
 בְּרִיךְ הוּא.  
 לְעֵלְא וּלְעֵלְא מְכַל בְּרַכְתָּא  
 וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָּא  
 דְּאָמִירָן בְּעֵלְמָא וְאָמְרוּ אָמֵן.

Let God's glory be extolled and God's great name be hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: *Amen*.

May God's great name be blessed forevermore.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: *Amen*.

## Psalm 150

Halleluya!

Hallelu el b'kodsho,  
halleluhu birkiya uzo.

הַלְלוּיָהּ:  
הַלְלוּ-אֱלֹהִים בְּקֹדֶשׁוֹ,  
הַלְלוּהוּ בְּרִקְיעַ עֶזְוֹ.

Halleluyah!

Sing praise to God in the sanctuary and under the boundless sky.

Halleluhu bigvurotav,  
halleluhu k'rov gudlo.  
Halleluhu b'teyka shofar,  
halleluhu b'neyvel v'chinor.

הַלְלוּהוּ בְּגִבּוּרֹתָיו,  
הַלְלוּהוּ כְּרֹב גִּדְלוֹ.  
הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר,  
הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר.

Sing praise to God for mighty acts and for surpassing greatness.

Sing praise to God with shofar blast, with harp and lute.

Halleluhu b'tof umachol,  
halleluhu b'minim v'ugav.  
Halleluhu b'tziltziley shama,  
halleluhu b'tziltziley teruah.

הַלְלוּהוּ בְּתוֹף וּמַחֲוֹל,  
הַלְלוּהוּ בְּמִנִּים וְעוּגָב.  
הַלְלוּהוּ בְּצִלְצִלֵי-שָׁמַע,  
הַלְלוּהוּ בְּצִלְצִלֵי תְרוּעָה.

Sing praise to God with drum and dance, with strings and pipe.

Sing praise to God with cymbals sounding and resounding.

Kol han'shama t'hallel yah: Halleluya!

כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ: הַלְלוּיָהּ.

Let every soul sing praise to the Eternal. Halleluyah!

## **For Rosh Hashanah**

We have sung to God and our hearts are open. We are ready to greet the new year.

*A new year – but why new?*

The sun keeps coming up in the morning

*And goes down every night*

The flowers bloom in the Spring

*And fade in the Fall*

We study and we play

*We wake and we sleep*

Every day seems different and yet somehow the same

*What, then, is new about today?*

What is new is something we cannot see. For it has to do with things inside ourselves: how we think

*How we feel about ourselves*

How we feel about others

*And how we want to act*

If we can change what is inside, if we can make our thinking and feeling like new – then we will have a different day, a different year.

*Then today will truly be a Rosh Hashanah, the beginning of a new year.*

Let us pray to God to help us start this new year.

*Let us begin the year with praise of God, thanking God for this wonderful world.*

Baruch ata Adonai  
eloheynu melech ha-olam,  
matir asurim.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַתִּיר אֲסוּרִים.

We praise You, Eternal God, whose presence fills creation.  
You bring freedom to the captive.

Baruch ata Adonai  
eloheynu melech ha-olam,  
oter yisrael b'tifara.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

We praise You, Eternal God, whose presence fills creation.  
You adorn our people with glory.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hanoteyn laya-eyf koach.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַנּוֹתֵן לַיָּעֵף כֹּחַ.

We praise You, Eternal God, whose presence fills creation.  
You give strength to the weary.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hama-avir sheyna mey-eynai  
utnuma mey-afapai.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמַּעֲבִיר שְׁנָה מֵעֵינַי  
וְתַנּוּמָה מֵעַפְעָפִי.

We praise You, Eternal God, whose presence fills creation.  
You remove sleep from my eyes and slumber from my eyelids.

Baruch ata Adonai  
eloheynu melech ha-olam,  
roka ha-aretz al ha-mayim.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

We praise You, Eternal God, whose presence fills creation.  
You spread the land upon the waters.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asa li kol tzarki.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂה לִי כָל צָרָכִי.

We praise You, Eternal God, whose presence fills creation.  
You provide for all my needs.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hameychin mitzadey gaver.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמְּכִיֵן מִצְעָדֵי גִבּוֹר.

We praise You, Eternal God, whose presence fills creation.  
You guide each person's steps.

Baruch ata Adonai  
eloheynu melech ha-olam,  
ozer yisrael bigvura.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה.

We praise You, Eternal God, whose presence fills creation.  
You support our people with courage.



Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani yisrael.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁעָשִׂנִי יִשְׂרָאֵל.

We praise You, Eternal God, whose presence fills creation.  
You have made me a Jew.

Baruch ata Adonai  
eloheynu melech ha-olam,  
pokeyach ivrim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
פּוֹקֵחַ עֵוְרִים.

We praise You, Eternal God, whose presence fills creation.  
You open the eyes of the blind.

Baruch ata Adonai  
eloheynu melech ha-olam,  
malbish arumim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַלְבִּישׁ עֲרֻמִּים.

We praise You, Eternal God, whose presence fills creation.  
You clothe the naked.

Baruch ata Adonai  
eloheynu melech ha-olam,  
zokeyf k'fufim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
זוֹקֵף כְּפוּפִים.

We praise You, Eternal God, whose presence fills creation.  
You lift up the fallen.

**Birchat Torah - Blessing for Torah**

**ברכת תורה**

Baruch ata Adonai eloheynu melech  
ha-olam, asher kidshanu b'mitzvotav  
v'tzivanu la-asok b'divrey torah.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְעִסוֹק בְּדַבְרֵי תוֹרָה.

We praise You, our Eternal God, whose presence fills creation. You bring us holiness through mitzvot and command us to engage in the study of Torah.

**Birchot Sheb'chol Yom - Daily Blessings**

**ברכות שבכל יום**

Baruch ata Adonai eloheynu melech  
ha-olam, asher natan lasechvi vina  
l'havchin beyn yom uveyn lay'la.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר נָתַן לְשִׁכְוִי בִינָה  
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

We praise You, Eternal God, whose presence fills creation.  
You give us understanding to distinguish between day and night.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani b'tzalmo.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂנִי בְּצַלְמוֹ.

We praise You, Eternal God, whose presence fills creation.  
You have made me in Your image.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani ben/bat chorin.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂנִי בֶן\בַּת חוֹרִין.

We praise You, Eternal God, whose presence fills creation.  
You have given me freedom.

**Ma Tovu - How Lovely****מה טובו**

Ma tovu ohalecha ya'akov

מֵה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב

mishk'notecha yisrael.

מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Va'ani b'rov chasd'cha avo veytecha,

וְאֲנִי בְרַב חַסְדֶּךָ אָבוֹא בֵיתְךָ,

eshtachaveh el heychal kadsh'cha

אֲשַׁתְּחֹוהוּ אֶל הַיְיָ הַיְיָ אֵל הַיֵּיכָל קֹדֶשְׁךָ

b'yiratecha.

בְּיִרְאֵתְךָ.

Adonai ahavti m'on beytecha, u-makom

יְיָ אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ, וּמְקוֹם

mishkan k'vodecha.

מִשְׁכַּן כְּבוֹדְךָ.

Va'ani eshtachaveh v'echra-a,

וְאֲנִי אֲשַׁתְּחֹוהוּ וְאֶכְרַעָה,

evr'cha lifney Adonai o-si.

אֶבְרַכָּה לְפָנַי יְיָ עֲשֵׂי.

Va'ani t'filati l'cha Adonai eyt ratzon,

וְאֲנִי תְפִלָּתִי לְךָ יְיָ עֵת רְצוֹן,

elohim b'rav chasdecha aneyni be-emet

אֱלֹהִים בְּרַב חַסְדֶּךָ עֲנֵנִי בְּאֵמֶת

yishecha.

יִשְׁעֶךָ.

How lovely are your tents, O Jacob, your dwelling-places, O Israel. With Your abundant love, O God, I enter Your house, with awe I worship in Your holy Temple. I love Your house, Eternal One, the dwelling-place of Your glory. Humbly do I worship You, humbly seeking blessing from God my Maker. To You, Eternal One, goes my prayer. May this be a time of Your favour. In Your great love, O God, answer me with Your saving truth.

**Aleph - א**

Va'ani t'filati l'cha Adonai eyt ratzon,

וְאֲנִי תְפִלָּתִי לְךָ יְיָ עֵת רְצוֹן,

elohim b'rav chasdecha aneyni

אֱלֹהִים בְּרַב חַסְדֶּךָ עֲנֵנִי

be-emet yishecha.

בְּאֵמֶת יִשְׁעֶךָ.

Ma tovu ohalecha ya'akov

מֵה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב

mishk'notecha yisrael.

מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

As for me, I am a prayer before You, God. May I come before you at the right moment. God, in Your abundant kindness, Please answer me with the truth of Your salvation. How lovely are Your tents, O Jacob, Your dwelling places, O Israel!

*Josh Warshawsky*

# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

## סדר ראש השנה

לדור ודור

Seder Rosh Hashanah L'dor V'dor

**The order for the Rosh Hashanah  
intergenerational service**

Ata hu eloheynu

ata hu adoneynu,

ata hu malkeynu

ata hu moshi-eynu.

Eyn keyloheynu eyn kadoneynu,

eyn k'malkeynu eyn k'moshi-eynu.

אַתָּה הוּא אֱלֹהֵינוּ

אַתָּה הוּא אֲדוֹנֵינוּ,

אַתָּה הוּא מַלְכֵנוּ

אַתָּה הוּא מוֹשִׁיעֵנוּ.

אֵין כְּאֱלֹהֵינוּ אֵין כְּאֲדוֹנֵינוּ,

אֵין כְּמַלְכֵנוּ אֵין כְּמוֹשִׁיעֵנוּ.

You are our God, You are our Sovereign, You are our Ruler, You are our Redeemer. There is none like our God, none like our Sovereign, none like our Ruler, none like our Redeemer.

You, You are our God.

You, You are our God.

Eyn keyloheynu.

אֵין כְּאֱלֹהֵינוּ.

There is none like our God.



שָׁנָה טוֹבָה וּמְתוּקָה

*Shana Tova Umetukah*

*We wish you a good and sweet year!*

**Eyn Keyloheynu - None Like Our God**

**אֵין כְּאֱלֹהֵינוּ**

Eyn keyloheynu eyn kadoneynu,  
eyn k'malkeynu eyn k'moshi-eynu.  
Mi cheyloheynu mi chadoneynu,  
mi ch'malkeynu mi ch'moshi-eynu.

אֵין כְּאֱלֹהֵינוּ אֵין כְּאֲדוֹנֵינוּ,  
אֵין כְּמַלְכֵנוּ אֵין כְּמוֹשֵׁינוּ.  
מִי כְּאֱלֹהֵינוּ מִי כְּאֲדוֹנֵינוּ,  
מִי כְּמַלְכֵנוּ מִי כְּמוֹשֵׁינוּ.

There is none like our God, none like our Sovereign, none like our Ruler, none like our Redeemer. Who is like our God, who is like our Sovereign, who is like our Ruler, who is like our Redeemer?

Who, who's like our God?

Who, who's like our God?

Nodeh leyloheynu nodeh ladoneynu,  
nodeh l'malkeynu nodeh l'moshi-eynu.

נוֹדֶה לְאֱלֹהֵינוּ נוֹדֶה לְאֲדוֹנֵינוּ,  
נוֹדֶה לְמַלְכֵנוּ נוֹדֶה לְמוֹשֵׁינוּ.

We give thanks to our God, to our Sovereign. We give thanks to our Ruler, our Redeemer.

Thanks, we give thanks to our God.

Thanks, we give thanks to our God.

Baruch eloheynu baruch adoneynu,  
baruch malkeynu baruch moshi-eynu.

בָּרוּךְ אֱלֹהֵינוּ בָּרוּךְ אֲדוֹנֵינוּ,  
בָּרוּךְ מַלְכֵנוּ בָּרוּךְ מוֹשֵׁינוּ.

Blessed is our God, blessed is our Sovereign. Blessed is our Ruler, blessed is our Redeemer.

Blessed, blessed is our God.

Blessed, blessed is our God.

Y'hey shlama raba min sh'maya  
v'chayim aleynu v'al kol yisrael  
v'imru amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן.

Oseh shalom bimromav  
hu ya'aseh shalom  
aleynu v'al kol yisrael  
v'al kol b'ney adam v'imru amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי  
הוּא יַעֲשֶׂה שְׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל בְּנֵי אָדָם וְאָמְרוּ אָמֵן.

May there be abundant peace and life from heaven upon us and upon all Israel.  
And let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend  
on us, on all Israel and on all the world. And let us say: *Amen*.

May the Source of peace send peace to all who mourn and comfort to all who  
are bereaved. And let us say: *Amen*.

*(Be seated)*

**Kaddish - Mourner's Kaddish**

Yitgadal v'yitkadash sh'mey raba  
b'alma di vra chirutey  
v'yamlich malchutey  
b'chayeychon uv'yomeychon  
uv'chayey d'chol beyt yisrael  
ba'agala uvizman kariv  
v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתֵהּ  
וְיַמְלִיךְ מַלְכוּתֵהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
בְּעֵגְלָא וּבְזִמְן קָרִיב  
וְאָמְרוּ אָמֵן.

Let God's great name be exalted and hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all the House of Israel, speedily and very soon. And let us say: *Amen*.

Y'hey sh'mey raba m'varach  
l'alam ul'almei almay.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
v'yitromam v'yitnasey v'yithadar  
v'yitaleh v'yithalal  
sh'mey d'kudsha b'rich hu.  
L'eyla min kol birchata v'shirata  
tushb'chata v'nechemata da-amiran  
b'alma v'imru amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.  
לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא  
תְּשֻׁבְּחָתָא וְנַחֲמָתָא דְאִמְרֵין  
בְּעֵלְמָא וְאָמְרוּ אָמֵן.

May God's great name be blessed forevermore.  
Blessed and praised, glorified and exalted, extolled and honoured, adored and lauded, is the name of the Blessed Holy One, above and beyond all blessings, hymns, praises and consolations that are uttered in the world. And let us say: *Amen*.



## Meditations Before the Kaddish

### Aleph - א

#### **Blessed is the Match**

Blessed is the match

*Consumed in kindling flame.*

Blessed is the flame

*That burns in the heart's secret places*

Blessed is the heart

*With enough strength to stop its beating  
For honour's sake.*

Blessed is the match

*Consumed in kindling flame.*

Hannah Szenes

### Bet - ב

#### **The Life of Eternity**

The light of life is a finite flame. Like the candles of Shabbat life is kindled, it burns, it glows. It is radiant with warmth and beauty. But soon it fades, its substance is consumed, and it is no more.

*In light we see, in light we are seen. The flames dance and our lives are full. But as night follows day, the candle of our life burns down and gutters. There is an end to the flames. We see no more and are no more seen. Yet we do not despair, for we are more than a memory slowly fading into the darkness. With our lives we give life. Something of us can never die. We move in the eternal cycle of darkness and death, of light and life.*

Sheh-hu noteh shamayim v'yoseyd aretz  
u-moshav y'karo ba-shamayim mima-al,  
ushchinat uzo b'govhey m'romim  
hu eloheynu eyn od.  
Emet malkeynu efes zulato,  
kakativ b'torato. V'yadata hayom  
va-hasheyvota el l'vavecha  
ki Adonai hu ha'elohim  
ba-shamayim mima-al  
v'al ha-aretz mitachat eyn od.

שְׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ  
וּמוֹשָׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל,  
וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים  
הוּא אֱלֹהֵינוּ אֵין עוֹד.  
אֱמֶת מְלַכְנוּ אֶפֶס זולָתוֹ,  
כַּכָּתוּב בְּתוֹרָתוֹ: וַיִּדְעַת הַיּוֹם  
וְהִשְׁבַּת אֶל לְבָבָךְ  
כִּי יי הוּא הָאֱלֹהִים  
בַּשָּׁמַיִם מִמַּעַל  
וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד.

God spread out the heavens and established the earth. The Eternal is our God, there is none else. In truth God alone is our Ruler, as it is written: "Know then this day and take it to heart: Adonai is God in the heavens above and on the earth below. There is none else."

V'ne-emar: V'haya Adonai l'melech  
al kol ha-aretz.  
Bayom hahu yih'yeh Adonai echad  
ush'mo echad.

וְנֵאמַר: וְהָיָה יי לְמֶלֶךְ  
עַל כָּל הָאָרֶץ.  
בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד  
וּשְׁמוֹ אֶחָד.

And it is said: "Adonai shall reign over all the Earth. On that day Adonai shall be One and God's name shall be One."

(Be seated)

(All rise in body or in spirit)

## Aleynu - It's Up to Us

עֲלֵינוּ

Aleynu l'shabeyach la'adon hakol  
lateyt g'dula l'yotzeyr b'reysheet.  
Asher sahm chelkeynu l'yacheyd  
et sh'mo  
v'goraleynu l'hamlich malchuto.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל  
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.  
אֲשֶׁר שָׂם חֵלְקֵנוּ לְיַחַד  
אֶת שְׁמוֹ  
וְגוֹרְלָנוּ לְהַמְלִיךְ מַלְכוּתוֹ.

Va'anachnu korim  
umishtachavim umodim,  
lifney melech malchey hamlachim  
hakadosh baruch hu.

וְאֲנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

It is our duty to praise the supreme Ruler, to recognize the greatness of our Creator. For our heritage is to affirm God's unity and our destiny is to work toward the coming of the Messianic Age.

We therefore bend the knee in awe and thanksgiving before the One who is sovereign over all, the Holy Blessed One.

(All rise in body or in spirit)

## Returning the Torah to the Ark

Y'halelu et shem Adonai ki nispav

sh'mo l'vado.

Hodo al eretz v'shamayim.

Vayarem keren l'amo

T'hila l'chol chasidav, livney

yisrael am k'rovo, halleluya.

יְהַלְלוּ אֶת שֵׁם יְיָ כִּי נִשְׁגָּב

שְׁמוֹ לְבָדּוֹ:

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.

וַיָּרֶם קֶרֶן לְעַמּוֹ

תְּהִלָּה לְכָל חַסִּידָיו, לְבְנֵי

יִשְׂרָאֵל עַם קְרוּבוֹ, הַלְלוּהָ.

Let us praise the name Adonai, for God alone is exalted. God's splendour covers heaven and earth and lights the beacon for our people, giving glory to God's faithful ones, Israel, a people close to God. Halleluyah!

Eytz chayim hi lamachazikim ba

v'tomcheha m'ushar.

D'racheha darchey no-am

v'chol n'tivoteha shalom.

Hashiveynu Adonai eleycha v'nashuva

Chadeysh yameynu k'kedem.

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ

וְתִמְכֶיהָ מְאֹשָׁר.

דְּרָכֶיהָ דְרָכֵי נְעִם

וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה

חֲדָשׁ יָמֵינוּ כְּקֵדֶם.

It is a tree of life to them that hold fast to it, and all its supporters are happy. Its ways are ways of pleasantness, and all its paths are peace. Cause us to return, Eternal One, and we shall return. Renew our days, as of old.

(Be seated)

## For Our Nation and Its Leaders

May the One who blessed the patriarchs and matriarchs of our people also bless all those who hold positions of leadership and responsibility in our public life. May they be responsive to Your will, so that our nation may be to the world an example of justice and compassion.

*Deepen our love for our country and our desire to serve all who dwell in it. Teach us to uphold its good name by our own right conduct; and keep us safe always from affliction, strife and war. And let us say: Amen.*

## For the State of Israel

Tzur yisrael v'go-alo, bareych na  
et m'dinat yisrael, hag'shamat  
tikvateynu.

צוֹר יִשְׂרָאֵל וְגוֹאֲלוֹ, בְּרַךְ נָא  
אֶת מְדִינַת יִשְׂרָאֵל, הַגְּשָׁמַת  
תְּקוּתֵנוּ.

Rock and Redeemer of Israel, place Your blessing upon the State of Israel, the realization of our hope for a Jewish homeland.

Send Your light and Your truth to all its inhabitants. Spread over them the shelter of Your peace. Bestow insight upon its leaders, judges and representatives, that they may pursue justice, freedom and integrity. Visit blessing upon all Your people Israel wherever we dwell. Plant the love of Zion into our hearts, that our footsteps may race to walk upon its soil. And may the vision of Your prophet Isaiah soon be fulfilled: "For Torah shall come forth from Zion, and God's word from Jerusalem." And let us say: Amen.

*(Be seated)*

## Mi Shebeyrach - May the One Who Blesses

מִי שֶׁבֵרַךְ

*(All rise in body or in spirit)*

### For Healing

Mi shebeyrach avoteynu  
m'kor hab'racha l'imoteynu.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

May the source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing.  
And let us say: Amen.

Mi shebeyrach imoteynu  
m'kor hab'racha l'avoteynu.

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with refua shleyma,  
the renewal of body, the renewal of spirit.  
And let us say: Amen.

*Debbie Friedman*

### For Our Community

May the One who blessed the patriarchs and matriarchs of our people also bless  
this holy congregation and all those who have been called to the Torah to praise  
God's name on this (Shabbat day and this) Day of Remembrance.

*May the Holy One bless and protect them. May God send blessing upon all  
their worthy deeds. And let us say: Amen.*

## Hayom - Today

היום

Hayom t'amtzeynu

היום תִּאֲמָצְנֵנוּ

hayom t'varcheynu

היום תִּבְרַכְנוּ

hayom t'gad'leynu. Amen

היום תִּגְדְּלֵנוּ אָמֵן

Strengthen us – today. Bless us – today. Exalt us – today. Amen.

Hayom tidr'sheyenu l'tovah

היום תִּדְרְשֵׁנוּ לְטוֹבָה

hayom ticht'veynu l'chayim tovim

היום תִּכְתְּבֵנוּ לְחַיִּים טוֹבִים

hayom tishma shavateynu. Amen

היום תִּשְׁמַע שׁוֹעֲתֵנוּ אָמֵן

Seek our well-being – today. Inscribe us for a good life – today. Lovingly accept our prayers – today. Amen.

Hayom t'kabeyl b'rachamim

היום תִּקְבַּל בְּרַחֲמִים

uv'ratzon et t'filateynu

וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ

hayom titm'cheynu bimin tzidkecha.

היום תִּתְמַכְּנוּ בִּימִין צְדִקְךָ

Amen

אָמֵן

Hear our plea – today. Sustain us with the power of Your righteousness– today. Amen.

Today, give us strength today.

Give us blessing today.

Raise us up. Amen.

**Shofarot - Listening**

The shofar reminds us of the ram in the thicket. Where are we, too, ensnared?  
Can our song set us free?

*The sound of the shofar shatters our complacency. It wails with our grief and stutters with our inadequacy.*

The shofar calls us to teshuvah. The shofar cries out: I was whole, I was broken, I will be whole again.

*Make shofars of us, God! Breathe through us: make of us resonating chambers for Your love.*

Rabbi Rachel Barenblat

*(All rise in body or spirit as the shofar is sounded)*

Tekiah. Shevarim-Teruah.

תְּקִיעָה: שְׁבָרִים-תְּרוּעָה:

Tekiah. Tekiah. Shevarim.

תְּקִיעָה: תְּקִיעָה: שְׁבָרִים:

Tekiah. Tekiah. Teruah.

תְּקִיעָה: תְּקִיעָה: תְּרוּעָה:

Tekiah Gedolah!

תְּקִיעָה גְּדוֹלָה!

Areshet sefateynu ye'erav l'fanecha

אַרְשֶׁת שִׁפְתֵינוּ יַעְרַב לְפָנֶיךָ

el ram v'nissa

אֶל רֶם וְנִסָּא

meyvin u'ma'azin

מִבֵּיץ וּמֵאֲזִין

mabbit u'mak'shiv

מִבֵּיט וּמִקְשִׁיב

l'kol te'kiya'teynu

לְקוֹל תְּקִיעַתְנוּ

ut'kabbel b'rachamim uv'ratzon

וּתְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן

seder **shofroteynu**

סֵדֵר שׁוֹפְרוֹתֵינוּ

May the words of our lips be pleasing to You, exalted God, who listens, discerns, considers, and attends to the sound of our shofar blast. Lovingly accept our service of the **shofar**.

*(Be seated)*



**Zichronot - Remembrance**

**זְכוֹרוֹת**

God, remember us— not only our mistakes but our good intentions and our tender hearts.

*Remember our ancestors who for thousands of years have asked forgiveness with the wail of the ram's horn.*

Today again we open ourselves to the calls of the shofar reminding us sleepers, awake! We remember what matters most in our lives.

*Help us shed old memories which no longer serve us. Help us instead to always remember You.*

Rabbi Rachel Barenblat

*(All rise in body or spirit as the shofar is sounded)*

Tekiah. Shevarim-Teruah.	תְּקִיעָה: שְׁבָרִים-תְּרוּעָה:
Tekiah. Tekiah. Shevarim.	תְּקִיעָה: תְּקִיעָה: שְׁבָרִים:
Tekiah. Tekiah. Teruah.	תְּקִיעָה: תְּקִיעָה: תְּרוּעָה:
Tekiah.	תְּקִיעָה:

Areshet sefateynu ye'erav l'fanecha	אַרְשֶׁת שִׁפְתֵינוּ יַעְרַב לְפָנֶיךָ
el ram v'nissa	אֶל רֵם וְנִשָּׂא
meyvin u'ma'azin	מִבֵּיץ וּמֵאֲזִין
mabbit u'mak'shiv	מִמֵּיט וּמִקְשִׁיב
l'kol te'kiya'teynu	לְקוֹל תְּקִיעַתְנוּ
ut'kabbel b'rachamim uv'ratzon	וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן
seder <b>zichrono'teynu</b>	סֵדֵר זְכוֹרוֹנוֹתֵינוּ

May the words of our lips be pleasing to You, exalted God, who listens, discerns, considers, and attends to the sound of our shofar blast. Lovingly accept our prayerful offering proclaiming Your **remembrance**.

