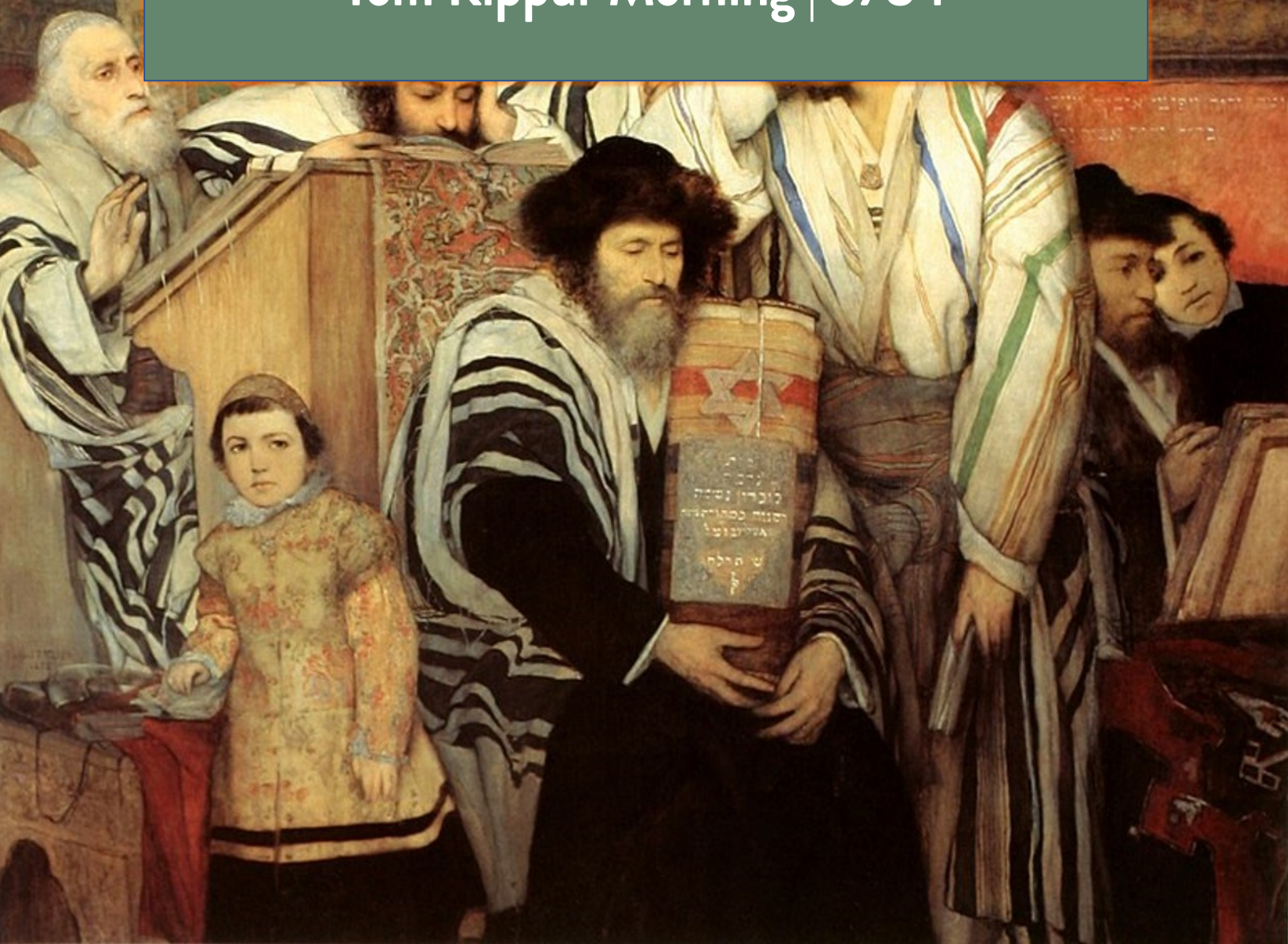


# מחזר בני אמונה

High Holiday Prayerbook

The Synagogue | Congregation B'nai Emunah  
Tulsa, Oklahoma

Yom Kippur Morning | 5784



**The members of Congregation B'nai Emunah  
honor the fact that we celebrate our faith on  
lands that were originally settled by  
the Muscogee (Creek) Nation.  
This nation descends from the  
historic Creek Confederacy,  
whose language communities include  
Muscogee, Yuchi, Natchez, Alabama, and Koasati.**

