

EREV ROSH HASHANAH

לְשָׁנָה טוֹבָה תִּכְתְּבוּ... וְתַחֲתִימוּ

L'shana Tovah Tikateivu.... v'tichateimu

May you be inscribed for a good year.



May the Door

May the door of this praying place be wide enough
To receive all who hunger for love,
All who long for connectedness.

May it welcome all who have cares to unburden,
Thanks to express, hopes to nurture.

May the door of this praying place be narrow enough
To shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block
To young or straying feet.

May it be too high to admit complacency,
Selfishness and harshness.

May this holy space be for all who enter,
The doorway to a richer and more meaningful life.

Barcheinu Avivu

בְּרַכֵּנוּ אֲבִינוּ כָּלֵנוּ כְּאַחַד בְּאוֹר פְּנִיךָ:

Ba-r'chaynu Aveenu kulanu k'echad b'or pa-necha.

Bless us, our Source, all of us as one, with the radiant light of Your presence.

Return Again

Return again, return again, return to the land of your soul
Return to who you are, return to what you are
Return to where you are born and reborn again.

Yedid Nefesh

יְדִיד נֶפֶשׁ אָב הַרַחֲמָן. מְשׁוֹךְ עֲבָדְךָ אֶל רְצוֹנְךָ.
יְרוּץ עֲבָדְךָ כְּמוֹ אֵיל. יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרְךָ.
תַּעֲרַב לוֹ יְדִידוּתְךָ. מִנִּפְתּ צוּף וְכָל-טַעַם:

Yedid nefesh av ha-rachaman, m'shoch avd'cha el r'tzonecha,
Yarutz avd'cha k'mo ayal, yish-tachaveh el mul hadarecha,
Te-erav lo y'didutecha mi-nofet tzuf v'chol ta-am.

Beloved of my soul, compassionate God, lead me, Your servant, closer to Your Will.
Like a darting deer, I run after You. Before Your glorious Presence, humbly do I bow.
Let Your sweet love delight me with its thrill, because no other delight will my hunger still.

CANDLE LIGHTING



We illuminate the darkness to expand our vision
And let light reveal the web, the hidden places

We light the candles to take a moment and reflect
On the glow and spark within ourselves

We see the fire, the spirit in each of us
And recognize that it is our actions and choices which bring meaning to our lives

We can see in the flame our beauty and understand
All this exquisite power to create our own lives
We illuminate the darkness so that we may see life more clearly

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר (שֶׁל שַׁבָּת ו-) יוֹם טוֹב:

**Baruch Atah Adonai Elohaynu Melech ha-olam asher ki-d'shanu b'mitzmotav
v'tzeevanu l'hadlik ner (shel Shabbat v') Yom Tov**

Blessed are You, Yah Shechinah our God, Mother of All Life, for making us holy with
Your mitzvot and teaching us to kindle the (Sabbath and) Festival lights.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֵחֵינּוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה:
**Baruch Atah Adonai Elohaynu Melech ha-olam
She-heh-cheyanu v'kee-y'manu v'higee-anu lazman hazeh.**

Blessed are You YAH, our God, Guiding Force of the all time and space
Who has kept us in life, sustained us and brought us to this season.

B'shem Hashem / Angel Song

בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל מִיְמִינִי מִיְּכָאֵל וּמִשְׁמָאֵלִי גַבְרִיאֵל
וּמִלְּפָנַי אוּרִיאֵל וּמֵאַחֲרַי רַפָּאֵל וְעַל רֹאשִׁי שְׁכִינַת אֵל:

**B'shem Adonai Elo-hay Yisrael Mi-mini Michael. U-mee-s'molee Gavriel
U-mil'fanai Uriel. U-mei-a-cho-rai R'fa-el. V'al roshi Shechinat-El.**

In the Name, the Name of God, the God of Israel,
May Micha-El be on my right, and on my left Gavri-El.
Uri-El before me, behind me Rafa-El
Above my head, surrounding me, Shechinat-El.



Pitchu Li

פְּתַחוּ-לִי שַׁעְרֵי צֶדֶק אָבֹא-בָם אוֹדֶה יָהּ:

Pit-chu li sha'arei tzedek avo vam odeh Yah

Open for me the gates of Justice... I will enter and give thanks to Yah.

Hashivaynu

הַשִּׁיבֵנוּ יְהוָה אֵלֶיךָ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם:

Hashivaynu Adonai aylecha v'nashuvah. Chadeish yameinu k'kedem.

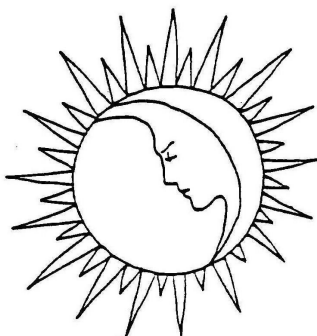
Renew our faith in life, Release us from pain and strife,
Remind us of who we are, As we return to You.

Psalm 90

לְמִנּוֹת יָמֵינוּ כֵּן הוֹדַע וְנִבֵּא לִבִּב חֲכָמָה:

Limnot yamaynu kayn hoda v'navee l'avav chochmah

Teach us to treasure each day; that we may open our hearts to Your wisdom.



מַעֲרִיב

EVENING PRAYER

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ

Baruch (Adonai or Yah) ha-m'vorach l'olam va-ed.

Let us all praise the One Who showers us with blessing!

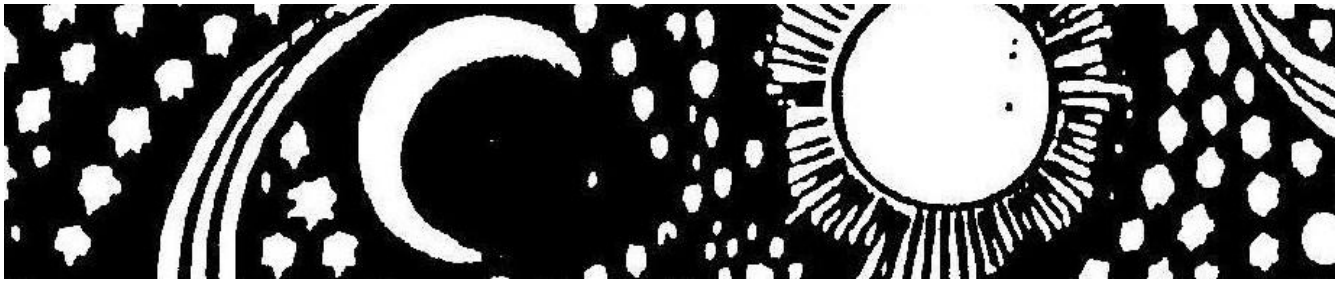
בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד

Baruch (Adonai or Yah) ha-m'vorach l'olam va-ed.

Blessed is the Source of Blessing forever and ever!

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Bar'chu, Dear One, Shechinah, Holy Name...  
When I call on the Light of my soul, I come home.



### Maariv Aravim

ברוך אתה יי, אלהינו מלך העולם, אשר בדברו מעריב ערבים,  
בחכמה פותח שערים ובתבונה משנה עתים, ומחליף את הזמנים  
ומסדר את הכוכבים במשמרותיהם ברקיע כרצונו.  
בורא יום ולילה, גולל אור מפני חשך, וחשך מפני אור.  
ומעביר יום ומביא לילה, ומבדיל בין יום ובין לילה, יי צבאות שמו.  
אל חי וקים, תמיד ומלוח עלינו לעולם ועד.  
ברוך אתה יי, המעריב ערבים:

Baruch atah Adonai, Eloheinu melech ha-olam, asher bidvaro ma-ariv aravim,  
b'choch'mah potei-ach sh'arim, uvitvunah m'shaneh itim, umachalif et haz'manim,  
um'sadeir et hakochovim b'mishm'roteihem baraki-a kirtzono.

Borei yom valay'lah, goleil or mip'nei choshech, v'choshech mip'nei or.  
Uma-avir yom umeivi lay'lah, umavdil bein yom uvein lay'lah, Adonai tz'va-ot sh'mo.

Eil chai v'kayam, tamid yimloch aleinu l'olam va-ed.

Baruch atah Adonai, hama-ariv aravim.

You abound in blessings, Holy One, Sovereign of time and space  
by whose word the mixtures of evening comes.  
Whose Wisdom opens heavens gates,  
Whose Understanding changes seasons.  
Who, by Divine Will, arranges the stars in their watches in the sky  
Creating day and night, rolling away light from the face of darkness,  
And darkness from the face of light,  
You cause day to pass and bring on night, and separate the day from the night  
Marshaling the cosmic forces is Your nature.

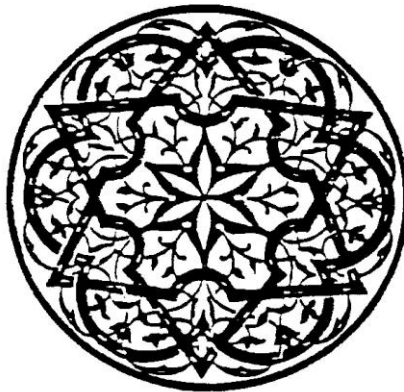
May Your living presence be our amazement forever.  
Blessed are You, Yah, who evens the evenings.

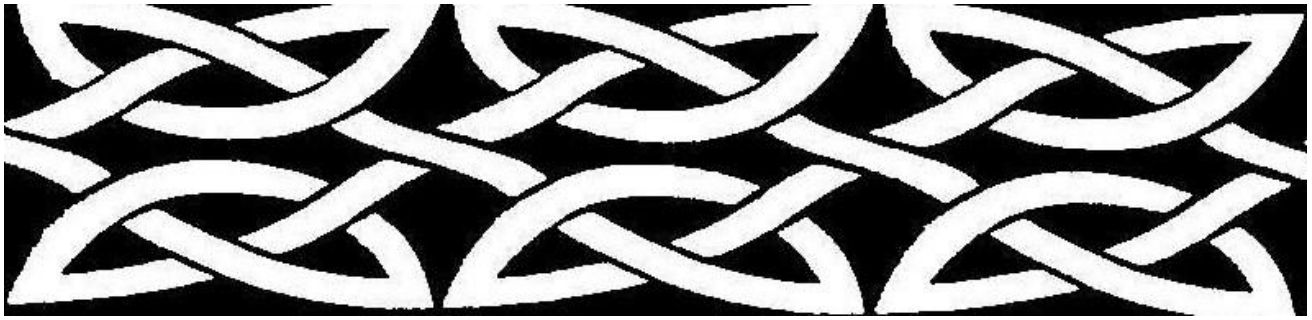
## Ahavat Olam

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהֲבַת  
תּוֹרָה וּמִצְוֹת חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּת  
עַל כֵּן יְיָ אֱלֹהֵינוּ בְּשִׂכְכֵּנוּ וּבְקוֹמָנוּ נִשְׁיַח בְּחֻקֶּיךָ  
וְנִשְׁמַח בְּדִבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ וּבָהֶם נִהְגֶּה יוֹמָם וְלַיְלָה  
וְאָהֲבָתְךָ אֵל תַּסִּיר מִמֶּנּוּ לְעוֹלָמִים.  
בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Ahavat olam beit yisra-eil am'cha ahav'ta,  
torah umitzvot, chukim umishpatim otanu limadta.  
Al kein Adonai Eloheinu, b'shoch'beinu uv'kumeinu nasi-ach b'chukecha,  
v'nismach b'divrei toratecha uv'mitzvatecha l'olam va-ed.  
Ki heim chayeinu v'orech yameinu, uvahem nehgeh yomam valay'lah.  
V'ahavat'cha al tasir mimenu l'olamim.  
Baruch atah Adonai, oheiv amo yisra-eil.

With an everlasting love, You have loved those who struggle for Your blessing, the people Yisrael. You have guided us with teachings and holy deeds, principles and just ways. And so, inspired by Your love, we will take joy in Your guidance, and make real Your teachings in all that we do. For they are our life, and the length of our days; we will meditate on them day and night. May Your love never depart from us. Blessed are You, Holy One, who sustains us all with love.





### Names of God

|              |                           |
|--------------|---------------------------|
| Yah-hu       | Yah-He                    |
| Yah-hi       | Yah-She                   |
| Harachaman   | The All Merciful          |
| V'harachamim | Compassionate One         |
| Adonai       | God                       |
| Chanun       | Gracious One              |
| V'rachum     | Full of Compassion        |
| El-Shaddai   | God Almighty              |
| Shechinah    | The Presence              |
| HaMakom      | Every Place is Your place |

## SHEMA

**שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:**

**Shema Yisrael Adonai (or Yah) Eloheinu Adonai (or Yah) Echad.**

Hear O Yisrael, Yah who is, is our God, Yah who is, is One.

**בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:**

**Baruch shem k'vod mal-chuto l'olam va-ed.**

Through time and space Your glory shines Majestic One.

**וְאַהֲבַת אֵת יְיָ אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:**

**וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ:**

**וְשִׁנַּנְתָּם לְבִנְיָךָ וְדִבַּרְתָּ בָם**

**בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:**

**וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטָטְפַת בֵּין עֵינֶיךָ:**

**וְכָתַבְתָּם עַל מְזֻזַת בֵּיתְךָ וּבְשַׁעְרֶיךָ:**

**V'ahavta eit Adonai elohecha, b'chol l'vav'cha, uv'chol nafsh'cha, uv'chol m'odecha.  
V'hayu had'varim ha-eileh, asher anochi m'tzav'cha Hayom, al l'vavecha. V'shinantam  
l'vanecha, v'dibarta bam, b'shivt'cha b'veitecha, uv'lecht'cha vaderech,  
uv'shochb'cha, uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha.  
Uch'tavtam al m'zuzot beitecha uvisharecha.**

Love Yah, who is your God,  
in what your heart is in, in what you aspire to,  
in what you have made your own.  
May these values which I connect with your life  
be implanted in your feelings.

May they become the norm for your children,  
addressing them in the privacy of your home,  
on the errands you run.  
May they help you relax, and activate you to be productive.  
Display them visibly on your arm.  
Let them focus your attention.  
See them at all transitions, at home and in your environment.

(Translation by Reb Zalman Schacter-Shalomi)

וְהָיָה אִם-שָׁמַעַתְּ שְׁמִיעוּ אֶל-מִצְוֹתַי, אֲשֶׁר אֲנִי מֵצִוֶּה אֶתְכֶם הַיּוֹם, לְאַהֲבָה אֶת יְיָ אֱלֹהֵיכֶם, וּלְעַבְדּוֹ בְּכָל-לִבְבְּכֶם וּבְכָל-נַפְשְׁכֶם. וְנָתַתִּי מָטָר-אֶרְצְכֶם בְּעֵתוֹ, יוֹרֵה וּמִלְקוֹשׁ, וְאִסְפַּת דֶּגֶן וְתִירֹשׁ וְיִצְהָרֵךְ. וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךְ לִבְהֶמְתְּךָ, וְאָכְלָתָּ וּשְׂבַעְתָּ.

הַשְׁמִירוּ לָכֶם פֶּן-יִפְתָּה לִבְבְּכֶם, וְסִרְתֶּם וְעַבַּדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם. וְחָרָה אִף-יְיָ בָּכֶם, וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מָטָר, וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֲבַדְתֶּם מִהָרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְיָ נָתַן לָכֶם:

וְשָׁמַתֶּם אֶת דְּבָרֵי אֱלֹהֵי-לִבְבְּכֶם וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל-יְדְּכֶם וְהָיוּ לְטוֹטָפֹת בֵּין עֵינֵיכֶם: וְלִמְדֹתֶם אֹתָם אֶת-בְּנֵיכֶם, לְדַבֵּר בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְיָ לְאַבְרָהָם לֵאמֹר לָתֵת לָהֶם, כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

If you really listen to my Mitzvot with which I connect to you right now to love your God, Unity of All, and to serve the Unity with both sides of your heart, and with all the levels of your soul, then I will give rain for the lands at the right time: early rain and late rain, and you'll harvest your grain, and your wine, and your oil. And I will put grass in your fields for your cattle and you will eat and be satisfied.

Be on guard, however, if your hearts are swayed and you turn and worship the parts of Whole as if they were the Whole and if you submit yourselves to these parts Then the rage of the Unity of the Whole will blaze, and It will close the heavens and there will be no rain, and the land will not give her produce and you will quickly perish from the good earth which the Wholly One gives to you.

So place these words of Mine on top of your hearts and on top of your souls and bind them as a sign upon your hands, and they will be for t'fillin between your eyes. And you will teach this deep teaching of cause and effect to your children, and speak of them when you sit in your house, and when you travel on the road, and when you lie down, and when you rise. You will inscribe them upon the mezuzzot of your house and upon your gateways. You will do this in order that your days, and the days of your children be prolonged upon the land which the Ancient One swore to your ancestors to give them [for as long] as the heavens are above the earth.

וַיֹּאמֶר יְיָ אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם: וַעֲשׂוּ לָהֶם צִיצִית  
עַל-כְּנָפֵי בְגָדֵיהֶם לְדֹרֹתָם, וְנָתַנּוּ עַל-צִיצִית הַכֶּנָּף פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית,  
וַיִּרְאוּ אֶתְכֶם אֹתוֹ וַיִּזְכְּרוּ אֶת-כָּל-מִצְוֹת יְיָ, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ אַחֲרֵי לְבַבְכֶּם  
וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר-אַתֶּם זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי  
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לְהִיּוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם:

God said to Moses, tell Israel to make fringes (tzitzit) on the corners of their garments so they will have generations to follow them. On each tzitzit let them set a blue thread, glance at it, and in seeing, remember all the other directives of Yah Who is, and act on them. This way you will not be let astray, craving to see and want and then prostitute yourself for your cravings.

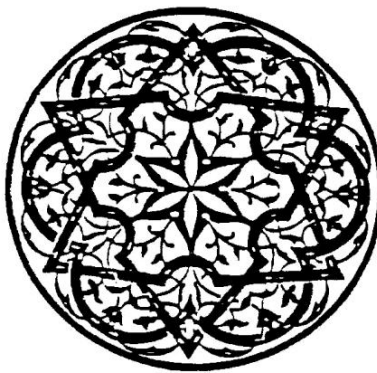
This way you will be mindful to actualize My directions for becoming dedicated to your God to be aware That I Am, Yah who is your God, the one who freed you from oppression in order to "God you," I am Yah who is your God. That is the truth!