*(Be seated)*

(All rise in body or spirit as the shofar is sounded)

Tekiah. Shevarim-Teruah.	תְּקִיעָה: שְׁבָרִים-תְּרוּעָה:
Tekiah. Tekiah. Shevarim.	תְּקִיעָה: תְּקִיעָה: שְׁבָרִים:
Tekiah. Tekiah. Teruah.	תְּקִיעָה: תְּקִיעָה: תְּרוּעָה:
Tekiah.	תְּקִיעָה:

Areshet sefateynu ye'erav l'fanecha	אַרְשֶׁת שִׁפְתֵינוּ יַעְרַב לְפָנֶיךָ
el ram v'nissa	אֶל רָם וְנִשָּׂא
meyvin u'ma'azin	מִבֵּיץ וּמֵאֲזִין
mabbit u'mak'shiv	מִבֵּיט וּמְקַשֵּׁב
l'kol te'kiya'teynu	לְקוֹל תְּקִיעַתְנוּ
ut'kabbel b'rachamim uv'ratzon	וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן
seder <b>malchuyoteynu</b> .	סֵדֵר מְלֻכְיֹתֵינוּ.

May the words of our lips be pleasing to You, exalted God, who listens, discerns, considers, and attends to the sound of our shofar blast. Lovingly accept our prayerful offering proclaiming Your **sovereignty**.

(Be seated)

**Birchat Shofar - Blessing for Sounding Shofar**

**ברכת שופר**

Baruch ata Adonai  
eloheynu melech ha-olam  
asher kidshanu b'mitzvotav  
v'tzivanu lishmoa kol shofar

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְשִׁמְעַ קוֹל שׁוֹפָר

Baruch ata Adonai  
eloheynu melech ha-olam  
shehecheyanu v'kiymanu  
v'higyanu lazman hazeh

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהֵחַיֵּנוּ וְקִיַּמָּנוּ  
וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה

We praise You, Eternal our God, whose presence fills creation. You bring us holiness through mitzvot, and have commanded us to hear the shofar.

We praise You, Eternal our God, whose presence fills creation, for giving us life, for sustaining us, and for enabling us to reach this season.

*Rosh Hashanah Morning*

*Like Moses, Abraham, Aaron, and Rachel, we are too awed or too timid or simply too self-conscious to open our wounds to the world.*

You have given us a way to cry. Behind the thicket, Abraham found the ram and the instrument of our expression. The shofar will cry for us.

*In the **shevarim**, the brokenness that afflicts our hearts. In the **teruah**, the blasts of pain or hope or recognition that sometimes sear our souls. In the **tekiah**, the hope for wholeness. We cry out from healing as we do from hurt. We cry in supplication, in loss, in love.*

Dear God, help us learn the sounds of the shofar. The sound of our history. The sound of our sorrows.

*Let it draw us closer to You with each blast, with each whispered promise, with each unspoken prayer.*

TEKIAH GEDOLAH. For ourselves, our ancestors, our children, let us listen to the cries of the shofar. In each note is the secret, ancient anguish of the Jewish heart.

*In its sound is our awakening and hope for redemption.*

*Rabbi David Wolpe*

## **Bet - ב**

### **Malchuyot - Sovereignty**

**מלכות**

What does it mean to proclaim Your sovereignty when we don't understand kings? Before the Big Bang, there was You.

*In the old year we allowed habits to rule us. Help us throw off that yoke so our best selves may serve You.*

Help us surrender. The cosmos is not under our control. Help us fall to our knees and find home in Your embrace.

*Let Your power increase in the world. Help us be unashamed of yearning. Strengthen our awe and our love so our prayers will soar.*

*Rabbi Rachel Barenblat*

## Seder Tekiah Shofar - Sounding the Shofar סדר תנקה שופר

Uvachodesh hash'vi-i b'echad  
lachodesh mikra kodesh yih'yeh  
lachem kol m'lechet avodah lo  
ta'asu yom teruah yih'yeh lachem.

וּבַחֹדֶשׁ הַשְּׁבִיעִי בְּאֶחָד  
לְחֹדֶשׁ מִקְרָא־קֹדֶשׁ יִהְיֶה  
לָכֶם כָּל־מְלָאכֶת עֲבוּדָה לֹא  
תַעֲשׂוּ יוֹם תְּרוּעָה יִהְיֶה לָכֶם:

*In the seventh month, on the first day of the month, there shall be a sacred assembly, a cessation from work, a day of commemoration proclaimed by the sound of the Shofar.*

(Numbers 29:1)

The mitzvah is not to sound the shofar but lishmoa kol shofar – to heed the voice of the shofar. What does it mean to “heed the voice of the shofar”?

*Maimonides taught: kol shofar is meant to awaken us. Like sleepwalkers, we pass through our days with eyes open but minds asleep. The voice of the shofar announces: Wake yourself up. Let my sound penetrate to your core.*

Our shofar service is built on three themes:

**Malchuyot:** God’s sovereignty.

**Zichronot:** remembering our sacred relationship.

**Shofarot:** we are called to listen.

### Aleph - א

#### **A Prayer for Sounding the Shofar**

Dear God,

Moses, placed in the basket by the river, kept silent, too frightened to cry.

*Abraham, walking up the mountain with Isaac, kept silent, refusing to give way to the wild sounds of his own grief.*

When Aaron’s children were taken from him, Aaron was silent for there were no words.

*Ruth walked without a sound to the fields for she could give no voice to her loss and her hope.*

We, too, are fearful. We stay hidden behind our respectable masks, our tears dried, our faces composed. Our fears are unexpressed, our cries buried deep within.

## Blessing After the Haftarah Reading

Baruch ata Adonai eloheynu melech  
 ha-olam tzur kol ha-olamim  
 tzaddik b'chol hadorot ha-eyl  
 hane'eman ha-omer v'oseh  
 ham'dabeir um'kayem  
 shekol d'varav emet vatzedek.  
 Al hatorah, v'al ha'avoda,  
 v'al han'vi-im,  
 (v'al yom ha-shabbat hazeh)  
 v'al yom hazikaron hazeh,  
 shenatata lanu Adonai eloheynu,  
 (lik'dusha v'lim'nucha) l'chavod  
 ul'tifaret. Al hakol Adonai eloheynu,  
 anachnu modim lach, um'var'chim  
 otach, yitbarach shimcha b'fi kol  
 chai tamid l'olam va-ed.  
 Ud'varcha emet v'kayam la-ad.  
 Baruch ata Adonai, melech  
 al kol ha-arets, m'kadesh  
 (ha-shabbat v'yisrael v'yom hazikaron.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם צוּר כָּל הָעוֹלָמִים  
 צַדִּיק בְּכָל הַדּוֹרוֹת הָאֵל  
 הַנֶּאֱמָן הָאוֹמֵר וְעוֹשֶׂה  
 הַמְדַבֵּר וּמְקַיֵּם  
 שְׁכָל דְּבָרָיו אֱמֶת וְצֶדֶק.  
 עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה,  
 וְעַל הַנְּבִיאִים,  
 (וְעַל יוֹם הַשַּׁבָּת הַזֶּה),  
 וְעַל יוֹם הַזִּכְרוֹן הַזֶּה,  
 שִׁנַּתָּתָּ לָנוּ יְיָ אֱלֹהֵינוּ,  
 (לְקִדְשָׁה וְלִמְנוּחָה), לְכָבוֹד  
 וְלִתְפָאֳרָת. עַל הַכֹּל יְיָ אֱלֹהֵינוּ,  
 אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים  
 אוֹתְךָ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָּל  
 חַי תָּמִיד לְעוֹלָם וָעֶד.  
 וּדְבָרְךָ אֱמֶת וְקַיִם לְעֶד.  
 בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ  
 עַל כָּל-הָאָרֶץ, מְקַדֵּשׁ  
 (הַשַּׁבָּת וְיִשְׂרָאֵל וְיוֹם הַזִּכְרוֹן).

Praised be the Eternal God, Ruler of the universe, Rock of all creation, righteous in all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets and for this (Shabbat and this) Day of Remembrance, that You, our Eternal God have given us for (holiness and rest,) honour and glory, we thank and bless You. May Your name be blessed forever by every living being, for Your word is true forever. We praise you God, Ruler of all the earth, for the holiness of (the Sabbath), the House of Israel and the Day of Remembrance.

וַתֹּאמֶר תִּמְצָא שְׁפֹזֹתֶיךָ זֶן בְּעֵינֶיךָ וַתִּלָּךְ הָאִשָּׁה לְדַרְכָּהּ וַתֹּאכַל  
וּפְצִיָּה לֹא־הָיָה לָהּ עוֹד: וַיִּשְׁכְּמוּ בַבֹּקֶר וַיִּשְׁתַּחֲוּוּ לִפְנֵי יְהוָה וַיָּשׁוּבוּ  
וַיָּבֹאוּ אֶל־בֵּיתָם הָרְמֵתָה וַיִּדַע אֶלְקָנָה אֶת־נִזְוָתָה אֲשֶׁר־עָשָׂה וַיִּזְכְּרָהּ  
יְהוָה: וַיְהִי לְדַקְפּוֹת הַיָּמִים וַתַּהַר נִזְוָה וַתֵּלֶד בֶּן וַתִּקְרָא אֶת־שְׁמוֹ  
שְׁמוּאֵל כִּי מִיְהוָה שְׂאֵלָתִיו:

1 Samuel 1:18-20

Vatomer timtza shif'chatecha cheyn b'eynecha vatelech ha-ishah l'darkah  
vatochal ufaneyha lo hayu lah od. Vayashkimu vaboker vayish'tachavu lifney  
Adonai vayashuvu vayavo-u el beytam haramatah vayeda elkanah et channah  
ishto vayizkereha Adonai. Vay'hi litkufot hayamim vatahar channah va-teyled  
beyn vatikra et sh'mo shmuel ki mey'Adonai she'iltiv.

She answered, "You are most kind to your handmaid." So the woman left, and she ate, and was no longer downcast. Early next morning they bowed low before the Eternal, and they went back home to Ramah. Elkanah knew his wife Hannah, and Adonai remembered her. Hannah conceived, and at the turn of the year bore a son. She named him Samuel, meaning, "I asked the Eternal for him."

וּזְזָהּ הִיא מְדַבֶּרֶת עַל-לִבָּהּ רַק שְׁפָתֶיהָ זְעוֹת וְקוֹלָהּ לֹא יִשְׁמָע  
וַיִּזְשָׁבֶה עָלַי לְשׁוֹכְרָה: וַיֹּאמֶר אֵלֶיהָ עָלַי עַד-מָתַי תִּשְׁתַּכְּרִין הַסִּידִי  
אֶת-יַיִנְךָ מֵעַלְיָהּ: וַתַּעַן זְזָהּ וַתֹּאמֶר לֹא אֲדַבֵּי אִשָּׁה קִשְׁת־רוּחַ אֲנֹכִי  
וַיִּזַּן וְשׁוֹכֵר לֹא שְׁתִּיתִי וְאֶשְׁפֹּךְ אֶת-גִּפְשִׁי לִפְנֵי יְהוָה: אֲל־תִּתֶן  
אֶת-אֲמוֹתַי לִפְנֵי בַת-בְּלִיָּעַל כִּי-מְרֹב שִׁיזוֹי וְכַעֲסִי הִפְרַתִּי עַד-הִנֵּה:  
וַיַּעַן עָלַי וַיֹּאמֶר לְכִי לְשָׁלוֹם וְאֵלֶּהִי יִשְׂרָאֵל יִתֵּן אֶת-שְׁלָתְךָ אֲשֶׁר  
שְׁאַלְתְּ מֵעַמוֹ:

1 Samuel 1:13-17

V'chanah hi m'daberet al libah rak s'fateyha na-ot v'kolah lo yishameya  
vayachsh'veha eli l'shikora. Vayomer eyleyha eli ad matay tish'tacharin hasiri et  
yeynech mey-alayich. Vata'an channah vatomer lo adoni ishah k'shat ruach  
anochi veyayin v'shechar lo shatiti va-eshpoch et nafshi lifney Adonai. Al titeyn  
et amat'cha lifney bat beliya'al ki meyrov sichi v'chasi dibarti ad hena. Vaya-an  
eli vayomer lechi l'shalom velohey yisrael yiteyn et shelatech asher sha-alt  
mey-imo.

Now Hannah was praying in her heart; only her lips moved, but her voice could not be heard. So Eli thought she was drunk. Eli said to her, "How long will you make a drunken spectacle of yourself? Sober up!" And Hannah replied, "Oh no, my lord! I am a very unhappy woman. I have drunk no wine or other strong drink, but I have been pouring out my heart to the Eternal. Do not take your maidservant for a worthless woman; I have only been speaking all this time out of my great anguish and distress." "Then go in peace," said Eli, "and may the God of Israel grant you what you have asked of Him."



וַתִּקַּם זֹנָה אַזְוָרִי אָכְלָה בְּשִׁלֹּה וְאַזְוָרִי שָׁתָה וְעָלִי הַכֹּהֵן יֹשֵׁב  
עַל־הַכֹּסֶא עַל־מִזְבֵּיחַת הַיֵּכֶבֶל יְהוָה: וְהִיא מָרַת גַּפְשׁ וַתִּתְפַּלֵּל  
עַל־יְהוָה וּבָכָה וַתְּבַכֶּה: וַתֵּדֶר גְּדֵר וַתֹּאמֶר יְהוָה זָבָאוֹת אִם־רָאָה  
תִּרְאֶה | בְּעֵינֵי אֲמֹתֶךָ וַיְכַרְתֵּנִי וְלֹא־תִשְׁכַּח אֶת־אֲמֹתֶךָ וַנְּתַתֶּנָּה  
לְאֲמֹתֶךָ יִרְעוּ אַנְשִׁים וַיִּתְּתֵינוּ לַיהוָה כָּל־יָמֵי זִנְיֹנוּ וּמִוְרָה לֹא־יֵעָלֶה  
עַל־רֹאשׁוֹ: וְהָיָה כִּי הִרְבֵּתָה לְהִתְפַּלֵּל לְפָנָי יְהוָה וְעָלִי שָׁמַר  
אֶת־פִּיהָ:

1 Samuel 1:9-12

Vatakom channah acharey ochlah v'shiloh v'acharey shatoh v'eyli hakoheyn yoshev al hakisey al mezuzat heychal Adonai. V'hi marat nafesh vatitpalel al Adonai uvacho tivkeh. Vatidor neder vatomar Adonai tz'vaot im ra-oh tireh ba'ani amatecha uz'chartani v'lo tishkach et amatecha v'natatah la'amatecha zera anashim unetativ l'Adonai kol y'mey chayav umorah lo ya'aleh al rosho. V'haya ki hirbeta l'hitpalel lifney Adonai v'eyli shomer et pihah.

After they had eaten and drunk at Shiloh, Hannah rose.—The priest Eli was sitting on the seat near the doorpost of the temple of the Eternal.— In her wretchedness, she prayed to Adonai, weeping all the while. And she made this vow: "O God of Hosts, if You will look upon the suffering of Your maidservant and will remember me and not forget Your maidservant, and if You will grant Your maidservant a male child, I will dedicate him to the Eternal for all the days of his life; and no razor shall ever touch his head." As she kept on praying before Adonai, Eli watched her mouth.

## Reading the Haftarah for Rosh Hashanah

### Blessing Before the Haftarah Reading

Baruch ata Adonai eloheynu melech

ha-olam, asher bachar binviyim

tovim, v'ratzah v'divreyhem

hane'emarim be-emet,

baruch ata Adonai, habocher

ba-torah uv'moshe avdo,

uv'yisrael amo,

uvin'viyey ha'emet vatzedek.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בְּנַבִּיאים  
טוֹבִים, וְרָצָה בְּדִבְרֵיהֶם  
הַנֶּאֱמָרִים בְּאֵמֶת,  
בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר  
בַּתּוֹרָה וּבְמֹשֶׁה עַבְדּוֹ,  
וּבְיִשְׂרָאֵל עַמּוֹ,  
וּבְנַבִּיאי הָאֵמֶת וְצַדִּיק.

We praise You, our Eternal God, whose presence fills creation, who has chosen faithful prophets to speak words of truth. We praise You, Eternal One, for the revelation of Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and justice.

In this morning's Haftarah we read the story of Hannah. Like our foremothers Sarah and Rachel, Hannah yearns for a child. Finally, after years of being unable to conceive, Hannah does something radical. She silently offers her own heartfelt prayers to God. Hannah is our model for prayers of *kavanah* - deeply intentional, personal, individual prayers of the heart, that we practice today. As she prayed with her eyes closed, her lips moving silently, her whole body swaying, the High Priest Eli scolds her for being drunk. "No", replies Hannah, "I was praying to God asking the Eternal One to grant me the blessing of a child, whom I would dedicate to God's service". Eli listens to her and then he offers Hannah a blessing. God answers her prayer and she becomes the mother of the prophet Samuel.

This time of year is complicated. Rosh Hashanah brings hope for a new year and the promise of new beginnings, new possibilities, gratitude and joy. At the same time, we look back on the year and remember unfulfilled hopes and dreams, transitions in our lives, our own private disappointments and the complexities of life. Growth and change. Time marching onward. Hannah's story resonates with us as we give voice to our own heartfelt prayers and our deepest yearnings, here in this sacred time and space.

**Fifth Torah Portion for Rosh Hashanah**

וַיְהִי אַחֲרַי הַדְּבָרִים הָאֵלֶּה וַיֵּצֵד לְאַבְרָהָם לְאִמּוֹהָ הִנֵּה יֹלְדָה מִלְכָּה  
 גַּם־הִוא בָּנִים לְצִנּוּר אַחִיָּה: אֶת־עֵיזָן בְּכָרוֹ וְאֶת־בּוּז אַחִיו  
 וְאֶת־קִמּוּאֵל אָבִי אָרָם: וְאֶת־פִּישָׁד וְאֶת־זִזּוֹ וְאֶת־פְּלִדָּשׁ וְאֶת־יִדְלָף  
 וְאֶת־בֵּתוּאֵל: וּבֵתוּאֵל יָלַד אֶת־רִבְקָה שְׂמֹנֶה אֵלֶּה יֹלְדָה מִלְכָּה  
 לְצִנּוּר אַחִי אַבְרָהָם: וּפִי־כִלְשֵׁי וּשְׂמָה רְאוּמָה וַתֵּלֵד גַּם־הִוא  
 אֶת־טֶבַח וְאֶת־גַּחַם וְאֶת־תַּחַשׁ וְאֶת־מַעַחָה:

Genesis 22:20-24

Vay'hi acharey had'varim ha-eyleh vayugad l'avraham leymor hineh yaldah milkah gam hi-u banim l'nachor achicha. Et utz bechoro v'et buz achiv v'et kmu-el avi aram. V'et kesed v'et chazo v'et pildash v'et yidlaf v'eyt betu-el. Uv'tu-el yalad et rivka sh'monah eleh yaldah milkah l'nachor achi avraham. Ufilagsho ushmah re-umah va-teyled gam hi-u et tevach v'et gacham v'et tachash v'et ma'achah.

Some time later, Abraham was told, "Milcah too has borne children to your brother Nahor: Uz the first-born, and Buz his brother, and Kemuel the father of Aram; and Chesed, Hazo, Pildash, Jidlaph, and Bethuel"— Bethuel being the father of Rebekah. These eight Milcah bore to Nahor, Abraham's brother. And his concubine, whose name was Reumah, also bore children: Tebah, Gaham, Tahash, and Maacah.

*(After the final aliyah, all rise in body or spirit as the Torah is lifted)*

V'zot hatorah asher sahm moshe  
 lifney b'ney yisrael al pi Adonai  
 b'yad moshe.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה  
 לְפָנָי בְּנֵי יִשְׂרָאֵל עַל פִּי יי  
 בְּיַד מֹשֶׁה:

This is the Torah that Moses placed before the people of Israel to fulfill the word of God.

*(Be seated after the Torah is dressed)*

## Fourth Torah Portion for Rosh Hashanah

וַיִּקְרָא מַלְאֲךְ יְהוָה אֶל־אַבְרָהָם שֵׁנִית מִן־הַשָּׁמַיִם: וַיֹּאמֶר בִּי  
נִשְׁבַּעְתִּי נָא־יְהוָה כִּי יֵעָן אֲשֶׁר עָשִׂיתָ אֶת־הַדָּבָר הַזֶּה וְלֹא נִשְׁכַּחַת  
אֶת־בְּנֶךָ אֶת־יְזוּדֶךָ: כִּי־בָרַךְ אֲבָרְכֶךָ וְהִרְבֵּה אַרְבֵּה אֶת־זַרְעֶךָ  
כְּכּוֹכְבֵי הַשָּׁמַיִם וְכּוֹזוֹל אֲשֶׁר עַל־שְׂפַת הַיָּם וַיִּרְשׁ זַרְעֶךָ אֶת־שְׂעָר  
אֵיבָיו: וְהִתְבָּרְכוּ בְזַרְעֶךָ כָּל־גּוֹיֵי הָאָרֶץ עֲקֵב אֲשֶׁר שָׁמַעְתָּ בְּקוֹלִי:  
וַיָּשָׁב אַבְרָהָם אֶל־נְעָרָיו וַיִּקְמוּ וַיֵּלְכוּ יְזוּדָיו אֶל־בְּאֵר שֶׁבַע וַיֵּשֶׁב  
אַבְרָהָם בְּבֵאֵר שֶׁבַע:

Genesis 22:15-19

Vayikra malach Adonai el avraham shenit min hashamayim. Vayomer bi nishbati ne-um Adonai ki ya-an asher asita et hadavar hazeh v'lo chasachta et bincha et yechidecha. Ki varech avarechecha v'harbah arbeh et zar'acha k'chochevey hashamayim v'chachol asher al s'fat hayam v'yirash zar'acha et sha-ar oyvav. V'hitbarchu v'zar'acha kol goyey ha-aretz ekev asher shamata b'koli. Vayashav avraham el n'arav vayakumu vayelchu yachdav el b'er shava vayeyshev avraham biv'eyr shava.

The angel of Adonai called to Abraham a second time from heaven, and said, "By Myself I swear, Adonai declares: Because you have done this and have not withheld your son, your favored one, I will bestow My blessing upon you and make your descendants as numerous as the stars of heaven and the sands on the seashore; and your descendants shall seize the gates of their foes. All the nations of the earth shall bless themselves by your descendants, because you have obeyed My command." Abraham then returned to his servants, and they departed together for Beer-sheba; and Abraham stayed in Beer-sheba.

### Third Torah Portion for Rosh Hashanah

וַיָּבֹאוּ אֶל-הַמָּקוֹם אֲשֶׁר אָמַר לּוֹ הָאֱלֹהִים וַיִּבֶן שָׁם אַבְרָהָם  
אֶת-הַמִּזְבֵּיחַ וַיַּעֲרֹךְ אֶת-הָעֵלִים וַיַּעְקֹד אֶת-יִצְחָק בְּנוֹ וַיִּשֶׂם אֹתוֹ  
עַל-הַמִּזְבֵּיחַ מִמַּעַל לְעֵצִים: וַיִּשְׁלַח אַבְרָהָם אֶת-יָדוֹ וַיִּקְחוּ  
אֶת-הַמִּאֲכָלֹת לְשִׁזְזוֹת אֶת-בְּנוֹ: וַיִּקְרָא אֵלָיו מַלְאַךְ יְהוָה מִן-הַשָּׁמַיִם  
וַיֹּאמֶר אַבְרָהָם אַבְרָהָם וַיֹּאמֶר הִנֵּנִי: וַיֹּאמֶר אֵל-תִּשְׁלַח יָדְךָ  
אֶל-הַצֶּעַר וְאֶל-תַּעֲשֵׂ לּוֹ מְאוּמָה כִּי | לְעֵתָה יָדַעְתִּי כִּי-יִרָא אֱלֹהִים  
אֵתָהּ וְלֹא תִשְׁלַח אֶת-בְּנֶךָ אֶת-יָדְךָ מִמֶּנִּי: וַיִּשָּׂא אַבְרָהָם  
אֶת-עֵינָיו וַיִּרָא וְהִנֵּה-אֵיל אַזְוֵר נָאֻזָּה בְּסֹבֵף בְּקִרְנָיו וַיִּלֶּךְ אַבְרָהָם  
וַיִּקְחוּ אֶת-הָאֵיל וַיַּעֲלֵהוּ לְעֹלָה תְּנוּחַת בְּנוֹ:

Genesis 22:9-13

Vayavo-u el hamakom asher amar lo ha'elohim vayiven sham avraham et hamizbeyach vaya'aroch et ha-etzim vaya'akod et yitzchak beno vayasem oto al hamizbeyach mima-al la-etzim. Vayishlach avraham et yado vayikach et hama'achelet lishchot et beno. Vayikra elav malach Adonai min hashamayim vayomer avraham avraham vayomer hineyni. Vayomer al tishlach yad'cha el hana-ar v'al ta-as lo m'umah ki atah yadati ki y'reh elohim ata v'lo chasachta et bincha et yechid'cha mimeni. Vayisa avraham et eynav vayar v'hineh ayil achar ne-echaz basvach b'karnav vayelech avraham vayikach et ha-ayil vaya-aleyhu l'olah tachat beno.

They arrived at the place of which God had told him. Abraham built an altar there; he laid out the wood; he bound his son Isaac; he laid him on the altar, on top of the wood. And Abraham picked up the knife to slay his son. Then an angel of Adonai called to him from heaven: "Abraham! Abraham!" And he answered, "Here I am." And he said, "Do not raise your hand against the boy, or do anything to him. For now I know that you fear God, since you have not withheld your son, your favored one, from Me." When Abraham looked up, his eye fell upon a ram, caught in the thicket by its horns. So Abraham went and took the ram and offered it up as a burnt offering in place of his son.