## A PRAYER FOR COMMUNITY

We gather today, all of us, in the presence of our God,  
Youth and elders, women and men,  
Those close to the tradition, and those who have been estranged—  
All are welcome in this community of prayer.  
Around the world, all Israel greets this holy day.  
We stand with them, a people united by our history and fate—  
Linked in mind and heart to generations past,  
Who stood before God, to be cleansed of their sins  
In Russia, Poland, Germany, and Spain;  
In Morocco, Egypt, Brazil, and India.  
And we stand, as well, with everyone here,  
Linked not only by history and biology,  
But by the powerful force of choice and decision,  
By the mysterious prompts of conscience and intuition  
That bring people together to communion in this sanctuary.  
Our great-grandparents are here with us today  
And our great-great-grandchildren, as well—  
All are present in memory and hope.  
We gather on this sacred morning, all of us  
As one.

## MAH TOVU

מה טובו אהלֵיךָ יַעֲקֹב מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל  
וְאֲנִי בְּרֹב חַסְדֶּךָ אָבוֹא בֵּיתְךָ אֶשְׁתַּחֲוֶה  
אֶל הַיִּכְל־קֹדֶשׁ בִּירְאָתְךָ  
יְהוָה אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ וּמִקוֹם מִשְׁכַּן כְּבוֹדְךָ  
וְאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרַע אֲבָרְכָה לִפְנֵי יְהוָה עֹשֵׂי  
וְאֲנִי תִפְלִיתִי־לְךָ יְהוָה עַת רְצוֹן  
אֱלֹהִים בְּרֹב חַסְדֶּךָ עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ

Mah tovu ohalecha Ya'akov mishkenotecha Yisra'ayl  
Va'ani be-rov chasdecha avo vaytecha  
Eshtachaveh el haychal kodshecha be-yiratecha  
Adonai ahavti me'on baytecha u-mekom mishkan kevodecha  
Va-ani eshtachaveh ve-echra'ah evrechah lifnay Adonai osi  
Va'ani tefilati-lecha Adonai ayt ratzon  
Elohim be-rov chasdecha anayni be-emet yishecha

How lovely are your dwellings, people of Jacob;  
your sanctuaries, people of Israel!  
As for me, God, Your great love inspires me to enter Your house,  
To worship in Your holy sanctuary, filled with awe for You.  
Adonai, I love Your house, the place where Your glory dwells.  
Before my maker I humbly bow in worship.  
May this be an auspicious time, Adonai, for my prayer.  
God, in your abundant mercy, answer me with Your faithful deliverance.

## HOSHI'AH

הוֹשִׁיעָה אֶת־עַמָּךְ וּבָרֵךְ אֶת־נַחֲלָתְךָ  
וְרַעַם וְנִשְׂאֵם עַד־הָעוֹלָם נַפְשָׁנוּ חִבָּתָה לַיהוָה עֲזָרְנוּ  
וּמִגִּנְנוּ הוּא כִּי־בוֹ יִשְׁמַח לִבָּנוּ  
כִּי בִשְׁם קָדְשׁוֹ בְּטַחְנוּ יְהִי־חֲסִדְךָ יְהוָה עָלֵינוּ  
כַּאֲשֶׁר יַחֲלֵנוּ לָךְ הֲרָאֵנוּ יְהוָה חֲסִדְךָ וַיִּשְׁעֶךָ תִּתֵּן־לָנוּ  
קוֹמָה עֲזֹרָתָה לָנוּ וּפָדָנוּ לְמַעַן חֲסִדְךָ אֲנֹכִי יְהוָה אֱלֹהֶיךָ  
הַמַּעֲלֶךְ מֵאֶרֶץ מִצְרַיִם הֶרְחַב־פִּיךָ וְאַמְלֵאֲהוּ אֲשֶׁר־יְהֵם שְׂכָכָה לוֹ  
אֲשֶׁר־יְהֵם שִׁיְהוָה אֱלֹהֵיוּ וְאֲנִי בְּחֲסִדְךָ בְּטַחֲתִי  
יָגַל לִבִּי בִישׁוּעָתְךָ אֲשִׁירָה לַיהוָה כִּי גָמַל עָלַי