יְיָ אֱלֹהֵיכֶם אֱמֶת:

” Eloheichem Emet!

”

Your God is True ”





### **Mi Chamocha**

Moses, Miriam and all the Children of Israel responded in song and great joy:

**מִי כַמֹּכָה בָּאֵלִים יְיָ, מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִילָת, עֲשֵׂה פֶלֶא:**

**Mee cha-mochah ba-ayleem Adonai, mee ka-mochah nedar bakodesh**

**Nora t'heelot osay feleh.**

Who is like You among the gods that are worshipped?  
Who is like You, glorious and holy? Awesome in splendor, amazing in miracles.

**מַלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה, זֶה אֱלֹהֵינוּ וְאָמְרוּ.  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:**

**Malchut'cha ra-u vanecha bokaya yam lifnay Moshe, zeh Eili anu v'am'ru**

**Adonai yimloch l'olam va-ed.**

When You rescued Israel at the Sea, Your children beheld Your power, and exclaimed:  
The Eternal will reign forever and ever!

**וְנֶאֱמַר כִּי פָדָה יְיָ אֶת יַעֲקֹב, וַיִּגְאֹל מִיַּד חֲזָק מִמֶּנּוּ.  
בָּרוּךְ אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל:**

**Baruch Atah Adonai ga-al Yisrael.**

Blessed are You, Adonai, the Power that is always redeeming and transforming Israel.

## Hashkiveinu

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים  
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ:  
בְּרוּךְ אַתָּה יְיָ הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם:

## Ufros aleinu sukat sh'lomecha

Ufros aleinu sukat shalom, shalom  
Spread over us, wings of peace, Shalom  
Draw water in joy, from the living well  
Mayim chayim, waters of Life, Shalom

Ufrosh a'leina jinah'el salaam

Bajo las alas de la paz



Holy One, empower us to descend into the depths of silence, and from there awaken us into the fullness of our being. Spread over us the shelter of your peace and heal our divisions with your encouragement. Free us to realize our Diving Essence. Surround us with your protection. Remove hostility from within and without and let us soar within your mystery. For you are a God who cares for us and frees us – majestic, yet gracious and tender. Watch over our comings and goings, directing them towards life and wholeness. Spread over us the sukkah of your shalom. Blessed are You, Eternal One, who spreads the sukkah of shalom over us, over all your people Israel, over Jerusalem, and over all the earth.



(On Shabbat)

**V'shamru**

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת  
 לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם:  
 בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם  
 כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ  
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ:

**V'sham'ru v'nei yisra-eil et hashabat,  
 la-asot et hashabat l'dorotam b'rit olam.  
 Beini uvein b'nei yisra-eil ot hi l'olam,  
 ki sheishet yamim asah Adonai et hashamayim v'et ha-aretz,  
 uvayom hashvii shavat vayinafash.**

The children of Yisrael will be guardians of Shabbat for all generations!  
 It is a covenant for as long as space and time endure, between me and them.  
 For in six "days" YAH made the physical realms; and on the seventh day Shabbat unfurled,  
 and soul was imparted to the world.

## S'LICHOT: RELEASING

|        |                                                                                                                |
|--------|----------------------------------------------------------------------------------------------------------------|
| Reader | Let us ask ourselves hard questions<br>For this is the time of truth.                                          |
| All    | How much time did we waste<br>In the year that is now gone?                                                    |
| Reader | Did we fill our days with life<br>Or were they dull and empty?                                                 |
| All    | Was there love inside our home,<br>Or was the affectionate word left unsaid?                                   |
| Reader | Was there real companionship within our family,<br>Or was there a living together and growing apart?           |
| All    | Were we a help to our friends<br>Or did we take them for granted?<br>Were we there when they needed us or not? |
| Reader | The kind deed: did we perform it or postpone it?<br>The unnecessary gibe: did we say it or hold it back?       |
| All    | Did we live by false values?<br>Did we deceive others?<br>Did we deceive ourselves?                            |
| Reader | Were we sensitive to the rights and feelings<br>Of those who worked for or with us?                            |
| All    | Did we acquire only possessions<br>Or did we acquire new insights as well?                                     |
| Reader | Did we fear what the crowd would say<br>And keep quiet when we should have spoken out?                         |
| All    | Did we mind only our own business<br>Or did we feel the heartbreak of others?                                  |
| Reader | Did we live right,<br>And if not,<br>Then have we learned and will we change?                                  |
| All    | Moral action is the meeting place between the<br>Divine and the human.                                         |



May these hours of rest and renewal  
open my heart to joy and my mind to truth.  
May all who struggle find rest on this day.  
May all who suffer find solace on this day.  
May all who hurt find healing on this day.  
May all who despair find purpose on this day.  
May all who hunger find fulfillment on this day.

And may I live my life in such a way  
that this day may fulfill its promise.

CHATZI KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. (אָמֵן)  
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵהּ. וְיִמְלִיךְ מַלְכוּתֵהּ  
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֻגְלָא וּבְזִמָּן קָרִיב.  
וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא:

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא. בְּרִיךְ הוּא.  
לְעָלָא וּלְעָלָא מְכָל בִּרְכָתָא וְשִׁירָתָא  
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאָמִירָן בְּעֻלְמָא.  
וְאָמְרוּ אָמֵן:

Yitgadal v'yitkadash sh'meih raba. (Amein)  
B'al'ma di v'ra chiruteih, v'yamlich malchuteih  
b'chayeichon uv'yomeichon uv'chayei d'chol beit yisra-eil,  
ba-agala uvizman kariv, v'imru amein.

Y'hei sh'meih raba m'varach l'alam ul'al'mei al'maya.