Second Torah Portion for Rosh Hashanah

בַּיּוֹם הַשְּׁלִישִׁי וַיֵּשֶׂא אַבְרָהָם אֶת-עֵינָיו וַיֵּרָא אֶת-הַמָּקוֹם מֵרֶחֶק:  
וַיֹּאמֶר אַבְרָהָם אֶל-נְעָרָיו שְׁבוּ-לַכֶּם פֹּה עִם-הַחֲמוֹר וְאֲנִי וְהַעֶזְרָא  
נִלְכָה עַד-כֹּה וְנִשְׁתַּחֲוֶה וְנָשׁוּבָה אֵלֵיכֶם: וַיִּקְחַז אַבְרָהָם אֶת-עֵצֵי  
הָעֵלֶה וַיִּשֶׂם עָלָי-יִצְחָק בְּנוֹ וַיִּקְחַז אֶת-הָאֵשׁ וְאֶת-הַמַּאֲכָלֹת  
וַיִּלְכוּ שְׁנֵיהֶם יוֹדְדֵי: וַיֹּאמֶר יִצְחָק אֶל-אַבְרָהָם אָבִיו וַיֹּאמֶר אָבִי  
וַיֹּאמֶר הַנְּנִי בְנִי וַיֹּאמֶר הִנֵּה הָאֵשׁ וְהָעֵצִים וְאֵיךְ הֲשֵׁה לָעֵלֶה:  
וַיֹּאמֶר אַבְרָהָם אֵלָהִים יִרְאֶה-לּוֹ הֲשֵׁה לָעֵלֶה בְנִי וַיִּלְכוּ שְׁנֵיהֶם  
יוֹדְדֵי:

Genesis 22:4-8

Bayom hashlishi vayisa avraham et eynav vayar et hamakom meyrachok.  
Vayomer avraham el n'arav sh'vu lachem poh im hachamor va'ani v'hana-ar  
nel'chah ad koh v'nishtachaveh v'nashuva aleychem. Vayikach avraham et  
atzey ha-olah vayasem al yitzchak beno vayikach b'yado et ha-eysh v'et  
hama'achelet vayelchu sh'neyhem yachdav. Vayomer yitzchak el avraham aviv  
vayomer avi vayomer hineni veni vayomer hineh ha-eysh v'ha-etzim v'ayeh  
haseh l'olah. Vayomer avraham elohim yir'eh lo haseh l'olah beni vayelchu  
sh'neyhem yachdav.

On the third day Abraham looked up and saw the place from afar. Then Abraham said to his servants, "You stay here with the ass. The boy and I will go up there; we will worship and we will return to you." Abraham took the wood for the burnt offering and put it on his son Isaac. He himself took the firestone and the knife; and the two walked off together. Then Isaac said to his father Abraham, "Father!" And he answered, "Yes, my son." And he said, "Here are the firestone and the wood; but where is the sheep for the burnt offering?" And Abraham said, "God will see to the sheep for His burnt offering, my son." And the two of them walked on together.

**First Torah Portion for Rosh Hashanah**

וַיְהִי אַחַר הַדְּבָרִים הָאֵלֶּה וְהָאֱלֹהִים נִסָּה אֶת־אַבְרָהָם וַיֹּאמֶר אֵלָיו  
אַבְרָהָם וַיֹּאמֶר הִנְנִי: וַיֹּאמֶר קַח־נָא אֶת־בְּנֶךָ אֶת־יִצְחָק  
אֲשֶׁר־אָהַבְתָּ אֶת־יִצְחָק וְלֶךְ־כֶּךָ אֶל־אֶרֶץ הַמֹּרִיָּה וְהַעֲלֵהוּ שָׁם  
לְעֹלָה עַל אֶחָד הַהָרִים אֲשֶׁר אָמַר אֱלֹהֶיךָ: וַיִּשְׁפֹּם אַבְרָהָם בַּבֹּקֶר  
וַיַּחֲבֹשׁ אֶת־חֲמֹרֹו וַיִּקְחוּ אֶת־שְׁנֵי נַעֲרָיו אִתּוֹ וְאֵת יִצְחָק בְּנֵו וַיִּבְקַע  
עֲצֵי עֹלָה וַיִּקֶּם וַיֵּלֶךְ אֶל־הַמָּקוֹם אֲשֶׁר־אָמַר־לוֹ הָאֱלֹהִים:

Genesis 22:1-3

Vay'hi achar had'varim ha-eyleh v'ha'elohim nisa et avraham vayomer elav avraham vayomer hineyni. Vayomer kach na et bincha et yechid'cha asher ahavta et yitzchak v'lech l'cha el eretz hamoriah v'ha'alehu sham l'olah al achad heharim asher omar eleycha. Vayashkem avraham baboker vayachavosh et chamoro vayikach et sh'ney n'arav ito v'eyt yitzchak beno vayevara atzey olah vayakom vayelech el hamakom asher amar lo ha'elohim.

Some time afterward, God put Abraham to the test. He said to him, "Abraham," and he answered, "Here I am." And He said, "Take your son, your favored one, Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the heights that I will point out to you." So early next morning, Abraham saddled his ass and took with him two of his servants and his son Isaac. He split the wood for the burnt offering, and he set out for the place of which God had told him.

The Torah reading for the first morning of Rosh Hashanah describes the *Akedah*, the binding of Isaac. God calls upon Abraham to bring Isaac, the son that Sarah finally gave birth to after many years of waiting and praying, to be bound upon the altar and offered as a burnt offering. Genesis 22:1 opens by telling the reader that "Some time afterward God put Abraham to the test." However, we have no indication that Abraham, Isaac, or Sarah is aware that this is a test. Also, conspicuously absent is any hint of how Abraham or Isaac is feeling or thinking as they travel towards Mt. Moriah, nor do we know if Sarah was aware of what was happening. Abraham responds to God with the word " *Hineini*" three times in this chapter. " *Hineini*" literally means "Here I am", as a contraction of " *Hinei*" - "behold" and " *ani*" - "I", as in "I am present and I am ready". Twice Abraham responds " *Hineini*" to God, and once to his son Isaac. And Abraham wastes no time. He arises early in morning, collects wood and the knife, and sets out with Isaac on the three-day journey to the mountain. A test suggests free will, and that one's response is therefore meaningful. Does he pass?

Traditional rabbinic commentary explains that God is testing Abraham's faith. Abraham is put in an impossible situation: sacrifice everything he and Sarah have worked for and prayed for - their future (and the future of the Jewish people we might note, as God has promised them), or disobey God.

Isaac, as we know, was not sacrificed. At the penultimate hour Abraham's hand is stayed, he sees a ram caught in a thicket, and the ram takes Isaac's place on the altar. Afterward we learn that Abraham is rewarded for his faithfulness. God rewards him, saying, because you have done this and have not withheld your son, your favored one, I will bestow My blessing upon you and make your descendants as numerous as the stars of heaven and the sands on the seashore."

This kind of faith and obedience seem to be outside of any logical sense of reason, beyond self-interest, even outside of morality. In this line of interpretation, Abraham must do what God asks, even if he does not understand. Other commentators suggest that this was a polemic against neighbouring cultures whose religious rituals included human sacrifice. Another interpretation lifts up the message of God's faithfulness and considers that Abraham misunderstood the test; that God would never desire the sacrifice of any human or the death of Abraham's descendants. As we hear the sound of the shofar at this season of the year, we see in our imagination the ram caught in the thicket. At this pivotal moment in our people's story, our own soul receives a wakeup call. We are called to reflect on our moral choices, our commitments and our own human fragility as we answer *Hineini*, "I am present and I am ready".



## Reading from the Torah for Rosh Hashanah

### Blessing Before Reading from the Torah

Barchu et Adonai ham'vorach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:

Baruch Adonai ham'vorach l'olam va-ed.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal One of blessing. Praised is the Eternal One forever and ever.

Baruch ata Adonai eloheynu melech

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ

ha-olam, esher bachar banu mikol

הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל

ha-amim v'natan lanu et torato.

הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ:

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who chose us from all the peoples and gave us Your law. We praise you Adonai, Giver of Torah.

### Blessing After Reading from the Torah

Baruch ata Adonai eloheynu

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

melech ha-olam,

מֶלֶךְ הָעוֹלָם,

asher natan lanu torat emet,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

v'chai'ey olam nata b'tocheynu.

וְחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ:

Baruch ata Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה:

We praise You, Adonai our God, sovereign of all creation, who has given us the doctrine of truth, and eternal life has been planted within us. We praise you Adonai, Giver of Torah.

Romemu Adonai eloheynu  
v'hishtachavu l'har kodsho  
ki kadosh Adonai eloheynu romemu.

רוֹמְמוּ יְיָ אֱלֹהֵינוּ  
וְהִשְׁתַּחֲוּוּ לְהַר קְדֹשׁוֹ  
כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ רוֹמְמוּ.

Let us exalt Adonai our God, and worship at God's holy mountain; for Adonai our God is holy.

*(Be seated)*

Baruch shenatan torah l'amo yisrael

בְּרוּךְ שֶׁנָתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל

bik'dushato.

בְּקִדְשָׁתוֹ:

Sh'ma yisrael Adonai eloheynu

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ

Adonai echad.

יְיָ אֶחָד.

Praised be the One who, in holiness, has given Torah to the people of Israel.

Hear, O Israel, Adonai is our God, Adonai is One.

Echad eloheynu gadol adoneynu

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵנוּ

kadosh v'nora sh'mo.

קָדוֹשׁ וְנוֹרָא שְׁמוֹ.

Gadlu l'Adonai iti un'rom'ma

גַּדְלוּ לַיְיָ אֱתֵי וְנִרְוֹמְמָה

sh'mo yachdav.

שְׁמוֹ יַחְדָּו.

Our God is One, great is the Eternal, holy and awesome is God's name.

Add your voice to mine so that together we may exalt God's name.

L'cha Adonai hagdula v'hagvura

לְךָ יְיָ הַגְדֻלָּה וְהַגְבוּרָה

v'hatiferet v'haneytzach v'ha-hod,

וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,

ki chol ba-shamayim uva-aretz.

כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ:

L'cha Adonai hamamlacha v'hamit'nasev

לְךָ יְיָ הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא

l'chol l'rosh.

לְכֹל לְרֹאשׁ:

Al shloshe d'varim

עַל שְׁלוֹשֵׁי דְבָרִים

ha-olam omeyd,

הָעוֹלָם עוֹמֵד,

al hatorah v'al ha'avoda

עַל הַתּוֹרָה וְעַל הָעֲבוּדָה

v'al gemilut chasadim.

וְעַל גְּמִילוּת חֲסָדִים.

Yours, Eternal One, is the greatness, the power and the beauty, the triumph and the majesty, for everything in heaven and earth is Yours. Yours is the sovereignty for You are supreme above all. The world depends on three things: on Torah, on worship and on loving deeds.

Avinu malkeynu chadeysh aleynu  
shanah tova.

אָבִינוּ מַלְכֵנוּ חֲדָשׁ עָלֵינוּ  
שָׁנָה טוֹבָה.

Avinu Malkeynu, let the new year be a good year for us.

Avinu malkeynu maley yadeynu  
mibir'choteycha.

אָבִינוּ מַלְכֵנוּ מְלֵא יָדֵינוּ  
מִבְּרַכּוֹתֶיךָ.

Avinu Malkeynu, fill our hands with blessing.

Avinu malkeynu choneynu va'aneynu  
ki eyn banu ma'asim.  
Asey imanu tz'daka vacheseid  
v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ חֲנֵנוּ וְעַנְנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים.  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.  
Treat us with kindness and love, and be our help.

## אל רחום וחנון El Rachum V'Chanun - Merciful & Gracious God

Adonai, Adonai, el rachum v'chanun,  
erech appayim v'rav chesed v'emet.  
Notzer chesed la'alafim,  
noseh avon vafeshah v'chata-ah,  
v'nakeh.

יְהוָה יְהוָה אֵל רַחוּם וְחַנוּן,  
אַרְךָ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת:  
נֹצֵר חֶסֶד לְאַלְפִים,  
נֹשֵׂא עוֹן וְפֹשֵׁעַ וְחַטָּאָה,  
וְנִקֶּה.

Adonai, Adonai, our God is merciful and gracious, patient, loving and true,  
showing mercy to thousands, forgiving evil, wrongdoing and sin, and granting  
pardon.

Beyt ya'akov. L'chu, v'nelcha b'or  
Adonai.

בֵּית יַעֲקֹב: לְכוּ, וְנִלְכֶה בְּאוֹר  
יְיָ.

O House of Jacob: come, let us walk by the light of the Eternal.

(All rise in body or spirit)

Avinu malkeynu sh'ma koleynu. אָבִינוּ מַלְכֵנוּ שְׁמַע קוֹלֵנוּ.

Avinu Malkeynu, hear our voice.

Avinu malkeynu chatanu l'fanecha. אָבִינוּ מַלְכֵנוּ חָטְאָנוּ לְפָנֶיךָ.

Avinu Malkeynu, we have sinned before You.

Avinu malkeynu chamol aleynu אָבִינוּ מַלְכֵנוּ חָמַל עָלֵינוּ  
v'al olaleynu v'tapeynu. וְעַל עוֹלָלֵנוּ וְטַפְנוּ.

Avinu Malkeynu, have mercy on us and our children.

Avinu malkeynu kaleh dever v'cherev אָבִינוּ מַלְכֵנוּ כֹּלֵה דֶבַר וְחֶרֶב  
v'ra-av u'shvi umashchit. וְרָעַב וְשָׁבִי וּמַשְׁחִית.

Avinu Malkeynu, make an end to disease, war, famine, exile, and destruction.

Avinu malkeynu chafer atzat oiveynu. אָבִינוּ מַלְכֵנוּ חָפַר עֲצַת אוֹיְבֵנוּ.

Avinu Malkeynu, destroy the power of every oppressor and adversary.

Avinu malkeynu kotveynu b'sefer אָבִינוּ מַלְכֵנוּ כָּתְבָנוּ בְּסֵפֶר  
chayim tovim. חַיִּים טוֹבִים.

Avinu Malkeynu, inscribe us in Your book for a life of goodness.

**Avinu Malkeynu - Our Parent, Our Sovereign**

Loving Father  
Infinite Power  
Gentle, forgiving  
Lofty, inscrutable

*Avinu Malkeynu*

Compassionate Mother  
Omnipotent Lord  
Comforting presence  
Fathomless mystery

*Avinu Malkeynu*

Our Rock and Redeemer  
Life of the Universe  
Close to us always  
Impossibly far

*Avinu Malkeynu*

Embracing  
Confounding  
Accepting our frailty  
Decreeing our end

*Avinu Malkeynu*

None of these are true  
None of them are You  
Yet we stand as those before us have stood  
Summoned to judgment, longing for love

*Avinu Malkeynu*

May these words be a bridge  
They come from our hearts  
May they lead us to You

*Mishkan Hanefesh (New Reform Machzor)*

## T'filat Ha'lev - Prayer of the Heart

## תפילת הלב

(Silently)

O God, keep my tongue from evil and my lips from deceit. Help me to be silent in the face of derision, humble in the presence of all. Open my heart to Your Torah, and I will hasten to do Your mitzvot. Save me with Your power. In time of trouble be my answer, that those who love You may rejoice.

### Aleph - א

Yih'yu l'ratzon imrey fi v'hegyon libi  
l'fanecha Adonai tzuri v'go-ali.

יְהִיּוּ לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לִבִּי  
לְפָנֶיךָ יְיָ צוּרִי וְגוֹאֲלִי.

May the words of my mouth and the meditations of my heart be acceptable unto You, O God, my Rock and my Redeemer.

### Bet - ב

Oseh shalom bimromav hu  
ya'aseh shalom aleynu v'al kol  
yisrael v'al kol b'ney adam  
v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרְמֹמָיו הוּא  
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל וְעַל כָּל בְּנֵי אָדָם  
וְאָמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel, and on all the world. And let us say: Amen.

**Bet - ב**

Sim shalom tova uv'racha cheyn  
vachessed v'rachamim aleynu v'al kol  
yisrael amecha v'al kol ha-amim.  
Barcheynu avinu kulanu k'echad b'or  
panecha, ki v'or panecha natata lanu  
Adonai eloheynu torat chayim v'ahavat  
chesed utz'daka uv'racha v'rachamim  
v'chayim v'shalom.  
V'tov b'eynecha l'vareych et amcha  
yisrael v'et kol ha-amim b'chol  
eyt uv'chol sha-a bish'lomecha.  
B'sefer chayim uv'racha nikateyv  
l'chayim tovim ul'shalom.  
Baruch ata Adonai oseh ha-shalom.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה חֵן  
וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל עַמְּךָ וְעַל כָּל הָעַמִּים.  
בְּרַכְנוּ אָבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר  
פָּנֶיךָ, כִּי בְאוֹר פָּנֶיךָ נִתְּתָ לָנוּ  
יְיָ אֱלֹהֵינוּ תּוֹרַת חַיִּים וְאַהֲבַת  
חֶסֶד וְצִדְקָה וּבְרָכָה וְרַחֲמִים  
וְחַיִּים וְשְׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ  
יִשְׂרָאֵל וְאֶת כָּל הָעַמִּים בְּכָל  
עֵת וּבְכָל שְׁעָה בְּשִׁלּוּמֶךָ.  
בְּסֵפֶר חַיִּים וּבְרָכָה נִכְתָּב  
לְחַיִּים טוֹבִים וּלְשְׁלוֹם.  
בְּרוּךְ אַתָּה יְיָ עוֹשֵׂה הַשְּׁלוֹם.

Grant us peace, Your most precious gift, O God, and give us the will to proclaim its message to all the peoples of the earth. Bless our country, that it may always be a stronghold of peace and an advocate of peace among the nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart.  
May we be Inscribed in the Book of Life for blessing and peace.  
We praise You, Eternal Source of peace.



## Birchat Shalom - Blessings of Peace

## ברכת שלום

Y'varechecha Adonai v'yishm'recha

Keyn y'hi ratzon!

Yaer Adonai panav eleycha vichunecha

Keyn y'hi ratzon!

Yisa Adonai panav eleycha

v'yaseym l'cha shalom

Keyn y'hi ratzon!

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ

כֵּן יְהִי רָצוֹן!

יֵאָר יי פָּנָיו אֵלֶיךָ וַיְחַנְּךָ

כֵּן יְהִי רָצוֹן!

יִשָּׂא יי פָּנָיו אֵלֶיךָ

וַיִּשֶׂם לְךָ שְׁלוֹם

כֵּן יְהִי רָצוֹן!

May Adonai bless you and keep you. Be this God's will. May Adonai shine God's face upon you and be gracious to you. Be this God's will. May Adonai lift up God's face to you and give you peace. Be this God's will.

## Aleph - א

Shalom rav al yisrael amcha

v'al kol ha'amim tasim l'olam,

ki ata hu melech adon l'chol

ha-shalom.

V'tov b'eynecha l'vareych et amcha

yisrael b'chol eyt uv'chol sha-a

bish'lomecha.

B'sefer chayim uv'racha nikateyv

l'chayim tovim ul'shalom.

Baruch ata Adonai oseh ha-shalom.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ

וְעַל כָּל הָעַמִּים תְּשִׂים לְעוֹלָם,

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל

הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ

יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה

בְּשִׁלּוּמֶךָ.

בְּסֵפֶר חַיִּים וּבְרָכָה נִכְתָּב

לְחַיִּים טוֹבִים וּלְשְׁלוֹם.

בָּרוּךְ אַתָּה יי עוֹשֵׂה הַשְּׁלוֹם.

Sovereign God of peace, let Your people Israel know enduring peace, for it is good in Your sight continually to bless Israel with Your peace.

May we be inscribed in the book of life and blessing; may we bring goodness and peace into the world.

We praise You, eternal Source of peace.

## Avodah - Worship

## עבודה

R'tzey Adonai eloheynu b'amcha yisrael  
 u-t'filatam b'ahava t'kabeyl,  
 ut'hi l'ratzon tamid avodat  
 yisrael amecha. El karov l'chol  
 kor-av, p'neh el avadecha v'choneynu.  
 Sh'foch ruchacha aleynu v'techezana  
 eyneynu b'shuv'cha l'tzion b'rachamim.  
 Baruch ata Adonai ha-machazir  
 sh'chinato l'tzion.

רְצֵה יי אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל  
 וּתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל,  
 וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת  
 יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב לְכֹל  
 קוֹרְאָיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנוֹ.  
 שְׂפוֹךְ רוּחְךָ עָלֵינוּ וְתַחֲזִינָה  
 עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.  
 בְּרוּךְ אַתָּה יי הַמַּחְזִיר  
 שְׁכִינָתוֹ לְצִיּוֹן.

Be gracious Eternal God to Your people Israel, and receive our prayers with love. O may our worship be acceptable to You. Fill us with the knowledge that You are near to all who seek You in truth. Let our eyes behold Your presence in our midst and among our people in Zion.

*We praise You, Eternal One, who brings Your Shechinah to Zion.*

## Hoda-ah - Thanksgiving

## הודאה

Modim anachnu lach  
 she-atah hu Adonai eloheynu

מוֹדִים אֲנַחְנוּ לָךְ  
 שְׂאֵתָה הוּא יי אֱלֹהֵינוּ

We gratefully acknowledge that You, Adonai, are our God.

## Aleph - א

We gratefully acknowledge, Eternal God, that You are our Creator and Preserver, the Rock of our life and our protecting Shield. We give thanks to You for our lives which are in your hands, for our souls which are in Your keeping, for Your wondrous providence and Your continuous goodness which You bestow upon us day by day. Truly, Your mercies never fail, and Your love and kindness never cease. Therefore do we put our trust in You.

Zochreynu, Adonai eloheynu, bo l'tovah. זְכַרְנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה.  
Amen אָמֵן.  
Ufokdeynu vo livracha. - Amen. וּפְקַדְנוּ בּוֹ לְבְרָכָה. – אָמֵן.  
V'hoshiy'eynu vo l'chayim. - Amen. וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. – אָמֵן.

Remember us, Adonai our God for good (amen) and bless us with Your nearness (amen) and keep us in life (amen).

Eloheynu velohey doroteynu, אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ,  
(r'tzey bim'nuchoteynu) (רְצֵה בְּמִנוּחֹתֵינוּ),  
kad'sheynu b'mitzvoteycha v'teyn קַדְשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן  
chelkeynu b'toratecha, sabeynu חֲלֵקְנוּ בְּתוֹרַתְךָ, שְׂבַעֵנוּ  
mituvecha v'samcheynu bishuatecha, מְטוֹבְךָ וְשִׂמְחָנוּ בִישׁוּעַתְךָ,  
v'taher libeynu l'avdecha be-emet. וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.  
Baruch ata Adonai m'kadesh בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ  
(ha-shabbat v'yom hazikaron.) (הַשַּׁבָּת וְיוֹם הַזִּכְרוֹן.)

Our God and God of all generations, (may our rest on this day be pleasing in Your sight). Sanctify us with your commandments and let your Torah be our way of life. Satisfy us with Your goodness, and let us rejoice in Your salvation. Purify our hearts to serve You in truth. We praise you Adonai, who sanctifies (the Sabbath and) the Day of Remembrance.

### Aleph - א

Remember us, remember us,  
Remember us our God, for good

Zochreynu Adonai eloheynu bo l'tovah זְכַרְנוּ יְיָ אֱלֹהֵינוּ בּוֹ לְטוֹבָה  
ufokdeynu bo livracha וּפְקַדְנוּ בּוֹ לְבְרָכָה  
v'hoshiy'eynu vo l'chayim. וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.

(Remember us for well-being. Bless us with Your nearness. Help us to a fuller life.)

*Liturgy- Kedushat Hayom Festival Tefillah, Music - Dan Nichols*

**Kedushat Hayom - Holiness of This Day**

**קְדוּשַׁת הַיּוֹם**

Ata b'chartanu ahavta otanu  
v'ratzita banu v'kidash'tanu  
b'mitzvotcha v'keravtanu malkeynu  
la-avodatecha v'shimcha hagadol  
v'hakadosh aleynu karata.  
V'titen lanu Adonai eloheyenu b'ahava  
et yom (ha-shabbat hazeh v'et yom)  
hazikaron hazeh, yom teruah,  
mikra kodesh, zecher litziat  
mitzrayim.

אַתָּה בְּחַרְתָּנוּ אָהַבְתָּ אוֹתָנוּ  
וְרָצִיתָ בָּנוּ וְקִדַּשְׁתָּנוּ  
בְּמִצְוֹתֶיךָ וְקָרַבְתָּנוּ מִלְּכָנוּ  
לְעַבּוֹדְתֶיךָ וְשִׁמְךָ הַגָּדוֹל  
וְהַקְּדוֹשׁ עָלֵינוּ קָרָאתָ:  
וַתִּתֵּן לָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה  
אֶת־יוֹם (הַשַּׁבָּת הַזֶּה וְאֶת־יוֹם)  
הַזִּכְרוֹן הַזֶּה, יוֹם תְּרוּעָה,  
מִקְרָא קֹדֶשׁ, זֵכֶר לִיציֵאת  
מִצְרַיִם:

In Your love you have chosen us and sanctified us with Your commandments.  
You have called us to Your service that through us Your great and holy name  
may become known in all the earth.  
You have given us (this Sabbath day and) this Day of Remembrance to hear the  
sound of the shofar, to unite in worship and to recall the Exodus from Egypt.

Eloheyenu velohey avoteynu  
v'imoteynu, ya'aleh v'yavo v'yizacher  
zichroneynu kol amcha beyt yisrael  
l'fanecha l'tovah l'cheyn ul'chesed  
ul'rachamim l'chayim ul'shalom, b'yom  
hazikaron hazeh.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
וְאִמּוֹתֵינוּ, יַעֲלֶה וַיָּבֹא וַיִּזְכֹּר  
זְכוֹרֵנוּ כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
לְפָנֶיךָ לְטוֹבָה לְחַן וּלְחֶסֶד  
וּלְרַחֲמִים לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם  
הַזִּכְרוֹן הַזֶּה.

Our God and God of our ancestors, be mindful of Your people Israel on this Day  
of Remembrance, and renew in us love and compassion, goodness, life and  
peace.

**Bet - ב**

To all generations we will make known Your greatness, and to all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips.

*Eternal God, cause all Your works to stand in awe before You, and all that You have made to tremble at Your presence. Let all that lives revere You, and all creation turn to You in worship. Let them all become a single family, doing Your will with a perfect heart. For well we know, Eternal God, that Yours is the majesty, Yours the might; and awesome is Your name in all creation.*

Grant honour to Your people, glory to those who revere You, hope to those who seek You, and courage to those who trust You; bless Your land with gladness and Your city with joy, and cause the light of redemption to dawn for all who dwell on Earth.

*Then the just shall see and exult, the upright be glad, and the faithful sing for joy. Violence shall rage no more, and evil shall vanish like smoke; the rule of tyranny shall pass away from the Earth, and You alone shall have dominion over all Your works, as it is written: The Eternal One shall reign forever, your God, O Zion, from generation to generation, Halleluyah!*

You are holy; awesome is Your name; there is no God but You.