Hoshi'ah et amecha u-varaych et nachalatecha  
u-r'aym ve-nasaym ad ha-olam  
Nafshaynu chiktah l-Adonai ezraynu  
u-maginaynu hu ki vo yismach libaynu  
Ki ve-shaym kodsho vatachnu  
yehi chasdecha Adonai alaynu  
Ka-asher yichalnu lach haraynu  
Adonai chasdecha Ve-yishacha titayn lanu  
Kuma ezrata lanu u-f'daynu lema'an  
chasdecha anochi Adonai elohecha  
Ha-ma'alcha may-eretz Mitzrayim harchayv picha va-amalayhu  
Ashray ha-am she-kacha lo  
Ashray ha-am she-Adonai elohav va-ani be-chasdecha vatachti  
Yagayl libi bi-y'shu'atecha ashira l'Adonai ki gamal alai

Help Your people, bless Your heritage;  
nurture and sustain them forever.  
We wait hopefully for Adonai;  
God is our help and our shield.  
In God our hearts rejoice,  
For in God's holy name do we trust.  
May Your lovingkindness be extended to us, Adonai.  
For we have placed our hope in You.  
Show us Your love; grant us Your saving power.  
Arise and come to our help; redeem us because of your love.  
"I am Adonai your God who brought you out of the land of Egypt.  
Express your need and I will fulfill it."  
Blessed be the people who are so privileged.  
Blessed are the people whose God is Adonai.  
I have trusted in Your love; may I rejoice in Your saving power.  
I shall sing to Adonai, for God has been bountiful to me.

## AZ YASHIR

אֲזַ יִשְׁיֵר מֹשֶׁה וּבְנֵי יִשְׂרָאֵל אֶת־הַשִּׁירָה הַזֹּאת לַיהוָה  
וַיֹּאמְרוּ לֵאמֹר אֲשִׁירָה לַיהוָה כִּי־גָאָה גָּאָה  
סוֹס וּרְכָבוֹ רָמָה בָּיָם עֲזִי וְזִמְרַתָּה וַיְהִי־לִי לִישׁוּעָה  
זֶה אֱלֹהֵי וְאֵלֵינוּ אֱלֹהֵי אָבִי וְאַרְמְמָנָהוּ  
יְהוָה אִישׁ מִלְחָמָה יְהוָה שְׁמוֹ  
מִרְכַּבַּת פָּרָעָה וַחֲלִילֹה יְרָה בָּיָם וּמִבְּחָר שְׁלֹשִׁיו טַבְּעוּ בַיָּם־סוּף  
תִּהְיֶה מֵת יְכַסִּימוּ יָרְדוּ בְּמִצּוֹלָת כְּמוֹ־אָבִן



Az yashir Moshe u-v'nay Yisra'ayl et ha-shirah ha-zot l-Adonai  
 Va-yomru, va-yomru laymor ashirah l-Adonai ki ga'oh ga'ah  
 Sus ve-rochvo ramah va-yam  
 ozi ve-zimrat Yah va-yehi li li-y'shu'ah  
 Zeh Ayli ve-anvayhu Elohay avi va'aromemhu  
 Adonai ish milchama Adonai shemo  
 Markevot Paroh ve-chaylo yarah va-yam  
 u-mivchar shalishav tube'u ve-Yam Suf  
 Tehomot yechasyumu yardu vi-m'tzolot kemo aven

Then Moses and the people Israel sang this song to Adonai:  
 I will sing to Adonai, mighty in majestic triumph!  
 Horse and driver God has hurled into the sea.  
 Adonai is my strength and my might. God is my deliverance.  
 This is my God, to whom I give glory—my ancestor's God whom I exalt.  
 Adonai is a warrior; God's name is Adonai.  
 Pharaoh's chariot and army God has cast into the sea;  
 Pharaoh's choicest captains have drowned in the Sea of Reeds.