Yitbarach v'yishtabach v'yitpa-ar v'yitromam v'yitnasei  
v'yithadar v'yitaleh v'yithalal sh'meih d'kudsha **b'rich hu,**  
**l'eila u l'eila mikol birchata v'shirata**  
**tushb'chata v'nechemata, da-amiran b'al'ma, v'imru amein.**

~~~

Let us make the great Name known and holy, and let it fill the world, formed by its will.
May the earth be its realm, may it fill our lives and days.
May it spread throughout all Israel, swiftly and soon, and let us say, Amen.

May the great Name be blessed and blessed for as long as the universe lasts.

Let the Name be praised and glorified.
Let the Name become potent, lifted up, raised on high.
Let the Name be graced in beauty, praised in song, ascend in joy.
The Name, the Name of the Holy, blessed be the Name.
And yet the Holy that we name is far beyond all blessings,
all prayers, all songs of praise and hymns of glory,
all words that we utter in this world.
So let us chant our praise, then say, Amen.

INTRODUCTIONS TO THE AMIDAH

Standing here in Abraham's desert
Affirming: one God.

Moving in the old spaces
Warmed by our ancestors' embrace.

Standing here in Sarah's tent
Laughing: new life.

Moving in the old spaces
Renewed by our ancestors' hope.

Standing here in my place
Listening to our voices: yearning.

Moving in my own spaces
Translating the silence.

Sandy Eisenberg Sasso

* *

COMMENTARY. The images of the *Shiviti* can provide a spiritual entry point and aid in concentration.

This *Shiviti* is built around the liturgical themes of creation, revelation, and redemption. The vertical oval is associated with women's procreative power, which echoes divine creation. The overall shape of the *Shiviti* is inspired by Eastern meditation mandalas, which often include a circular image of the rose or lotus. The opening flower is meant to suggest the gradual revelation of the perfection and mystery of creation. To the opening petals seven gateways are added. There is one for each of the patriarchs and matriarchs to remind us that each person finds his or her own path to God. No two journeys are alike.

At the heart of the *Shiviti* is the Tetragrammaton, which is the most holy name of God. It is surrounded by petal/archways with other names of the Divine. A second tetragrammaton crowns the *Shiviti*, with Jerusalem, a symbol of redemption, rising from the top.

AMIDAH

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח. וּפִי יִגִּיד תְּהִלָּתְךָ:

Eternal God, open my lips and my mouth will declare Your Glory.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ

אֱלֹהֵי אַבְרָהָם. אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב.

אֱלֹהֵי שָׂרָה. אֱלֹהֵי רִבְקָה. אֱלֹהֵי רָחֵל. וְאֱלֹהֵי לֵאָה.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא. אֵל עֲלִיוֹן. גּוֹמֵל חֲסָדִים טוֹבִים. וְקוֹנֵה הַכֹּל.
וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת. וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

BLESSED is the God of Sarah and Abraham, of Isaac and Rebecca, of Leah, Rachel, and Jacob; great and mighty power, infinity, sustaining everything in lovingkindness; lovingly strengthening us through the example of our teachers.

זְכַרְנוּ לְחַיִּים. מֶלֶךְ חַפֵּץ בְּחַיִּים. וְכֹתֵבֵנוּ בְּסֵפֶר חַיִּים. לְמַעַן אֱלֹהִים חַיִּים:

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:

בְּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם וְעֹזֶר שָׂרָה:

Remember us for Life. May we be bound into life by the Power that delights in life.

Power that helps, saves, and shields us:

Blessed Shield of Abraham and Help of Sarah.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי. מַחְיָה מֵתִים אַתָּה. רַב לְהוֹשִׁיעַ.

מוֹרִיד הַטֵּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מַחְיָה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים.
וּמַתִּיר אֲסוּרִים. וּמַקְיֵם אֲמוֹנָתוֹ לִישְׁנֵי עֶפְרָי. מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ.
מֶלֶךְ מֵמִית וּמַחְיָה וּמַצְמִיחַ יְשׁוּעָה:

מִי כְמוֹךָ אֵב הַרְחָמִים. זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים:

וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים:

בְּרוּךְ אַתָּה יְהוָה מַחְיָה הַמֵּתִים:

EVERLASTING is the spirit; its power to save gives life to the dead. It brings the dew. Loving nature creates life from the inanimate. Raising the fallen, healing the sick, freeing the captive and keeping faith with those who sleep in the dust: Who is like this Source of mighty works? What compares, source of death and life, who makes salvation spring forth? Who is like this Source of mercy, binding its children into life, in mercy. Always it is the faithful source of life.

Blessed is the Source of all life.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ. וְקְדוּשֵׁים בְּכָל יוֹם יְהַלְלוּךָ סְלָה:

HELP US find holiness through our prayer. Blessed is Holiness.

וּבְכֵן תֵּן פַּחַדְךָ יְהוָה אֱלֹהֵינוּ עַל כָּל מַעֲשֶׂיךָ. וְאִימָתְךָ עַל כָּל מָה שֶׁבָּרָאת. וְיִירָאוּךָ
כָּל הַמַּעֲשִׂים וְיִשְׁתַּחֲווּ לְפָנֶיךָ כָּל הַבְּרוּאִים. וְיַעֲשׂוּ כָל־אֶגְדָּה אַחַת לַעֲשׂוֹת רְצוֹנְךָ
בְּלִבָּב שָׁלֵם. שִׁידְעֵנוּ יְהוָה אֱלֹהֵינוּ שֶׁהַשְׁלֵטוֹן לְפָנֶיךָ. עַז בִּידְךָ וּגְבוּרָה בְּיָמֶיךָ.
וְשִׁמְךָ נוֹרָא עַל כָּל מָה שֶׁבָּרָאת:

AND SINCE THIS IS SO, let me-let each of us-let all creatures-sense the awesome Divine power at their core, whole-heartedly surrendering to the unity of the Whole, joining into a single community to complete the Grand Design. We know, we have always known, that all creation is filled with the Divine. Let us devote ourselves to the work; and allow this unity to flow through all time and space.

וּבְכֵן תֵּן כְּבוֹד יְיָ לְעַמְּךָ. תְּהִלָּה לִירְאֶיךָ. וְתִקְוָה לְדוֹרְשֶׁיךָ. וּפִתְחוֹן פֶּה לַמִּיחָלִים
לְךָ. שִׁמְחָה לְאַרְצְךָ וְשִׁשׂוֹן לְעִירְךָ. וְצִמְיַחַת קֶרֶן לְדוֹד עֲבָדְךָ. בְּמַהֲרָה בְּיָמֵינוּ:

AND SINCE THIS IS SO, let Israel, our people-let all people,-glory in God; let those who are filled with awe sing for joy! Let those who seek God find their hope, bringing joy to the earth, gladness to all cities; giving birth to the Messiah, kindling the light of David, soon, in our days.

וּבְכֵן צְדִיקִים יִרְאוּ וְיִשְׁמְחוּ וְיִשְׂרָיִם יַעֲלִזוּ. וְחֲסִידִים בְּרָנָה יִגִּילוּ. וְעוֹלָתָה תִּקַּפֵּץ
פִּיהָ. וְהַרְשָׁעָה כָּלָה כַּעֲשׂוֹן תִּכְלָה. כִּי תַעֲבִיר מִמְּשָׁלַת זָדוֹן מִן הָאָרֶץ:

AND SINCE THIS IS SO, the holy will see and be glad, the righteous will rejoice, the godly celebrate in song, when the dominion of arrogance is swept from the earth, and all evil dissolves and vanishes like smoke.

וְתִמְלֹךְ אַתָּה הוּא יְהוָה לְבַדְּךָ עַל כָּל מַעֲשֶׂיךָ. בְּהֵר צִיּוֹן מִשְׁכַּן כְּבוֹדְךָ. וּבִירוּשָׁלַיִם
עִיר קְדֻשָּׁה. כִּכְתוּב בְּדִבְרֵי קְדֻשָּׁה: יִמְלֹךְ יְיָ לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן לְדֹר וָדֹר. הַלְלוּיָהּ:

THEN THE ONE will reign alone-within-among-beneath-beyond-all peoples and faiths. Every heart will be God's temple, every hill and valley will be Zion; every place where humans dwell will be Jerusalem, the holy city. As we have learned, The Divine will hold sway everywhere.
The Power of all your Powers, O Zion, is from age to age, Halleluyah!

קְדוֹשׁ אַתָּה וְנוֹרָא שְׁמֶךָ וְאֵין אֱלֹהִים מִבְּלַעַדֶיךָ כְּתוּב. וַיִּגְבֶּה יְיָ צְבָאוֹת בְּמִשְׁפָּט
וְהָאֵל הַקְדוֹשׁ נִקְדָּשׁ בְּצִדְקָה. בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקְדוֹשׁ:

HOW HOLY the One, and how awesome the Name! No power is really separate. As we have learned, the Source of this teeming universe is lifted through justice; lovingkindness magnifies the holiness of the divine. We are one with the Power of goodness; let us work to give it birth.

אַתָּה בְּחִרְתָּנוּ מִכָּל-הָעַמִּים. אָהַבְתָּ אוֹתָנוּ וְרָצִיתָ בָּנוּ. וְרוֹמַמְתָּנוּ מִכָּל-הַלְשׁוֹנוֹת.
וְקִדְשְׁתָּנוּ בְּמִצּוֹתֶיךָ. וְקִרְבַּתָּנוּ מִלְּכָנוּ לְעִבּוֹדְתֶךָ. וְשִׁמְךָ הַגָּדוֹל וְהַקְדוֹשׁ עָלֵינוּ
קִרְאָתְךָ:

Our people has been chosen-all peoples have been chosen-you and I have been chosen.
We have felt God's love in every spark of love. We have sensed God's holiness in our moments of joy, in our deeds of justice and love.

וְתִתֶּן-לָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה אֶת-יוֹם (הַשַּׁבָּת הַזֶּה וְאֶת יוֹם) הַזְכָּרוֹן הַזֶּה יוֹם
(זְכָרוֹן) תְּרוּעָה (בְּאַהֲבָה) מִקְרָא קָדֵשׁ. זְכֹר לִיצִיאַת מִצְרַיִם:

MAY WE SHAPE our pleasure of (this Shabbat day, and of) ROSH HASHANAH, this day of re-minding and of hearing the Shofar blast. This time for gathering in holiness, to remember the going forth from Egypt.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. יַעֲלֶה וְיָבֹא וְיִגִּיעַ. וְיִרְאֶה וְיִרְצֶה וְיִשְׁמַע. וְיִפְקֹד וְיִזְכֹּר
זְכָרוֹנֵנוּ וּפְקֻדוֹנֵנוּ. וְזְכָרוֹן אֲבוֹתֵינוּ. וְזְכָרוֹן מְשִׁיחַ בֶּן דָּוִד עֲבִדְךָ. וְזְכָרוֹן יְרוּשָׁלַיִם
עִיר קְדוֹשָׁה. וְזְכָרוֹן כָּל עַמֶּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ. לְפָלִיטָה לְטוֹבָה לְחַן וּלְחֻסָּד
וּלְרַחֲמִים לְחַיִּים וּלְשָׁלוֹם בְּיוֹם הַזְכָּרוֹן הַזֶּה:

MAY IT ARISE, our God and God of our ancestors,
may it arise, arrive, approach and be seen,
desired and heard... in our minds and memories:
the remembrance of our ancestors, the piety of their prayers,
the beauty of Jerusalem, Your holy city, and the destiny of the entire household of Israel.
As we seek Your love and compassion, we pray for all good things,
for kindness, compassion, and life, on this Day of Remembrance.

זְכֵרֵנוּ, יי, אֱלֹהֵינוּ, בּוֹ לְטוֹבָה. וּפָקְדָנוּ בּוֹ לְבִרְכָּה. וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. וּבְדָבָר
יְשׁוּעָה וְרַחֲמִים חוּס וְחַנּוּן וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ. כִּי אֱלֹהֵי עֵינֵינוּ. כִּי אֵל מֶלֶךְ
חַנּוּן וְרַחוּם אַתָּה.

MAY WE BE REMEMBERED for good, for blessing, for life. We seek compassion, and turn
toward the Source of Compassion.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ (רְצָה בְּמִנוּחֵינוּ) קִדְּשָנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ,
שְׂבַעֲנוּ מְטוֹבָךְ. וְשִׂמְחֵנוּ בִּישׁוּעָתְךָ. (וְהִנְחִילֵנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן שֶׁבֶת
קִדְשְׁךָ וַיְנוּחוּ בָּהּ יִשְׂרָאֵל מִקִּדְשֵׁי שְׁמֶךָ) וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת. כִּי אַתָּה יְהוָה
אֱלֹהִים אֱמֶת, וּדְבָרְךָ אֱמֶת וְקִים לְעַד. בְּרוּךְ אַתָּה יְהוָה מֶלֶךְ עַל כָּל הָאָרֶץ, מִקִּדְשֵׁי
(הַשְּׁבֵת וְ) יִשְׂרָאֵל וְיוֹם הַזִּכְרוֹן:

OUR POWER and power of all generations: (May there be delight in our rest.) Make our lives
holy with deeds of justice and love. Let us find our part in the Torah. Let us enjoy God's world
and rejoice in freedom. (Let us enjoy Shabbos, resting and revealing the holy God's world).
May we purify Essence in our souls. May we purify our heart to serve the One in awareness
and truth, for God is Total Awareness. Blessed is the Compassion within us, the Core of all
the world, making holy (Shabbat and) all peoples, and this Day of Re-minding.

רְצָה יְהוָה אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וּלְתַפְלָתָם שְׁעָה. וְהִשָּׁב הָעֲבוּדָה לְדָבִיר בִּיתְךָ.
וְאִשֵּׁי יִשְׂרָאֵל וְתַפְלָתָם בְּאַהֲבָה תִּקְבֹּל בְּרָצוֹן. וְתִהְיֶה לְרָצוֹן תָּמִיד
עֲבוּדַת יִשְׂרָאֵל עִמָּךְ: וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים:
בְּרוּךְ אַתָּה יְהוָה, הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן:

May our prayers open our eyes, revealing Your divine plan, whose path leads us all to the
holy of holies. Blessed is the return of the Shechinah.

מוֹדִים אֲנִיחֵנוּ לָךְ שְׂאֵתָה הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ לְעוֹלָם
וָעַד. צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ אַתָּה הוּא לְדָר וְדָר. נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ. עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדְךָ. וְעַל נְשָׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ. וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ וְעַל
נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל עֵת. עָרַב וּבָקֵר וְצִהָרִים. הַטוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ.
הַמְּרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ מֵעוֹלָם קוִינֵנוּ לָךְ:

Gratitude for our lives, our souls, and for all the miracles that are with us every day, the
miraculous good that surrounds us every hour, evening, morning, and afternoon.
We trust completely in the Good, whose compassion never ends, and in the Compassionate,
whose generosity never fails.

וְעַל כָּל־מִלְכֵּנוּ לְעוֹלָם וָעֶד.
 וְכִתּוּב לְחַיִּים טוֹבִים כָּל-בְּנֵי בְרִיתְךָ:
 וְכָל הַחַיִּים יוֹדוּךָ סֵלָה וַיְהִלּוּ אֶת שְׁמֶךָ בְּאַמֶּת הָאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֵלָה.
 בְּרוּךְ אַתָּה יְיָ הַטוֹב שְׁמֶךָ וְלֶךְ נֶאֱדָה לְהוֹדוֹת:

FOR ALL THESE we give blessing and exaltation.
 Bind all Your children into life and good fortune. All life gives praise.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ, תְּשִׁים לְעוֹלָם. כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל-הַשְּׁלוֹם.
 וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ:

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרֻסָּה טוֹבָה. נִזְכֵּר וְנִכְתָּב לְפָנֶיךָ
 אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וּלְשָׁלוֹם:
 בְּרוּךְ אַתָּה יְיָ הַטוֹב, עוֹשֶׂה הַשְּׁלוֹם:

May our heartfelt prayers be a conduit swiftly carrying us to the time when all Israel, all peoples, serve the divine plan, and every hour, every minute is filled with peace. May we and all your children be inscribed in the book of life, blessing, peace, and good livelihood.
 Blessed is Peace and the Source of Peace.

אֱלֹהֵי. נִצּוֹר לְשׁוֹנֵי מִרְעָ. וּשְׁפַתִּי מִדְּבַר מִרְמָה. וְלִמְקַלְלֵי נַפְשִׁי תִּדּוּם. וְנַפְשִׁי כְּעֶפֶר
 לְכָל תְּהִיָּה. פֶּתַח לְבִי בְּתוֹרָתְךָ. וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל הַחוֹשְׁבִּים עָלַי רָעָה.
 מְהֵרָה הִפֵּר עֲצָתָם וְקַלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֶךָ. עֲשֵׂה לִמְעַן יְמִינְךָ. עֲשֵׂה
 לִמְעַן תּוֹרָתְךָ. עֲשֵׂה לִמְעַן קִדְשֶׁתְךָ. לִמְעַן יַחְלִצוּן יְדִידֶיךָ. הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי:

PLEASE KEEP cruel words and gossip from my lips, and protect me against them. Help me be humble before all. Let my heart open to Torah and my soul find pleasure there. Erase the traps that ensnare me, and may it be soon. For the sake of Your Name, for the sake of Your Power, for the sake of Your Torah, please answer me.

יְהִיו לְרָצוֹן אֱמָרֵי-פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ. יְיָ צוּרִי וְגֹאֲלִי:
 עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְעַל כָּל יוֹשְׁבֵי תֵּבֵל. וְאָמְרוּ אָמֵן:

May the words of my mouth and the meditations of my heart be acceptable to You,
 my Rock and my Redeemer.
 May the One who brings Harmony to the universe,
 bring peace to us, to Israel, and to all the world. And let us say, Amen.

Amidah - Time With God

On our feet we speak to you

We rise to speak
A web of bodies aligned like notes of music.

1. Bless what brought us through
the sea and the fire; we are caught
in history like whales in polar ice.
Yet you have taught us to push against the walls,

to reach out and pull each other along,
to strive to find the way through
if there is no way around, to go on.
To utter ourselves with every breath

against the constriction of fear,
to know ourselves as the body born from Abraham
and Sarah, born out of rock and desert.
We reach back through two hundred arches of hips

long dust, carrying their memories inside us
to live again in our life, Isaac and Rebecca,
Rachel Jacob, Leah. We say words shaped
By ancient use like steps worn into rock.

2. Bless the quiet of sleep
easing over the ravaged body, who quiets
the troubled waters of the mind to a pool
in which shines the placid broad face of the moon.

Bless the teaching of how to open
in love so all the doors and windows of the body
swing wide on their rusty hinges
and we give ourselves with both hands.

Bless what stirs in us compassion
for the hunger of the chickadee in the storm
starving for seeds we can carry out,
the wounded cat wailing in the alley,

what shows us our face in a stranger,
who teaches us what we clutch shrivels
but what we give goes off in the world
carrying bread to people not yet born.

Bless the gift of memory
that breaks unbidden, released
from a flower or a cup of tea
so the dead move like rain through the room.

Bless what forces us to invent
goodness every morning and what never frees
us from the cost of knowledge, which is
to act on what we know again and again.

3. All the living are one and holy, let us remember
as we eat, as we work, as we walk and drive.

All living are one and holy, we must make ourselves worthy.
We must act out justice and mercy and healing
as the sun rises and as the sun sets,
as the moon rises and the stars wheel above us,
we must repair goodness.
We must praise the power of the one that joins us.
Whether we plunge in or thrust ourselves far out
finally we reach the face of glory too bright
for our eyes and yet we burn and we give light.

We will try to be holy,
we will try to repair the world given to us to hand on.
Precious is the this treasure of words and knowledge and deeds
that moves inside us.
Holy is the hand that works for peace and for justice,
holy is the mouth that speaks for goodness,
holy is the foot that walks toward mercy.

Let us lift each other on our shoulders and carry each other along.
Let holiness move in us.
Let us pay attention to its small voice.
Let us see the light in others and honor that light.
Remember the dead who paid our way here dearly, dearly
and remember the unborn for whom we build our houses.

Praise the light that shines before us, through us, after us,
Amen.

by Marge Piercy

The Amidah in Guided Imagery

adapted from "Amidah in Movement" by Talia de Lone in P'nai Or Religious Fellowship Siddur Or Chadash 1989

1. Avot : We call upon our Ancestors for Support in our Journey.

The image

Visualize Avraham and Sarah standing before you. They can be seen as two radiant light sources. Extend from them two rays of interwoven light. The light forms a chain that comes down through the generations into you. Receive the light from your feet. Connect it to the ground. Allow the light to grow up around you, following your spine until it comes to rest on the crown of your head. Spiral it down until you are enclosed in this light. The light is your protection.

Once you have established the image, chant its blessing:

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ אַתָּה יְהוָה מִגֵּן אַבְרָהָם וְעֲזֶרֶת שָׂרָה:

Melech Ozeyr u'Moshia u'Mageyn. Baruch Ata יְהוָה, mageyn Avraham v'ezrat Sarah.
Helping, saving and protecting Power! A Fountain of Blessing are You, Holy One, protector of Avraham, supporter of Sarah.

2. Chesed and Gevurah : We Open to Divine Expansiveness and Power.

The Image

See yourself in a time of your life in which you felt lost, confused, despairing. See a light come into your heart. Allow it to grow until you shine with your own Source. Imagine yourself lying down at first, and gradually, as the light fills you, you come to standing.

The Blessing

וְנִאֲמָן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְהוָה מְחַיֵּה הַמֵּתִים:

V'ne-eman Ata l'ha-chayot meytim. Baruch Ata יְהוָה, m'chayey ha-meyteem.
Loyal restorer of life! A Fountain of Blessing are You, Holy One, restorer of life to the deadened.

(The Amidah in imagery continues on next page)

3. *Kedushat Ha-Shem*: We Name the Holy

The Image

Breathe in and out, seeing the purity of your breath come into your body. Breathe out slowly, allowing all impurities to leave you. Experience the wholeness and completeness of each breath. Feel its circularity, its roundness, its holiness. God's Name is in each breath.

The Blessing

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקַדּוֹשִׁים בְּכָל יוֹם יְהַלְלוּךָ. סְלָה.
בְּרוּךְ אַתָּה יְהוָה הַמֶּלֶךְ הַקָּדוֹשׁ.

Ata kadosh, v'shimcha kadosh, u'k'doshim b'chol yom y'hallelu-cha. Selah.

Baruch Ata יְהוָה, ha-Melech ha-Kadosh.

You are Holy, Your name is Holy. All holy beings hail You each day. A Fountain of Blessing are You, Holy One, Breath-of-Life, Sacred Power.

4. *Kedushat Ha-Yom* : We Open Ourselves to the Sacred

The Image

Look around the space you are in. Allow your eyes to see each object, each person fresh and new, as if you were seeing them for the first time. Appreciate with delight the creation process that brought all this into being. Can you feel how, by your very looking, you are creating the world you see? Rest in your delight in this way of seeing.

The Blessing

בְּרוּךְ אַתָּה יי מְקַדֵּשׁ (הַשַּׁבָּת ו-) יִשְׂרָאֵל וְהַזְמָנִים:

Baruch Ata יְהוָה, m'kadeysh (ha-Shabbat v') Yisrael v'HaZmanim

A Fountain of Blessing are You, Holy One, making (Shabbat and) Israel and the seasons sacred.

(The Amidah in imagery continues on next page)

5. Avodah : We Open Ourselves to Sacred Service

The Image

See yourself as a flame, offering yourself to God. Feel the flame burning inside you. Feel your longing, your desire to know God, to serve God. Experience the great yearning that rests in that flame.

The Blessing

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבָה לְצִיּוֹן בְּרַחֲמִים
בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

V'teche-zenah eyneynu b'shuv-chah l'Tzion b'rachamim.

Baruch Ata יהוה, ha'machazir Shekhinahto l'Tzion.

May our eyes behold Your loving homecoming to Zion.

A Fountain of Blessing are You, Holy One, who brings Your *Shekhinah* home.

[*Shekhinah* is our name for the Divine Feminine, that aspect of God which dwells most closely and most intimately with us, and which most profoundly feels the pain of being exiled by our hardness of heart and alienation.]

6. Modim : We Open Ourselves to Gratitude

The Image

See yourself as being grounded in the earth and touching heaven. Know that you are a vessel for miracles. Contemplate for yourself some simple miracles that occur in your daily life. Find one that has happened to you this very day.

The Blessing

וְכָל הַחַיִּים יוֹדוּךָ סֶלָה בָּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׂמִיךָ וְלָךְ נָאָה לְהוֹדוֹת.

V'chol ha-chayim yoducha, Selah. Baruch Ata יהוה, ha-tov shimcha, u'lcha na-eh l'hodot.

Let all life acknowledge you! A Fountain of Blessing are You, Holy One, Your Name is Goodness and it gives us pleasure to give You thanks.

(The Amidah in imagery continues on next page)

7. *Shalom*: We Open Ourselves to Wholeness, Completeness, Fulfillment and Peace.

The Image

Visualize yourself bathed in light. The light is a rainbow of contentment, moving from your heart out to the people around you: into the ones you love, out into the community and beyond. See the light bathing the earth in love and peace. See what your world might look like filled with *shalom*: wholeness, completeness, perfection. Picture yourself in a place of true peace. Allow one image to grow colorful, clear and radiant. Rest in that image of yourself in *shalom*.

The Blessing

בָּרוּךְ אַתָּה יְיָ עוֹשֶׂה הַשְׁלֹום:

Baruch Ata יהוה, oseh ha- shalom.

A Fountain of Blessing are You, Holy One, You bless us with *Shalom*.





Silent Meditation after the Amidah

אֱלֹהֵי נִצּוֹר לְשׁוֹנִי מִרָע
וּשְׁפָתִי מִדַּבֵּר מִרְמָה.
וְלִמְקַלְלִי נִפְשֵׁי תָדֵם
וְנִפְשֵׁי כֹעֶפֶר לְכָל תְּהִיָּה.
פֶּתַח לְבִי בְּתוֹרָתְךָ
וּבְמִצְוֹתֶיךָ תִּרְדּוּף נִפְשִׁי.

וְכָל הַחוֹשְׁבִּים עָלַי רָעָה
מִהֲרָה הִפֵּר עֲצָתָם וְקִלְקַל מַחֲשַׁבְתָּם.
עֲשֵׂה לִמְעַן שְׁמָךְ. עֲשֵׂה לִמְעַן יְמִינְךָ.
עֲשֵׂה לִמְעַן קִדְשִׁתְךָ. עֲשֵׂה לִמְעַן תּוֹרָתְךָ.
לִמְעַן יִחַלְצוּן יְדִידֶיךָ הַוְשִׁיעָה יְמִינְךָ וְעֲנֵנִי.
יְהִי לְרָצוֹן אֲמָרִי כִּי וְהִגִּיוֹן לְבִי לִפְנֶיךָ
יְהוָה צוּרִי וְגֹאֲלִי.

*Elohay n'tzor l'shoni mey-ra,
U-s'fatay mi-daber mirmah (2x)
V'lim'kal'lay nafshi ti-dom,
V'nafshi keh-afar la-kol tih'yeh.
P'tach libi b'Tora-techa
U'v'mitzvo-techa tirdof nafshi.*

My God,
Guard my tongue from all evil,
And my lips from spouting lies.
May I think before I begin to speak,
May my words be gentle and wise.
Help me ignore those who wish me ill.
Help me be humble before all.
Open my heart to Your Torah.
That I know how to answer Your call.

- Juliet Spitzer

May You guard my tongue from evil,
and my lips from speaking lies.
Help me ignore the taunts of my foes,
and to forgive those who wrong me.
Open my heart to the wisdom of Torah,
so that my soul will follow the path of righteousness
May all who study destruction have their designs frustrated.
May this happen for the sake of the holiness of the world.
May the words of my mouth and the meditations of my heart
remain true and loving, and be acceptable in Your sight.

עֲשֵׂה שָׁלוֹם בְּמִרְוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵּבֵל וְאָמְרוּ: אָמֵן.

*Oseh shalom bim'romav. Hu ya'aseh shalom aleynu,
v'al kol Yisrael, v'al kol yoshvey teyveyl, V'Imru: Amen!*
May Your light show us the way to bring peace to all.

B'sefer Chayim

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרֻחַת טוֹבָה. נִזְכָּר וְנִכְתָּב לְפָנֶיךָ
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וְשָׁלוֹם:
בָּרוּךְ אַתָּה יְיָ עוֹשֵׂה הַשָּׁלוֹם:

**B'sefer chayim b'rachah v'shalom u-farnasah tovah, n'zacheir v'nikateiv l'fanecha
Anachnu v'chol am'cha beit Yisrael l'chayim tovim (l'chayim tovim) u-l'shalom.
Baruch atah Yah, Oseh Ha-shalom.**

In the book of life, blessing, peace and prosperity, may we all be inscribed for a good and peaceful life. Blessed are You, Source of Peace

Chadeish Yameinu

Renew our days.
Restore and refresh our tired souls.
Teach us to see the world with new eyes,
A child's eyes,
Where all is wonder and anything can happen.

Remind us to set our goals high,
To get out of our own way,
To move freely.

Bring us back to the garden,
To the great oneness with birds and trees and all living things,
To the magic of sharing our hearts with others.
Let us sing and dance, with all, through all, as all,
Let all the earth be Eden once again.

May My Heart Be Open

May my heart be open to envision a world yet to be,
A world filled with love and compassion,
Righteousness, justice and peace.
And may I join hands with my sisters and brothers
To help bring this vision and this hope into reality.
We will make ourselves known,
Lifting our voices as one.

We will delight in our unity and serenity,
A foretaste of the way things will be.

ALEINU

עֲלֵינוּ לְשַׁבַּח לַאֲדוֹן הַכֹּל, לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית.
שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה.
שְׁלֹא שָׁם חֵלְקֵנוּ כָּהֶם, וְגִרְלָנוּ כָּכָל הַמוֹנָם:
וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא:

וַיֵּדַעַת הַיּוֹם וְהַשַּׁבָּת אֶל לְבָבָךְ, כִּי יְיָ הוּא הָאֱלֹהִים
בְּשָׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ מִתַּחַת. אֵין עוֹד:

Aleinu l'shabei-ach la-adon hakol, lateit g'dulah l'yotzeir b'reishit
shelo asanu k'goyei ha-aratzot, v'lo samanu k'mishp'chot ha-adamah,
shelo sam chelkeinu kahem, v'goraleinu k'chol hamonam,
va-anachnu kor'im umishtachavim umodim,
lifnei melech malchei ham'lachim hakadosh baruch hu.

V'yadata Hayom vahasheivota el l'vavecha, ki Adonai hu ha-elohim
bashamayim mima-al, v'al ha-aretz mitachat, ein od.

It is up to us to praise the one who creates the All, who made us one with the nations of the earth, sending us among the families of the earth, giving us a divine assignment. We are thankful to that one for bestowing our planet with various paths that lead to holiness, and for linking our fate with the fate of all the world. And we bend our knees, bow, approach and give thanks to the Holy One, Source of blessing.

And you shall know this very day, and return it to your heart, that the God we think of as above us, is the God within and among us. No matter how high you go, no matter how low you think you may have fallen, there is nothing else.

It's Upon Us (Aleinu)

May we feel Your Holy Power
May we feel Your Sweet Embrace
May we feel Your Holy Presence
Surround us in this Holy Place

May we feel the earth beneath our feet
As we bend and bow to You
May our bodies rise to greet You
As we feel Your Holy Presence pouring through

It's upon us, it's upon us
To feel Your Holy Ground
To hear your Holy Sound
To feel the Love inside
To face You and not hide
To think, to act, to do
To do what's right and true
To reach up to the sky
To take our wings and fly

Aleinu l'shabayach la-adon ha-kol

וְנֵאמָר. יְהִי יי לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא יְהִי יי אֶחָד, וּשְׁמוֹ אֶחָד:

V'ne-emar, v'hayah Adonai l'melech al kol ha-aretz,
bayom hahu yihyeh Adonai echad, ush'mo echad.

And it is said, one day, Divinity will reign completely over all people and all paths.
On that day, God will be one, and God's name, One.



MOURNER'S KADDISH

קדיש יתום

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. (אָמֵן)
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתָהּ. וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעֻגְלָא וּבְזִמְן קָרִיב. וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא. בְּרִיךְ הוּא.
לְעָלָא וּלְעָלְמָא מְכַל בִּרְכָתָא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאֻמִּירָן בְּעֻלְמָא. וְאָמְרוּ אָמֵן:

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֶל. וְאָמְרוּ אָמֵן:

Yitgadal v'yitkadash sh'meih raba. (Amein)
B'al'ma di v'ra chiruteih, v'yamlich malchuteih
b'chayeichon uv'yomeichon uv'chayei d'chol beit yisra-eil,
ba-agala uvizman kariv, v'imru **amein**.

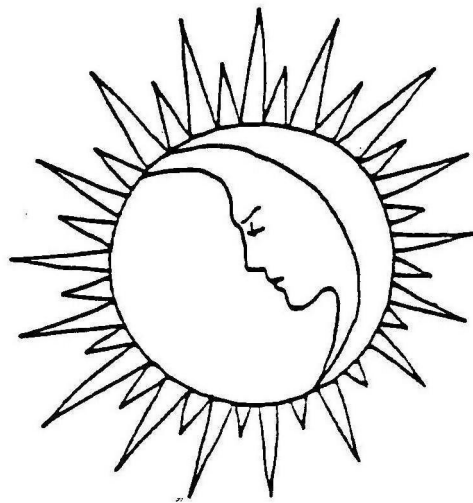
Y'hei sh'meih raba m'varach l'olam ul'al'mei al'maya.

Yitbarach v'yishtabach v'yitpa-ar v'yitromam v'yitnasei
v'yithadar v'yitaleh v'yithalal sh'meih d'kudsha **b'rich hu**,
l'eila u l'eila mikol birchata v'shirata
tushb'chata v'nechemata, da-amiran b'al'ma, v'imru **amein**.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol yisra-eil, v'imru **amein**.

Oseh shalom bimromav, hu ya-aseh shalom aleinu v'al kol yisra-eil,
v'al kol yosh'vei teivel, v'imru **amein**.

The Great Essence will flower in our lives and expand throughout the world.
May we learn to let it shine through so we can augment its glory.
We praise, we continue to praise, and yet, whatever it is we praise,
Is quite beyond the grasp of all these words and symbols that point us towards it.
We know, and yet we do not know.
May great peace pour forth from the heavens for us, for all Israel,
for all who struggle toward truth.
May that which makes harmony in the cosmos above,
Bring peace withing and between us, and to all who dwell on this earth,
And let us say, Amen.



לְשָׁנָה טוֹבָה תִּכְתְּבוּ... וְתַחֲתִימוּ

L'shana Tovah Tikateivu.... v'tichateimu

May you be inscribed for a good year.