*The God of all being is exalted by justice; the holy God is sanctified by righteousness.*

Baruch ata Adonai hamelech hakadosh.

בָּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

We praise You, Eternal One, the holy Sovereign.

*(Be seated)*

L'dor vador nagid godlecha  
ul'netzach n'tzachim k'dushatcha  
nakdish, v'shivchacha eloheynu  
mipinu lo yamush l'olam va-ed.  
Baruch ata Adonai hamelech hakadosh.

לְדוֹר וָדוֹר נִגִּיד גּוֹדְלֶעְחָא  
וּלְנֵצַח נְצַחִים קְדוּשַׁתְךָ  
נִקְדִּישׁ, וְשִׁיבְחָךָ אֱלֹהֵינוּ  
מִפִּינוּ לֹא יִמּוּשׁ לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

To all generations we will make known Your greatness, and to all eternity  
proclaim Your holiness. Your praise, O God, shall never depart from our lips.  
We praise You, Eternal One, the holy Sovereign.

*(Be seated)*

### **Aleph - א**

Tell them I'm struggling to sing with angels  
who hint at it in black words printed on old paper, gold-edged by time.  
Tell them I wrestle the mirror every morning.  
Tell them I sit here invisible in space;  
nose running, coffee cold & bitter.  
Tell them I tell them everything  
& everything is never enough.

*Tell them I'm davening & voices rise up from within to startle children.  
Tell them I walk off into the woods to sing.  
Tell them I sing loudest next to waterfalls.  
Tell them the books get fewer, words go deeper;  
some take months to get through.  
Tell them there are moments when it's all perfect;  
above & below, it's perfect,  
even in moments in between where sparks in space  
(terrible, beautiful sparks in space)  
are merely metaphors for the void between  
one pore & another.*

*David Meltzer, adapted.*

Kadosh Kadosh Kadosh

Adonai tz'vaot, m'lo chol ha'aretz  
k'vodo.

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ  
יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ  
כְּבוֹדוֹ.

Holy, holy, holy is God majestic: the fullness of the earth is Your glory.

Adir adireynu Adonai adoneynu  
ma adir shimcha b'chol ha-aretz.

אֲדִיר אֲדִירֵנוּ יְיָ אֲדִנֵּנוּ  
מָה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

Source of our strength, Sovereign God, how glorious is Your name in all the earth.

Baruch k'vod Adonai mimkomo.

בָּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

God's glory fills the world.

Echad hu eloheynu hu avinu  
hu malkeynu  
hu moshi-eynu v'hu yash'mi-eynu  
b'rachamav l'eyney kol chai.

אֶחָד הוּא אֱלֹהֵינוּ הוּא אָבִינוּ  
הוּא מַלְכֵנוּ  
הוּא מוֹשִׁיעֵנוּ וְהוּא יִשְׁמִיעֵנוּ  
בְּרַחֲמָיו לְעֵינֵי כָּל חַי.

Ani Adonai eloheychem

אֲנִי יְיָ אֱלֹהֵיכֶם

You alone are our God and Creator, You are our Ruler and Helper, and in Your mercy You reveal Yourself in the sight of all the living:  
I am your Eternal God.

Yimloch Adonai l'olam elohayich tzion  
l'dor vador halleluya.

יִמְלֹךְ יְיָ לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן  
לְדוֹר וָדוֹר הַלְלוּיָהּ.

The Eternal God shall reign forever, your God, O Zion, from generation to generation. Halleluyah!

## Unetanneh Tokef - The Power of This Day

On Rosh Hashanah it is written, on Yom Kippur it is sealed:

That this year people will live and die,  
some more gently than others,  
and nothing lives forever.

*But amidst overwhelming forces  
of nature and humankind,  
we still write our own Book of Life,  
and our actions are the words in it,  
and the stages of our lives are the chapters,  
and nothing goes unrecorded, ever.*

Every deed counts.  
Everything you do matters.

And we never know what act or word  
will leave an impression or tip the scale.

So if not now, then when?

*For the things we can change, there is teshuva, realignment.  
For the things we cannot change, there is tefilah, prayer.  
For the help we can give, there is tzedakah, justice.*

*Together, let us write a beautiful Book of Life for the Holy One to read.*

Rabbi Joseph B. Meszler

*(All rise in body or spirit)*

## Kedusha - God's Holiness

## קְדוּשָׁה

N'kadesh et shimcha ba-olam

K'shem shemakdishim

oto bishmey marom.

Kakatuv al yad n'vi-echa,

V'kara zeh el zeh v'amar:

נִקְדָּשׁ אֶת שִׁמְךָ בְּעוֹלָם

כְּשֵׁם שְׁמִקְדִּישִׁים

אוֹתוֹ בְּשֵׁמֵי מְרוֹם.

כְּכַתוּב עַל יַד נְבִיאֶךָ,

וְקָרָא זֶה אֶל זֶה וְאָמַר:

We sanctify Your name on earth, even as the heavenly beings proclaim Your holiness, and in the words of the prophet Isaiah we say:



Mi chamoche av harachamim,  
zocheyr y'tzurav l'chayim  
b'rachamim.

מִי כְמוֹךָ אֵב הַרְחָמִים,  
זוֹכֵר יְצוּרֵינוּ לְחַיִּים  
בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai m'chayey hakol.

וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל.  
בְּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, Source of mercy, who in compassion sustains the life of Your children?

We put our trust in You, who gives life to all. We praise You, Eternal One, the Source of life.

(Be seated)

*Unetaneh Tokef* is one of the most powerful and difficult of all the High Holiday prayers. The themes and imagery of God taking an accounting of every soul, passing judgement, and sealing one's fate in the Book of Life are embodied in this prayer casting these *Yamim Noraim* (Days of Awe) as days of judgment.

The traditional *Unetaneh Tokef* poem describes various tragedies that befall human beings. Why some live comfortable lives of relative ease while others struggle for daily survival, challenges our understanding. While we do have some choice over how we live, and how we act, there are clearly circumstances that are beyond our own ability to control.

How many will die and under what circumstances; how many will be born? We do not know. These matters are not matters of will--neither my will, your will, or God's will. These words refer to natural events, births, deaths, accidents, sicknesses over which we have no control. They are not God's punishments or rewards. The sages caution us not to confuse the physical laws of nature with moral laws. While the prayer acknowledges the reality that our lives must end in death, it emphasizes that despite our fragility and ephemeral nature, that through *teshuvah*, *tefilah* and *tzedakah* we have the power to link our names with the Great Name that endures forever.

Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotveynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכַרְנוּ לְחַיִּים  
מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְכֹתְבֵנו בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
בְּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Remember us for life, Sovereign, who wills us toward life. And write us in the Book of Life for your sake, O God of life.

Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

## Gevurot - God's Power

## גְּבוּרוֹת

Ata gibor l'olam adonai m'chayey  
hakol ata rav l'hoshia.  
Morid hatal.  
M'chalkeyl chayim b'chesed m'chayey  
hakol b'rachamim rabim.  
Someych noflim v'rofey cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocha ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה  
הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מוֹרִיד הַטַּל.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

Eternal is Your might, all life is Your gift, great is Your redemptive power. You bring on the dew. With love You sustain the living and with great compassion give life to all. You support the fallen and heal the sick, You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You in power? Who is like You, God of life and death, Source of salvation?

## Amidah - The Standing Prayer

## עמידה

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהַלְתֶּךָ:

Open my lips, Eternal One, so that my mouth may declare Your praise.

## Avot V'imahot - God of our Ancestors

## אבות ואמהות

Baruch ata Adonai eloheynu velohey  
avoteynu v'imoteynu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה

Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey leah

We praise You, Eternal our God, God of our ancestors:

God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem  
l'ma-an sh'mo b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן. גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי  
אֲבוֹת וְאִמּוֹת, וְיַמְבִּיא גְאֻלָּה  
לְבָנָי בְּנֵיהֶם  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

Great, heroic, awesome God, supreme Divinity, who bestows deeds of kindness and gives life to all; who is mindful of the loyalty of our ancestors; and who brings, with love, redemption to their children's children for the sake of Your name.

**Mi Chamocha - Who Is Like You?**

**מִי כַמּוֹכָה**

Mi chamocha ba-elim Adonai  
mi kamocha ne'dar bakodesh.  
Nora t'hilot oseh feleh.

מִי כַמּוֹכָה בְּאֵלִים יי  
מִי כַמּוֹכָה נֶאֱדָר בְּקֹדֶשׁ.  
נֹרָא תְהִילַת עֹשֶׂה פֶלֶא.

Shira chadasha shibchu g'ulim  
l'shimcha al s'fat hayam,  
yachad kulam hodu v'himlichu v'amru:  
Adonai yimloch l'olam va-ed.

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים  
לְשִׁמְךָ עַל שִׁפְתַי הַיָּם,  
יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:  
יי יִמְלֹךְ לְעוֹלָם וָעֶד.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendour, doing wonders?  
When our ancestors escaped to freedom, they sang a new song to Your name. At the shore of the sea, saved from destruction, they proclaimed Your sovereign power: "Adonai will reign forever and ever!"

*(All rise in body or spirit on the word "kuma")*

**Tzur Yisrael - Rock of Israel**

**צֹר יִשְׂרָאֵל**

Tzur yisrael kuma b'ezrat  
yisrael ufdey chin'umecha  
yehuda v'yisrael. Go'aleynu  
Adonai tz'vaot sh'mo k'dosh yisrael.  
Baruch ata Adonai ga-al yisrael.

צֹר יִשְׂרָאֵל קוּמָה בְּעֶזְרַת  
יִשְׂרָאֵל וּפְדֵה כְּנָאֲמֶךָ  
יְהוּדָה וְיִשְׂרָאֵל. גְּאֲלֵנוּ  
יי צְבָאוֹת שְׁמוֹ קְדוֹשׁ יִשְׂרָאֵל.  
בְּרוּךְ אַתָּה יי גֵּאֲלֵ יִשְׂרָאֵל.

O Rock of Israel, come to the aid of Israel. Fulfill Your promise of redemption for Judah and Israel. Redeeming God, liberating God, Holy God: all these are Your name. We praise You, Eternal One, Redeemer of Israel.

## Ge-ulah - Redemption

גְּאוּלָּה

Emet v'yatziv

אֱמֶת וַיֵּצִיב

**True and certain** it is that You are God.

*As we yearn for certainty in a constantly changing world, enable us to find its source in You.*

Nachon v'kayam

נֶכֶחַן וְקָיָם

**Firm and enduring** is Your name throughout all generations.

*May our trust in You preserve us for generations to come.*

Ahuv v'chaviv

אֲהוּב וְחָבִיב

**Beloved and precious** are Your teachings to our ancestors and to us.

*By observing the traditions of our people, may we come to meet You as our ancestors did and bring Your presence into our lives.*

Nora v'adir

נֹרָא וְאָדִיר

**Awesome and majestic** is the redemptive power that You have displayed to the people of Israel.

*Our people witnessed Your presence when You delivered us from slavery to freedom. In beholding Your redeeming power, we discovered our own capacity for Tikun Olam, the mending of the world.*

Moses lifted his staff and showed us the power of trust. Waves of the sea swelled apart, and we crossed over to the shore of freedom.

*Miriam lifted her timbrel and showed us the power of song. Waves of voices swelled together, and we gave thanks to You for the gift of freedom.*

T'hilot l'eyl elyon

תְּהִלוֹת לְאֵל עֶלְיוֹן

Like our ancestors, we raise our voices in **song to the supreme God**, the source of blessing:

Uk'shartam l'ot al yadecha

וְקִשְׂרֹתֶם לְאוֹת עַל-יָדְךָ

v'hayu l'totafot beyn eynecha.

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

Uch'tavtam al mezuzot beytecha

וְכָתַבְתֶּם עַל-מְזוּזוֹת בֵּיתְךָ

u'visharecha.

וּבְשָׁרְעֶיךָ:

L'ma-an tizk'ru va'asitem

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

et kol mitzvotai vih'yitem k'doshim

אֶת-כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים

leyloheychem.

לְאֱלֹהֵיכֶם:

Ani Adonai eloheychem asher

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר

hotzeyti etchem meyeretz mitzrayim

הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

lih'yot lachem leylohim

לְהִיֹּת לָכֶם לְאֱלֹהִים

ani Adonai eloheychem. Emet.

אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

Bind them as a sign upon your hand, and let them be a symbol before your eyes. Inscribe them on the doorposts of your house and on your gates. Be mindful of all My mitzvot, and do them. So shall you consecrate yourselves to your God. I, Adonai, am your God who led you out of Egypt to be your God. I, Adonai, am your God. This is truth.

*(Be seated)*

(All rise in body or spirit)

## Sh'ma - Hear

שמע

Sh'ma yisrael Adonai eloheyenu

שמע ישראל יהוה אלהינו

Adonai echad.

יהוה אחד

Baruch shem k'vod malchuto

ברוך שם כבוד מלכותו

l'olam va-ed.

לעולם ועד

Hear, O Israel: Adonai is our God, Adonai is One

Blessed is God's glorious dominion forever and ever

## V'ahavta - You Shall Love

ואהבת

V'ahavta et Adonai eloheycha

ואהבת את יהוה אלהיך

b'chol l'avvcha uv'chol nafsh'cha

בכל לבבך ובכל נפשך

uv'chol m'odecha.

ובכל מאדך:

V'hayu had'varim ha-eyleh

והיו הדברים האלה

asher anochi m'tzav'cha hayom

אשר אנכי מצוה היום

al l'avvecha.

על לבבך:

V'shinantam l'vanecha v'dibarta bam

ושננתם לבניך ודברתם בם

b'shivt'cha b'veytechu uv'lecht'cha

בשבתך בביתך ובלכתך

vaderech uv'shochb'cha uv'kumecha.

בדרך ובשכבך ובקומך:

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Reflect on these words which I command you this day, and take them to heart. Teach them faithfully to your children. Speak of them in your home and on your way, when you lie down and when you rise up.

**Ahava Raba - Great Love: Revelation**

**אהבה רבה**

V'ha-er eyneynu b'toratecha v'dabeyk  
libeynu b'mitzvotcha, v'yached l'vaveynu  
l'ahava ul'yira et sh'mecha.  
V'lo neyvosh v'lo nikalem v'lo nikashey  
l'olam va-ed.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ וּדְבֵק  
לְבֵנוּ בְּמִצְוֹתֶיךָ, וַיַּחַד לְבַבְנוּ  
לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ.  
וְלֹא נִבּוֹשׁ וְלֹא נִקְלָם וְלֹא נִקְשָׁל  
לְעוֹלָם וָעֶד

Enlighten us with Your Torah, inspire us to embrace Your mitzvot, and unify us to love and revere Your Name. May we never be shamed as long as we trust in Your holy, great and awe-inspiring Name. We shall rejoice and know happiness in redemption, since You move all things toward completion.

**Aleph - א**

You give us abundant love, our beloved God, and show us great compassion. One both near and far, our ancestors trusted in You and so You taught them the laws of life. For their sake, we now pray that You teach us.

*Merciful God, nurture us and instruct our hearts to understand and discern; hearken, learn and teach; observe, do and fulfill all Your teachings in love.*

Enlighten us with Your Torah, inspire us to embrace Your mitzvot, and unify us to love and revere Your Name. May we never be shamed as long as we trust in Your holy, great and awe-inspiring Name. We shall rejoice and know happiness in redemption, since You move all things toward completion.

*Bring us in peace from the four corners of the earth, and lead us proudly back to our land. You have chosen to draw us near to You. With love we acknowledge You and proclaim Your unity. We praise You, Eternal One, who chooses Israel with love.*

**Bet - ב**

Why does the verse in V'ahavta say, "And these words that I command you this day shall be al l'vavecha" – on your heart? Why not "in your heart?"

*The reason, he said, is that you cannot always put something in your heart; sometimes the heart is utterly closed.*

At those times, all you can do is place words on your heart in the hope that one day your heart will open and all the words will fall in.



## **Aleph - א**

We praise You, Eternal God, whose presence fills creation, Creator of light and darkness, who makes peace and gives life to all. With compassion You illumine the world and its inhabitants. Through Your goodness, creation is continually renewed.

*How You have varied Your works, all of them were made with wisdom. The universe is filled with Your creative power. The stars and planets themselves radiate praise for You.*

Cause a new light to shine upon Zion, and may we be worthy to behold its splendour.

*We praise You, Eternal One, Creator of light.*

### **The Song of God's Presence**

I've not seen the robin but I know he is there  
because I heard him singing through my window from  
the tree-top outside.

I have not seen God. But I have looked at my child's eye,  
and have been overwhelmed by the miracle of unfolding life.

I have watched the trees bedeck themselves with new garbs of  
green in the spring  
and have been stirred by the miracle of continual rebirth.

I have looked at the stars, and have been overcome by the  
miracle of the grandeur  
and the majesty of the universe.

I know that God exists, because I have heard the song of God's  
presence  
from all the tree-tops of creation.

*Rabbi Ben Zion Bokser*

# The Sh'ma & Its Blessings

# שמע וברכותיה

(All rise in body or spirit)

## Barchu

## ברכו

Barchu et Adonai ham'vorach  
Baruch Adonai ham'vorach l'olam va-ed.

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ  
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Praise the Eternal God, the Blessed One  
The Eternal is to be praised forever and ever.

(Be seated)

## Yotzer Or - Creator of Light

## יוצר אור

Baruch ata Adonai eloheynu melech  
ha-olam, yotzer or uvorey choshech  
oseh shalom uvorey et hakol.  
Hameyir la-aretz v'ladarim aleha  
b'rachamim, uv'tuvo m'chadesh b'chol  
yom tamid ma'asey v'reysheet.  
Ma rabu ma'asecha Adonai kulam  
b'chochma asita, mala ha-aretz  
kinyanecha. Titbarach Adonai eloheynu  
al shevach ma'asey yadecha v'al  
m'orey or she-asita y'fa-arucha  
selah.  
Or chadash al tzion ta-ir v'nizkeh  
kulanu m'heyra l'oro.  
Baruch ata Adonai yotzer ham'orot.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ  
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכּוֹל.  
הַמַּאִיר לָאָרֶץ וְלַדָּרִים עֲלֶיהָ  
בְּרַחֲמִים, וּבִטְוֹבוֹ מְחַדֵּשׁ בְּכָל  
יוֹם תָּמִיד מַעֲשֵׂה בְּרֵאשִׁית.  
מַה רַבּוּ מַעֲשֵׂיךָ יְיָ כָּלֵם  
בְּחִכְמָה עָשִׂיתָ, מְלֵאָה הָאָרֶץ  
קִינְיָנְךָ. תִּתְּבָרַךְ יְיָ אֱלֹהֵינוּ  
עַל שֵׁבַח מַעֲשֵׂה יְדִיךָ וְעַל  
מְאֹרֵי אוֹר שֶׁעָשִׂיתָ יְפָאָרוֹךְ  
סֵלָה.  
אוֹר חָדָשׁ עַל צִיּוֹן תִּאִיר וְנִזְכֶּה  
כָּלֵנוּ מִהֶרָה לְאוֹרוֹ.  
בְּרוּךְ אַתָּה יְיָ יוֹצֵר הַמְּאֹרוֹת.

**Chatzi Kaddish - Reader's Kaddish**

**זְצִי קַדִּישׁ**

Yitgadal v'yitkadash sh'mey raba  
b'alma di vra chirutey  
v'yamlich malchutey  
b'chayeychon uv'yomeychon  
uv'chayey d'chol beyt yisrael  
ba'agala uvizman kariv  
v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ  
וְיַמְלִיךְ מַלְכוּתֵיהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
בְּעֵגְלָא וּבְזִמְן קָרִיב  
וְאִמְרוּ אָמֵן.

Y'hey sh'mey raba m'varach  
l'alam ul'almey almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
v'yitromam v'yitnasey v'yithadar  
v'yitaleh v'yithalal sh'mey d'kudsha  
b'rich hu.  
L'eyla ul'eyla mikol birchata  
v'shirata tushb'chata v'nechemata  
da-amiran b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא  
בְּרִיךְ הוּא.  
לְעֵלָא וּלְעֵלָא מְכַל בְּרַכְתָּא  
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָּא  
דְאִמְרִין בְּעֵלְמָא וְאִמְרוּ אָמֵן.

Let God's glory be extolled and God's great name be hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: *Amen*.

May God's great name be blessed forevermore.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: *Amen*.

## Praying in Community

Each of us enters this sanctuary with a different need.  
Some hearts are full of gratitude and joy:  
They are overflowing with the happiness of love and the joy of life;  
they are eager to confront the day,  
to make the world more fair;  
they are recovering from illness or have escaped misfortune.

*We rejoice with them.*

Some hearts ache with sorrow:  
Disappointment weighs heavily upon them,  
and they have tasted despair;  
families have been broken;  
loved ones lie on a bed of pain;  
death has taken those whom they cherished.

*May our presence and sympathy bring them comfort.*

Some hearts are embittered:  
They have sought answers in vain;  
ideals are mocked and betrayed;  
life has lost its meaning and value.

*May the knowledge that we, too, are searching, restore their hope and give them courage to believe that not all is emptiness.*

Some spirits hunger:  
They long for friendship;  
they crave understanding;  
they yearn for warmth.

*May we, in our common need and striving, gain strength from one another, as we share our joys, lighten each other's burdens, and pray for the welfare of our community.*

*Rabbi Chaim Stern*

## **I Stand Here**

I stand here, ready to begin again, to follow this road of dust, that stretches before me, but I cannot see where it bends and splits and turns in on itself. I have walked this road before, seven times seven, and then seven more: brought here, returned here again and again and yet the road is still mystery.

*David's harp urges me, and the horns of Abraham's dilemma push me, and Jacob's ladder is crowded with angels. They move aside, not without some attitude, so I may stumble up those narrow rungs; still - elevated though I am, there is only dust and a blaze of Glory in the far distance.*

I am meant to follow, with open hands and open heart, to feel the quickening of my blood that moves in equal time with my shame and my joy, my fear and love, my grief and my ecstasy, So that I may claim them all, as they have claimed me; so that I may dance at the gates and be whole.

*Stacey Zisook Robinson*

Baruch ata Adonai  
eloheynu melech ha-olam,  
oter yisrael b'tifara.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה.

We praise You, Eternal God, whose presence fills creation.  
You adorn our people with glory.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hanoteyn laya-eyf koach.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַנּוֹתֵן לַיָּעִף כּוֹחַ.

We praise You, Eternal God, whose presence fills creation.  
You give strength to the weary.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hama-avir sheyna mey-eynai  
utnuma mey-afapai.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמַּעֲבִיר שְׁנָה מֵעֵינַי  
וְתַנּוּמָה מֵעַפְּפָי.

We praise You, Eternal God, whose presence fills creation.  
You remove sleep from my eyes and slumber from my eyelids.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asa li kol tzarki.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂה לִי כָּל צָרָכֵי.

We praise You, Eternal God, whose presence fills creation.  
You provide for all my needs.

Baruch ata Adonai  
eloheynu melech ha-olam,  
hameychin mitzadey gaver.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמַּכִּיז מִצְעָדֵי גֹבֵר.

We praise You, Eternal God, whose presence fills creation.  
You guide each person's steps.

Baruch ata Adonai  
eloheynu melech ha-olam,  
ozer yisrael bigvura.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

We praise You, Eternal God, whose presence fills creation.  
You support our people with courage.

Baruch ata Adonai  
eloheynu melech ha-olam,  
matir asurim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַתִּיר אֲסוּרִים.

We praise You, Eternal God, whose presence fills creation.  
You bring freedom to the captive.

Baruch ata Adonai  
eloheynu melech ha-olam,  
pokeyach ivrim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
פוֹקֵחַ עֵוְרִים.

We praise You, Eternal God, whose presence fills creation.  
You open the eyes of the blind.

Baruch ata Adonai  
eloheynu melech ha-olam,  
malbish arumim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַלְבִּישׁ עֲרֻמִּים.

We praise You, Eternal God, whose presence fills creation.  
You clothe the naked.

Baruch ata Adonai  
eloheynu melech ha-olam,  
zokeyf k'fufim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
זוֹקֵף כְּפוּפִים.

We praise You, Eternal God, whose presence fills creation.  
You lift up the fallen.

Baruch ata Adonai  
eloheynu melech ha-olam,  
roka ha-aretz al ha-mayim.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

We praise You, Eternal God, whose presence fills creation.  
You spread the land upon the waters.



**Birchot Sheb'chol Yom - Daily Blessings**

**ברכות שבכל יום**

Baruch ata Adonai eloheynu melech  
ha-olam, asher natan lasechvi vina  
l'havchin beyn yom uveyn lay'la.

ברוך אתה יי אלהינו מלך  
העולם, אשר נתן לשכוי בינה  
להבחין בין יום ובין לילה.

We praise You, Eternal God, whose presence fills creation.  
You give us understanding to distinguish between day and night.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani b'tzalmo.

ברוך אתה יי  
אלהינו מלך העולם,  
שעשני בצלמו.

We praise You, Eternal God, whose presence fills creation.  
You have made me in Your image.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani ben/bat chorin.

ברוך אתה יי  
אלהינו מלך העולם,  
שעשני בן\בת חורין.

We praise You, Eternal God, whose presence fills creation.  
You have given me freedom.

Baruch ata Adonai  
eloheynu melech ha-olam,  
she-asani yisrael.

ברוך אתה יי  
אלהינו מלך העולם,  
שעשני ישראל.

We praise You, Eternal God, whose presence fills creation.  
You have made me a Jew.

Ul'vayat hameyt

וּלְוַיַּת הַמַּיִת

To accompany the dead to burial

V'iyun t'fila

וְעִיּוֹן תְּפִלָּה

To pray with sincerity

Vahava-at shalom beyn adam lachaveyro

וְהִבְאֵת שְׁלוֹם בֵּין אָדָם לְחֵבְרוֹ

To make peace when there is strife

V'talmud torah k'neged kulam

וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם

And the study of Torah is equal to them all; because it leads to them all.

## Elu Devarim - These Are the Words

## אלו דברים

Elu d'varim she-eyn lahem shi-ur,  
she-adam ochel peyroteyhem ba-olam  
hazeh, v'hakeren kayemet lo la-olam  
haba. V'elu heyn.