יְמִינָךְ יְהוָה נֶאֱדָרִי בְכֶם יְמִינָךְ יְהוָה תִּרְעֵץ אוֹיֵב  
 כִּי לַיהוָה הַמְּלוּכָה וּמִשָּׁל בְּגוֹיִם  
 וְעָלוּ מוֹשִׁיעִים בְּהָר צִיּוֹן לִשְׁפֹט אֶת־הָהָר עֶשׂו  
 וְהִיתָה לַיהוָה הַמְּלוּכָה וְהָיָה יְהוָה לְמֶלֶךְ עַל־כָּל הָאָרֶץ  
 בַּיּוֹם הַהוּא יִהְיֶה יְהוָה אֶחָד וּשְׁמוֹ אֶחָד

Yemincha Adonai ne'edari ba-ko'ach yemincha Adonai tiratz oyayv  
 Ki l'Adonai ha-m'luchah u-moshayl ba-goyim  
 Ve-alu moshi'im be-Har Tziyon lishpot et Har Aysav  
 Ve-hayitah l-Adonai ha'meluchah ve-hayah Adonai le-melech al kol ha-aretz  
 Ba-yom ha-hu yihyeh Adonai echad u-shemo echad.

The depths covered them; they sank in the deep like a stone.  
 For sovereignty belongs to Adonai, who rules the nations.  
 Deliverers shall rise on Mount Zion to judge the mountain of Esau,  
 And Adonai shall be supreme. Adonai shall be sovereign over all the earth.  
 On that day Adonai shall be one and the name of God one.

## HA-MELECH

הַמֶּלֶךְ

יוֹשֵׁב עַל כִּסֵּא רָם וְנִשָּׂא:  
 שׁוֹכֵן עַד. מָרוֹם וְקָדוֹשׁ שְׁמוֹ.  
 וְכָתוּב רָנְנוּ צַדִּיקִים בִּיהוָה לִישָׁרִים נֶאֱנָה תִהְיֶה.

Ha-Melech  
 Yoshayv al kiseh ram v'nisah:  
 Shochayn ad. Marom v'kadosh shemo.  
 V'chatuv ranenu tzadikim b'Adonai layesharim na'vah tehilah.

God is King enthroned supreme. Inhabiting eternity, sacred and exalted.  
Rejoice in the Lord, you righteous.  
It is fitting for the upright to praise God.

בְּפִי יִשְׁרִים תִּתְרוֹמָם  
וּבִדְבָרֵי צְדִיקִים תִּתְבָּרַךְ  
וּבִלְשׁוֹן חֲסִידִים תִּתְקַדָּשׁ  
וּבִקְרֹב קְדוֹשִׁים תִּתְהַלַּל

Befi yesharim titromam  
U-v'divray tzadikim titbarach  
U-vilshon chasidim titkadash  
U-v'kerev kedoshim tithalal

By the mouth of the upright are You acclaimed,  
By the word of the righteous are You praised,  
By the tongue of the faithful are You hallowed,  
In the heart of the saintly are You extolled.

בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם:  
בְּרוּךְ אַתָּה יְהוָה. אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת  
אֵל הַהוֹדָאוֹת. אֲדוֹן הַנִּפְלְאוֹת.  
הַבּוֹחֵר בְּשִׁירֵי זִמְרָה. מֶלֶךְ אֵל חַי הָעוֹלָמִים:

Berachot v'hodaot me-atah v'ad olam.  
Baruch atah Adonai, ayl melech gadol ba-tishbachot  
ayl ha-hodaot. Adon ha-niflaot.  
Ha-bochayr b'shiray zimrah. Melech ayl hay ha-olameem.