~~~~~

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

**L'olam va-ed, L'olam va-ed! Yah yimloch l'olam va-ed!**

Forever! Yah-Adonai will be our Guiding Force forever and ever!



## KIDDUSH

**ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן:**

**Baruch atah Adonai Eloheinu melech ha-olam boray p'ri hagafen.**

You abound in blessings, Adonai our God, Source of All, Creator of the fruit of the vine.

**ברוך אתה יי אלהינו מלך העולם אשר בחר-בנו מכל-עם ורוממנו מכל-לשון  
וקדשנו במצותיו. ותתן-לנו יי אלהינו באהבה את (יום השבת הזה ואת) יום  
הזכרון הזה. יום (זכרון) תרועה (באהבה) מקרא קדש זכר ליציאת מצרים. כי  
בנו בחרת ואותנו קדשת מכל-העמים. ודברך אמת וקיים לעד. ברוך אתה יי  
מקדש (השבת ו-) ישראל ויום הזכרון:**

**Baruch atah Adonai Eloheinu melech ha-olam asher bachar banu mikol am v'rom'manu  
miko lashon v'kid'shanu b'mitzvotav. Va-titen lanu Adonai Eloheinu b'ahava et (yom  
ha-shabat hazeh v'et) yom ha-zikaron hazeh. Yom (zichron) t'ruah (b'ahavah) mikra  
kodesh zecher litziat mitzrayim. Ki vanu vacharta v'otanu kidashta mikol ha-amim. U-  
d'varcha emet v'kayam la-ad. Baruch atah Adonai m'kadesh (ha-shabat v') Yisrael  
v'yom hazikaron.**

You abound in blessings, Adonai our God, Source of all creation, choosing us with all nations and raising us with all tongues and making us holy with Your command. In Your love and favor You have given us this (holy Sabbath and) this Day of Remembrance, a time for recalling the shofar blast (with love), a happening of holiness in memory of the Exodus from Egypt. For we have been chosen and we have been made holy with all people. And Your word is truth and everlasting. You abound in blessings, Adonai, Power of all the earth, making holy (the Sabbath and) the people of Israel and the Day of Remembrance.

**ברוך אתה יי אלהינו מלך העולם שהחיינו וקיימנו והגיענו לזמן הזה:**

**Baruch atah Adonai Eloheinu melech ha-olam she-hecheyanu v'kiy'manu v'higianu  
lazman hazeh.**

Blessed are You, Holy One our God, who has given us life, sustained us, and brought us to this moment.

## EREV YOM KIPPUR

שְׁוִיטִי שְׁכִינָה לְנֶגְדִי תָמִיד:  
Shviti Shechinah l'negdee tamid

I hold the Shechinah before me always.

בְּרַכְנוּ אֲבִינוּ כְּלָנוּ כְּאַחַד בְּאוֹר פְּנִיךָ:  
Ba-r'chaynu Aveenu kulanu k'echad b'or pa-necha

Bless us, our Source, all of us as one, with the radiant light of Your presence.



### **LIGHTING OF THE YAHRTZEIT CANDLE**

We offer a communal blessing in memory of our loved ones and  
of all those who died in the past year.

### **Angel Song**

בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל, מִיְּמִינִי מִיְּכָאֵל, וּמִשְׁמָאלִי גַבְרִיאֵל  
וּמִלְפָּנַי אוּרִיאֵל וּמֵאַחֲרַי רָפָאֵל, וְעַל רֹאשִׁי שְׁכִינַת אֵל:

**B'shem Adonai Elo-hay Yisrael mi-mini Micha-El. U-mi-s'moli Gavri-El  
U-mi-l'fa-nai U-ri-El. U-mei-a-cho-rai R'fa-El. V'al roshi Shechinat-El.**

In the Name, the Name of God, the God of Israel,  
May Micha-El be on my right, and on my left Gavri-El.  
Uri-El before me, behind me Rafa-El  
Above my head, surrounding me, Shechinat-El.

### **Eili, Eili**

**Eili, Eili, she-lo yigamer l'olam  
ha-chol v'hayam, rish-rush shel ha-mayim  
b'rak ha-shamayim, t'filat ha-adam**

O hear my prayer, I pray that these things never end  
The sand and the sea, the rush of the waters,  
The crash of the heavens, the prayer of the heart

**DONNING THE TALLIT**  
**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**  
**אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִית:**

**Baruch Atah Adonai Elohaynu Melech ha-olam**  
**asher ki-d'shanu b'mitzmotav v'tzivanu l'hit-'atef batzitzit.**

Blessed are You, VEILED ONE, our God, guiding mystery of all worlds  
who has made us holy with Your mitzvot and commanded us  
to wrap ourselves in fringes.

**כָּל נִדְרֵי**

All the vows on our lips, the burdens in our hearts,  
The pent-up regrets, about which we brooded and spoke  
Through prayers without end on last Atonement Day  
Did not change our way of life,  
Did not bring deliverance in the year that has gone.  
From mountain peaks of fervor we fell to common ways  
At the close of the fast.

Will you hear our regret?  
Will you open our prison, release us from shackles of habit?  
Will you answer our prayers, forgive our wrongs,  
Though we sin again and again?  
In moments of weakness, we do not remember  
Promises of Atonement Day.  
Look past forgetfulness, take only from our hearts  
Forgive us, pardon us.

(Ze'ev Falk – Translated By Stanley Schachter)

Historically, the Kol Nidre prayer was recited by the high priest on behalf of the congregation. It was sung three times. The first time was a confession for the priest's own sins and those of his household, the second for those of the tribe, and the final time for the sins of the entire people. With each recitation, the priest moved closer to the inmost room of the Temple, until, on the third recitation, he was in the innermost chamber of the Temple where G-d's presence was most fully felt – the only time during the entire year when this occurred.

The Kol Nidre service is also the only time in the year during which the Name of G-d, the Name we no longer know how to pronounce, the Name that expresses "I am becoming who I am becoming," is spoken.

בִּישׁוּבָהּ שֶׁל מַעֲלָה. וּבִישׁוּבָהּ שֶׁל מַטָּה.  
עַל דַּעַת הַמָּקוֹם. וְעַל דַּעַת הַקָּהָל.  
אָנוּ מִתְּרִין לְהִתְפַּלֵּל עִם הָעַבְרָנִים:

By the authority of the court on high and by the authority of this court below,  
with divine consent and with the consent of this congregation,  
we hereby declare that no matter how far any among us has transgressed,  
we pray as one on this Day of Atonement.

כָּל נִדְרֵי וְאַסְרֵי וַחֲרָמֵי וְקוֹנָמֵי וְכִנּוּסֵי וְשְׁבוּעוֹת  
וְנִדְרָנָא וְדִאֲשְׁתַּבְּעָנָא וְדִאֲחַרִּימָנָא וְדִאֲסָרְנָא עַל נַפְשָׁתָנָא  
מִיּוֹם כְּפָרִים זֶה עַד יוֹם כְּפָרִים הָבָא עֲלֵינוּ לְטוֹבָה  
כְּלָהוֹן אַחֲרִטָנָא בְּהוֹן. כְּלָהוֹן יְהוֹן שָׂרָן.  
שְׁבִיקִין. שְׁבִיתִין. בְּטֵלִין וּמִבְטָלִין. לֹא שְׁרִירִין וְלֹא קִימִין:  
נִדְרָנָא לֹא נִדְרֵי. וְאַסְרָנָא לֹא אֲסָרֵי. וְשְׁבוּעָתָנָא לֹא שְׁבוּעוֹת:

Kol nidrei ve-esarei va-charamei v'konamei v'chinu-yei v'kinusei u-sh'vuot  
Di-n'darna u-d'ish-t'vana u-d'acharimna v'di-asarna al nafshatana  
Mi-yom kipurim zeh ad yom kipurim haba aleinu l'tovah  
Kol-hon ich'rat'na v'hon, kol-hon y'hon sharan.  
Sh'vikin, sh'vitin, b'teilin u-m'vutalin, la sh'ririn v'la kayamin.  
Nidrana la nidrei, ve-esarana la esarei, u-sh'vu-atana la sh'vuot.

All vows, promises and commitments made in Your presence,  
Since last Yom Kippur and in the years before,  
May we be given the strength to keep them, and may we be forgiven for falling short of them.

Our vows of love and friendship – may they endure,  
Through dark days and through trying days, through fatigue and through anger.  
May our love prove strong enough, and our faith deep enough, to last.

Commitments made to parents, children, friends, pledges to social justice and a better world.  
Help us to become as noble, compassionate and generous  
As we saw ourselves to be at those moments.

All vows, commitments, obligations,  
Promises we make from this Yom Kippur until the next....  
May we be strong enough to keep them.

May forgiveness be granted to the whole congregation of Israel  
and to the stranger in their midst, for everyone transgresses unwittingly. Numbers 15:26  
And God said, "I have pardoned as you have asked." Numbers 14:20

וַיֹּאמֶר יי סְלַחְתִּי כְדָבָרְךָ:  
Vayomer יי salachti kidvarecha



LIGHTING OF THE YOM KIPPUR CANDLES

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

(בְּרוּכָה אַתְּ שְׂכִינָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיהָ וְצִוָּתָנוּ)

לְהַדְלִיק נֵר שֶׁל (שַׁבָּת ו-) יוֹם הַכִּפּוּרִים:

Baruch atah Adonai Elohaynu melech ha-olam  
asher ki-d'shanu b'mitzmotav v'tzivanu

(Brucha aht Shechinah Elotaynu ruach ha-olam  
asher k'dishatnu b'mitzvotaha v'tzivatnu)

I'hadlik ner shel (Shabbat v') Yom Ha-Kipurim

Blessed are You, ETERNAL ONE, our God, Spirit of all worlds, whose Presence fills  
creation and who calls us to kindle the light of (Shabbat and) Yom Kippur.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁחֵיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה:

Baruch Atah Adonai Elohaynu Melech ha-olam  
She-heh-cheyanu v'kee-y'manu v'higee-anu lazman hazeh

Blessed are You YAH, our God, Guiding Force of the all time and space  
Who has kept us in life, sustained us and brought us to this season.

Hashivaynu

הַשִּׁיבֵנוּ יְהוָה אֵלֵינוּ וְנִשְׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם:

Hashivaynu Adonai aylecha v'nashuvah. Chadeish yameinu k'kedem

Renew our faith in life, Release us from pain and strife,  
Remind us of who we are, As we return to You.

(On Shabbat)

Psalm 92 – A Song Of Shabbat

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת:

Mizmor shir l'yom hashabat

טוֹב לַיהוּדוֹת לַיהוָה. וּלְזָמֵר לְשִׁמְךָ עֲלֵינוּ:  
לְהַגִּיד בַּבּוֹקֶר חֶסֶדְךָ. וְאֱמוּנָתְךָ בַּלַּיְלוֹת:

Tov l'hodot l'Adonai, ul'zameir l'shimcha elyon.  
L'hagid baboker chasdecha, ve-emunat'cha baleilot.

It is good to give thanks to YAH  
To speak of Your kindness at morning, Your faithfulness through the nights

צַדִּיק כַּתְמָר יִפְרָח. כְּאֶרֶז בַּלְבָּנוֹן יִשְׁגֶּה:  
שְׁתוּלִים בְּבֵית יְהוָה. בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ:  
עוֹד יְנוּבוֹן בְּשִׁיבָה. דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ:  
לְהַגִּיד כִּי יָשָׁר יְהוָה. צוּרֵי וְלֹא עוֹלָתָהּ בּוֹ:

Tzadik katamar yifrach, k'erez bal'vanon yisgeh.  
Sh'tulim b'veit Adonai, b'chatzrot Eloheinu yafrichu.  
Od y'nuvun b'seivah, d'sheinim v'ra-ananim yihyu.  
L'hagid ki yashar Adonai, tzuri v'lo avlatah bo.

One who strives to do right will flourish like the date palm,  
and will bear fruit even in old age, remaining fresh and vigorous.

## מעריב EVENING PRAYER

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:

**Barchu et (Adonai or Yah) ha-m'vorach!**

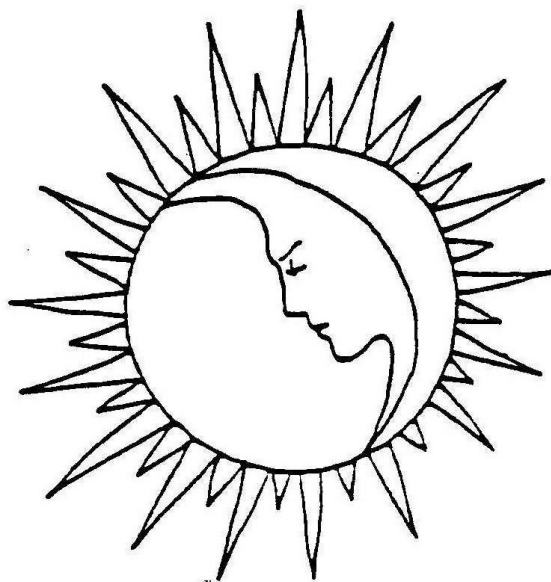
Let us all praise the One Who showers us with blessing!

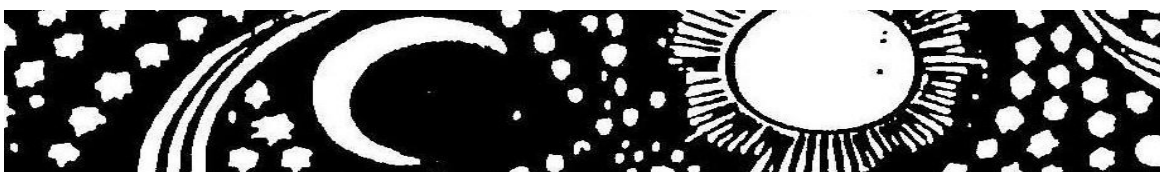
בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

**Baruch (Adonai or Yah) ha-m'vorach l'olam va-ed!**

Blessed is the Source of Blessing forever and ever!

~~~~~  
Bar'chu, dear one, Shechinah, holy name,
When I call on the light of my soul I come home
~~~~~





### Maariv Aravim

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בִּדְבָרוֹ מַעְרִיב עֶרְבִים,  
בְּחֶכְמָה פּוֹתַח שְׁעָרִים וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַזְּמַנִּים  
וּמַסְדֵּר אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרָצוֹנוֹ.  
בוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.  
וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יי צְבָאוֹת שְׁמוֹ.  
אֵל חַי וְקַיִם, תָּמִיד מְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה יי, הַמַּעְרִיב עֶרְבִים:

Baruch atah Adonai, Eloheinu melech ha-olam, asher bidvaro ma-ariv aravim,  
b'choch'mah potei-ach sh'arim, uvitvunah m'shaneh itim, umachalif et haz'manim,  
um'sadeir et hakochavim b'mishm'roteihem baraki-a kirtzono.