אלו דברים שאין להם שעור,  
שאדם אוכל פרותיהם בעולם  
הזה, והקרן קיימת לו לעולם  
הבא. ואלו הן:

These are the mitzvot which have no limit. One eats of their fruit at this time,  
while their full effect is beyond measure:

Kibud av va-eym

כבוד אב ואם

To honour father and mother

Ug'milut chasadim

וגמילות חסדים

To perform acts of love and kindness

V'hashkamat beyt hamidrash shacharit  
v'arvit

והשכמת בית המדרש שחרית  
וערבית

To attend the house of study daily

V'hachnasat orchim

והכנסת אורחים

To welcome the stranger

Uvikur cholim

ובקור חולים

To visit the sick

V'hachnasat chatan v'chala

והכנסת חתן וכלה

To bring marriage partners to the chupah

## Aleph - א

I thank you for my life, body and soul  
Help me realize I am beautiful and whole  
I'm perfect the way I am and a little broken too  
I will live each day as a gift I give to You.

Baruch ata Adonai  
rofeh chol basar umafla la'asot

בְּרוּךְ אַתָּה יי  
רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת

We praise You, Eternal One, for wondrous acts of creation and healing.

*Text morning liturgy, music Dan Nichols*

## Birchat Torah - Blessing for Torah

## ברכת תורה

Baruch ata Adonai eloheynu melech  
ha-olam, asher kidshanu b'mitzvotav  
v'tzivanu la-asok b'divrey torah.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְעִסּוֹק בְּדִבְרֵי תוֹרָה.

We praise You, our Eternal God, whose presence fills creation. You bring us holiness through mitzvot and command us to engage in the study of Torah.

## Elohai Neshama - God of the Soul

## אלהי נשמה

Elohai n'shama shenatata bi  
t'hora hi.

Ata v'rata ata y'tzarta  
ata n'fachta bi,  
v'ata m'shamra b'kirbi

אֱלֹהֵי נִשְׁמָה שֶׁנָּתַתָּ בִּי  
טְהוֹרָה הִיא.

אַתָּה בְּרַאתָה אֶתָּה יִצְרָתָה  
אַתָּה נִפְחָתָה בִּי,  
וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי

The soul that You have given me, O God, is a pure one. You have created and formed it, breathed it into me, and within me You sustain it.

V'ata atid litla mimenu l'chayey  
olam. Kol zman shehanshama b'kirbi  
modeh/modah ani l'fanecha Adonai  
elohai velohey dorotai, rivot kol  
hama'asim adon kol han'shamot.  
Baruch ata Adonai asher b'yado nefesh  
kol chai v'ruach kol b'sar ish.

וְאַתָּה עֲתִיד לְטַלְּהָ מִמֶּנּוּ לְחַיֵּי  
עוֹלָם. כָּל זְמַן שֶׁהִנְשַׁמָּה בְּקִרְבִּי  
מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ יי  
אֱלֹהֵי וְאֱלֹהֵי דוֹרוֹתַי, רִבּוֹן כָּל  
הַמַּעֲשִׂים אֲדוֹן כָּל הַנְּשָׁמוֹת.  
בְּרוּךְ אַתָּה יי אֲשֶׁר בְּיָדוֹ נֶפֶשׁ  
כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.

Some day You will take it from me and restore it in time to come. So long as I have breath, therefore, I will give thanks to You, Eternal my God and God of all ages, Wellspring of all creation, Life-source of every soul. We praise You, Eternal God, in whose keeping are the souls of all the living and every human spirit.

**Asher Yatzar - Creation (of the body)**

**אֲשֶׁר יָצַר**

Baruch ata Adonai eloheynu melech  
ha-olam, asher yatzar et ha-adam  
b'chochma uvara vo n'kavim n'kavim  
chalulim chalulim. Galui v'yadua  
lifney kisey k'vodecha she-im yipateyach  
echad meyhem, oh yisatem echad  
meyhem, iy efshar l'hitkayeym  
v'la-amod l'fanecha.  
Baruch ata Adonai rofeh chol basar  
umafli la'asot.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר יָצַר אֶת הָאָדָם  
בְּחָכְמָה וּבְרָא בּוֹ נְקָבִים נְקָבִים  
חַלּוּלִים חַלּוּלִים. גָּלוּי וַיְדוּעַ  
לְפָנֶי כֶּסֶף כְּבוֹדְךָ שְׁאֵם יִפְתַּח  
אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד  
מֵהֶם, אֵי אֶפְשֵׁר לְהִתְקַיֵּם  
וְלַעֲמֹד לְפָנֶיךָ.  
בְּרוּךְ אַתָּה יְיָ רוֹפֵא כָּל בֶּשָׂר  
וּמַפְלִיא לַעֲשׂוֹת.

We praise You, Eternal God, whose presence fills creation. You have formed us in wisdom, and created within us the spark of life. Each cell does the work of its Creator; each organ's existence is a tribute to God. If the working of this wondrous structure were to fail in its tasks, we could not exist before You and give thanks for Your sustenance. Let us cherish this gift of flesh and blood, and honour it as Your creation. We praise You, divine Healer, who performs wonders.

## Birchot Hashachar - Morning Blessings

## ברכות השחר

### Modeh Ani - I Give Thanks

### מודה אני

Modeh/Modah ani l'fanecha melech chai  
v'kayam. Shehechezarta bi nishmati,  
b'chemla. Raba emunatecha.

מוֹדֵה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי  
וְקַיָּם. שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי,  
בְּחֶמְלָה. רַבָּא אֱמוּנָתְךָ:

I give thanks, living and eternal sovereign, for You have returned within me my soul with compassion; abundant is Your faithfulness!

### Ma Tovu - How Lovely

### מה טבו

Ma tovu ohalecha ya'akov  
mishk'notecha yisrael.  
Va'ani b'rov chasd'cha avo veytecha,  
eshtachaveh el heychal kadsh'cha  
b'yiratecha.  
Adonai ahavti m'on beytecha, u-makom  
mishkan k'vodecha.  
Va'ani eshtachaveh v'echra-a,  
evr'cha lifney Adonai o-si.  
Va'ani t'filati l'cha Adonai eyt ratzon,  
elohim b'rav chasdecha aneyni be-emet  
yishecha.

מָה טָבוֹ אֹהֲלֶיךָ יַעֲקֹב  
מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.  
וְאֲנִי בְּרַב חַסְדֶּךָ אָבוֹא בֵּיתְךָ,  
אֶשְׁתַּחֲוֶה אֶל הַיְיָכָל קֹדֶשְׁךָ  
בְּיִרְאַתְךָ.  
יְיָ אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ, וּמְקוֹם  
מִשְׁכַּן כְּבוֹדְךָ.  
וְאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרַעָה,  
אֶבְרַכָּה לְפָנַי יְיָ עַשִׂי.  
וְאֲנִי תְפִלַּתִּי לְךָ יְיָ עֵת רְצוֹן,  
אֱלֹהִים בְּרַב חַסְדֶּךָ עֲנֵנִי בְּאֱמֶת  
יִשְׁעֶךָ.

How lovely are your tents, O Jacob, your dwelling-places, O Israel. With Your abundant love, O God, I enter Your house, with awe I worship in Your holy Temple. I love Your house, Eternal One, the dwelling-place of Your glory. Humbly do I worship You, humbly seeking blessing from God my Maker. To You, Eternal One, goes my prayer. May this be a time of Your favour. In Your great love, O God, answer me with Your saving truth.

# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

## סדר ראש השנה

Seder Rosh Hashanah

**The order for the Rosh Hashanah service**





B'yado afkid ruchi,  
b'eyt ishan v'a-ira.  
V'im ruchi g'viyati,  
Adonai li v'lo ira.

בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישָׁן וְאֶעִירָה.  
וְעִם רוּחִי גְּוִיָּתִי,  
יְיָ לִי וְלֹא אִירָא.

Into Your hand I commit my spirit. When I sleep and when I wake. And with my spirit my body also, God is with me, I will not fear.

### Tekiah Shofar - Shofar Blast

### תְּקִיעַת שׁוֹפָר

*(All rise in body or spirit)*

Tekiah.  
Shevarim.  
Teruah.  
Tekiah Gedolah!

תְּקִיעָה  
שְׁבָרִים  
תְּרוּעָה  
תְּקִיעָה גְּדוֹלָה



שָׁנָה טוֹבָה וְמְתוּקָה

*Shana Tova Umetukah*

*We wish you a good and sweet year!*

## Adon Olam - God of Everything

## אֲדוֹן עוֹלָם

Adon olam asher malach,  
b'terem kol y'tzir nivra.  
L'eyt na'asa v'cheftzo kol,  
azai melech sh'mo nikra.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,  
בְּטֶרֶם כָּל יִצִיר נִבְרָא.  
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל,  
אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

Eternal ruler who reigned supreme before all of creation was drawn. When it was finished according to Your will, then Sovereign was Your name proclaimed to be.

V'acharey kichlot hakol,  
l'vado yimloch nora.  
V'hu haya, v'hu hoveh,  
v'hu yih'yeh, b'tifara.

וְאַחֲרַי כְּכֹלֹת הַכֹּל,  
לְבַדּוֹ יִמְלֹךְ נֹרָא.  
וְהוּא הָיָה, וְהוּא הוֹבֵה,  
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

When this world shall be no more, in majesty You still shall reign. And God was and God is, and God will be in glory.

V'hu echad v'eyn sheyni,  
l'hamshil lo l'hachbira.  
B'li reysheet b'li tachlit,  
v'lo ha-oz v'hamisra.

וְהוּא אֶחָד וְאֵין שֵׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
בְּלִי רֵישִׁית בְּלִי תַחְלִית,  
וְלֹא הָעוֹז וְהַמְשֵׁרָה.

Alone are You, there is no second. Without division or ally; without beginning, without end, to You alone are the power and sovereignty.

V'hu eyli v'chai go'ali,  
v'tzur chevli b'eyt tzara.  
V'hu nisi umanos li  
M'nat kosi b'yom ekra.

וְהוּא אֵלַי וְחַי גֹּאֲלִי,  
וְצוּר חֲבֻלִי בְּעֵת צָרָה.  
וְהוּא נִסִּי וּמְנוּס לִי  
מִנַּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

You are my God, my living Redeemer. Rock of my affliction in time of trouble. You are my banner and refuge. My Benefactor on whom I call.

Lo kam b'yisrael k'moshe od,  
navi u-mabit et t'munato.  
Torat emet natan l'amo el,  
al yad n'viyo ne-eman beyto.  
Lo yachalif ha-eyl v'lo yamir dato,  
l'olamim l'zulato.  
Tzofeh v'yodeya s'tareynu,  
mabbit l'sof davar b'kadmato.  
Gomeyl l'ish chesed k'mifalo,  
noteyn l'rasha ra k'rishato.  
Yishlach l'keytz yamin m'shicheynu,  
lifdot m'chakay keytz y'shuato.  
Meytim y'chayeh el b'rov chasdo,  
baruch adey ad shem t'hilato.

לֹא קָם בְּיִשְׂרָאֵל כְּמֹשֶׁה עוֹד,  
נָבִיא וּמַבִּיט אֶת תְּמוּנָתוֹ:  
תּוֹרַת אֱמֶת נָתַן לְעַמּוֹ אֵל,  
עַל יַד נְבִיאָו נֶאֱמַן בְּיָתוֹ:  
לֹא יַחְלִיף הָאֵל וְלֹא יַמִּיר דָּתוֹ,  
לְעוֹלָמִים לְזוּלָתוֹ:  
צוֹפֵה וְיוֹדֵעַ סִתְּרֵינוּ,  
מַבִּיט לְסוֹף דְּבַר בְּקִדְמָתוֹ:  
גּוֹמֵל לְאִישׁ חֶסֶד כְּמִפְעָלוֹ,  
נוֹתֵן לְרָשָׁע רַע כְּרָשָׁעָתוֹ:  
יִשְׁלַח לְקֶץ יָמָיו מְשִׁיחָנוּ,  
לְפָדוֹת מַחְכֵי קֶץ יְשׁוּעָתוֹ:  
מֵתִים יַחֲיֶה אֵל בְּרוּב חַסְדּוֹ,  
בְּרוּךְ עַדֵי עַד שֵׁם תְּהִלָּתוֹ:

In Israel there never arose another prophet like Moses, able to see God's likeness. God gave a true Torah to our people, through the hand of God's prophet, trusted in his house. God will never alter the divine law or exchange it for another, forever and ever. God sees and knows our secret thoughts, and foresees their consequences from the very beginning. God repays each righteous person for their actions, and punishes the wicked in proportion to their wickedness. At the end of time, God will send the Messiah, to redeem those who wait for salvation. God will revive the dead in full kindness, may God's name be blessed and praised forever.

Baruch ata Adonai  
eloheyntu melech ha-olam,  
shehecheyanu v'kiymanu  
v'higiyanu lazman hazeh.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁהֵחַיְנוּ וְקִיְמָנוּ  
וְהִגִּיעַנוּ לְזֶמֶן הַזֶּה.

We praise You, Eternal our God, whose presence fills creation, for giving us life, for sustaining us, and for enabling us to reach this season.

*(Be seated)*

### Yigdal - Magnify (the Living God)

יִגְדַּל

Yigdal elohim chai v'yishtabach,  
nimetza v'eyn eyt el m'tzi-uto.  
Echad v'eyn yachid k'yichudo,  
ne-elam v'gam eyn sof l'achduto.  
Eyn lo d'mut haguf v'eyno guf,  
lo na-aroch elav k'dushato.  
Kadmon l'chol davar asher nivra,  
rishon v'eyn reysheet l'reyshito.  
Hino adon olam l'chol notzar,  
yoreh g'dulato umalchuto.  
Shefa n'vu-ato n'tano,  
el an'shey s'gulato v'tifarto.

יִגְדַּל אֱלֹהִים חַי וְיִשְׁתַּבַּח,  
נִמְצָא וְאֵין עַיִן עֵת אֶל מְצִיאֹתוֹ:  
אֶחָד וְאֵין יָחִיד כְּיִחֻדוֹ,  
נֶעְלָם וְגַם אֵין סוֹף לְאַחֲדוּתוֹ:  
אֵין לוֹ דְמוּת הַגּוּף וְאֵינוּ גּוּף,  
לֹא נֶעְרַךְ אֵלָיו קֶדְשָׁתוֹ:  
קְדָמוֹן לְכָל דְבַר אֲשֶׁר נִבְרָא,  
רִאשׁוֹן וְאֵין רֵאשִׁית לְרֵאשִׁיתוֹ:  
הֵנוּ אֲדוֹן עוֹלָם לְכָל נוֹצֵר,  
יּוֹרֵה גְדֻלָּתוֹ וּמַלְכוּתוֹ:  
שֶׁפַע נְבוּאָתוֹ נִתְּנוּ,  
אֶל אַנְשֵׁי סִגְלָתוֹ וְתַפְאֲרָתוֹ:

Acclaim and praise the living God who exists beyond the boundaries of time. Most singular of all, concealed and yet also without bound. God has no body — nor even the appearance of a body, it is impossible to measure God's holiness. Prior to everything that was created, first of all, and yet without a beginning. Behold the ruler of the world, every creature is in awe of God's greatness and sovereignty. An abundance of prophetic inspiration was given to the people who are God's treasure and glory.

(All rise in body or spirit)

**Kiddush - Sanctification**

**קידוש**

Baruch ata Adonai eloheynu melech  
ha-olam, borey pri hagafen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

Baruch ata Adonai eloheynu melech  
ha-olam, asher bachar banu mikol  
am, v'romemanu mikol lashon,  
v'kid'shanu b'mitzvotav,  
v'titen lanu Adonai eloheynu  
v'ahavah et  
(yom ha-shabbat hazeh v'et)  
yom hazikaron hazeh, yom teruah,  
mikra kodesh, zecher litziat  
mitzrayim.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל  
עַם, וְרוֹמְמָנוּ מִכָּל-לָשׁוֹן,  
וְקִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וַתִּתֶּן-לָנוּ יְיָ אֱלֹהֵינוּ  
בְּאַהֲבָה אֶת  
(יוֹם הַשַּׁבָּת הַזֶּה וְאֶת)  
יוֹם הַזְּכוֹרוֹן הַזֶּה, יוֹם תְּרוּעָה,  
מִקְרָא קֹדֶשׁ, זֵכֶר לִיצִיאַת  
מִצְרַיִם.

Ki vanu vacharta v'otanu kidashta  
mikol ha-amim. Ud'varcha emet  
v'kayam la-ad. Baruch ata Adonai  
melech al kol ha-aretz,  
m'kadesh (ha-shabbat v')yisrael  
v'yom hazikaron.

כִּי בָנוּ בְּחִרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ  
מִכָּל-הָעַמִּים. וּדְבָרְךָ אֱמֶת  
וְקַיָּם לְעַד. בָּרוּךְ אַתָּה יְיָ  
מֶלֶךְ עַל כָּל-הָאָרֶץ,  
מְקַדֵּשׁ (הַשַּׁבָּת וְ)יִשְׂרָאֵל  
וְיוֹם הַזְּכוֹרוֹן.

We praise You, Eternal our God, whose presence fills creation, Creator of the fruit of the vine.

We praise You, Adonai our God, ruler of the universe who has chosen to hallow our lives with mitzvot. In your love Eternal God, You have given us (this Shabbat day and) this Day of Remembrance, to hear the sound of the shofar, to unite in worship, and to recall the Exodus from Egypt. For You have consecrated us to Your service and Your word is truth eternal. We praise You Adonai, sovereign of creation, who sanctifies (the Sabbath,) the House of Israel, and the Day of Remembrance.

Y'hey shlama raba min sh'maya  
v'chayim aleynu v'al kol yisrael  
v'imru amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְאָמְרוּ אָמֵן.

Oseh shalom bimromav  
hu ya'aseh shalom  
aleynu v'al kol yisrael  
v'al kol b'ney adam v'imru amen.

עֹשֶׂה שְׁלוֹם בְּמִרְוּמָיו  
הוּא יַעֲשֶׂה שְׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל בְּנֵי אָדָם וְאָמְרוּ אָמֵן.

May there be abundant peace and life from heaven upon us and upon all Israel.  
And let us say: Amen.

May the One who causes peace to reign in the high heavens let peace descend  
on us, on all Israel and on all the world. And let us say: *Amen*.

May the Source of peace send peace to all who mourn and comfort to all who  
are bereaved. And let us say: *Amen*.

*(Be seated)*

**Kaddish - Mourner's Kaddish**

**קדיש**

Yitgadal v'yitkadash sh'mey raba  
 b'alma di vra chirutey  
 v'yamlich malchutey  
 b'chayeychon uv'yomeychon  
 uv'chayey d'chol beyt yisrael  
 ba'agala uvizman kariv  
 v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְּרָא כְרֵעוּתֵהּ  
 וְיַמְלִיךְ מַלְכוּתֵהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
 בְּעֵגְלָא וּבְזִמְן קָרִיב  
 וְאָמְרוּ אָמֵן.

Let God's great name be exalted and hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all the House of Israel, speedily and very soon. And let us say: *Amen*.

Y'hey sh'mey raba m'varach  
 l'alam ul'almei almaya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
 v'yitromam v'yitnasey v'yithadar  
 v'yitaleh v'yithalal  
 sh'mey d'kudsha b'rich hu.  
 L'eyla min kol birchata v'shirata  
 tushb'chata v'nechemata da-amiran  
 b'alma v'imru amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרומם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל  
 שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.  
 לְעֵלְא מִן כָּל בִּרְכָתָא וְשִׁירָתָא  
 תְּשֻׁבְּחָתָא וְנַחֲמָתָא דְאָמִירָן  
 בְּעֵלְמָא וְאָמְרוּ אָמֵן.

May God's great name be blessed forevermore.

Blessed and praised, glorified and exalted, extolled and honoured, adored and lauded, is the name of the Blessed Holy One, above and beyond all blessings, hymns, praises and consolations that are uttered in the world. And let us say: *Amen*.



## **Meditations Before the Kaddish**

### **Aleph - א**

#### **The Voice Within**

You are with us in our prayer, in our love and our doubt, in our longing to feel Your presence and do Your will. You are the still, clear voice within us. Therefore, O God, when doubt troubles us, when anxiety makes us tremble and pain clouds the mind, we look inward for the answer to our prayers. There may we find You, and there find courage, insight, and endurance. And let our worship bring us closer to one another, that all Israel, and all who seek You, may find new strength for Your service.

### **Bet - ב**

#### **Strength for Those Who Mourn**

In nature's ebb and flow, God's eternal law abides. God is our support in the struggles of life and our hope in death. In God's care are the souls of all the living and the spirits of all flesh. God gives us strength and comforts us.

*O Life of our life, Soul of our soul, cause Your light to shine into our hearts. Fill us with trust in You, and turn us again to the tasks of life.*

And may the memory of our loved ones inspire us to continue their work for the coming of the messianic age.

Sheh-hu noteh shamayim  
v'yoseyd aretz  
u-moshav y'karo ba-shamayim mima-al,  
ushchinat uzo b'govhey m'romim  
hu eloheynu eyn od.  
Emet malkeynu efes zulato,  
kakatuv b'torato.  
V'yadata hayom va-hasheyvota  
el l'vavecha ki Adonai hu ha'elohim  
ba-shamayim mima-al v'al ha-aretz  
mitachat eyn od.

שְׁהוּא נוֹטֵה שָׁמַיִם  
וְיֹסֵד אֶרֶץ  
וּמוֹשָׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל,  
וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים  
הוּא אֱלֹהֵינוּ אֵינן עוֹד.  
אֱמֶת מַלְכֵנוּ אֶפֶס זולָתוֹ,  
כִּכְתוּב בְּתוֹרָתוֹ.  
וַיֵּדַעְתָּ הַיּוֹם וְהִשְׁבַּתָּ  
אֶל לְבַבְךָ כִּי יְיָ הוּא הָאֱלֹהִים  
בַּשָּׁמַיִם מִמַּעַל וְעַל הָאָרֶץ  
מִתַּחַת אֵינן עוֹד.

God spread out the heavens and established the earth. The Eternal is our God, there is none else. In truth God alone is our Ruler, as it is written: "Know then this day and take it to heart: Adonai is God in the heavens above and on the earth below. There is none else."

V'ne-emar: V'haya Adonai l'melech  
al kol ha-aretz.  
Bayom hahu yih'yeh Adonai echad  
ush'mo echad.

וְנֵאמַר: וְהָיָה יְיָ לְמֶלֶךְ  
עַל כָּל הָאָרֶץ.  
בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד  
וּשְׁמוֹ אֶחָד.

And it is said: "Adonai shall reign over all the Earth. On that day Adonai shall be One and God's name shall be One."

*(Be seated)*

**Aleynu - It's Up to Us**

*(All rise in body or spirit)*

Aleynu l'shabeyach la'adon hakol,  
lateyt g'dula l'yotzeyr b'reysheet.  
Asher sahm chelkeynu l'yacheyd  
et sh'mo,  
v'goraleynu l'hamlich malchuto.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,  
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.  
אֲשֶׁר שָׂם חֶלְקֵנוּ לְיַחַד  
אֶת שְׁמוֹ,  
וְגוֹרָלֵנוּ לְהַמְלִיךְ מַלְכוּתוֹ.

Va'anachnu korim  
umishtachavim umodim,  
lifney melech malchey hamlachim  
hakadosh baruch hu.

וְאֲנַחְנוּ כּוֹרְעִים  
וּמְשַׁתְּחָוִים וּמוֹדִים,  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

It is our duty to praise the supreme Ruler, to recognize the greatness of our Creator. For our heritage is to affirm God's unity and our destiny is to work toward the coming of the Messianic Age.

We therefore bend the knee in awe and thanksgiving before the One who is sovereign over all, the Holy Blessed One.

Avinu malkeynu chadeysh aleynu  
shanah tova.

אָבִינוּ מַלְכֵנוּ חֲדָשׁ עָלֵינוּ  
שָׁנָה טוֹבָה.

Avinu Malkeynu, let the new year be a good year for us.

Avinu malkeynu hareym keren yisrael  
amecha.

אָבִינוּ מַלְכֵנוּ הָרַם קֶרֶן יִשְׂרָאֵל  
עִמְךָ.

Avinu Malkeynu, give strength to Your people Israel.

Avinu malkeynu choneynu va'aneynu  
ki eyn banu ma'asim.  
Asey imanu tz'daka vachessed  
v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ חֲנֵנוּ וְעֲנָנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים.  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.  
Treat us with kindness and love, and be our help

*(Be seated)*

**Avinu Malkeynu - Our Parent, Our Sovereign**

**אָבִינוּ מַלְכֵנוּ**

*(All rise in body or spirit)*

Avinu malkeynu sh'ma koleynu.

אָבִינוּ מַלְכֵנוּ שְׁמַע קוֹלֵנוּ.

Avinu Malkeynu, hear our voice.

Avinu malkeynu chatanu l'fanecha.

אָבִינוּ מַלְכֵנוּ חָטְאנוּ לְפָנֶיךָ.

Avinu Malkeynu, we have sinned before You.

Avinu malkeynu chamol aleynu

אָבִינוּ מַלְכֵנוּ חָמַל עָלֵינוּ

v'al olaleynu v'tapeynu.

וְעַל עוֹלָלֵנוּ וְטִפְנוּ.

Avinu Malkeynu, have mercy on us and our children.

Avinu malkeynu kaleh dever v'cherev

אָבִינוּ מַלְכֵנוּ כֹּלֵה דֶבֶר וְחֶרֶב

v'ra-av u'shvi umashchit.

וְרָעַב וְשָׁבִי וּמְשַׁחֵת.

Avinu Malkeynu, make an end to disease, war, famine, exile, and destruction.

Avinu malkeynu chafer atzat oiveynu.

אָבִינוּ מַלְכֵנוּ חָפַר עֲצַת אוֹיְבֵנוּ.

Avinu Malkeynu, destroy the power of every oppressor and adversary.

Avinu malkeynu kotveynu b'sefer

אָבִינוּ מַלְכֵנוּ כָּתְבֵנוּ בְּסֵפֶר

chayim tovim.

חַיִּים טוֹבִים.