We offer You our devotion, open our hearts in acclimation.  
Praised are You, Sovereign of wonders,  
crowned with adoration,  
delighting in mortal song and psalm,  
exalted King, eternal life of the universe.

## BARCHU

בָּרְכוּ אֶת יְהוָה הַמְבָרֵךְ:  
בְּרוּךְ יְהוָה הַמְבָרֵךְ לְעוֹלָם וָעֶד:  
בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.  
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ. עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל:

Barchu et Adonai ha'mvorach.  
Baruch Adonai ha'mvorach l'olam va'ed.  
Baruch atah Adonai Elohaynu melech ha-olam,  
Yotzayr ohr u'voreh hoshech. Oseh shalom u'voreh et ha-kol.

Praise the Lord, Source of Blessing.  
Praise the Lord, Source of Blessing, throughout all time.  
Praised are You, Lord our God, Sovereign of the universe,  
creating light and fashioning darkness,  
ordaining the order of all creation.

אור עולם באוצר חיים אורות מאפל אמר ויהי:

Or olam b'otzar hayyim orot may'ofayl amar va'yehi.

God spoke and there was light out of darkness,  
life-giving treasure, eternal light.

## AHAVAH RABAH

אהבה רבה אהבתנו יהוה אלהינו חמלה גדולה ויתרה חמלת  
עלינו אבינו מלכנו בעבור אבותינו שבטחו בך  
ותלמדם חקי חיים בן תחנונו ותלמדנו  
אבינו אב הרחמן המרחם רחם עלינו  
ותן בלבנו להבין ולהשכיל לשמע ללמוד וללמד לשמר ולעשות  
ולקיים את כל דברי תלמוד תורתך באהבה  
האר עינינו בתורתך ודבק לבנו במצותיך  
ויחד לבנו לאהבה וליראה את שמך  
ולא נבוש לעולם ועד  
כי בשם קדשך הגדול והנורא בטחנו נגילה ונשמחה בישועתך  
והביאנו לשלום מארבע כנפות הארץ  
ותוליכנו קוממיות לארצנו  
כי אל פועל ישועות אתה  
ובנו בחרת מכל עם ולשון  
וקרבתנו לשמך הגדול סלה באמת  
להודות לך וליחדך באהבה  
ברוך אתה יהוה הבוחר בעמו ישראל באהבה

Ahavah rabah ahavtanu Adonai Elohaynu chemlah gedolah vi-y'tayrah  
chamalta alaynu Avinu Malkaynu ba-avur avotaynu  
she-batchu vecha, Va-telamdaym chukay chayim kayn techanaynu u-t'lamdaynu  
Avinu ha-av ha-rachaman ha-m'rachaym rachaym alaynu  
Ve-tayn be-libaynu lehavin, u-lehaskil lishmo'a  
Lilmod u-lelamayd lishmor ve-la'asot U-l'kayaym et kol divray talmud  
Toratecha be-ahavah Ve-ha'ayr aynaynu be-Toratecha  
ve-dabayk libaynu be-mitzvatecha  
Ve-yachayd levavaynu le-ahavah u-l'yirah et shemecha  
Ve-lo nayvosh le-olam va-ed, Ki ve-shaym kodshecha  
ha-gadol ve-hanora batachnu Nagilah ve-nismechah, bi-yeshuatecha  
Ve-havi'aynu le-shalom may-arba kanfot ha-aretz  
Ve-tolichaynu komemiyut le-artzaynu Ki Ayl po'ayl yeshu'ot atah  
U-vanu vacharta mi-kol am ve-lashon Ve-kayravtanu le-shimcha ha-gadol  
selah be-emet Lehodot lecha u-l'yachedcha, be-ahavah  
Baruch atah Adonai ha-bochayr be-amo Yisra'ayl be-ahavah

You have loved us deeply, Adonai our God, and shown us boundless compassion.  
Avinu Malkaynu, for the sake of our ancestors who trusted in You  
And whom You taught the laws of life, be gracious to us as well, and instruct us.