Borei yom valay'lah, goleil or mip'nei choshech, v'choshech mip'nei or.  
Uma-avir yom umeivi lay'lah, umavdil bein yom uvein lay'lah, Adonai tz'va-ot sh'mo.  
Eil chai v'kayam, tamid yimloch aleinu l'olam va-ed.  
Baruch atah Adonai, hama-ariv aravim.

You abound in blessings, Holy One, Sovereign of time and space  
by whose word the mixtures of evening comes.  
Whose Wisdom opens heavens gates,  
Whose Understanding changes seasons.  
Who, by Divine Will, arranges the stars in their watches in the sky  
Creating day and night, rolling darkness away from light,  
And light away from darkness,  
You cause day to pass and bring on night,  
and separate the day from the night  
Marshaling the cosmic forces is Your nature.

May Your living presence be our amazement forever.  
living and enduring will guide us forever and ever.  
Blessed are You, Yah, who evens the evenings.

## Ahavat Olam

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהֲבָתָה  
תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּתָה  
עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׂכְבָּנוּ וּבְקוּמָנוּ נִשְׁיַח בְּחֻקֶּיךָ  
וְנִשְׁמַח בְּדִבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְגֶּה יוֹמָם וּלְיָלָה  
וְאָהֲבָתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.  
בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Ahavat olam beit yisra-eil am'cha ahav'ta,  
torah umitzvot, chukim umishpatim otanu limadta.  
Al kein Adonai Eloheinu, b'shoch'veinu uv'kumeinu nasi-ach b'chukecha,  
v'nismach b'divrei toratecha uv'mitzvatecha l'olam va-ed.  
Ki heim chayeinu v'orech yameinu, uvahem nehgeh yomam valay'lah.  
V'ahavat'cha al tasir mimenu l'olamim.  
Baruch atah Adonai, oheiv amo yisra-eil.

With an everlasting love, You have loved those  
who struggle for Your blessing, the people Yisrael.  
You have guided us with teachings and holy deeds, principles and just ways.  
And so, inspired by Your love, we will take joy in Your guidance,  
and make real Your teachings in all that we do.  
For they are our life, and the length of our days;  
we will meditate on them day and night.  
May Your love never depart from us.  
Blessed are You, Holy One, who sustains us all with love.



**AHAVAH, V'RACHAMIM, CHESED, V'SHALOM**

(Love and Compassion, Loving-Kindness and Peace)

## SHEMA

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:

**Shema Yisrael Adonai (or Yah) Eloheinu Adonai (or Yah) Echad.**

Hear O Yisrael, Yah who is, is our God, Yah who is, is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

**Baruch shem k'vod mal-chuto l'olam va-ed.**

Through time and space Your glory shines, Majestic One.

וְאַהֲבַת אֵת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ:  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצֻוֶּה הַיּוֹם, עַל-לִבְּךָ:  
וּשְׁנִנְתָּם לְבִנְיָךְ, וּדְבַרְתָּ בָם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ:  
וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטַטְפֹּת בֵּין עֵינֶיךָ:  
וּכְתַבְתָּם עַל מְזֻזַּת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'ahavta eit Adonai elohecha, b'chol l'vav'cha, uv'chol nafsh'cha, uv'chol m'odecha.  
V'hayu had'varim ha-eileh, asher anochi m'tzav'cha Hayom, al l'vavecha. V'shinantam  
l'vanecha, v'dibarta bam, b'shivt'cha b'veitecha, uv'lecht'cha vaderech,  
uv'shochb'cha, uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha.  
Uch'tavtam al m'zuzot beitecha uvisharecha.

Let these words by which you are joined to your inner creator today  
enter your head and your heart and every part of your being.

Pattern your days on them so that all persons who are a part of your life  
witness in you the creative breath of the universe.

Make your life a channel for this creative holiness as often as you can.

When you are still, be in your stillness;

when you are moving, be fully and completely in your movement.

When you rise in the morning, when you lie down at night, find reminders that your acts  
and your thoughts can be consecrated to a life that honors that which is within you.

Write the words on scrolls that you place on your doorposts, your mezuzot, as a sign  
that people are invited to find and share their uniqueness  
when they enter into your home and into your life.

(Translation by Karen Kaisha Roekard)

וְהָיָה אִם-שָׁמַעַתְּ שְׁמִיעוּ אֶל-מִצְוֹתַי, אֲשֶׁר אֲנִי מְצִוֶּה אֶתְכֶם הַיּוֹם, לְאַהֲבָה אֶת יְיָ אֱלֹהֵיכֶם, וּלְעֲבֹדוֹ בְּכָל-לְבַבְכֶם וּבְכָל נַפְשְׁכֶם. וְנָתַתִּי מָטָר-אֶרְצְכֶם בְּעֵתוֹ, יוֹרֵה וּמִלְקוֹשׁ, וְאֶסְפַּתְּ דִּגְגָנְךָ וְתִירְשָׁךָ וַיִּצְהַרְךָ. וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבַהֲמֹתֶךָ, וְאָכְלָתָּ וְשָׂבַעְתָּ.

הַשְׁמִירוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם, וְסִרְתֶּם וְעִבַּדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם. וְחָרָה אֶף-יְיָ בָכֶם, וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מָטָר, וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֶבְדַּתֶּם מְהֵרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְיָ נָתַן לָכֶם:

וְשָׁמַתֶּם אֶת דְּבַרֵי אֱלֹהֵי עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם וּקְשִׁרְתֶּם אֹתָם לְאוֹת עַל-יְדְּכֶם וְהָיוּ לְטוֹטָפֶת בֵּין עֵינֵיכֶם: וְלִמְדַתֶּם אֹתָם אֶת-בְּנֵיכֶם, לְדַבֵּר בָּם, בְּשַׁבָּתְךָ בְּבִיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְכִתְבֹתֶם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבּוּ יְמֵיכֶם וַיְמִי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְיָ לְאַבְרָהָם לָתֵת לָהֶם, כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

If you really listen to my Mitzvot with which I connect to you right now to love your God, Unity of All, and to serve the Unity with both sides of your heart, and with all the levels of your soul, then I will give rain for the lands at the right time: early rain and late rain, and you'll harvest your grain, and your wine, and your oil. And I will put grass in your fields for your cattle and you will eat and be satisfied.

Be on guard, however, if your hearts are swayed and you turn and worship the parts of Whole as if they were the Whole and if you submit yourselves to these parts Then the rage of the Unity of the Whole will blaze, and It will close the heavens and there will be no rain, and the land will not give her produce and you will quickly perish from the good earth which the Wholly One gives to you.

So place these words of Mine on top of your hearts and on top of your souls and bind them as a sign upon your hands, and they will be for t'fillin between your eyes. And you will teach this deep teaching of cause and effect to your children, and speak of them when you sit in your house, and when you travel on the road, and when you lie down, and when you rise. You will inscribe them upon the mezuzzot of your house and upon your gateways. You will do this in order that your days, and the days of your children be prolonged upon the land which the Ancient One swore to your ancestors to give them [for as long] as the heavens are above the earth.

וַיֹּאמֶר יְיָ אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם: וַעֲשׂוּ לָהֶם צִיצִית  
עַל-כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם, וְנָתַנּוּ עַל-צִיצִית הַכֶּנָּף פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית,  
וְרָאִיתֶם אֹתוֹ וַזְכַּרְתֶּם אֶת-כָּל-מִצְוֹת יְיָ, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ אַחֲרֵי לְבַבְכֶּם  
וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר-אַתֶּם זִנִּים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתֵי  
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לִהְיוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם:

God said to Moses, tell Israel to make fringes (tzitzit) on the corners of their garments so  
to follow them. On each tzitzit let them set a blue thread, they will have generations  
glance at it, and in seeing, remember all the other directives of Yah Who is, and act on  
them. This way you will not be let astray, craving to see and want and then prostitute  
yourself for your cravings.

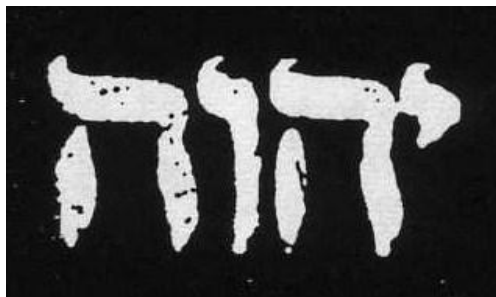
This way you will be mindful to actualize My directions for becoming dedicated to your  
God to be aware That I Am, Yah who is your God, the one who freed you from  
oppression in order to "God you," I am Yah who is your God. That is the truth!

יְיָ אֱלֹהֵיכֶם אֱמֶת:

יְיָ Eloheichem Emet!

יְיָ

Your God is True יְיָ



Mi Chamocha

מִי כְּמֹכָה בְּאֵלִים יְיָ מִי כְּמֹכָה נֶאֱדָר בְּקֹדֶשׁ  
נֹרָא תְהִילַת עֲשֵׂה פֶלֶא:  
מַלְכוּתְךָ רָאוּ בְנֶיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה זֶה אֱלֹהֵינוּ וְאָמְרוּ:  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:  
וְנֶאֱמַר. כִּי פָדָה יְיָ אֶת יַעֲקֹב, וַיִּגְאֻלוּ מִיַּד חֲזָק מִמֶּנּוּ.  
בְּרוּךְ אַתָּה יְיָ גֹאֲלֵי יִשְׂרָאֵל:



Mi cha-mochah ba-ayleem Adonai, Mi ka-mochah nedar bakodesh  
Nora t'heelot osay feleh.

Malchut'cha ra-u vanecha bokaya yam lifnay Moshe, zeh Eili anu v'am'ru:

Adonai yimloch l'olam va-ed.

V'ne-emar ki fadah adonay et Ya'akov, ug'alo miyad chazak mimenu  
Baruch Atah Adonai ga-al Yisrael.

When our ancestors beheld these truths they proclaimed:

Among all the gods we can name,

Who can compare to the one beyond naming?

Among all the quantities we can label, number, mark and measure,

Which compares to the Mystery at the Heart of Reality?

Blessed is God, who redeems us.

Hashkiveinu

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים  
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ  
בְּרוּךְ אַתָּה יְיָ הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם:

**Ufros aleinu sukat shalom**

**Spread over us, wings of peace, Shalom  
Draw water in joy, from the living well  
Mayim chayim, waters of Life, Shalom**



Holy One, empower us to descend into the depths of silence,  
and from there awaken us into the fullness of our being.  
Spread over us the shelter of your peace and heal our divisions with your encouragement.  
Free us to realize our Diving Essence.  
Surround us with your protection.  
Remove hostility from within and without and let us soar within your mystery.  
For you are a God who cares for us and frees us – majestic, yet gracious and tender.  
Watch over our comings and goings, directing them towards life and wholeness.  
Spread over us the sukkah of your shalom.  
Blessed are You, Eternal One, who spreads the sukkah of shalom over us,  
over all your people Israel, over Jerusalem, and over all the earth.

(On Shabbat)

V'shamru

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת.  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם.  
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ:

V'sham'ru v'nei yisra-eil et hashabat,  
la-asot et hashabat l'dorotam b'rit olam.

Beini uvein b'nei yisra-eil ot hi l'olam,  
ki sheishet yamim asah Adonai et hashamayim v'et ha-aretz,  
uvayom hashvii shavat vayinafash.

The children of Yisrael will be guardians of Shabbat for all generations!  
It is a covenant for as long as space and time endure, between me and them.  
For in six "days" YAH made the physical realms; and on the seventh day Shabbat unfurled,  
and soul was imparted to the world.

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כִּי בַיּוֹם הַזֶּה יִכָּפֹר עֲלֵיכֶם לְטַהֵר אֶתְכֶם.  
מִכָּל חַטֹּאתֵיכֶם לִפְנֵי יי תְּטַהֲרוּ:

Ki vayom hazeh y'chaper aleichem l'taheir et-chem.  
Mi-kol chatoteihem lifnei adonai ti-t'haru.

For on this day, atonement shall be made for you to cleanse you;  
Of all your sins shall you be clean before The Fount of Mercy.

CHATZI KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. (אָמֵן)  
בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ. וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְכָל בֵּית יִשְׂרָאֵל בְּעֲגָלָא וּבְזָמַן קָרִיב.  
וְאָמְרוּ אָמֵן:

**יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא:**

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא. בְּרִיךְ הוּא.  
לְעָלָא וּלְעָלְמָא מְכָל בִּרְכָתָא וְשִׁירָתָא  
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְּאֲמִירָן בְּעֲלָמָא.  
וְאָמְרוּ אָמֵן:

Yitgadal v'yitkadash sh'meih raba. (Amein)

B'al'ma di v'ra chiruteih, v'yamlich malchuteih  
b'chayeichon uv'yomeichon uv'chayei d'chol beit yisra-eil,  
ba-agala uvizman kariv, v'imru amein.

**Y'hei sh'meih raba m'varach l'alam ul'al'mei al'maya.**

Yitbarach v'yishtabach v'yitpa-ar v'yitromam v'yitnasei  
v'yithadar v'yitaleh v'yithalal sh'meih d'kudsha **b'rich hu,**  
**l'eila u l'eila mikol birchata v'shirata**  
**tushb'chata v'nechemata, da-amiran b'al'ma, v'imru amein.**

Let us make the great Name known and holy.  
Let the Name fill the world, formed by its will. May the earth be its realm.  
May it fill our lives and days. May it spread throughout all Israel,  
swiftly and soon, and let us say, Amen.

May the great name be blessed and blessed for as long as the universe lasts.

Let the Name be praised and glorified.  
Let the Name become potent, lifted up, raised on high.  
Let the name be graced in beauty, praised in song, ascend in joy.  
The Name, the Name of the Holy, blessed be the Name.  
And yet the Holy that we name is far beyond all blessings,  
all prayers, all songs of praise and hymns of glory, all words that we utter in this world.  
So let us chant our praise, then say, Amen.

May the words of my mouth and the longing of my heart be acceptable to you, God... יהוה צור...

זכרונו לך יהוה  
Remember us for life  
תן תקוה לדור ודור  
Let hope enliven all who  
seek you and let all who  
look to you with hope  
find strength to speak  
במלך וזבץ בודים

השערים  
נפתחים  
The gates  
are open,  
בכל שעה  
in every hour,  
וכל מי  
שמבקש  
ליכנס  
and whoever  
seeks to enter  
תכנס:  
may come in.

שזית  
יהודה

פדנו לי שער צדק  
תדון עמכם  
דברים ושזבו  
Find words in you to  
offer and return to  
THE COMPASSIONATE  
אתה יודע  
You know the universe's mystery

נגה נמי

## AMIDAH

אֲדֹנֵי, שְׁפֹתַי תִּפְתָּח. וּפִי יִגִּיד תְּהִלָּתְךָ:

Eternal God, open my lips and my mouth will declare Your Glory.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ

אֱלֹהֵי אַבְרָהָם. אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב.

אֱלֹהֵי שָׂרָה. אֱלֹהֵי רִבְקָה. אֱלֹהֵי רָחֵל. וְאֱלֹהֵי לֵאָה.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא. אֵל עֲלִיוֹן. גּוֹמֵל חֲסָדִים טוֹבִים. וְקוֹנֵה הַכֹּל.  
וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת. וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

BLESSED is the God of Sarah and Abraham,

of Isaac and Rebecca, of Leah, Rachel, and Jacob; great and mighty power, infinity,  
sustaining everything in lovingkindness; lovingly strengthening us through the example of our  
teachers.

זְכַרְנוּ לְחַיִּים. מְלַךְ חַפֵּץ בְּחַיִּים. וְכֹתֵבנוּ בְּסֵפֶר חַיִּים. לְמַעַן אֱלֹהִים חַיִּים:

מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:

בָּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם וְעֹזֶרֶת שָׂרָה:

Remember us for Life. May we be bound into life by the Power that delights in life.

Power that helps, saves, and shields us:

Blessed Shield of Abraham and Help of Sarah.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנֵי. מַחֲיָה מֵתִים אַתָּה. רַב לְהוֹשִׁיעַ.

מוֹרִיד הַטֵּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מַחֲיָה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים.  
וּמַתִּיר אֲסוּרִים. וּמַקְיֵם אֱמוּנָתוֹ לִישְׁנֵי עָפָר. מִי כִּמּוֹךְ בַּעַל גְּבוּרֹת וּמִי דוֹמָה לָךְ.

מְלַךְ מַמִּית וּמַחֲיָה וּמַצְמִיחַ יְשׁוּעָה:

מִי כִּמּוֹךְ אָב הַרְחֵמֵם. זוֹכֵר יְצוּרֵיוֹ לְחַיִּים בְּרַחֲמִים:

וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים:

בָּרוּךְ אַתָּה יְהוָה מַחֲיָה הַמֵּתִים:

EVERLASTING is the spirit; its power to save gives life to the dead. It brings the dew. Loving  
nature creates life from the inanimate. Raising the fallen, healing the sick, freeing the captive  
and keeping faith with those who sleep in the dust: Who is like this Source of mighty works?  
What compares, source of death and life, who makes salvation spring forth? Who is like this  
Source of mercy, binding its children into life, in mercy. Always it is the faithful source of life.

Blessed is the Source of all life.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ. וְקִדּוּשִׁים בְּכָל יוֹם יְהַלְלוּךָ סֵלָה:

HELP US find holiness through our prayer. Blessed is Holiness.