Avinu Malkeynu, inscribe us in Your book for a life of goodness.

**Bet - ב**

*Chorus:*

Mi shebeyrach avoteynu avraham

yitzchak v'ya'akov,

Mi shebeyrach imoteynu sarah rivka

leah v'rachel...

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ אַבְרָהָם

יִצְחָק וְיַעֲקֹב,

מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ שָׂרָה רִבְקָה

לֵאָה וְרָחֵל...

(May the one who blessed our fathers Abraham, Isaac and Jacob, may the one who blessed our mothers Sarah, Rebecca, Leah and Rachel...)

May the One who blessed our mothers

May the One who blessed our fathers

Hear our prayer - *Hear our prayer* (4X)

and bless us as well.

Bless us with the power of Your healing.

Bless us with the power of Your hope.

May our hearts be filled with understanding

and strengthened by the power of Your love.

*(Chorus)*

Bless us with the vision for tomorrow,

Help us to reach out to those in pain.

May the warmth of friendship ease our sorrow,

Give us courage, give us faith, show us the way.

*Cantor Lisa Levine*

**Aleph - א**

Mi shebeyrach avoteynu  
m'kor hab'racha l'imoteynu

מִי שְׂפֵרַךְ אֲבוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

May the source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing.  
And let us say: Amen.

Mi shebeyrach imoteynu  
m'kor hab'racha l'avoteynu

מִי שְׂפֵרַךְ אִמּוֹתֵינוּ  
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with refua shleyma,  
the renewal of body, the renewal of spirit.  
And let us say: Amen.

*Debbie Friedman*

## Mi Shebeyrach - May the One Who Blesses

## מִי שֶׁבֵרַךְ

### For Healing

Mi shebeyrach avoteynu avraham  
yitzchak v'ya'akov, v'imoteynu sarah  
rivka rachel v'leah, hu y'vareych  
vayerapeh et kol choley yisrael.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ אַבְרָהָם  
יִצְחָק וְיַעֲקֹב, וְאִמּוֹתֵינוּ שָׂרָה  
רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרֵךְ  
וְיַרְפֵּא אֶת כָּל חוֹלֵי יִשְׂרָאֵל.

Hakodosh baruch hu yimaley rachamim  
aleyhem, t'hi hashchinah s'ruyah  
aleyhem, v'tishalach lahem bimheyra  
r'fuah sh'leyma, r'fuat hanefesh  
ur'fuat haguf, v'nomar amen.

הַקְּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים  
עֲלֵיהֶם, תְּהִי הַשְּׁכִינָה שְׂרוּיָה  
עֲלֵיהֶם, וְתִשְׁלַח לָהֶם בְּמַהֲרָה  
רְפוּאָה שְׁלֵמָה, רְפוּאָת הַנַּפֶּשׁ  
וְרְפוּאָת הַגּוּף, וְנֹאמַר אָמֵן.

May the One who blessed our patriarchs Abraham, Isaac, and Jacob and our  
matriarchs Sarah, Rebecca, Rachael and Leah, also bless and heal all those who  
require healing.

May the Holy Blessed One treat them with compassion. May the Shechinah rest  
upon them so that they may be restored to wholeness, both in body and in soul.  
And let us say, Amen.



**T'filat Halev - Prayers of the Heart**

**תפלת הלב**

*(We pray silently)*

O God, keep my tongue from evil and my lips from deceit. Help me to be silent in the face of derision, humble in the presence of all. Open my heart to Your Torah, and I will hasten to do Your mitzvot. Save me with Your power. In time of trouble be my answer, that those who love You may rejoice.

**Aleph - א**

Yih'yu l'ratzon imrey fi v'hegyon libi  
l'fanecha Adonai tzuri v'go-ali.

יְהִי־וְרָצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי  
לְפָנֶיךָ יְיָ צוּרִי וְגוֹאֲלִי.

May the words of my mouth and the meditations of my heart be acceptable unto You, O God, my Rock and my Redeemer.

**Bet - ב**

Oseh shalom bimromav  
hu ya'aseh shalom aleynu  
v'al kol yisrael  
v'al kol b'ney adam  
v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרְוַמָּיו  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל בְּנֵי אָדָם  
וְאָמְרוּ: אָמֵן.

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel and on all the world. And let us say: Amen.

V'chol hachayim yoducha selah vi-hallelu  
et shimcha be-emet, ha-eyl y'shuateynu  
v'ezrateynu selah. Baruch ata Adonai  
ha-tov shimcha ul'cha na-eh l'hodot.

וְכֹל הַחַיִּים יוֹדוּךָ סֶלָה וַיְהַלְלוּ  
אֶת שִׁמְךָ בְּאֱמֶת, הָאֵל יְשׁוּעַתָּנוּ  
וְעֲזָרְתָּנוּ סֶלָה. בָּרוּךְ אַתָּה יי  
הַטוֹב שִׁמְךָ וְלִךְ נֶאֱדָה לְהוֹדוֹת.

O God our Redeemer and Helper, let all who live affirm and praise Your name in truth. Eternal God, whose name is Goodness, we give you thanks and praise.

### Birchat Shalom - Blessings of Peace

Shalom rav al yisrael amcha  
v'al kol ha'amim tasim l'olam,  
ki ata hu melech adon l'chol  
ha-shalom.  
V'tov b'eynecha l'vareych et amcha  
yisrael b'chol eyt uv'chol sha-a  
bish'lomecha.  
B'sefer chayim uv'racha nikateyv  
l'chayim tovim ul'shalom.  
Baruch ata Adonai oseh ha-shalom.

### ברכת שלום

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
וְעַל כָּל הָעַמִּים תְּשִׂים לְעוֹלָם,  
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל  
הַשְּׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ  
יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה  
בְּשֵׁלֹמֶךָ.  
בְּסֵפֶר חַיִּים וּבְרָכָה נִכְתָּב  
לְחַיִּים טוֹבִים וּלְשָׁלוֹם.  
בָּרוּךְ אַתָּה יי עוֹשֵׂה הַשְּׁלוֹם.

Sovereign God of peace, let Your people Israel know enduring peace, for it is good in Your sight continually to bless Israel with Your peace. May we be inscribed in the book of life and blessing; may we bring goodness and peace into the world. We praise You, eternal Source of peace.

**Hoda-ah - Thanksgiving**

**הוֹדָאָה**

Modim anachnu lach she-atah hu Adonai  
 eloheynu velohey doroteynu l'olam  
 va-ed, tzur chayeynu magen yisheyntu  
 ata hu l'dor vador. Nodeh l'cha  
 unsapeyr t'hilatecha al chayeyntu  
 hamsurim b'yodecha, v'al nishmoteyntu  
 hapkudot lach, v'al nisecha sheb'chol  
 yom imanu, v'al niflotecha  
 v'tovoteycha sheb'chol eyt erev  
 vavoker v'tzahora-im. Ha-tov ki lo  
 kalu rachamecha v'ham'racheym ki lo  
 tammu chasdecha mey-olam ki-vinu  
 lach.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֲתָהּ הוּא יי  
 אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ לְעוֹלָם  
 וָעֶד, צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ  
 אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדֶה לְךָ  
 וְנִסְפֵּר תְּהִלָּתְךָ עַל חַיֵּינוּ  
 הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ  
 הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכָל  
 יוֹם עִמָּנוּ, וְעַל נְפְלְאוֹתֶיךָ  
 וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת עֶרֶב  
 וּבֹקֵר וְצַהֲרַיִם. הַטוֹב כִּי לֹא  
 כָלוּ רַחֲמֶיךָ וְהַמְּרַחֵם כִּי לֹא  
 תָמוּ חַסְדֶּיךָ מֵעוֹלָם קִיְנוּ  
 לָךְ.

We gratefully acknowledge, Eternal God, that You are our Creator and Preserver, the Rock of our life and our protecting Shield. We give thanks to You for our lives which are in your hands, for our souls which are in Your keeping, for Your wondrous providence and Your continuous goodness which You bestow upon us day by day. Truly, Your mercies never fail, and Your love and kindness never cease. Therefore do we put our trust in You.

V'al kulam yitbarach v'yitromam shimcha  
 malkeyntu tamid l'olam va-ed.

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ  
 מִלְּכַנּוֹ תָּמִיד לְעוֹלָם וָעֶד.

Blessed and exalted be God's great name always and forever.

U'chtov l'chayim tovim kol b'ney  
 b'ritecha.

וּכְתֹב לְחַיִּים טוֹבִים כָּל בְּנֵי  
 בְרִיתְךָ.

May the people of Your covenant be inscribed for life.

**Avodah - Worship**

R'tzey Adonai eloheyenu b'amcha yisrael  
 u-t'filatam b'ahava t'kabeyl,  
 ut'hi l'ratzon tamid avodat  
 yisrael amecha. El karov l'chol  
 kor-av, p'neh el avadecha v'choneynu.  
 Sh'foch ruchacha aleynu v'techezena  
 eyneynu b'shuv'cha l'tzion b'rachamim.  
 Baruch ata Adonai ha-machazir  
 sh'chinato l'tzion.

רְצֵה יי אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל  
 וּתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל,  
 וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת  
 יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב לְכֹל  
 קוֹרְאָיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנוֹ.  
 שְׂפוֹךְ רוּחְךָ עָלֵינוּ וְתַחֲזִינָה  
 עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.  
 בָּרוּךְ אַתָּה יי הַמַּחְזִיר  
 שְׁכִינָתוֹ לְצִיּוֹן.

Be gracious, Eternal God, to Your people Israel, and receive our prayers with love. O may our worship be acceptable to You. Fill us with the knowledge that You are near to all who seek You in truth. Let our eyes behold Your presence in our midst and among our people in Zion.

*We praise You, Eternal One, who brings Your Shechinah to Zion.*

**Aleph - א**

Let us rejoice and give thanks to God whose name is blessed. God has sustained us to witness the ingathering of the exiles of our people. From all corners of the world come a people without a land to Eretz Yisrael, a land remembered and waiting.

*They rebuilt the neglected country and were healed from their sufferings. They made the soil fruitful and they were blessed.*

Their children now grow in a land of their own. They brought life to the land, renewed vigour to our people.

*We rejoice and give thanks to God. Their peace is our hope, their freedom is our joy, their creation is our pride. Together may we become a light to the nations.*

Baruch ata Adonai ha-machazir  
 sh'chinato l'tzion.

בָּרוּךְ אַתָּה יי הַמַּחְזִיר  
 שְׁכִינָתוֹ לְצִיּוֹן.

We praise You, Eternal One, who brings Your Shechinah to Zion.

Zochreynu, Adonai eloheynu, bo l'tovah. זְכַרְנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה.  
Amen. אָמֵן.

Ufokdeynu vo livracha. - Amen. וּפְקֹדְנוּ בּוֹ לְבְרָכָה. - אָמֵן.

V'hoshiy'eynu vo l'chayim. - Amen. וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. - אָמֵן.

Remember us, Adonai our God for good (amen) and bless us with Your nearness (amen) and keep us in life (amen)

Eloheynu velohey doroteynu, אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ,  
(r'tzey bim'nuchoteynu) (רְצֵה בְּמִנוּחֹתֵינוּ),  
kad'sheynu b'mitzvoteycha v'teyn קַדְשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן  
chelkeynu b'toratecha, sabeynu חֲלִקְנוּ בְּתוֹרָתְךָ, שְׂבַעֵנוּ  
mituvecha v'samcheynu bishuatecha, מְטוֹבְךָ וְשִׂמְחָנוּ בִישׁוּעַתְךָ,  
v'taher libeynu l'avdecha be-emet. וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.  
Baruch ata Adonai m'kadesh בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ  
(ha-shabbat v'yom hazikaron.) (הַשַּׁבָּת וְיוֹם הַזִּכְרוֹן.)

Our God and God of all generations, (may our rest on this day be pleasing in Your sight). Sanctify us with your commandments and let your Torah be our way of life. Satisfy us with Your goodness, and let us rejoice in Your salvation. Purify our hearts to serve You in truth. We praise you Adonai, who sanctifies (the Sabbath and) the Day of Remembrance.

**Aleph - א**

Remember us, remember us,  
Remember us our God, for good

Zochreynu Adonai eloheynu bo l'tovah זְכַרְנוּ יְיָ אֱלֹהֵינוּ בּוֹ לְטוֹבָה  
ufokdeynu bo livracha וּפְקֹדְנוּ בּוֹ לְבְרָכָה  
v'hoshiy'eynu vo l'chayim וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים

(Remember us for well-being. Bless us with Your nearness. Help us to a fuller life)

*Liturgy- Kedushat Hayom Festival Tefillah, Music - Dan Nichols*

## Kedushat Hayom - Holiness of This Day

## קְדוּשַׁת הַיּוֹם

Ata b'chartanu ahavta otanu  
v'ratzita banu v'kidash'tanu  
b'mitzvotcha v'keravtanu malkeynu  
la-avodatecha v'shimcha hagadol  
v'hakadosh aleynu karata.  
V'titen lanu Adonai eloheyenu b'ahava  
et yom (ha-shabbat hazeh v'et yom)  
hazikaron hazeh, yom teruah,  
mikra kodesh, zecher litziat  
mitzrayim.

אַתָּה בְּחַרְתָּנוּ אָהַבְתָּ אוֹתָנוּ  
וּרְצִיתָ בָּנוּ וְקִדַּשְׁתָּנוּ  
בְּמִצְוֹתֶיךָ וְקָרַבְתָּנוּ מִלְּכָנוּ  
לְעַבְדוֹתֶיךָ וְשִׁמְךָ הַגָּדוֹל  
וְהַקְּדוֹשׁ עָלֵינוּ קָרָאתָ:  
וַתִּתֵּן לָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה  
אֶת-יוֹם (הַשַּׁבָּת הַזֶּה וְאֶת-יוֹם)  
הַזִּכְרוֹן הַזֶּה, יוֹם תְּרוּעָה,  
מִקְרָא קֹדֶשׁ, זֵכֶר לִיציֵאת  
מִצְרַיִם:

In Your love you have chosen us and sanctified us with Your commandments.  
You have called us to Your service that through us Your great and holy name  
may become known in all the earth.

You have given us (this Sabbath day and) this Day of Remembrance to hear the  
sound of the shofar, to unite in worship and to recall the Exodus from Egypt.

Eloheyenu velohey avoteynu  
v'imoteynu, ya'aleh v'yavo v'yizacher  
zichroneynu kol amcha beyt yisrael  
l'fanecha l'tovah l'cheyn ul'chesed  
ul'rachamim l'chayim ul'shalom, b'yom  
hazikaron hazeh.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
וְאִמּוֹתֵינוּ, יַעֲלֶה וַיָּבֹא וַיִּזְכֹּר  
זִכְרוֹנֵנוּ כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
לְפָנֶיךָ לְטוֹבָה לְחַן וּלְחֶסֶד  
וּלְרַחֲמִים לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם  
הַזִּכְרוֹן הַזֶּה.

Our God and God of our ancestors, be mindful of Your people Israel on this Day  
of Remembrance, and renew in us love and compassion, goodness, life and  
peace

Mi chamocha av harachamim,  
zocheyr y'tzurav l'chayim b'rachamim.

מִי כְמוֹךָ אֵב הַרְחָמִים,  
זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

V'ne'eman ata l'hachayot hakol.  
Baruch ata Adonai m'chayey hakol.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.  
בְּרוּךְ אַתָּה יְיָ מְחַיֵּה הַכֹּל.

Who is like You, Source of mercy, who in compassion sustains the life of Your children?

We put our trust in You, who gives life to all. We praise You, Eternal One, the Source of life.

### **Kedushat Hashem - God's Holiness**

קְדוּשַׁת הַשֵּׁם

Ata kadosh v'shimcha kadosh  
uk'doshim b'chol yom  
y'halelucha selah.  
Baruch ata Adonai hamelech hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ  
וְקְדוֹשִׁים בְּכָל יוֹם  
יְהַלְלוּךָ סֵלָה.  
בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. We praise You, Eternal One, the holy Sovereign.

### **Aleph - א**

Days pass and the years vanish, and we walk sightless among miracles. O God, fill our eyes with seeing and our minds with knowing. Let there be moments when Your Presence, like the softness of moonlight, illumines the darkness in which we walk.

*Help us to see wherever we gaze that the bush burns unconsumed.*

And we, clay touched by God, will reach out for holiness and exclaim in wonder: How filled with awe is this place, and we did not know it.

Baruch ata Adonai hamelech hakadosh.

בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקָּדוֹשׁ.

You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. We praise You, Eternal One, the holy Sovereign.

*(Be seated)*

Zochreynu l'chayim  
melech chafeytz bachayim  
v'chotveynu b'sefer hachayim  
l'ma-ancha elohim chayim.

זְכֹרְנוּ לְחַיִּים  
מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְכֹתְבֵנוּ בְּסֵפֶר הַחַיִּים  
לְמַעַן אֱלֹהִים חַיִּים.

Melech ozer umoshia umageyn.  
Baruch ata Adonai magen avraham  
v'ezrat sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
בְּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם  
וְעֹזֵר שָׂרָה.

Remember us for life, Sovereign, who wills us toward life. And write us in the Book of Life for your sake, O God of life.  
Creator, Helper, Redeemer and Protector: we praise You, Eternal One, Protector of Abraham and Helper of Sarah.

## Gevurot - God's Power

## גְּבוּרוֹת

Ata gibor l'olam adonai m'chayey  
hakol ata rav l'hoshia.  
Morid hatal.  
M'chalkeyl chayim b'chesed m'chayey  
hakol b'rachamim rabim.  
Someych noflim v'rofey cholim  
u'matir asurim, um'kayem emunato  
lisheyney afar.  
Mi chamocha ba'al g'vurot  
umi domeh lach, melech memit  
um'chaye umatzmiyach yeshua.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מְחַיֶּה  
הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.  
מוֹרִיד הַטַּל.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה  
הַכֹּל בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים  
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

Eternal is Your might, all life is Your gift, great is Your redemptive power. You bring on the dew. With love You sustain the living and with great compassion give life to all. You support the fallen and heal the sick, You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You in power? Who is like You, God of life and death, Source of salvation?



(All rise in body or spirit)

## Amidah - The Standing Prayer

עמידה

Adonai s'fatai tiftach ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד  
תְּהַלְתֶּךָ.

Open my lips, Eternal One, so that my mouth may declare Your praise.

## Avot V'imahot - God of our Ancestors

אבות ואמהות

Baruch ata Adonai eloheyenu velohey  
avoteynu v'imoteynu.  
Elohey avraham, elohey sarah  
elohey yitzchak, elohey rivka  
elohey ya'akov, elohey rachel  
velohey leah

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי שָׂרָה  
אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִבְקָה  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי רָחֵל  
וְאֱלֹהֵי לֵאָה

We praise You, Eternal our God, God of our ancestors:  
God of Abraham, God of Sarah,  
God of Isaac, God of Rebekah,  
God of Jacob, God of Rachel and God of Leah.

Ha-eyl hagadol hagibor v'hanora,  
el elyon. Gomeyl chasadim tovim,  
v'koney hakol, v'zocher chasdey  
avot v'imahot, umeyvi g'ula  
livney v'neyhem  
l'ma-an sh'mo b'ahava.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן. גּוֹמֵל חַסְדִּים טוֹבִים,  
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי  
אֲבוֹת וְאִמּוֹת, וּמַבִּיא גְּאֻלָּה  
לְבָנֵי בְנֵיהֶם  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

Great, heroic, awesome God, supreme Divinity, who bestows deeds of kindness and gives life to all; who is mindful of the loyalty of our ancestors; and who brings, with love, redemption to their children's children for the sake of Your name.

**Chatzi Kaddish - Reader's Kaddish**

**זְצִי קַדִּישׁ**

Yitgadal v'yitkadash sh'mey raba  
b'alma di vra chirutey  
v'yamlich malchutey  
b'chayeychon uv'yomeychon  
uv'chayey d'chol beyt yisrael  
ba'agala uvizman kariv  
v'imru amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֶה רַבָּא  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ  
וְיַמְלִיךְ מַלְכוּתֵיהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
בְּעֵגְלָא וּבְזִמְן קָרִיב  
וְאִמְרוּ אָמֵן.

Y'hey sh'mey raba m'varach  
l'alam ul'almey almay.

יְהֵא שֵׁמֶה רַבָּא מְבָרַךְ  
לְעָלַם וּלְעֵלְמֵי עֲלְמַיָּא.

Yitbarach v'yishtabach v'yitpa-ar  
v'yitromam v'yitnasey v'yithadar  
v'yitaleh v'yithalal sh'mey d'kudsha  
b'rich hu.  
L'eyla ul'eyla mikol birchata  
v'shirata tushb'chata v'nechemata  
da-amiran b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִיְתַּאֲרֵם  
וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שֵׁמֶה דְּקֻדְשָׁא  
בְּרִיךְ הוּא.  
לְעֵלָא וּלְעֵלְא מְכַל בְּרַכְתָּא  
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָּא  
דְּאִמְרֵן בְּעֵלְמָא וְאִמְרוּ אָמֵן.

Let God's glory be extolled and God's great name be hallowed in this world that God alone willed into being. May God's eternal realm prevail soon, in our day and in our own lives, and in the life of all Israel. And let us say: *Amen*.

May God's great name be blessed forevermore.

Let the name of the Holy Blessed One be glorified, exalted and honoured, even though God is above and beyond all praise and adoration that we can utter. And let us say: *Amen*.

**V'shamru - Covenant of Shabbat**

**וּשְׁמְרוּ**

V'shamru v'ney yisrael et ha-shabbat,  
la'asot et ha-shabbat  
l'dorotam brit olam.  
Beyni uveyn b'ney yisrael ot hi  
l'olam.  
Ki sheyshet yamim asa Adonai  
et hashamayim v'et ha-aretz.  
Uvayom hash'vi-i shavat vayinafash.

וּשְׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת  
לְדֹרוֹתֵם בְּרִית עוֹלָם.  
בְּנֵי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא  
לְעוֹלָם.  
כִּי שֵׁשֶׁת יָמִים עָשָׂה יי  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ.  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

The people of Israel shall keep Shabbat, observing Shabbat in every generation as a covenant for all time. It is a sign forever between Me and the Jewish people. For in six days the Eternal God made heaven and earth, and on the seventh day God rested.

**Aleph - א**

**The Tapestry of Our Jewish Heritage**

The strength of a piece of cloth is in the threads of which the whole is woven.

*The tapestry of our Jewish heritage has in it threads of many colours, from bright gold to somber black.*

With its colours echoing the events of the time, this tapestry was begun many thousands of years ago. Its weaving will continue for the many thousands of years to come.

*The first strands slid through the fingers of Sarah, Rebekah, Leah and Rachel. Their thread was strong, their colours were brilliant.*

The pattern grew, the length increased, and the stories of our heroines and heroes – their deeds, their lives – were woven into a cloth of beauty and lasting strength.

Audrey Lurie

**Bet - ב**

Hashkiveynu Adonai eloheynu l'shalom

v'ha'amideynu shomreynu l'chayim.

(May we lie down, our God in peace and keep us alive.)

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

Spread the shelter of Your peace over us

Guide us in wisdom, compassion, and trust

Save us for the sake of Your name

Shield us from hatred, sorrow, and pain

Hashkiveynu Adonai eloheynu l'shalom

v'ha'amideynu shomreynu l'chayim.

L'chayim l'chayim.

(May we lie down, our God in peace and keep us alive. For life, for life.)

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.  
לְחַיִּים לְחַיִּים.

*Words: Evening Liturgy, Music: Dan Nichols*

**Gimmel - ג**

Darkness settles, slowly, across the horizon.

The new year rises before us,

its fragile moon awaiting our embrace.

*Heaven and earth entwine*

*in their annual dance of re-creation.*

*A fissure appears in the firmament tonight,*

*an entranceway into new beginnings.*

Out beyond the swales

the sea expands and contracts,

keeping time to the thrumming of the universe.

*Under this Rosh Hashanah sky*

*the path before us is uncertain.*

*All we can do is hold each other tight*

*as we make our way home.*

*Rabbi Hara Person*

## Hashkiveynu - Divine Protection

## השְׁכִיבֵנוּ

Hashkiveynu Adonai eloheynu l'shalom  
v'ha'amideynu shomreynu l'chayim.  
Ufros aleynu sukkat shlomecha  
v'takneynu b'eytza tova milfanecha.

הַשְּׁכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.  
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ  
וְתַקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.

Ushmor tzeyteynu uvo-enu l'chayim  
ul'shalom mey'ata v'ad olam.

וּשְׁמֹר צְעֵיכֶם וּבֹאֲנֵנוּ לְחַיִּים  
וּלְשָׁלוֹם מִעַתָּה וְעַד עוֹלָם.

Baruch ata Adonai  
haporeys sukkat shalom  
aleynu v'al kol amo yisrael.

בְּרוּךְ אַתָּה יְיָ  
הַפּוֹרֵשׁ סִכַּת שְׁלוֹם  
עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל.

Grant, O Eternal God, that we may lie down in peace, and raise us up, O Creator, to life renewed. Spread over us the shelter of Your peace, guide us with Your good counsel.

O guard our coming and our going, that now and always we have life and peace. We praise You, Eternal One, whose shelter of peace is spread over us and over all Your people Israel.

## Aleph - א

Grant, O Eternal God, that we may lie down in peace, and raise us up, O Creator, to life renewed. Spread over us the shelter of Your peace, guide us with Your good counsel, and for Your name's sake, be our help.

*Shield us from hatred and plague, keep us from war and famine and anguish, subdue our inclination to evil. O God, our Guardian and Helper, our gracious and merciful Ruler, give us refuge in the shadow of Your wings. O guard our coming and our going, that now and always we have life and peace.*

We praise You, Eternal One, whose shelter of peace is spread over us and over all Your people Israel.

## Mi Chamocha - Who Is Like You?

## מי כמכה

Mi chamocha ba-elim Adonai  
mi kamocha ne'dar bakodesh.  
Nora t'hilot oseh feleh

מי כמכה באלים יי  
מי כמכה נאדר בקדש.  
נורא תהילת עשה פלא

Malchut'cha ra-u vanecha,  
bokeya yam lifney moshe,  
zeh eyli anu v'amru.  
Adonai yimloch l'olam va-ed.

מלכותך ראו בניך,  
בוקע ים לפני משה,  
זה אלי ענו ואמרו:  
יי ימלוך לעולם ועד.

Who is like You, Adonai, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendour, doing wonders?  
Your children saw Your saving power as the Sea of Reeds parted. "This is my God." they responded. "Adonai will reign forever and ever."

V'ne-emar: Ki fadah Adonai et ya'akov,  
ug'alo miyad chazak mimenu.  
Baruch ata Adonai ga-al yisrael.

ונאמר: כי פדה יי את יעקב,  
וגאלו מיד חזק ממנו.  
ברוך אתה יי גאל ישראל.

As You redeemed Israel and saved us from arms stronger than our own, so may You redeem all those who are still oppressed and persecuted. We praise You, Eternal One, the Redeemer of Israel.

## Ge-ula - Redemption

### Aleph - א

All this we hold to be true and certain: the Eternal alone is our God, there is none else, and we are Israel, God's people.

*Our divine Protector delivers us from the hand of human oppressors and saves us from the fist of tyrants.*

You perform wonders without number, marvels that surpass our understanding.

*You urge us toward life and revive us when we stumble.*

You did wonders for us in Egypt, miracles and marvels in the land of Pharaoh.

*You led Your people Israel out, forever to serve You in freedom.*

When Your children beheld Your power, they praised You and gave You thanks. Freely they accepted Your sovereignty, and Moses, Miriam and all Israel sang to You with great joy.

### Bet - ב

I, Miriam, stand at the sea and turn to face the desert stretching endless and still.

*My arms reach for the sky  
and I want to sing the song rising inside me.*

My mouth open, I stop.

Where are the words? Where the melody?

In a moment of panic my vision goes blank.

Can I take a step without knowing a destination?

Will I falter? Will I fall?

Will the ground sink away from under me?

*The song still unformed,*

*How can I sing?*

*To take the first step, to sing a new song,*

*Is to close one's eyes and dive into unknown waters.*

*For a moment knowing nothing, risking all,*

*But then to discover the waters are friendly. The ground is firm.*

*And the song,*

*the song rises again.*

Ruth H. Sohn (adapted)

Uk'shartam l'ot al yadecha

v'hayu l'totafot beyn eynecha.

Uch'tavtam al mezuzot beytecha

u'visharecha.

וְקִשְׂרֹתֶם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.  
וְכָתַבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ.

Bind them as a sign upon your hand, and let them be a symbol before your eyes.  
Inscribe them on the doorposts of your house and on your gates.

L'ma-an tizk'ru va'asitem

et kol mitzvotai vih'yitem k'doshim

leyloheychem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם  
אֶת-כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים  
לֵאלֹהֵיכֶם.

Be mindful of all My mitzvot, and do them. So shall you consecrate yourselves to your God.

Ani Adonai eloheychem asher

hotzeyti etchem meyeretz mitzrayim

lih'yot lachem leylohim

ani Adonai eloheychem. Emet

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לְהִיוֹת לָכֶם לֵאלֹהִים  
אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

I, Adonai, am your God who led you out of Egypt to be your God. I, Adonai, am your God. This is truth.

*(Be seated)*



(All rise in body or spirit)

## Sh'ma - Hear

שמע

Sh'ma yisrael Adonai eloheyenu

שמע ישראל יהוה אלהינו

Adonai echad.

יהוה אחד

Baruch shem k'vod malchuto

ברוך שם כבוד מלכותו

l'olam va-ed.

לעולם ועד

Hear, O Israel: Adonai is our God, Adonai is One.

Blessed is God's glorious dominion forever and ever.

V'ahavta et Adonai eloheycha

ואהבת את יהוה אלהיך

b'chol l'avcha uv'chol nafsh'cha

בכל לבבך ובכל נפשך

uv'chol m'odecha.

ובכל מאדך.

You shall love Adonai your God with all your heart, with all your soul, and with all your might.

V'hayu had'varim ha-eyleh

והיו הדברים האלה

asher anochi m'tzav'cha hayom

אשר אנכי מצוה היום

al l'avvecha.

על לבבך.

Reflect on these words which I command you this day, and take them to heart.

V'shinantam l'vanecha v'dibarta bam

ושננתם לבניך ודברת בם

b'shivt'cha b'veytecha uv'lecht'cha

בשבתך בביתך ובליכתך

vaderech uv'shochb'cha uv'kumecha.

בדרך ובשכבתך ובקומך.

Teach them faithfully to your children. Speak of them in your home and on your way, when you lie down and when you rise up.

## **Aleph - א**

Unending is Your love for Your people, the House of Israel. Torah and mitzvot, laws and precepts have You taught us.

*Therefore, our Eternal God, when we lie down and when we rise up, we will meditate on Your laws and rejoice in Your Torah and mitzvot forever.*

Day and night we will reflect on them, for they are our life and the length of our days.

*Your love shall never depart from our hearts. We praise You, Eternal One, who loves Your people Israel.*

## **Bet - ב**

You have loved the house of Israel eternally,  
A single, unifying love.

You revealed it

In the love notes You left us in Your Torah,

Your mitzvot,

Your ancient statutes,

Your modern judgements.

As we speak aloud Your many words

Help us hear in them the single message You intended.

For the secret of our life is there, and the length of our days.

If only we could pour over Your letters all the day, throughout the night!

*As we accept more and more of Your Torah,*

*Open us to accept more and more of Your love —*

*Do not withhold it from us as we search.*

*You are praised in our words, Adonai,*

*As we are loved in Yours.*

*Rabbi Richard Levy*

## Aleph - א

We praise you, Eternal our God, whose presence fills creation. Your word brings on the evening twilight. You open the gates of dawn with wisdom, and with foresight you make times pass and seasons change.

*Your plan sets the courses of stars in the sky, creating day and night, turning light into darkness and darkness into light.*

You make the day fade away and bring on the night, separating day and night. You rule the hosts of heaven.

*We praise You, Eternal One, who brings on the evening twilight.*

### Ahavat Olam - Revelation

### אהבת עולם

Ahavat olam beyt yisrael  
amcha ahavta, torah u'mitzvot  
chukim u'mishpatim otanu limad'ta.  
Al keyn Adonai eloheynu b'shochveyynu  
uv'kumeynu nasiach b'chukecha  
v'nismach b'divrey toratecha  
uv'mitzvotecha l'olam va-ed.  
Ki heyim chayeynu v'orech yameynu  
uvahem ne-hegeh yomam va-laila.  
V'ahavat'cha al tasir mimenu  
l'olamim. Baruch ata Adonai  
ohav amo yisrael.

אֶהְבֶּתָּ עוֹלָם בֵּית יִשְׂרָאֵל  
עִמָּךְ אֶהְבֶּתָּ, תּוֹרָה וּמִצְוֹת  
חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.  
עַל כֵּן יְיָ אֱלֹהֵינוּ בְּשׂוֹכְבֵנוּ  
וּבְקוּמֵנוּ נִשְׁיַח בְּחֻקֶיךָ  
וְנִשְׁמַח בְּדַבְרֵי תּוֹרָתְךָ  
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
כִּי הֵם חַיֵּינוּ וְאֲרֹךְ יָמֵינוּ  
וּבָהֶם נִהְגֶּה יוֹמָם וְלַיְלָה.  
וְאֶהְבֶּתְךָ אֶל תִּסִּיר מִמֶּנּוּ  
לְעוֹלָמִים. בָּרוּךְ אַתָּה יְיָ  
אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Unending is Your love for Your people, the House of Israel. Torah and mitzvot, laws and precepts have You taught us. Therefore, our Eternal God, when we lie down and when we rise up, we will meditate on Your laws and rejoice in Your Torah and mitzvot forever. Day and night we will reflect on them, for they are our life and the length of our days. Your love shall never depart from our hearts. We praise You, Eternal One, who loves Your people Israel.

## Ma'ariv Aravim - Creation

Baruch ata Adonai eloheynu  
melech ha-olam, asher bidvaro  
ma'ariv aravim.  
B'chochma poteyach, sh'arim,  
uvitvuna m'shaneh itim,  
umachalif et hazmanim,  
um'sadeyr et hakochavim  
b'mishm'roteyhem barakiya kirtzono.  
Borey yom va-laila,  
goleyl or mipney choshech  
v'choshech mipney or,  
uma'avir yom umeyvi lay'la,  
umavdil beyn yom uveyn lay'la,  
Adonai tz'vaot sh'mo.  
El chai v'kayam, tamid yimloch  
aleynu l'olam va-ed.  
Baruch ata Adonai, hama'ariv aravim.

## מעריב ערבים

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ  
מַעְרִיב עֶרְבִים.  
בְּחִכְמָה פּוֹתַח, שְׁעָרִים,  
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,  
וּמַחְלִיף אֶת הַזְּמַנִּים,  
וּמְסַדֵּר אֶת הַכּוֹכָבִים  
בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרִצּוֹנוֹ.  
בוֹרֵא יוֹם וְלַיְלָה,  
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ  
וְחֹשֶׁךְ מִפְּנֵי אוֹר,  
וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה,  
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,  
יְיָ צְבָאוֹת שְׁמוֹ.  
אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ  
עָלֵינוּ לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֶרְבִים.

We praise you, Eternal our God, whose presence fills creation. Your word brings on the evening twilight. You open the gates of dawn with wisdom, and with foresight you make times pass and seasons change. Your plan sets the courses of stars in the sky, creating day and night, turning light into darkness and darkness into light. You make the day fade away and bring on the night, separating day and night. You rule the hosts of heaven. We praise You, Eternal One, who brings on the evening twilight.

Y'hi ratzon milfanecha, Adonai eloheynu  
velohey avoteynu v'imoteynu,  
shet'chadesh aleynu  
v'al kol beyt yisrael  
et hashana hazot,  
sh'nat chameshet alafim

יְהִי רָצוֹן מִלְּפָנֶיךָ, יְיָ אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
שֶׁתְּחַדֵּשׁ עָלֵינוּ  
וְעַל-כָּל-בַּיִת יִשְׂרָאֵל  
אֶת-הַשָּׁנָה הַזֹּאת,  
שְׁנַת חֲמֵשֶׁת אֲלָפִים

\_\_\_\_\_,  
l'chayim ul'shalom,  
l'sasson ul'simcha,  
lishua ul'nechama, v'nomar. Amen.

\_\_\_\_\_,  
לְחַיִּים וּלְשָׁלוֹם,  
לְשִׂשׁוֹן וּלְשִׂמְחָה,  
לְיִשׁוּעָה וּלְנִחְמָה, וְנִמַּר: אָמֵן.

May it be Your will, Eternal our God, God of all generations, that the year five thousand, \_\_\_\_\_ bring to us and the whole House of Israel life and peace, joy and exaltation, redemption and comfort; and let us say: *Amen*.

## The Sh'ma and its Blessings

## שִׁמְעַ וּבְרָכוֹתֶיהָ

*(All rise in body or spirit)*

### Barchu

### בָּרְכוּ

Barchu et Adonai ham'vorach.  
Baruch Adonai ham'vorach l'olam va-ed.

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ.  
בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

Praise the Eternal God, the Blessed One.  
The Eternal is to be praised forever and ever.

*(Be seated)*

## Hineni - Here I Am

Here I stand, painfully aware of my flaws, quaking in my shoes and in my heart.

*God of our ancestors, help me as I call upon your mercy. Don't blame anyone else for the places where I miss the mark in my actions or my heart, in my thoughts or in my prayers.*

Free me from my own baggage that might get in the way. See me only through the rose-colored glasses of Your mercy.

*Transform suffering into gladness, Adonai. May my prayer reach You wherever You are for Your name's sake.*

Baruch ata Adonai, shomeya t'fila.

בְּרוּךְ אַתָּה יְיָ, שׁוֹמֵעַ תְּפִלָּה.

We praise You, Eternal One, who hearkens to prayer.

## The New Year

Bachodesh hash'vi-i, b'echad lachodesh,  
yih'yeh lachem shabbaton, zichron  
teruah, mikra kodesh.

Kol m'lechet avodah lo ta'asu.

בַּחֹדֶשׁ הַשְּׁבִיעִי, בְּאַחַד לַחֹדֶשׁ,  
יְהִיֶה לָכֶם שַׁבָּתוֹן, זְכוֹרוֹן  
תְּרוּעָה, מִקְרָא־קֹדֶשׁ.  
כָּל־מְלָאכֶת עֲבוּדָה לֹא תַעֲשׂוּ.

In the seventh month, on the first day of the month, there shall be a sacred assembly, a cessation from work, a day of commemoration proclaimed by the sound of the shofar.

Tiku va-chodesh shofar, ba'keseh  
l'yom chageynu. Ki chok l'yisrael  
hu, mishpat leylohey ya'akov.

תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר, בַּכֶּסֶה  
לְיוֹם חֲגֵנוּ. כִּי חֹק לְיִשְׂרָאֵל  
הוּא, מִשְׁפָּט לְאֱלֹהֵי יַעֲקֹב.

Sound the shofar when the new moon appears, at the turning of the year, at the returning of our solemn celebration. For this is a statute binding on Israel, an ordinance of the God of Jacob.

## Kindling Yom Tov Lights

Creator of beginnings, as You created the world on this day, uniting fragments into a universe, so help unite our hearts and the hearts of all Jews to serve You. Illumine our lives with the light of Your Torah, for by Your light do we see light. Grant us this year a glimpse of the light of redemption, the light of healing and of peace. Amen.

Baruch ata Adonai eloheynu melech  
ha-olam, asher kidshanu b'mitzvotav  
v'tzivanu l'hadlik ner  
shel (shabbat v'shel) yom tov.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ  
וְצִוָּנוּ לְהַדְלִיק נֵר  
שֶׁל (שַׁבָּת וְשֶׁל) יוֹם טוֹב.

We praise You, Eternal our God, whose presence fills creation. You bring us holiness through mitzvot, and have commanded us to light the candles of (Shabbat and) Yom Tov.

Baruch ata Adonai  
eloheynu melech ha-olam,  
shehecheyanu v'kiymanu  
v'higiyanu lazman hazeh.

בָּרוּךְ אַתָּה יְיָ  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁהַחַיֵּינוּ וְקִיְּמָנוּ  
וְהִגִּיעָנוּ לְזִמְן הַזֶּה.

We praise You, Eternal our God, whose presence fills creation, for giving us life, for sustaining us, and for enabling us to reach this season.

# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

## סדר ערב ראש השנה

Seder Erev Rosh Hashanah

**The order for the Rosh Hashanah Eve service**





## Sounding the Shofar

Tekiah!

תְּקִיעָה!

Shevarim!

שְׁבָרִים!

Teruah!

תְּרוּעָה!

Tekiah gedolah!

תְּקִיעָה גְּדוֹלָה!

*(Be seated)*



שָׁנָה טוֹבָה וּמְתוּקָה

*Shana Tova Umetukah*

*We wish you a good and sweet year!*

## Hayom - Today

הַיּוֹם

Hayom t'amtzeynu

הַיּוֹם תְּאַמְצֵנּוּ

hayom t'varcheynu

הַיּוֹם תְּבָרַכְנוּ

hayom t'gad'leynu. Amen.

הַיּוֹם תְּגַדְּלֵנוּ: אָמֵן:

Strengthen us – today. Bless us – today. Exalt us – today. Amen.

*Chorus:*

Today, give us strength today.

Give us blessing today.

Raise us up. Amen.

Hayom tidr'sheynu l'tovah

הַיּוֹם תִּדְרְשֵׁנוּ לְטוֹבָה

hayom ticht'veynu l'chayim tovim

הַיּוֹם תִּכְתְּבֵנוּ לְחַיִּים טוֹבִים

hayom tishma shavateynu. Amen.

הַיּוֹם תִּשְׁמַע שְׁוַעַתֵּנוּ: אָמֵן:

Seek our well-being – today. Inscribe us for a good life – today. Lovingly accept our prayers – today. Amen.

Hayom t'amtzeynu

הַיּוֹם תְּאַמְצֵנּוּ

hayom t'varcheynu

הַיּוֹם תְּבָרַכְנוּ

hayom t'gad'leynu. Amen.

הַיּוֹם תְּגַדְּלֵנוּ: אָמֵן:

Strengthen us – today. Bless us – today. Exalt us – today. Amen.

Hayom t'kabeyl b'rachamim uv'ratzon

הַיּוֹם תְּקַבֵּל בְּרַחֲמִים וּבְרָצוֹן

et t'filateynu hayom titm'cheynu

אֶת תְּפִלָּתֵנוּ הַיּוֹם תִּתְמַכְּנוּ

bimin tzidkecha. Amen.

בִּימֵין צְדִקְךָ: אָמֵן:

Hear our plea – today. Sustain us with the power of Your righteousness– today. Amen.

*S'lichot*

Eloheynu shebbashamayim,  
teyn shalom ba-aretz.

אֱלֹהֵינוּ שֶׁבַשְׁמַיִם,  
תֵּן שְׁלוֹם בְּאֶרֶץ.

Our God beyond us, grant peace to the Earth.

Eloheynu shebbashamayim,  
teyn sovah b'olamach.

אֱלֹהֵינוּ שֶׁבַשְׁמַיִם,  
תֵּן שׁוֹבָה בְּעוֹלָמָךְ.

Our God beyond us, grant abundance to Your world.

Eloheynu shebbashamayim,  
kareyv lanu keytz hag'ulah.

אֱלֹהֵינוּ שֶׁבַשְׁמַיִם,  
קָרֵב לָנוּ קֵץ הַגְּאֻלָּה.

Our God beyond us, hasten for us the time of redemption!

*(All rise in body or spirit)*

## **Avinu Malkeynu - Our Parent, Our Sovereign**

## **אָבִינוּ מַלְכֵנוּ**

Avinu malkeynu choneynu va'aneynu  
ki eyn banu ma'asim.  
Asey imanu tz'daka vachesesd  
v'hoshiy'eynu.

אָבִינוּ מַלְכֵנוּ חֲנֹנֵנוּ וְעֲנֵנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים.  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ.

Avinu Malkeynu, be gracious and answer us, even when we have little merit.  
Treat us with kindness and love, and be our help

Dalet - ד

Eloheynu shebbashamayim,  
d'rashnucha. Himatzeh lanu.

אֱלֹהֵינוּ שֶׁבְּשָׁמַיִם,  
דְּרַשְׁנוּךָ: הִמָּצֵא לָנוּ.

Our God beyond us, we seek You; grant that we may find You.

Eloheynu shebbashamayim,  
galey k'vod malchut'cha aleynu.

אֱלֹהֵינוּ שֶׁבְּשָׁמַיִם,  
גַּלְיָה כְּבוֹד מַלְכוּתְךָ עָלֵינוּ.

Our God beyond us, reveal to us Your sovereign glory.

Eloheynu shebbashamayim,  
korveynu la-avodatecha.

אֱלֹהֵינוּ שֶׁבְּשָׁמַיִם,  
קִרְבָנוּ לְעַבְדוֹתֶיךָ.

Our God beyond us, draw us near to Your service.

Eloheynu shebbashamayim,  
tzavey itanu virchotecha.

אֱלֹהֵינוּ שֶׁבְּשָׁמַיִם,  
צִוֵה אֶתְנוּ בְּרִכּוֹתֶיךָ.

Our God beyond us, grant us Your blessings.

Eloheynu shebbashamayim,  
tzavey itanu yeshu-otecha.

אֱלֹהֵינוּ שֶׁבְּשָׁמַיִם,  
צִוֵה אֶתְנוּ יְשׁוּעוֹתֶיךָ.

Our God beyond us, help us with Your saving acts.

Eloheynu shebbashamayim,  
shiyt shalom beyneynu.

אֱלֹהֵינוּ שֶׁבְּשָׁמַיִם,  
שִׁית שְׁלוֹם בֵּינֵינוּ.

Our God beyond us, let peace reign among us.

Walk me  
into this New Year –  
Into its demands  
Into its joys  
Into the clamor of  
    its unfolding.

Walk alone  
    each of us on our own right  
    path

With the echoes of the  
    blasts of the shofar

With the stillness of the  
    center

With the help of our God.

*Priscilla R. Stern (1934-2002)*

### **Gimmel - ג**

Hear, O Israel!

Hear now the heartbeat of Israel  
    in the quiet space between a year that is ending and a year that begins.

Hear the call of hope and joy,  
    and hear the call of repentance and renewal.

Hear the call to create and embrace;  
    hear the call to restore and to heal.

Hear the call to atone and perfect,  
    to search the soul and account for every deed.

Hear the call to wrestle with sins and flaws,  
    to fight injustice and serve the suffering.

Hear the call to gather in the scattered sparks of divinity,  
    and hear the call to seek the core of our humanity.

Hear the call of compassion and forgiveness.

Hear the call to return –  
    to Torah,  
    to our People,  
    to the One who teaches love and patience, mercy and truth.

Hear the commanding sound of t'shuvah.

Hear the urgent call of tikkun.

*Rabbi Janet Marder*

## **Before the Aron Kodesh - Holy Ark**

### **Aleph - א**

Hear our call, Adonai our God. Show us compassion.  
Accept our prayer with love and goodwill.  
Take us back, Adonai; let us come back to You;  
renew our days as in the past.

*Hear our words, Adonai; understand our unspoken thoughts.  
May the speech of our mouth and our heart's quiet prayer be acceptable to  
You, Adonai, our Rock and our Redeemer.*

Do not cast us away from Your presence,  
or cut us off from Your holy spirit.

*Do not cast us away when we are old;  
as our strength diminishes, do not forsake us.  
Do not forsake us, Adonai; be not far from us, our God.  
With hope, Adonai, we await You;  
surely, You, Adonai our God – You will answer.*

### **Bet - ב**

#### **Walk with Me**

Walk with me into the woods  
Leave the edge of the forest behind –

Come deep into the green  
until the shafts of  
sunlight are lost.  
Feel the stillness of  
the center.

Walk with me to the top  
of the hill  
Leave the broad path  
behind.  
Up – up beyond where  
the trees grow.  
Hear the quiet of  
the heights.

**Torat Adonai T'mimah - Perfect Teaching תּוֹרַת יְהוָה תְּמִימָה**

Torat Adonai t'mimah  
 m'shivat nafesh  
 eydut Adonai ne'emanah  
 machkimat peti.  
 Pikudey Adonai y'sharim  
 m'samchey leyv  
 mitzvat Adonai barah  
 me-irat eynayim.

תּוֹרַת יְהוָה תְּמִימָה  
 מְשִׁיבַת נֶפֶשׁ  
 עֲדוּת יְהוָה נֶאֱמָנָה  
 מַחְכִּימַת פֶּתִי:  
 פְּקוּדֵי יְהוָה יִשְׂרִים  
 מְשַׁמְּחֵי-לֵב  
 מִצְוַת יְהוָה בְּרָה  
 מְאִירַת עֵינַיִם:

The Torah of the Eternal is perfect – renewing the soul.  
 The testimony of the Eternal is enduring – making the simple wise.  
 The precepts of the Eternal are just – rejoicing the heart.  
 The instruction of the Eternal is lucid – giving light to the eyes.

*Psalm 19:8-9*

Eytz chayim hi lamachazikim ba  
 v'tomcheha m'ushar.  
 D'racheha darchey no-am  
 v'chol n'tivoteha shalom.  
 Hashiveynu Adonai eleycha v'nashuva  
 chadeysh yameynu k'kedem.

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ  
 וְתִמְכֶיהָ מֵאֲשֶׁר.  
 דַּרְכֶיהָ דַּרְכֵי נֹעַם  
 וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.  
 הֲשִׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה  
 חֲדָשׁ יַמֵּינוּ כְּקֶדֶם.

It is a Tree of Life to those who hold it fast: all who embrace it know happiness.  
 Its ways are ways of pleasantness, and all its paths are peace. Take us back,  
 Adonai – let us come back to You. Renew in our time the days of old.

*Proverbs 3:17-18, Lamentations 5:21*



## God's Mercy

The Midrash teaches that God, in order to maintain harmony in Creation, alternates between two heavenly thrones: the Throne of Justice and the Throne of Mercy. During the Days of Awe, God moves to the Throne of Mercy in order to judge our deeds with compassion and to urge us toward *teshuvah*. With this teaching in mind, the Rabbis crafted a prayer. Speaking these time-honoured words, we seek divine compassion upon ourselves:

El melech yosheyv al kisey rachamim,  
mit'naheyg b'chah-sidut, mocheyl avonot  
amo, ma-avir rishon,  
mar-beh m'chilah l'chatahim,  
u-s'liycha l'foshim.  
Oseh tz'dakot im kol basar  
varuach, lo ch'ra-ahtam tigmol.

אֵל מֶלֶךְ יוֹשֵׁב עַל כִּסֵּא רַחֲמִים,  
מִתְנַהֵג בְּחִסְדוֹת, מוֹחֵל עֲוֹנוֹת  
עָמוּ, מַעֲבִיר רִשׁוֹן,  
מַרְבֵּה מְחִילָה לְחַטָּאִים,  
וּסְלִיחָה לְפוֹשְׁעִים.  
עוֹשֶׂה צְדָקוֹת עִם כָּל בָּשָׂר  
וְרוּחַ, לֹא כְרַעַטְסָם תִּגְמֹל.

Sovereign God, who presides on the Throne of Mercy, You guide the world with steadfast love, forgiving the transgressions of Your people. You pardon us when we stray and are generous with all who live, judging us by our merits.

*You have taught us Your covenant with life. This day remember Your thirteen attributes of mercy, revealed from of old to Moses, the humble one. As scripture states: "The Eternal descended in a cloud and stood with him there and revealed the divine nature."*

The Eternal passed before Moses and said:

Adonai Adonai el rachum v'chanun,  
erech appayim v'rav chesed v'emet.  
Notzer chesed la'alafim,  
noseh avon vafeshah v'chata-ah,  
v'nakeh.

יְהוָה יְהוָה אֵל רַחוּם וְחַנוּן,  
אַרְךָ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת:  
נֹצֵר חֶסֶד לְאַלְפִים,  
נוֹשֵׂא עוֹן וְפֹשֵׁעַ וְחַטָּאָה,  
וְנִקְהָה.

Adonai, Adonai, our God is merciful and gracious, patient, loving and true, showing mercy to thousands, forgiving evil, wrongdoing and sin, and granting pardon.