וּבְכֵן תֵּן פִּחְדֶּךָ יְהוָה אֱלֹהֵינוּ עַל כָּל מַעֲשֶׂיךָ. וְאִימָתְךָ עַל כָּל מָה שֶׁבָּרָאתָ. וְיִירָאוּךָ  
כָּל הַמַּעֲשִׂים וְיִשְׁתַּחֲווּ לְפָנֶיךָ כָּל הַבְּרוּאִים. וְיַעֲשׂוּ כְלָם אֶגְדָּה אַחַת לַעֲשׂוֹת רְצוֹנְךָ  
בְּלִבָּב שָׁלֵם. שִׁידְעֵנוּ יְהוָה אֱלֹהֵינוּ שֶׁהַשְּׁלֵטוֹן לְפָנֶיךָ. עַז בִּידֶךָ וּגְבוּרָה בְּיָמֶיךָ.  
וְשִׁמְךָ נוֹרָא עַל כָּל מָה שֶׁבָּרָאתָ:

AND SINCE THIS IS SO, let me-let each of us-let all creatures-sense the awesome Divine power at their core, whole-heartedly surrendering to the unity of the Whole, joining into a single community to complete the Grand Design. We know, we have always known, that all creation is filled with the Divine. Let us devote ourselves to the work; and allow this unity to flow through all time and space.

וּבְכֵן תֵּן כְּבוֹד יְיָ לְעַמְּךָ. תְּהִלָּה לְיִרְאֵיךָ. וְתִקְוָה לְדוֹרְשֶׁיךָ. וּפְתִחוֹן פֶּה לַמְּיַחֲלִים  
לְךָ. שִׁמְחָה לְאַרְצֶךָ וְשִׁשׂוֹן לְעִירְךָ. וְצִמְיַחַת קֶרֶן לְדָוִד עֲבָדֶךָ. בְּמַהֲרָה בְּיָמֵינוּ:

AND SINCE THIS IS SO, let Israel, our people-let all people,-glory in God; let those who are filled with awe sing for joy! Let those who seek God find their hope, bringing joy to the earth, gladness to all cities; giving birth to the Messiah, kindling the light of David, soon, in our days.

וּבְכֵן צְדִיקִים יִרְאוּ וְיִשְׁמְחוּ וְיִשְׂרָאֵל יַעֲלֶזוּ. וְחֲסִידִים בְּרָנָה יִגִּילוּ. וְעוֹלָתָה תִּקָּפֵץ  
פִּיהָ. וְהַרְשָׁעָה כֻּלָּה כְּעָשָׁן תִּכָּלֶה. כִּי תַעֲבִיר מִמֶּשְׁלַת זָדוֹן מִן הָאָרֶץ:

AND SINCE THIS IS SO, the holy will see and be glad, the righteous will rejoice, the godly celebrate in song, when the dominion of arrogance is swept from the earth, and all evil dissolves and vanishes like smoke.

וְתִמְלֹךְ אַתָּה הוּא יְהוָה לְבַדְּךָ עַל כָּל מַעֲשֶׂיךָ. בְּהָר צִיּוֹן מִשְׁכַּן כְּבוֹדֶךָ. וּבִירוּשָׁלַיִם  
עִיר קֹדֶשְׁךָ. כִּכְתוּב בְּדַבְּרֵי קֹדֶשְׁךָ: יִמְלֹךְ יְיָ לְעוֹלָם אֱלֹהֵינוּ צִיּוֹן לְדָר וָדָר. הִלְלוּיָהּ:

THEN THE ONE will reign alone-within-among-beneath-beyond-all peoples and faiths. Every heart will be God's temple, every hill and valley will be Zion; every place where humans dwell will be Jerusalem, the holy city. As we have learned, The Divine will hold sway everywhere.  
The Power of all your Powers, O Zion, is from age to age, Halleluyah!

קְדוֹשׁ אַתָּה וְנוֹרָא שְׁמֶךָ וְאֵין אֱלֹהִים מִבְּלַעַדֶיךָ כְּכַתוּב. וַיִּגְבֶּה יְיָ צְבָאוֹת בְּמִשְׁפָּט  
וְהָאֵל הַקְדוֹשׁ נִקְדָּשׁ בְּצַדִּיקָה. בְּרוּךְ אַתָּה יְיָ הַמֶּלֶךְ הַקְדוֹשׁ:

HOW HOLY the One, and how awesome the Name! No power is really separate. As we have learned, the Source of this teeming universe is lifted through justice; lovingkindness magnifies the holiness of the divine. We are one with the Power of goodness; let us work to give it birth.

אַתָּה בְּחִרְתָּנוּ מִכָּל-הָעַמִּים. אָהַבְתָּ אוֹתָנוּ וְרָצִיתָ בָּנוּ. וְרוֹמַמְתָּנוּ מִכָּל-הַלְשׁוֹנוֹת.  
וְקִדְשְׁתָּנוּ בְּמִצּוֹתֶיךָ. וְקִרְבַּתָּנוּ מִלִּפְנֵי לַעֲבוֹדָתְךָ. וְשִׁמְךָ הַגָּדוֹל וְהַקְדוֹשׁ עָלֵינוּ  
קְרֹאת:

Our people has been chosen-all peoples have been chosen-you and I have been chosen.  
We have felt God's love in every spark of love. We have sensed God's holiness in our moments of joy, in our deeds of justice and love.

וְתַתֵּן-לָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה אֶת-יוֹם (הַשַּׁבָּת הַזֶּה לְקִדְשָׁהּ וְלִמְנוּחָהּ וְאֶת יוֹם)  
הַכִּפּוּרִים הַזֶּה לְמַחִילָהּ וְלִסְלִיחָהּ וְלִכְפָּרָהּ וְלִמְחֹל-בּוֹ אֶת-כָּל-עֲוֹנוֹתֵינוּ (בְּאַהֲבָה)  
מִקְרָא קָדֵשׁ. יִזְכָּר לִיצִיאַת מִצְרַיִם:

MAY WE SHAPE our pleasure of (this Shabbat day, and of) YOM KIPPUR, this day of cleansing and forgiving and at-one-ing, this time for gathering in holiness, to remember the going forth from Egypt.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. יַעֲלֶה וַיָּבֵא וַיִּגִּיעַ. וַיֵּרָא וַיִּרְצֶה וַיִּשְׁמַע. וַיִּפְקֹד וַיִּזְכֹּר  
זְכוּרֵינוּ וּפְקֻדוֹתֵינוּ. וְזָכְרוֹן אֲבוֹתֵינוּ. וְזָכְרוֹן מְשִׁיחַ בֶּן דָּוִד עֲבִדְךָ. וְזָכְרוֹן יְרוּשָׁלַיִם  
עִיר קְדֻשָּׁה. וְזָכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ. לְפָלִיטָה לְטוֹבָה לְחַן וּלְחֻסָּד  
וּלְרַחֲמִים לְחַיִּים וּלְשָׁלוֹם בְּיוֹם הַכִּפּוּרִים הַזֶּה:

MAY IT ARISE, our God and God of our ancestors,  
may it arise, arrive, approach and be seen,  
desired and heard... in our minds and memories:  
the remembrance of our ancestors, the piety of their prayers,  
the beauty of Jerusalem, Your holy city, and the destiny of the entire household of Israel.  
As we seek Your love and compassion, we pray for all good things,  
for kindness, compassion, and life, on this Day of At-one-ment.

זְכֵרְנוּ, יי, אֱלֹהֵינוּ, בּוֹ לְטוֹבָה. וּפְקֻדָּנוּ בּוֹ לְבִרְכָּה. וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. וּבְדָבָר  
 יְשׁוּעָה וְרַחֲמִים חוּס וְחַנּוּנוּ וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ. כִּי אֵל אֱלֹהֵי עֵינֵינוּ. כִּי אֵל מֶלֶךְ  
 חַנּוּן וְרַחוּם אַתָּה.

MAY WE BE REMEMBERED for good, for blessing, for life. We seek compassion, and turn  
 toward the Source of Compassion.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ מְחַל לַעֲוֹנוֹתֵינוּ בַּיּוֹם (הַשַּׁבָּת הַזֶּה וּבַיּוֹם) הַכְּפוּרִים הַזֶּה  
 מִחָה וְהַעֲבִיר פְּשָׁעֵינוּ מִנֶּגֶד עֵינֶיךָ. כְּאִמּוֹר אֲנֹכִי אֲנֹכִי הוּא מִחָה פְּשָׁעֶיךָ לְמַעַנִּי  
 וְחֲטֹאתֶיךָ לֹא אֶזְכֹּר:  
 וְנֹאמַר מִחִיתִי כְעֵב פְּשָׁעֶיךָ וְכָעֵן חֲטֹאתֶיךָ שׁוּבָה אֵלַי כִּי גְאֻלְתֶּיךָ:  
 וְנֹאמַר כִּי בַיּוֹם הַזֶּה יְכַפֵּר עֲלֵיכֶם לְטָהָר אֶתְכֶם מִכָּל חֲטֹאתֵיכֶם לִפְנֵי יְהוָה  
 תִּטְהָרוּ:

WE OPEN to the cleansing energy within us, the that has flowed through our ancestors,  
 Power of purification present in every age: Let it through all godly peoples and faiths-let clear  
 out the debris, washing away our mistakes and this energy rise up within us, proclaiming,  
 "Your mistakes I will not recall. Indeed, I have swept away your mistakes  
 like clouds blown away, like mist that vanishes."

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ (רְצָה בְּמִנוּחֵתָנוּ) קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתָן חֶלְקֵנוּ בְּתוֹרָתְךָ  
 שְׂבַעֲנוּ מִטוֹבְךָ וְשִׂמְחָנוּ נַפְשָׁנוּ בִּישׁוּעָתְךָ (וְהִנְחִילֵנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן  
 שַׁבָּת קִדְשְׁךָ וִינוּחוֹ בֵּה יִשְׂרָאֵל מִקִּדְשֵׁי שְׁמֶךָ) וְטָהָר לִבֵּנוּ לְעִבְדְּךָ בְּאַמֶּת. כִּי אַתָּה  
 סֶלַח לְיִשְׂרָאֵל וּמַחֲלֵן לְשִׁבְטֵי יִשְׂרָאֵל בְּכָל-דּוֹר וְדוֹר וּמִבְּלַעְדֶּיךָ אֵין לָנוּ מֶלֶךְ מוֹחֵל  
 וְסוֹלֵחַ אֶלָּא אַתָּה. בְּרוּךְ אַתָּה יְהוָה מֶלֶךְ מוֹחֵל וְסוֹלֵחַ לַעֲוֹנוֹתֵינוּ וְלַעֲוֹנוֹת עַמּוֹ  
 יִשְׂרָאֵל. וּמַעֲבִיר אֲשֵׁמוֹתֵינוּ בְּכָל שָׁנָה וְשָׁנָה. מֶלֶךְ עַל כָּל הָאָרֶץ מִקִּדְשׁ (הַשַּׁבָּת וְ)  
 יִשְׂרָאֵל וַיּוֹם הַכְּפוּרִים:

OUR POWER and power of all generations: (May there be delight in our rest.) Make our lives  
 holy with deeds of justice and love. Let us find our part in the Torah. Let us enjoy God's world  
 and rejoice in freedom. (Let us enjoy Shabbos, resting and revealing the holy God's world).  
 May we purify Essence in our souls. May we purify our heart to serve the One in awareness  
 and truth, for God is Total Awareness. Blessed is the Compassion within us, the Core of all  
 the world, making holy (Shabbat and) all peoples, and this Day of At-one-ment.

רצה יהוה אלהינו בעמך ישראל ולתפלתם שעה. והשב העבודה לדביר ביתך.  
 ואשי ישראל ותפלתם באהבה תקבל ברצון.  
 ותהי לרצון תמיד עבודת ישראל עמך:  
 ותחזינה עינינו בשובך לציון ברחמים:  
 ברוך אתה יהוה, המחזיר שכינתו לציון:

May our prayers open our eyes, revealing Your divine plan, whose path leads us all to the holy of holies. Blessed is the return of the Shechinah.

מודים אנחנו לך שאתה הוא יהוה אלהינו ואלהי אבותינו ואמותינו לעולם ועד. צור חיינו מגן ישענו אתה הוא לדר ודר. נודה לך ונספר תהלתך. על חיינו המסורים בידך. ועל נשמותינו הפקודות לך. ועל נסיד שבכל יום עמנו ועל נפלאותיך וטובותיך שבכל עת. ערב ובקר וצהרים. הטוב כי לא כלו רחמך. המרחם כי לא תמו חסדיך מעולם קוינו לך:

Gratitude for our lives, our souls, and for all the miracles that are with us every day, the miraculous good that surrounds us every hour, evening, morning, and afternoon. We trust completely in the Good, whose compassion never ends, and in the Compassionate, whose generosity never fails.

ועל כלם יתברך ויתרומם שמך מלכנו לעולם ועד.  
 וכתוב לחיים טובים כל-בני ברייך:

וכל החיים יודוך סלה ויהללו את שמך באמת האל ישועתנו ועזרתנו סלה.  
 ברוך אתה יהוה הטוב שמך ולך נאה להודות:

FOR ALL THESE we give blessing and exaltation.  
 Bind all Your children into life and good fortune. All life gives praise.



שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ, תְּשִׁים לְעוֹלָם. כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל-הַשָּׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עִמָּךְ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ:

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרִנָּסָה טוֹבָה. נִזְכֵּר וְנִכְתָּב לְפָנֶיךָ אֲנַחְנוּ וְכָל עִמָּךְ בֵּית  
יִשְׂרָאֵל לְחַיִּים טוֹבִים וְלְשָׁלוֹם:  
בָּרוּךְ אַתָּה יְיָ הוֹוֶהוּ עוֹשֵׂה הַשָּׁלוֹם:

**B'sefer chaim brachah v'shalom u-farnasah tovah, n'zacheir v'nikateiv l'fanecha.  
Anachnu v'chol am'cha beit yisrael, l'chaim tovim ul'shalom.  
Baruch atah adonai ham'varech et amo yisrael ba-shalom.**

May our heartfelt prayers be a conduit swiftly carrying us to the time when all Israel, all peoples, serve the divine plan, and every hour, every minute is filled with peace. May we and all your children be inscribed in the book of life, blessing, peace, and good livelihood.  
Blessed is Peace and the Source of Peace.

אֱלֹהֵי. נִצּוֹר לְשׁוֹנֵי מִרְעָ. וְשִׁפְתֵי מִדְּבַר מִרְמָה. וְלִמְקַלְלֵי נַפְשֵׁי תַדּוּם. וְנַפְשֵׁי כְּעֶפֶר  
לְכָל תִּהְיֶה. פֶּתַח לְבִי בְּתוֹרָתְךָ. וּבִמְצוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל הַחוֹשְׁבִים עָלַי רָעָה.  
מְהֵרָה הִפֵּר עֲצָתָם וְקִלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֶךָ. עֲשֵׂה לִמְעַן יְמִינְךָ. עֲשֵׂה  
לִמְעַן תּוֹרָתְךָ. עֲשֵׂה לִמְעַן קִדְשֶׁתְךָ. לִמְעַן יַחֲלִצוֹן יְדִידֶיךָ. הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי:

PLEASE KEEP cruel words and gossip from my lips, and protect me against them. Help me be humble before all. Let my heart open to Torah and my soul find pleasure there. Erase the traps that ensnare me, and may it be soon. For the sake of Your Name, for the sake of Your Power, for the sake of Your Torah, please answer me.

יְהִיו לְרָצוֹן אֱמֶרֶי-כִּי וְהִגִּיוֹן לְבִי לְפָנֶיךָ. יְיָ צוּרִי וְגֹאֲלִי:  
עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל יוֹשְׁבֵי תֵבֶל. וְאָמְרוּ אָמֵן:

May the words of my mouth and the meditations of my heart be acceptable to You,  
my Rock and my Redeemer.  
May the One who brings Harmony to the universe,  
bring peace to us, to Israel, and to all the world. And let us say, Amen.

# The Amidah in Guided Imagery

adapted from "Amidah in Movement" by Talia de Lone in P'nai Or Religious Fellowship Siddur Or Chadash 1989

## 1. Avot : We call upon our Ancestors for Support in our Journey.

### The image

Visualize Avraham and Sarah standing before you. They can be seen as two radiant light sources. Extend from them two rays of interwoven light. The light forms a chain that comes down through the generations into you. Receive the light from your feet. Connect it to the ground. Allow the light to grow up around you, following your spine until it comes to rest on the crown of your head. Spiral it down until you are enclosed in this light. The light is your protection.

Once you have established the image, chant its blessing:

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ אַתָּה יְהוָה מִגֵּן אַבְרָהָם וְעֵזְרַת שָׂרָה:

*Melech Ozeyr u'Moshia u'Mageyn. Baruch Ata יְהוָה, mageyn Avraham v'ezrat Sarah.*  
Helping, saving and protecting Power! A Fountain of Blessing are You, Holy One, protector of Avraham, supporter of Sarah.

## 2. Chesed and Gevurah : We Open to Divine Expansiveness and Power.

### The Image

See yourself in a time of your life in which you felt lost, confused, despairing. See a light come into your heart. Allow it to grow until you shine with your own Source. Imagine yourself lying down at first, and gradually, as the light fills you, you come to standing.

### The Blessing

וְנִפְאֵרְךָ אֵתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים:

*V'ne-eman Ata l'ha-chayot meytim. Baruch Ata יְהוָה, m'chayey ha-meyteem.*

Loyal restorer of life! A Fountain of Blessing are You, Holy One, restorer of life to the deadened.

(The Amidah in imagery continues on next page)

### 3. *Kedushat Ha-Shem*: We Name the Holy

#### The Image

Breathe in and out, seeing the purity of your breath come into your body. Breathe out slowly, allowing all impurities to leave you. Experience the wholeness and completeness of each breath. Feel its circularity, its roundness, its holiness. God's Name is in each breath.

#### The Blessing

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקָדוֹשִׁים בְּכָל יוֹם יְהַלְלוּךָ. סְלָה.  
בָּרוּךְ אַתָּה יְהוָה הַמֶּלֶךְ הַקָּדוֹשׁ.

*Ata kadosh, v'shimcha kadosh, u'k'doshim b'chol yom y'hallelu-cha. Selah.*

*Baruch Ata יְהוָה, ha-Melech ha-Kadosh.*

You are Holy, Your name is Holy. All holy beings hail You each day. A Fountain of Blessing are You, Holy One, Breath-of-Life, Sacred Power.

### 4. *Kedushat Ha-Yom* : We Open Ourselves to the Sacred

#### The Image

Look around the space you are in. Allow your eyes to see each object, each person fresh and new, as if you were seeing them for the first time. Appreciate with delight the creation process that brought all this into being. Can you feel how, by your very looking, you are creating the world you see? Rest in your delight in this way of seeing.