*S'lichot*

We rise now to honour them,  
as they put aside these every-day mantles of splendor  
and don their sacred garments,  
the vestments of purity and holiness  
befitting the Days of Awe so soon approaching.  
Each in its turn is fitted with wimple, mantle, and crowns,  
each more stunning than the last.  
Majestic folds of velvet and silk to clothe the holy words;  
a canvas of purest white,  
as brilliant as the moon.

The holy season has now begun,  
and the elders, in their yontif clothes,  
stand proud and tall before us,  
beacons of wisdom and light,  
reminders of the holiness we seek  
on this new day  
in Elul.

*Lisa Rauchwerger (b. 1965)*

*(The Torah scrolls are returned to the Holy Ark.)*

*(Be seated.)*

## Clothing the Torah in White - Vestments of Purity

### Achat Sha-alti - One Thing I Ask

Achat sha-alti mey-eyt Adonai  
ota avakeysh  
shivti b'veyt Adonai kol y'mey chayai  
lachazot b'noam Adonai  
ul'vakeyr b'heychalo.

### אֶחַת שְׂאֲלֹתַי

אֶחַת שְׂאֲלֹתַי מֵאֵת-יְהוָה  
אוֹתָהּ אֶבְקֶשׁ  
שְׁבִתִי בְּבַיִת-יְהוָה כָּל-יְמֵי חַיֵּי  
לְחַזוֹת בְּנוֹעַם-יְהוָה  
וּלְבַקֵּר בְּהִיכָלוֹ:

One thing I ask of You, I earnestly seek: That I might dwell in Your house all the days of my life, Knowing the beauty of You, and to dwell in Your holy place.

*Psalm 27:4 - music Chava Mirel*

*(All rise in body or spirit as the Torah mantels are changed, and read:)*

### The Elders

We rise now to honour them,  
Our elders  
from whom we have learned stories and lessons,  
with whom we have studied and worshipped  
and celebrated the passages of life  
and time,  
Our elders  
who have taught us goodness, honesty, and the sanctity of life,  
whose mantles are woven with threads of memory,  
embroidered with silver and gold,  
majestic folds of silk and velvet,  
in royal hues befitting their rank,  
as brilliant as the sun.

### Bachya ibn Pekuda, Duties of the Heart (11th century)

The heart of the pious one is generous and his spirit is humble. He is neither vengeful, nor covetous, nor does he speak ill of anyone. He despises greatness and detests acclaim. He is serene, remembers kindnesses, is grateful, self-effacing, and harms no one. When he is angered, he is not consumed with wrath. Great are his wisdom and his humility. His decisions are firm. He is not hasty and therefore does not act rashly. His loyalty is strong and his promise faithful. He speaks to know his Creator's will, and he governs his passion. He does not keep grudges.

*Her gratitude for kindness is great and she is patient when injured. When one wants to borrow from her, she lends. When she is wronged, she forgives. When she is deprived, she is generous. When she is kept at a distance, she brings near. She is helpful to the poor and a champion of the oppressed. She does not violate a confidence.*

### Mi Ha-ish - Who is the One?

### מִי הָאִישׁ

Mi ha-ish, hechafeytz chayim;

ohev yamim, lirot tov?

N'tzor l'shoncha meyra;

us'fateh-cha, midaber mirmah.

Sur meyra, va'asey-tov;

bakeysh shalom v'rodfeihu.

מִי־הָאִישׁ, הֶחֱפֵץ חַיִּים;

אֶהֱבַ יָמִים, לְרֵאוֹת טוֹב?

נִצֹר לְשׁוֹנְךָ מֵרַע;

וּשְׁפֹתֶיךָ, מִדְּבַר מְרָמָה.

סוּר מֵרַע, וְעֲשֵׂה־טוֹב;

בְּקֵשׁ שְׁלוֹם וְרַדְּפֵהוּ.

Who is the one who is eager for life, who desires years of good fortune? Guard your tongue from evil, your lips from deceitful speech. Shun evil and do good; seek integrity and pursue it.

*Psalm 34:13-15*

**Aleph - א**

Eternal God, who calls us to repentance, we are grateful for the opportunity to answer Your call, to forsake our sins, and to turn to You with all our hearts.

*Yet we know that repentance is difficult. We know that there have been times when we resolved to mend our ways and did not succeed.*

Even the admission that we have done wrong does not come easily. Our pride is as tall as the mountains, our vanity is as wide as the sea, and excuses abound.

*But before You there are no secrets and nothing is hidden. Our pettiness and our greed, our selfishness and our weakness, our rushing to do evil, and our limping to do good. All these things are known to You.*

On this night of S'lichot, we express the yearning to become better than we have been. For You, O Eternal God, have given us the great ability to atone, enabling individuals and communities to return to You and do Your will, and encouraging us to say to another person, "I am sorry."

*You remind us, in the Torah reading on Yom Kippur, that Your commandments are not removed from us, but are very close. From generation to generation you have sustained us and remained faithful in Your love for us; yet we have turned our backs to You. Forgive us and renew our faithfulness to You.*

Give us the strength to refrain from using our mouths for vain purposes. Give us the wisdom to know how our words will affect other people, so that we hurt no one, and so that we elevate others to be the persons they were meant to be. And when necessary, let the words of others gently guide our steps, so that the reproving we receive will be heard in love.

*And then, O God,*

*Place wisdom and discernment in our hearts. Let us perform acts of courage with confidence and resolve. Allow our hearts to be open to all, to feel the pain of another, and to know how to alleviate their hurt.*

*Open our hearts to the call of this sacred night, so that the words of our prayers may remain, to renew and refine us. May our deeds make us worthy to hear Your divine assurance of "Salachti – I have forgiven."*

*(Temple Beth-El, Madison Wisconsin Prayers for Selichot 5779 adapted from p. 397 Machzor for Rosh Hashanah and Yom Kippur, USCJ, Jules Harlow (ed))*

### **Everything You Do Matters**

In Jewish mystical thought, space, time and matter are understood to be forces of Divine energy — sparks which fell down to earth at the time of creation and which became embedded in all aspects of existence; these sparks must be elevated in holiness for the world to achieve perfection as per the Divine plan. This is why the little things you do in life are sometimes more important than the big things — the journey is sometimes as or more important than the final destination.

When you go to work tomorrow, take a moment to appreciate how you got there. Every second of your trip matters — the people you meet on the way, the cup of coffee you drink while waiting for the bus, the piece of paper you throw in the trashcan — all are changed by your actions. Quite often the things that are seemingly beyond your control are really opportunities to elevate sparks of Divine energy trapped in the mundane, and by doing so, to spiritualize the material — to bring infinite to the finite.

It's a deeper way of looking at life this way, a whole new world will be revealed to you — a Godly world, an immortal world, the real world.

Ask yourself: Have you ever stopped to think that everything you do matters?

Simon Jacobson

If we pray from the heart,  
You listen with Yours.

*Though we stumble and falter,  
we are blessed by Your promise.*

*Rabbi Bachya Ibn Pakuda (11th century) translated by Rabbis Janet & Sheldon Marder*

## Personal Vidui

*(in silence)*

I pray to You, surrounded by my community. Each one of us is a reflection of Your image, yet you have made each of us unique. Therefore, as an individual, I now turn to You in need of Your guiding Presence.

As the Days of Awe approach, I prepare for a difficult task: to perform a *cheshbon hanefesh*, an evaluation of my life as I have lived it thus far.

I rejoice in my abilities and talents, which are Your gifts to me. I have tried to make the best use of them, that You would be proud of my accomplishments. Yet I have failed in some ways to live up to my full potential...

I am blessed with family and friends who love me. I have shown them my love in many ways. Yet I have not always been attentive to their needs...

I am proud to be part of the People of Israel. I have given expression to my Jewish identity. Yet I have neglected my community on other occasions...

I know that the fabric of society is torn and have done my share to perform deeds of *tikkun olam*, the mending of the world. Yet there have been times when I did not answer the call to relieve suffering, to right an injustice or to promote harmony in the world...

I gaze into the mirror that You hold out to me, the mirror that bids me to behold the image of my true self. With Your guidance, I pledge to brighten this image in the coming year. Help me to erase whatever in me is unworthy. Guide me to shape my life, that it may be a source of pride to You, to my loved ones, to my community, and to myself.

For all these prayers, Source of Blessing, purify me, revive me, uplift me.

V'al kulam elo'ha s'lichot.

S'lach lanu, m'chal lanu, kaper lanu.

וְעַל כָּל־כְּלָם אֱלֹהֵי סְלִיחוֹת:  
סְלַח לָנוּ, מַחַל לָנוּ, כַּפֵּר-לָנוּ.

For all these, O God of mercy, forgive us, pardon us, grant us atonement.

## **Modern Vidui**

We have all committed offences: together we confess these human sins:

*The sins of Arrogance, Bigotry and Cynicism; of Deceit and Egotism, Flattery and Greed, Haughtiness, Injustice and Jealousy.*

We Kept grudges, were Lustful, Malicious and Narrow-minded.

*We were Obstinate and Possessive, Quarrelsome, Rancorous and Selfish.*

We were Thoughtless, Unjust, Violent, Weak-willed, and Xenophobic.

*We Yielded to temptation, and showed Zeal for bad causes.*

Now may it be Your will Eternal God of all generations, to pardon all our sins, to forgive our wrongdoings, to blot out all our transgressions.

*(Be seated)*

## **Days Are Scrolls**

We are taught:

*Days are scrolls, write on them only what you want remembered.*

But we remember our weakness,  
and our days bear the mark of all that went wrong.  
On this night we have hope in the One who sustains us.

*Though we stumble and falter,  
You promise forgiveness.*

If we stray from the truth,  
You do not forsake us.

*If we sink to the depths,  
Your mercy uplifts us.*

If our urges betray us,  
Your compassion is endless.

*If we distance ourselves,  
You do not disdain us.*

If we abandon Your teachings,  
still You embrace us.

*If we seek You sincerely,  
Your presence surrounds us.*



(All rise in body or spirit)

**Short Vidui**

Our God and God of our ancestors, may our prayer reach You and may You be receptive to our plea. We are not so arrogant and stiff-necked as to say before You that we are perfect and have not sinned. Rather do we confess: we have erred, we have gone astray, we have done wrong.

Ashamnu, bagadnu, gazalnu, dibarnu dofi.	אֲשַׁמְנוּ, בַּגַּדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ דוֹפִי.
He'evinu, v'hirshanu, zadnu, chamasnu, tafalnu sheker.	הֶאֱוִינוּ, וְהִרְשָׁנוּ, זָדְנוּ, חַמָּסְנוּ, טָפַלְנוּ שֶׁקֶר.
Ya-atznu ra, kizavnu, latznu, maradnu, ni-atznu, sararnu, avinu, pashanu, tzararnu, kishinu oref.	יַעֲצֵנוּ רָע, כִּזְבָּנוּ, לֹצְנוּ, מָרַדְנוּ, נִאֲצָנוּ, סָרַרְנוּ, עָוִינוּ, פָּשַׁעְנוּ, צָרַרְנוּ, קִשִּׁינוּ עוֹרֶף.
Rashanu, shichatnu, ti-avnu, ta-inu, titanu.	רָשָׁעְנוּ, שִׁחַתְנוּ, תֵּעֲבָנוּ, תֵּעִינוּ, תֵּעַתְעָנוּ.

We have trespassed; we have dealt treacherously; we have robbed; we have spoken slander. We have acted perversely; we have done wrong; we have acted presumptuously; we have wrought havoc; we have practiced deceit. We have counselled evil; we have spoken falsehood; we have scoffed; we have revolted; we have blasphemed; we have rebelled; we have committed iniquity; we have transgressed; we have oppressed; we have been stiff-necked. We have acted wickedly; we have dealt corruptly; we have committed abomination; we have gone astray; we have led others astray.

The Vidui is presented as an alphabetical *acrostic* — where the significant words are arranged in alphabetical order. This is a poetic form found in the Tanach, particularly in the Psalms, Proverbs and Lamentations. It is a form that has remained popular in Jewish writings since the biblical age.

As with many other examples in Jewish sacred writings, the appearance of patterns are meant to show deliberate organization and intent and to imbue the text with additional significance.

**Vidui - Confession of Sin**

We stray and we sin...

when we fail to make peace the highest good,  
and when we are silent in the face of evil;  
when we forsake those who suffer far away,  
and when we shun the wronged and destitute among us;

*When we diminish God's image through violence or indifference,  
and when we fail to take care of those who depend on us;  
when we engage in slander or deceit,  
and when we distort the truth for personal gain;  
when we judge others rashly or unfairly,  
and when we stoke the fires of communal strife;  
when we fail to embrace Torah – the Tree of Life,  
to walk its paths, and make its ways our own.*

We stray and we sin... when we offer no blessings, no words of thanks  
for the breath within us – and for the wonder of being.  
Together we confess. Together we take responsibility.

(Rabbi Janet Marder)

**Shomer Yisrael - Guardian of Israel****שׁוֹמֵר יִשְׂרָאֵל**

Shomer yisrael,

sh'mor sh'eyrit yisrael.

V'al yovad yisrael,

ha-om'rim sh'ma yisrael.

Shomer goy echad,

sh'mor sh'eyrit am echad.

V'al yovad goy echad,

ham'yachadim shimcha,

Adonai eloheynu Adonai echad.

שׁוֹמֵר יִשְׂרָאֵל,  
שְׁמוֹר שְׂאֲרֵי יִשְׂרָאֵל.  
וְאֵל יֶאֱבֹד יִשְׂרָאֵל,  
הָאוֹמְרִים שְׁמַע יִשְׂרָאֵל.  
שׁוֹמֵר גּוֹי אֶחָד,  
שְׁמוֹר שְׂאֲרֵי עַם אֶחָד.  
וְאֵל יֶאֱבֹד גּוֹי אֶחָד,  
הַמְיַחֲדִים שְׁמֶךָ,  
יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

Guardian of Israel, protect the remnant of Israel, that Israel may not be destroyed,  
they who say: "Hear, O Israel." Guardian of a unique people, protect the remnant  
of this people, that this unique people may not perish, the people who proclaim  
the unity of Your name: "Adonai is our God, Adonai is One."

**Bet - ב**

Now is the time for turning. The leaves are beginning to turn colour. The birds are beginning to turn once more toward the south. The animals turn to storing their food for the winter. For these elements of Creation, turning comes instinctively.

*But for us, turning does not come so easily. It takes an act of will for us to do t'shuvah, to make a turn in our attitudes and behaviour. It means breaking with old habits. It means admitting that we may have been wrong. It means starting over again. It means recognizing that we have the ability to change.*

T'shuvah is hard to do. But unless we turn, we will be trapped forever in yesterday's ways. God, help us to turn, bring us back toward Your ways.

*Turn us toward each other, O God, for in isolation there is no life.*

Hashiveynu Adonai eleycha

v'nashuva chadeysh yameynu k'kedem.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ  
וְנִשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Help us to return to You, Adonai, and truly we shall return. Renew our days as in the past.

**From Psalm 51**

Have mercy upon me, O God, as befits Your love;  
in keeping with Your abundant compassion, blot out my transgressions.

*Wash me thoroughly of my iniquity, and purify me of my sin;  
for I recognize my transgressions and am ever conscious of my shortcomings.*

Purge me with hyssop till I am pure;  
wash me till I am cleaner than snow.

*Hide Your face from my sins; blot out all my wrongdoings.  
Fashion a pure heart for me, O God; create in me a steadfast spirit.*

Adonai s'fatai tiftach,

ufi yagid t'hilatecha.

יְיָ שִׁפְתַי תִּפְתָּח,  
וּפִי יַגִּיד תְּהִלָּתְךָ.

*Eternal One, open my lips, that my mouth may declare Your praise.*

## S'lichot - Forgiveness

## Teshuvah - Turning

### Aleph - א

How much time did we waste in the year that is now gone?

Did we fill our days with life, or were they empty?

*Was there love inside our home, or was the affectionate word left unsaid?*

*Was there real companionship within our family, or was there a living together and a growing apart?*

Were we a help to our mates? Or did we take them for granted?

How were we with other friends: Were we there when they needed us or not?

*The kind deed: did we perform it or postpone it?*

*The unnecessary gibe: did we say it or hold it back?*

Did we live by false values? Did we deceive others? Did we deceive ourselves?

Were we sensitive to the rights and feelings of those who worked with us?

*Did we acquire only possessions, or did we acquire new insights as well?*

*Did we fear what the crowd would say, and keep quiet when we should have spoken out?*

Did we mind our own business, or did we feel the heartbreak of others?

Did we live right, and if not, have we learned and will we change?

*(Jack Riemer)*

Esa eynai el heharim

mey-ayin yavo ezri.

Ezri mey-im Adonai

oseh shamayim va-aretz.

אֶשָׂא עֵינַי אֶל הַהָרִים

מֵאֵין יָבֹא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

I lift my eyes toward the mountains. Where will my help come from? My help will come from God, maker of heaven and earth.

*(Psalm 121:1-1)*

(As the candle is snuffed out in the wine, we sing:)

Eyliyahu hanavi Eyliyahu hatishbi  
Eyliyahu hagiladi.  
Bimheyra v'yameynu yavo eyleynu  
im mashiach ben David.

אֵלֵיָהוּ הַנָּבִיא אֵלֵיָהוּ הַתִּשְׁבִּי  
אֵלֵיָהוּ הַגִּלְעָדִי:  
בְּמַהֲרָה בְּיָמֵינוּ יָבֹא אֵלֵינוּ  
עִם מָשִׁיחַ בֶּן דָּוִד.

Elijah the prophet, Elijah the Tishbite, Elijah the Gileadite. May he soon, in our days, come to us with the Messiah, son of David.

Mir'yam han'viah  
oz v'zimrah b'yadah  
mir'yam tirkod itanu  
l'hagdil zimrat olam  
mir'yam tirkod itanu  
l'takeyn et ha-olam.

Bimheyra v'yameynu hi t'vi-eynu  
el mey hay'shuah,  
el mey hay'shuah!

מִרְיָם הַנְּבִיאָה  
עַז וְזִמְרָה בְּיָדָהּ  
מִרְיָם תִּרְקַד אִתָּנוּ  
לְהַגְדִּיל זִמְרַת עוֹלָם  
מִרְיָם תִּרְקַד אִתָּנוּ  
לְתַקֵּן אֶת־הָעוֹלָם:  
בְּמַהֲרָה בְּיָמֵינוּ הִיא תְּבִיאֵנוּ  
אֶל מֵי הַיְּשׁוּעָה,  
אֶל מֵי הַיְּשׁוּעָה!

Miriam the prophet, strength and song in her hand; Miriam, dance with us in order to increase the song of the world! Miriam, dance with us in order to repair the world. Soon she will bring us to the waters of redemption!

(second verse by R' Leila Gal Berner)

Shavua tov!  
Have a good week!

שָׁבוּעַ טוֹב!

(Smell the spices and pass them around)

### Over the Spices

Baruch ata Adonai eloheynu melech  
ha-olam, borey miney b'samim.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, בּוֹרֵא מִיְּנֵי בְשָׂמִים.

We praise You, Adonai, whose presence fills creation. You create different kinds of spices.

### Over the Havdalah Candle

Baruch ata Adonai eloheynu melech  
ha-olam, borey m'orey ha-eysh.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.

We praise You, Adonai, whose presence fills creation. You create the light of fire.

(Again, take up the cup of wine and say:)

Just as we make Havdalah to end Shabbat, God asks us to make a difference every day of the week:

*Havdalah - make a difference by feeding the hungry.*

*Havdalah - make a difference by caring for the sick.*

*Havdalah - make a difference by comforting those in sorrow.*

*By our choices, we can help to make a difference for others.*

Baruch ata Adonai eloheynu melech  
ha-olam, hamavdil beyn kodesh  
l'chol, beyn or l'choshech, beyn  
yisrael la-amim, beyn yom  
hash'vi-i l'sheyshet y'mey hama'aseh.  
Baruch ata Adonai, hamavdil beyn  
kodesh l'chol.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַמְבַדִּיל בֵּין קֹדֶשׁ  
לְחֹל, בֵּין אוֹר לְחֹשֶׁךְ, בֵּין  
יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם  
הַשְּׁבִיעִי לְשֵׁשֶׁת יְמֵי הַמַּעֲשֵׂה.  
בָּרוּךְ אַתָּה יי, הַמְבַדִּיל בֵּין  
קֹדֶשׁ לְחֹל.

We praise You, Adonai, whose presence fills creation. You make a difference between holy and common, between light and darkness, between Israel and the nations, between the seventh day and the six days of work. We praise You, Adonai, who makes a difference between holy and common.

## Havdalah - Separation

# הבדלה

*(As we begin, light the Havdalah candle)*

Lay'hudim haitah orah v'simcha  
v'sason vikar  
keyn tih'yeh lanu tih'yeh lanu tih'yeh  
lanu.

לְיִהוּדִים הָיְתָה אֹרֶה וְשִׂמְחָה  
וְשִׂשׂוֹן וְיִקָּר  
כִּן תְּהִיָּה לָנוּ תְּהִיָּה לָנוּ תְּהִיָּה  
לָנוּ.

The Jews enjoyed light and gladness, honor and joy - may we too experience these same blessings!

Hineh el y'shuati, evtach v'lo  
efchad, ki ozi v'zimrat yah Adonai,  
vay'hi li lishua kos y'shuot  
esa uv'sheym Adonai ekra.

הִנֵּה אֵל יְשׁוּעָתִי, אֶבְטַח וְלֹא  
אֶפְחָד, כִּי עֲזִי וְזִמְרַת יְהוָה יְהוּה,  
וַיְהִי לִי לִישׁוּעָה כּוֹס יְשׁוּעוֹת  
אֲשָׂא וּבְשֵׁם יְיָ אֶקְרָא.

Behold, God is my redeeming power; trusting in the Eternal, I am not afraid. For the Eternal is my strength and my song, and has become my redemption. I shall lift up the cup of redemption and call out in the name of God.

*(Lift the cup of wine)*

## Over the Wine

Baruch ata Adonai eloheynu melech  
ha-olam, borey pri hagafen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, בּוֹרֵא פְרֵי הַגָּפֶן.

We praise You, Adonai, whose presence fills creation. You create the fruit of the vine.

# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נתיבות תשובה

Netivot Teshuvah

**Paths of Repentance  
*for the High Holy Days***

## סדר סליחות

Seder S'lichot

**The order for the S'lichot service**



*Introduction*

that is warm, inviting, and spiritually relevant for all who choose to pray with us and become part of our community.

Our new machzor also reflects many elements of our Solel High Holiday experience that has been created over many decades, building upon the tradition developed with our founding rabbi, Rabbi Lawrence Englander, and enriched by many of the supplemental materials that we have developed over the years.

None of this would have been possible without the editorial committee that worked diligently on this project. Our great appreciation and thanks to our focus group participants, editors, and proofreaders:

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It is our hope that these words of prayer will continue to resonate with our congregation and reflect our community's values, teachings, culture, diversity, and creativity. May you find in these pages a meeting place on the pathway (Solel means pathfinder) for the inner life of the individual, a sense of community within our Solel family, and the sacred traditions of our Jewish life together. The result is the book that you now hold in your hands.

*Rabbi Audrey S. Pollack, 5784*

\*Note: This edition is a working draft for which several improvements are planned before a hardbound edition is printed. We have endeavored wherever possible to credit the authors of contemporary liturgical selections. Any mistakes, errors and omissions in this volume are ours; they will be rectified in future editions. Please help us by letting us know about any errors that you find!

## Introduction

### **Solel's High Holy Days Machzor *Netivot Teshuvah* - Paths of Repentance**

The High Holidays are full of tradition and history, days that we spend in deep reflection on the past and in dreams of hope for the future. In our highest aspirations these days are about experiencing awe, meaning, and transformation.

The word *machzor* comes from the three-letter root *Chet-Zayin-Resh*, meaning to return" or "to cycle," referring to the cyclical nature of the religious year and the cycles of our own lives. During these *Yamim Noraim* - Days of Awe, we reflect back in time, returning to this place, realizing that we are not the same person that we were at this time last year, we have changed, we are continually renewing who we are. We come back home to the synagogue, looking for connection, meaning, and inspiration.

On the cusp of Solel's 50th anniversary, we are proud to introduce a new High Holiday Machzor that speaks to our congregational community today, reflective of our diversity: Jews from various denominational backgrounds, mixed heritage families, LGBTQIA+ Jews and their families, those who have chosen to join the Jewish family formally through *gerut* (conversion), and those raising Jewish children and becoming actively involved at Solel in support of their partners and family.

Forty-five years ago, in 1978, the Reform movement published *Shaarei Teshuvah* - Gates of Repentance. For many years we had been using this machzor and its two different editions at Solel, but in more recent years had been looking at creating an alternative that would better meet our needs. In 2015 the Central Conference of American Rabbis published a new Machzor, *Mishkan HaNefesh*. Although our rabbi emeritus was on the editorial committees of both the new CCAR Siddur and Machzor, he was not in favor of purchasing these books for Solel for several reasons. Solel has always endeavored to write our own *siddurim* and *machzorim* and so this project to create our own High Holiday Machzor has been in the works, planned for development in smaller sections over time. The timeline for the creation of this volume was greatly accelerated by the pandemic when we found ourselves working quickly to create a High Holiday experience that would be meaningful and accessible when we could not gather in person.

This machzor project was begun to create a more meaningful experience in our High Holiday services, reflective of Solel's *minhag* (customs). It is designed to provide access to the service for many people who may have found it challenging to participate meaningfully in Rosh Hashanah and Yom Kippur services, including full transliteration of the Hebrew, gender neutral translation to lessen the distance between us and God, and modern contemporary liturgy, meaningful English translations, and explanatory sections to address obstacles to prayer. These changes and additions are similar to what we are used to in our Shabbat services and other prayerbooks, as a means of cultivating a prayer experience



# קהילת סולל

**Kehilat Solel - Solel Congregation**

## נְתִיבוֹת תְּשׁוּבָה

Netivot Teshuvah

**Paths of Repentance  
for the High Holy Days**

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נְתִיבוֹת תְּשׁוּבָה

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**Paths of Repentance**  
*for the High Holy Days*

*Solel Congregation of Mississauga*  
2023 - 5784