#### The Blessing

בָּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ (הַשַּׁבָּת ו-) יִשְׂרָאֵל וְהַזְמָנִים:

*Baruch Ata יְהוָה, m'kadeysh (ha-Shabbat v') Yisrael v'HaZmanim*

A Fountain of Blessing are You, Holy One, making (Shabbat and) Israel and the seasons sacred.

(The Amidah in imagery continues on next page)

## 5. Avodah : We Open Ourselves to Sacred Service

### The Image

See yourself as a flame, offering yourself to God. Feel the flame burning inside you. Feel your longing, your desire to know God, to serve God. Experience the great yearning that rests in that flame.

### The Blessing

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבָה לְצִיּוֹן בְּרַחֲמִים  
בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

*V'teche-zenah eyneynu b'shuv-chah l'Tzion b'rachamim.*

*Baruch Ata יְהוָה, ha'machazir Shekhinahto l'Tzion.*

May our eyes behold Your loving homecoming to Zion.

A Fountain of Blessing are You, Holy One, who brings Your *Shekhinah* home.

[*Shekhinah* is our name for the Divine Feminine, that aspect of God which dwells most closely and most intimately with us, and which most profoundly feels the pain of being exiled by our hardness of heart and alienation.]

## 6. Modim : We Open Ourselves to Gratitude

### The Image

See yourself as being grounded in the earth and touching heaven. Know that you are a vessel for miracles. Contemplate for yourself some simple miracles that occur in your daily life. Find one that has happened to you this very day.

### The Blessing

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה בָּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׂמֶךְ וְלָךְ נֶאֱחָה לְהוֹדוֹת.

*V'chol ha-chayim yoducha, Selah. Baruch Ata יְהוָה, ha-tov shimcha, u'lcha na-eh l'hodot.*

Let all life acknowledge you! A Fountain of Blessing are You, Holy One, Your Name is Goodness and it gives us pleasure to give You thanks.

(The Amidah in imagery continues on next page)

## 7. *Shalom*: We Open Ourselves to Wholeness, Completeness, Fulfillment and Peace.

### The Image

Visualize yourself bathed in light. The light is a rainbow of contentment, moving from your heart out to the people around you: into the ones you love, out into the community and beyond. See the light bathing the earth in love and peace. See what your world might look like filled with *shalom*: wholeness, completeness, perfection. Picture yourself in a place of true peace. Allow one image to grow colorful, clear and radiant. Rest in that image of yourself in *shalom*.

### The Blessing

בְּרוּךְ אַתָּה יְהוָה הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

*Baruch Ata יהוה, ha-m'vareych et amo Yisrael ba-Shalom.*

A Fountain of Blessing are You, Holy One, You bless us with *Shalom*.





## Silent Meditation after the Amidah

אֱלֹהֵי נְצוֹר לְשׁוֹנִי מִרָע  
וּשְׁפָתִי מִדְּבַר מְרֻמָּה.  
וּלְמַקְלָלִי נַפְשִׁי תִּדְם  
וּנַפְשִׁי כַּעֲפָר לְכָל תְּהִיָּה.  
פְּתַח לְבִי בְּתוֹרָתְךָ  
וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.

וְכָל הַחוֹשְׁבִּים עָלַי רָעָה  
מִתְהַרָה הִפֵּר עֲצָתָם וּמִקְלָל מִחֲשָׁבָתָם.  
עֲשֵׂה לְמַעַן שְׁמָךְ. עֲשֵׂה לְמַעַן יְמִינְךָ.  
עֲשֵׂה לְמַעַן קִדְשְׁתָּךְ. עֲשֵׂה לְמַעַן תּוֹרָתְךָ.  
לְמַעַן יִחַלְצוּן יְדֵיךָ הַוְשִׁיעָה יְמִינְךָ וְעֲנֵנִי.  
יְהִי לְרָצוֹן אֲמָרִי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ  
יְהוָה צוּרִי וְגֹאֲלִי.

*Elohay n'tzor l'shoni mey-ra,  
U-s'fatay mi-daber mirmah (2x)  
V'lim'kal'lay nafshi ti-dom,  
V'nafshi keh-afar la-kol tih'yeh.  
P'tach libi b'Tora-techa  
U'v'mitzvo-techa tirdof nafshi.*

My God,  
Guard my tongue from all evil,  
And my lips from spouting lies.  
May I think before I begin to speak,  
May my words be gentle and wise.  
Help me ignore those who wish me ill.  
Help me be humble before all.  
Open my heart to Your Torah.  
That I know how to answer Your call.

- Juliet Spitzer

May You guard my tongue from evil,  
and my lips from speaking lies.  
Help me ignore the taunts of my foes,  
and to forgive those who wrong me.  
Open my heart to the wisdom of Torah,  
so that my soul will follow the path of righteousness  
May all who study destruction have their designs frustrated.  
May this happen for the sake of the holiness of the world.  
May the words of my mouth and the meditations of my heart  
remain true and loving, and be acceptable in Your sight.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵּבֵל וְאָמְרוּ: אָמֵן.

*Oseh shalom bim'romav. Hu ya'aseh shalom aleynu,  
v'al kol Yisrael, v'al kol yoshvey teyveyl, V'Imru: Amen!*  
May Your light show us the way to bring peace to all.

יַעֲלֶה	תַּחֲנוּנֵנוּ	מֵעֶרֶב.
וַיָּבֹא	שׁוֹעֲתֵנוּ	מִבֶּקֶר.
וַיֵּרָא	רְנוּנֵנוּ	עַד עֶרֶב:
יַעֲלֶה	קוֹלֵנוּ	מֵעֶרֶב.
וַיָּבֹא	צְדָקָתֵנוּ	מִבֶּקֶר.
וַיֵּרָא	פְּדִיּוֹנֵנוּ	עַד עֶרֶב:
יַעֲלֶה	עֲנוּיֵנוּ	מֵעֶרֶב.
וַיָּבֹא	סְלִיחָתֵנוּ	מִבֶּקֶר.
וַיֵּרָא	נִאֲקָתֵנוּ	עַד עֶרֶב:
יַעֲלֶה	מְנוּסֵנוּ	מֵעֶרֶב.
וַיָּבֹא	לְמַעַנֵנוּ	מִבֶּקֶר.
וַיֵּרָא	כְּפוּרֵנוּ	עַד עֶרֶב:
יַעֲלֶה	יְשַׁעֲנוּ	מֵעֶרֶב.
וַיָּבֹא	טְהוֹרֵנוּ	מִבֶּקֶר.
וַיֵּרָא	חֲנוּנֵנוּ	עַד עֶרֶב:
יַעֲלֶה	זְכוּרֵנוּ	מֵעֶרֶב.
וַיָּבֹא	וְעוֹדֵנוּ	מִבֶּקֶר.
וַיֵּרָא	הַדְרָתֵנוּ	עַד עֶרֶב:
יַעֲלֶה	דְּפָקֵנוּ	מֵעֶרֶב.
וַיָּבֹא	גִילֵנוּ	מִבֶּקֶר.
וַיֵּרָא	בְּקִשְׁתֵּנוּ	עַד עֶרֶב:
יַעֲלֶה	אֲנָקָתֵנוּ	מֵעֶרֶב.
וַיָּבֹא	אֱלִיךְ	מִבֶּקֶר.
וַיֵּרָא	אֱלֵינוּ	עַד עֶרֶב:

**Ya'aleh tachanuneinu mei-erev  
V'yavo shav'ateinu mi-boker  
V'yeira-eh rinuneinu ahd arev**

May our supplication rise at nightfall  
Our plea approach Your presence in the morning  
And our exultation come at evening

**Ya'aleh koleinu mei-erev  
V'yavo tzidkateinu mi-boker  
V'yeira-eh pidyoneinu ahd arev**

May our voices rise in prayer at nightfall  
Our cause ascend to You in the morning  
And our redemption come to us at evening

**Ya'aleh inuyeinu mei-erev  
V'yavo slichateinu mi-boker  
V'yeira-eh na'akateinu ahd arev**

May our penitence rise to You at nightfall  
Our pardon come before You in the morning  
And our cry be heard by You at evening

**Ya'aleh minuseinu mei-erev  
V'yavo l'ma'ano mi-boker  
V'yeira-eh kipureinu ahd arev**

May our trust in You rise up at nightfall  
Our hope granted for Your sake in the morning  
And our atonement come at evening

**Ya'aleh yish'einu mei-erev  
V'yavo tahoreinu mi-boker  
V'yeira-eh chinuneinu ahd arev**

May our deliverance mount at nightfall  
Our cleansing come to us in the morning  
And Your favor come to us at evening

**Ya'aleh zichroneinu mei-erev  
V'yavo vi-udeinu mi-boker  
V'yeira-eh hadrateinu ahd arev**

May our remembrance rise to You at nightfall  
Our assembly be acceptable in the morning  
And our glory shine at evening

**Ya'aleh dofkeinu mei-erev  
V'yavo gileinu mi-boker  
V'yeira-eh bakashateinu ahd arev**

May our knocking at Your gates be heard at nightfall  
Our joy come to us in the morning  
And our petition be granted at evening

**Ya'aleh enkateinu mei-erev  
V'yavo eilecha mi-boker  
V'yeira-eh eileinu ahd arev**

May our cry rise up to You at nightfall  
Our plea reach Your presence in the morning  
And Your mercy be shown to us at evening

סליחות  
Selichot

May it be your will, Eternal One, my God,  
that you not place your servant  
under the strictest form of judgment,  
for no creature can truly be considered just,  
when standing in your presence.

Who am I? What is my life?

I am like a piece of straw before a fire,  
like dried and withered trees before a raging flame,  
like silver waiting to be purged of baser metals,  
the emptiest of empty things,  
in whome no substance dwells.

How can I hope to face you, Holy One, my God?

What healing can I hope to seek from you?

What you hold unimportant I have overvalued,  
what you have held important I have overlooked.  
What you have held as precious I have pushed away,  
what you have kept away from you I have drawn close.

I never did intend to make you angry,  
but now, presumptuous as it may seem,

I come to ask your mercy,  
and forgiveness, and atonement.

I have put on my boldest face like a flintrock,  
I know I shall not suffer shame.

Truly, in you I trust, Kind One.

I have declared: "You are my God!"

I have relied on your abundant love,  
because I know you are

a gentle God, gracious and compassionate,  
slow to grow angry, overflowing in your love,  
and ready always to do good.

KI ANU AMECHA : We are your people

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ - סֶלַח-לָנוּ. מַחֲל-לָנוּ. כַּפֵּר-לָנוּ:

כִּי אָנוּ עַמְּךָ וְאַתָּה אֱלֹהֵינוּ. אָנוּ בְּנֶיךָ וְאַתָּה אָבִינוּ:  
אָנוּ עֲבָדֶיךָ וְאַתָּה אֲדוֹנֵנוּ. אָנוּ קְהָלְךָ וְאַתָּה חֻלְקֵנוּ:  
אָנוּ נַחֲלָתְךָ וְאַתָּה גּוֹרְלָנוּ. אָנוּ צֹאנְךָ וְאַתָּה רוֹעֵנוּ:  
אָנוּ כֶּרֶמְךָ וְאַתָּה נוֹטְרָנוּ. אָנוּ פְּעֻלָּתְךָ וְאַתָּה יוֹצְרָנוּ:  
אָנוּ רְעִיָּתְךָ וְאַתָּה דוֹדָנוּ. אָנוּ סְגֻלָּתְךָ וְאַתָּה קְרוֹבָנוּ:  
אָנוּ עַמְּךָ וְאַתָּה מַלְכֵנוּ. אָנוּ מַאֲמִירְךָ וְאַתָּה מַאֲמִירָנוּ:

Eloheinu veilohei avoteinu v'imoteinu – s'lach lanu, m'chal lanu, kaper lanu.

Ki anu amecha v'atah eloheinu,	Anu vanecha v'atah avinu.
Anu avadecha v'atah adoneinu,	anu k'halecha v'atah chelkeinu.
Anu nachalatecha v'atah goraleinu,	anu tzonecha v'atah ro'einu.
Anu charmecha v'atah notreinu,	anu f'ulatecha v'atah yotzreinu.
Anu ra'yatecha v'atah dodeinu,	anu s'gulatecha v'atah k'roveinu.
Anu amecha v'atah malkeinu,	anu ma'amirecha v'atah ma'amireinu.

Our god and god of our ancestors, forgive us, pardon us, grant us atonement.

For we are Your people, and You are our God.

we are Your children, and You are our Source.

We are Your devotees, and You are our Master.

we are Your congregation, and You are our Heritage.

We are Your inheritance, and You are our Destiny.

we are Your flock, and You are our Shepherd.

We are Your vineyard, and You are our Caretaker.

we are Your handiwork, and You are Shaper.

We are Your companions, and You are our Beloved.

we are Your treasure, and You are our Intimate.

We are Your people, and You are our Guide.

we are Your chosen ones, and You are Chosen One.

### THE THIRTEEN ATTRIBUTES

יהוה יהוה אל רחום וְחַנּוּן. אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת:  
נֹצֵר חֶסֶד לְאַלְפִים. נִשְׂא עוֹן וּפְשָׁע וְחַטָּאָה וְנִקָּה:

**Adonai, Adonai, El rachum v'chanun. Erech apayim v'rav chesed ve-emet.  
Notser chesed la-alafim, nosay a-von va-fesha v'chata-ah v'nakay.**

Yod Hay, Vav Hay, Compassion and Tenderness,  
Patience, Forbearance, Kindness, Awareness.  
Bearing love from age to age,  
lifting guilt and mistakes and making us free. Adonai....

\*\*\*\*\*

The great transgression is not that we commit sins –  
for temptation is strong and our power is slight.  
Rather, the great transgression is that at every instant we could turn to God –  
and yet we do not do so!

(Rabbi Simchah Bunim)



ASHAMNU :We have trespassed

אֲשַׁמְנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבַּרְנוּ דָּפִי.  
הָעֵינֵינוּ. וְהִרְשָׁעְנוּ. זָדְנוּ. חָמְסְנוּ. טָפַלְנוּ שָׁקֶר.  
יַעֲצֵנוּ רָע. כָּזַבְנוּ. לָצְנוּ. מָרַדְנוּ. נֶאֱצְנוּ.  
סָרַרְנוּ. עָוִינוּ. פָּשַׁעְנוּ. צָרַרְנוּ. קִשִּׁינוּ עָרָף.  
רָשַׁעְנוּ. שָׁחַתְנוּ. תַּעֲבֵנוּ. תַּעֲתִיעֵנוּ:

Ashamnu, Bagadnu, Gazalnu, Dibarnu Dofi.  
He'evinu, V'hirshanu, Zadnu, Chamasnu, Tafalnu Sheker.  
Ya'atznu Ra, Kizavnu, Latznu, Maradnu, Ni'atznu.  
Sararnu, 'Avinyu, Pasha'nu, Tzararnu, Kishinu Oref.  
Rasha'nu, Shichatnu, Ti'avnu, Ta'inu, Ti'tanu.

We have trespassed; we have dealt treacherously; we have robbed; we have slandered;

We have tortured; we have done wrong; we have acted presumptuously; we have done violence; we have practiced deceit;

We have counseled evil; we have spoken falsehood; we have scoffed; we have revolted; we have blasphemed;

We have turned our backs; 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.



---

Who are we? We're light and truth,  
infinite wisdom, eternal goodness.  
Yet we've Abused, we've Betrayed,  
we've been Cruel, yes, we've Destroyed.

At our core we're light and truth,  
infinite wisdom, eternal goodness.  
Yet we've Embittered, we have Falsified,  
we have Gossiped, yes, we have Hated.

Our real being is light and truth,  
infinite wisdom, eternal goodness.  
Yet we've Insulted, we have Jeered,  
we have Killed, yes we have Lied.

**SWEEP IT OUT! THROW IT OUT!**  
**WIPE IT OUT! YES, CLEAN IT ALL OUT!**

Who are we? We're light and truth,  
infinite wisdom, eternal goodness.  
Yet we have Mocked, we've Neglected,  
we've Oppressed, we have Perverted.

At our core we're light and truth,  
infinite wisdom, eternal goodness.  
Yet we have Quarreled, we've Rebelled,  
we have Stolen, yes, we've Transgressed.

Our real being is light and truth,  
infinite wisdom, eternal goodness.  
Yet we've been Unkind, we've been Violent,  
we've been Wicked, we've been Xenophobic.

**SWEEP IT OUT! THROW IT OUT!**  
**WIPE IT OUT! YES, CLEAN IT ALL OUT!**

---

## AL CHAYT 1

Because the relief of pain is built into its perception,  
I search within and remember when

I did not listen  
I did not see  
I was manipulative  
I denied feeling  
I did not question  
I played "poor me"

*(Together):*

By these namings I ask for the help that I long for, the  
curative help, the insight.

Again from within I remember

my arrogance  
my despair  
my jealousy  
my dependency  
my anger

and ask for help in discarding that which is unfitting.

*(Together):*

By these namings I ask for the help that I long for, the  
curative help, the insight.

And again I remember

I did not use my power  
I resisted change  
I wouldn't risk  
I was afraid of excitement.

*(Together):*

By these namings I ask for the help that I long for, the curative help, the insight.

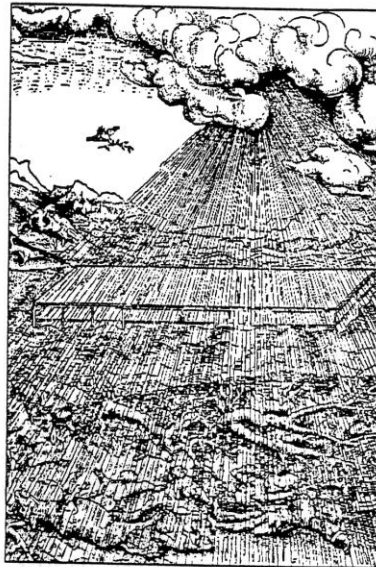
I remember

my non-involvement  
fearing my fantasies  
failing to love  
failing to be productive  
failing to see the humor

*(Together):*

By these namings I ask for the help that I long for, the curative help, the insight.

Keep reminding me that the Talmud says I will be called to account for all the permitted pleasures  
which I failed to enjoy.



## AL CHAYT 2

(Reader:) For the errors I have committed by being too hard on myself . . .

(Together:) And for the errors I have committed by blaming myself for things that were out of my control.

(Reader:) For the errors I have committed to myself by forgiving what was unforgivable . . .

(Together:) And for the errors I have committed to others by not forgiving when it was appropriate.

(Reader:) For the errors I have committed for not seeing the spark of divinity within each person I have encountered.

(Together:) And for the errors I have committed by not being in touch with my own divinity.

(Together:)

In naming these errors, I confront them, I accept them, and I commit myself to avoiding them in the year ahead.

וְעַל כָּל־אֵלֶּה סְלִיחוֹת סְלַח-לָנוּ כְּחַל-לָנוּ כַּפֵּר-לָנוּ.

V' al ku-lam elo-hai s' li-chot s' lach la-nu. m' chal la-nu, ka-per la-nu.

(Reader:) For blessings I lost because I was not fully there in the moment--- experiencing joy and warmth and sharing--- but was instead off somewhere else worrying about what would happen next;

(Together:) And for the blessings I lost by being defensive and fearful . . .

(Reader:) For the blessings I lost by not trusting others;

(Together:) And for the blessings I lost by not trusting myself . . .

(Reader:) For the blessings I lost by fearing to give myself up in a commitment to another person;

(Together:) And for the blessings I lost by not cultivating a spirit of commitment from those I love . . .

(Together:)

In naming these lost blessings, I let go of regret and bitterness, I recognize the inexhaustability of life's blessings, and I vow to be open to them in the coming year.

וְעַל כָּל־אֵלֶּה סְלִיחוֹת סְלַח-לָנוּ כְּחַל-לָנוּ כַּפֵּר-לָנוּ.

V' al ku-lam elo-hai s' li-chot s' lach la-nu. m' chal la-nu, ka-per la-nu.

(Reader:) For the pain I caused others by hurting them to protect my own ego;

(Together:) And for the pain I caused myself by not loving myself . . .



### AL CHAYT 3

For the pain I caused friends by not taking the time to support them when they needed me;

And for the pain I caused myself by not asking my friends for the support I needed . . .

For the pain I caused others by not being honest;

And for the pain I caused myself by not seeking honest counsel from others . . .

(Together:)

In recalling this pain, I experience it, I heal it, and I commit myself  
to replacing it with joy in the coming year.

**וְעַל כָּל־אֵלֶּה סְלִיחוֹת סְלַח-לָנוּ מַחֲל-לָנוּ כַּפֹּר-לָנוּ**

V' al ku-lam elo-hai s' li-chot s' lach la-nu. m' chal la-nu. ka-per la-nu.

For those times when I believed that I was alone, that no one else really cared, and that there was no point in reaching out to others:

And for the times when I believed that my temporary helplessness was permanent . . .

For those times I believed that it was futile to try to regenerate a movement for social change;

And for the times I scoffed at those who are still trying . . .

For the times I was so numbed by the oppression around me that I closed my eyes to it;

And for the times when I was so dulled by the continuation of violence that I closed my ears to it . . .

(Together:)

I see now that there have been times when I did not live up to my highest ideals. I name these times, I admit them to my most private self. I resolve to reaffirm my highest ideals in the coming year.

**וְעַל כָּל־אֵלֶּה סְלִיחוֹת סְלַח-לָנוּ מַחֲל-לָנוּ כַּפֹּר-לָנוּ**

V' al ku-lam elo-hai s' li-chot s' lach la-nu. m' chal la-nu. ka-per la-nu.

For the riches I lost by giving up on my Jewish heritage without ever even knowing it;

And for the riches I lost by not honoring the Shabbat, by never really trying to experience Jewish life in its totality...

For the riches I lost by not allowing myself to be part of my own culture;

And for the riches I lost by not participating in building a larger culture that includes my values and yet permits non-Jews to participate on equal footing...

For the riches I lost by not appreciating the 5000 year-old heritage that has been safe-guarded for me by preceding generations:

And for the riches I lost by not seeking the joy that accompanies the act of passing this heritage on to the next generation...

## AL CHAYT 4

(Together:)

In contemplating these riches lost, I examine these opportunities foregone, I re-appraise their meaning to me, and I commit myself to bring them into my life in the coming year.

ועל כלם אלה סליחות סלח-לנו מ'חל לנו כפר-לנו

V' al ku-lam elo-hai s' li-chot s' lach la-nu. m' chal la-nu. ka-per la-nu.

For those times I turned a deaf ear on the cries of children:

And for those times I turned a deaf ear to the small child within me . . .

For those times when I was afraid to look deeply and honestly at myself;

And for those times when I used self-examination as a substitute for personal change . . .

For those times I thought I could not change:

And for those times I allowed these prayers to be a substitute for making the necessary changes . . .

(Together:)

In remembering these times, I recognize that I strayed from the higher path, I understand the obstacles that face me along this path, and I express my hopes to choose the higher path in the coming year.

ועל כלם אלה סליחות סלח-לנו מ'חל לנו כפר-לנו

V' al ku-lam elo-hai s' li-chot s' lach la-nu. m' chal la-nu. ka-per la-nu.

Looking deeply into our soul, I see myself . . .

Pretending to emotions I do not feel  
Using the errors of others to excuse my own  
Denying my responsibility for my own misfortunes  
Refusing to admit my share in the troubles of others  
Passing judgement without knowledge of the facts  
Remembering the price of things but forgetting their value.

(Together:)

These visions assail me. In reliving them today, I acknowledge my frailty, I accept my imperfection. At the same time I vow, here tonight in this sanctified place of worship, here tonight in the company of my friends and family, to carry with me from this night forward a vision of the better life I choose to lead in the coming year.

ועל כלם אלה סליחות סלח-לנו מ'חל לנו כפר-לנו

V' al ku-lam elo-hai s' li-chot s' lach la-nu. m' chal la-nu. ka-per la-nu.

## AL CHAYT

For the error we have committed...

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

Al chayt she-chatanu l'fanecha...

And for the error we have committed...

וְעַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ...

V'al chayt she-chatanu l'fanecha...

~~~~~

בְּאִמּוּץ הַלֵּב. בְּ בִטּוּי שְׁפָתַיִם:

b'imutz ha-lev.

b'vitui sfatatyim.

by hardening our hearts.

by speaking perversely.

בְּגִלּוּי וּבִסְטֵר. בְּ דְבוּר פֶּה:

ba-galui uvsater.

b'dibur peh.

publicly and privately.

by corrupt speech.

בְּהִרְהוּר הַלֵּב. בְּיֹדֵי פֶה:

b'harhor ha-lev.

b'vidui peh.

by negative thoughts.

by insincere confession.

בְּזִדּוֹן וּבְשִׁגְגָה. בְּחִלּוּל הַשֵּׁם:

b'zadon u-vish-gaga.

b'chilul Hashem.

intentionally and unintentionally. by desecrating the Sacred.

וְעַל כָּלֵם אֱלֹהִים סְלִיחוֹת סִלַּח-לָנוּ. מַחֲל-לָנוּ. כְּפָר-לָנוּ:

V'al kulam Eloha slichot, s'lach lanu, m'chal lanu, kaper lanu.

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

בְּטִפְשׁוֹת פֶּה. בְּ יוֹדְעִים וּבְלֹא יוֹדְעִים:

b'tipshut peh.

b'yod'im u-v'lo yod'im.

by foolish talk.

knowingly and unknowingly.

בְּכַפַּת שַׁחַד. בְּ לָשׁוֹן הָרַע:

b'chapat shochad.

bilshon hara.

by bribery.

by slander.

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ...
For the error we have committed...

Al chayt she-chatanu l'fanecha...

וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ...
And for the error we have committed...

V'al chayt she-chatanu l'fanecha...

בְּמֵאֵכֶל וּבְמִשְׁתֶּה. בְּ נִטִּית גָּרוֹן:

b'ma-achal uv'mishteh. bintiyat garon.

in eating and drinking. by false pride.

בְּשִׁקוּר עֵין. בְּ עֲזוֹת מַצַּח:

b'shikur 'ayin. b'azut metzach.

by wanton glances. by effrontery.

וְעַל כָּלֶם אֱלֹהֵי סְלִיחוֹת סִלַּח-לָנוּ. מַחֲל-לָנוּ. כִּפֹּר-לָנוּ:

V'al kulam Eloha slichot, s'lach lanu, m'chal lanu, kaper lanu.

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

בְּפִלְיוֹת. בְּ צָרוֹת עֵין:

bif-lilut. b'tzarut 'ayin.

by perverting justice. by envy.

בְּקִשְׁיוֹת עֶרְף. בְּ רִכְלִיוֹת:

b'kash'yut oref. bir-chilut.

by being stubborn. by talebearing.

בְּשִׁנְאֵת חֲנָם. בְּ תִמְהוֹן לֵב:

b'sin'at chinam. b'tim-hon leivav.

by causeless hatred. by confusion of values.

וְעַל כָּלֶם אֱלֹהֵי סְלִיחוֹת סִלַּח-לָנוּ. מַחֲל-לָנוּ. כִּפֹּר-לָנוּ:

V'al kulam Eloha slichot, s'lach lanu, m'chal lanu, kaper lanu.

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

AVINU MALKEINU – IMAYNU MALKATEINU

(Traditionally omitted on Shabbat)

(Everyone together:)

In the book of life, blessing, peace and good sustenance, may we be remembered and inscribed – we and all people – for a happy life and for peace. Blessed are we who make peace.

(Reader:)

IMEINU MALKATEINU, Source of Life, acknowledge us and be gracious to us, though we have strayed from the true path! Temper justice with love! Bring us salvation!

(Sing together:)

**אָבֵינוּ מַלְכֵנוּ חַיֵּנוּ וְעֵינֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:**

Avinu malkeinu, cho-neinu va-aneinu

Avinu malkeinu, cho-neinu va-aneinu

Ki eyn banu ma-asim

Aseh imanu tzedakah va-chesed

Aseh imanu tzedakah va-chesed

V'hoshi-einu

Imeinu malkateinu, cha-ninu va-aninu

Imeinu malkateinu, cha-ninu va-aninu

Ki eyn banu ma-asim

Asi imanu tzedakah va-chesed

Asi imanu tzedakah va-chesed

V'hoshi-inu

Our source, our guide – be gracious to us and answer us.

For though we have strayed from our path, deal with us charitably and lovingly, and help us.

(Continue Humming...)

AVINU MALKEINU, forgive and pardon all our wrong-doing!

IMEINU MALKATEINU, may we return to our lives in genuine repentance!

AVINU MALKEINU, destroy the power of every oppressor and adversary!

IMEINU MALKATEINU, spare all of us from disease, war, famine, exile, and destruction!

(Sing Avinu Malkeinu....)

AVINU MALKEINU, send healing to all who are sick!

IMEINU MALKATEINU, inscribe us in the book of life for goodness!

AVINU MALKEINU, inscribe us in the book of redemption and freedom!

IMEINU MALKATEINU, inscribe us in the book of righteous acts!

(Sing Avinu Malkeinu....)

AVINU MALKEINU, inscribe us in the book of forgiveness and reconciliation!

IMEINU MALKATEINU, listen to our voice! Spare us! Show us mercy!

AVINU MALKEINU, open the gates of heaven to our prayer!

IMEINU MALKATEINU, let this hour be an hour of compassion and acceptance!

AVINU MALKEINU, acknowledge us and be gracious to us, though we have strayed from the true path! Temper justice with love! Bring us salvation!

אָבִינוּ מַלְכֵנוּ חֲנֻנוּ וְעֲנֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:

Avinu malkeinu, cho-neinu va-aneinu

Avinu malkeinu, cho-neinu va-aneinu

Ki eyn banu ma-asim

Aseh imanu tzedakah va-chesed

Aseh imanu tzedakah va-chesed

V'hoshi-einu

Imeinu malkateinu, cha-ninu va-aninu

Imeinu malkateinu, cha-ninu va-aninu

Ki eyn banu ma-asim

Asi imanu tzedakah va-chesed

Asi imanu tzedakah va-chesed

V'hoshi-inu

Our source, our guide – be gracious to us and answer us.

For though we have strayed from our path, deal with us charitably and lovingly, and help us.

ALEINU

עֲלֵינוּ לְשַׁבַּח לַאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית.
שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה.
שְׁלֹא שָׁם חִלְקֵנוּ כָּהֶם, וְגִרְלָנוּ כָּכֵל הַמוֹנָם:
וְאִנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

וַיֵּדַעַת הַיּוֹם וְהַשַּׁבָּת אֶל לִבָּבָךְ כִּי יְיָ הוּא הָאֱלֹהִים
בְּשִׁמִּים מִמַּעַל וְעַל הָאָרֶץ מִתַּחַת. אֵין עוֹד:

וְנֹאמַר. יְהִי יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא. יְהִי יְיָ אֶחָד וְשִׁמוֹ אֶחָד:

**Aleinu l'shabei-ach la-adon hakol, lateit g'dulah l'yotzeir b'reishit
shelo asanu k'goyei ha-aratzot, v'lo samanu k'mishp'chot ha-adamah,
shelo sam chelkeinu kahem, v'goraleinu k'chol hamonam,
va-anachnu kor'im umishtachavim umodim,
lifnei melech malchei ham'lachim hakadosh baruch hu.**

**V'yadata Hayom vahasheivota el l'vavecha, ki Adonai hu ha-elohim
bashamayim mima-al, v'al ha-aretz mitachat, ein od.**

**V'ne-emar, v'hayah Adonai l'melech al kol ha-aretz,
bayom hahu yihyeh Adonai echad, ush'mo echad.**

It is up to us to praise the one who creates the All, who made us one with the nations of the earth, sending us among the families of the earth, giving us a divine assignment. We are thankful to that one for bestowing our planet with various paths that lead to holiness, and for linking our fate with the fate of all the world. And we bend our knees, bow, approach and give thanks to the Holy One, Source of blessing.

And you shall know this very day, and return it to your heart, that God above us, is the God within us.
No matter how high you go, no matter how low you fall, there is nothing else.

And it was said, one day, Divinity will reign completely over all people and all paths. On that day, God will be one, and God's name, One.

MOURNER'S KADDISH

קדיש יתום

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. (אָמֵן)
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵהּ. וְיִמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעָגְלָא וּבְזִמְן קָרִיב. וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵי:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא. בְּרִיךְ הוּא.
לְעָלְמָא וּלְעָלְמֵי מְכַל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאֲמִירָן בְּעֻלְמָא. וְאָמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵי יְחִיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵינוּ הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן:

Yitgadal v'yitkadash sh'meih raba. **(Amein)**

B'al'ma di v'ra chiruteih v'yamlich malchuteih b'chayeichon uv'yomeichon
uv'chayei d'chol beit yisra-eil ba-agala uvizman kariv, v'imru **amein**.

Y'hei sh'meih raba m'varach l'olam ul'al'mei al'maya.

Yitbarach v'yishtabach v'yitpa-ar v'yitromam v'yitnasei
v'yithadar v'yitaleh v'yithalal sh'meih d'kudsha **b'rich hu**,
l'eila u l'eila mikol birchata v'shirata
tushb'chata v'nechemata da-amiran b'al'ma, v'imru **amein**.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol yisra-eil, v'imru **amein**.

Oseh shalom bimromav, hu ya-aseh shalom aleinu v'al kol yisra-eil,
v'al kol yosh'vei teivel, v'imru **amein**.

The great essence will flower in our lives and expand throughout the world.

May we learn to let it shine through so we can augment its glory.

We praise, we continue to praise, and yet, whatever it is we praise, is quite beyond the grasp of all these words and symbols that point us towards it.

We know, and yet we do not know.

May great peace pour forth from the heavens for us,
for all Israel, for all who struggle toward truth.

May that which makes harmony in the cosmos above, bring peace within and between us,
and to all who dwell on this earth, and let us say, Amen.

ADON OLAM

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| בְּטָרֶם כָּל יִצִּיר נִבְרָא: | אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ. |
| אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא: | לַעֲת נַעֲשֶׂה בְּחֶפְצוֹ כָּל. |
| לְבַדּוֹ יִמְלֹךְ נוֹרָא: | וְאַחֲרֵי כָּלֹת הַכֹּל. |
| וְהוּא יְהִי בְּתַפְאָרָה: | וְהוּא הָיָה וְהוּא הָוָה. |
| לְהַמְשִׁיל לוֹ לְהַחֲבִירָה: | וְהוּא אֶחָד וְאֵין שְׁנִי. |
| וְלוֹ הָעֵז וְהַמְּשָׁרָה: | בְּלִי רֵאשִׁית בְּלִי תַכְלִית. |
| וְצוֹר חֲבֵלִי בַּעֲת צָרָה: | וְהוּא אֵלִי וְחִי גּוֹאֲלִי. |
| מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא: | וְהוּא נָסִי וּמְנוֹס לִי. |
| בַּעֲת אִישָׁן וְאַעִּירָה: | בְּיָדוֹ אֶפְקִיד רוּחִי. |
| יְהוָה לִי וְלֹא אֵירָא: | וְעַם רוּחִי גְּוִיָּתִי. |

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| Adon olam asher malach,
L'eit na-asah v'cheftzo kol, | b'terem kol y'tzir nivra.
azai melech sh'mo nikra. |
| V'acharei kichlot hakol,
V'hu hayah, v'hu hoveh, | l'vado yimloch nora.
v'hu yihyeh, b'tifarah. |
| V'hu echad v'ein sheini,
B'li reishit b'li tachlit, | l'hamshil lo l'hachbirah.
v'lo ha-oz v'hamisrah. |
| V'hu eili v'chai goali,
V'hu nisi umanos li, | v'tzur chevli b'eit tzarah.
m'nat kosi b'yom ekra. |
| B'yado afkid ruchi,
V'im ruchi g'viyati, | b'eit ishan v'airah.
Adonai li v'lo ira. |

Master of Time and Space, who reigned before any form was created;
When all was made by your desire, then Your name was called *Melech* – guiding force.

And after all things will cease to be, You alone will reign, Awesome,
Who was, who is, and who will be in Beauty.

You are One, with no comparison.
Without beginning and without end, power and dominion are Yours.

You are my God and my Living Source, the rock of my destiny in times of distress.
You are my flag and my refuge; the portion of my cup on the day I call.

Into Your hands I entrust my spirit, when I sleep and when I wake.
As with my spirit, my body, too. Adonai is with me, I shall not fear.

CREDITS – We have gratefully used excerpts from the following written sources:

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