Compassionate Creator, care for us. Allow our hearts to understand and discern; to hear, study, and teach; To observe, fulfill, and perform with love all the teachings of Your Torah. Enlighten our eyes with Your Torah; attach our hearts to Your mitzvot; Unify our hearts to love and revere Your name so that we never lose hope. As we trust in Your great, holy, awe-inspiring name, We will delight in Your deliverance. Bring us safely from the four corners of the earth, And lead us in dignity to our land, for You are the God who effects deliverance. You have chosen us from all other peoples and tongues, Always drawing us nearer to Your name, That we may truly acknowledge You and lovingly proclaim Your oneness. Blessed are You, Adonai, who lovingly cares for Israel.

## SHEMA

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

Shema Yisra'ayl Adonai Elohaynu Adonai Echad

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

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Baruch shaym kevod malchuto le-olam va-ed

Blessed is God's Name, whose glorious domain is forever and ever.

וְאַהֲבַת אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לִבְּךָ  
וּשְׁנַנְתָּם לְבָנֶיךָ וּדְבַרְתָּ בָּם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֻתְךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ  
וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֶטֶפֶת בֵּין עֵינֶיךָ  
וּכְתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

Ve-ahavta et Adonai Elohecha

Be-chol levavcha u-ve-chol nafshecha u-ve-chol me'odecha

Ve-hayu ha-d'varim ha-ayleh

Asher anochi metzavecha ha-yom al levavecha

Ve-shinantam levanecha ve-dibarta bam

Be-shivtecha be-vaytecha u-velechtech va-derech

U-veshochbecha u-ve-kumecha

U-k'shartam le-ot al yadecha ve-hayu le-totafot bayn aynecha

U-chetavtam al mezuzot baytecha u-vi-she'arecha

And you shall love Adonai your God

With all your heart and with all your soul and with all your possessions.

And these words, which I command you today,

Shall be upon your heart.

And you shall teach them carefully to your children.

And you shall discuss them when you sit in your house,

And when you travel on the road,

And when you lie down and when you rise.

And you shall bind them for a sign upon your hand,

And they shall be for signifiers between your eyes.

And you shall write them upon the doorposts of your house

And upon your gateways.



## AL ZOT

על זאת שבחו אהובים וְרוֹמְמוּ אֶל וְנַתְּנוּ יְדִידִים זְמִירוֹת  
שִׁירוֹת וְתִשְׁבָּחוֹת בְּרָכוֹת וְהוֹדָאוֹת לְמֶלֶךְ אֵל חַי וְקַיִם  
רָם וְנִשְׂא גָדוֹל וְנוֹרָא  
מְשַׁפִּיל גָּאִים וּמַגְבִּיחַ שְׁפָלִים  
מוֹצִיא אֲסִירִים וּפּוֹדֶה עֲנָוִים וְעוֹזֵר דָּלִים  
וְעוֹנֶה לַעֲמּוֹ בַּעַת שׁוּעָם אֱלֹיו  
תְּהִלוֹת לֹאֵל עֲלִיוֹן בְּרוּךְ הוּא וּמְבָרֵךְ  
מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כָּלֵם  
מִי כְמוֹכָה בָּאֵלִים יְהוָה  
מִי כְמוֹכָה נֶאֱדָר בְּקֹדֶשׁ  
נוֹרָא תְּהִלַּת עֲשֵׂה פֶלֶא  
שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים לְשִׁמְךָ עַל שְׁפַת הַיָּם  
יַחַד כָּלֵם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ  
יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד  
צוּר יִשְׂרָאֵל קוֹמָה בְּעִזְרַת יִשְׂרָאֵל  
וּפִדֶה כְּנֻאמָה יְהוּדָה וְיִשְׂרָאֵל  
גָּאֲלֵנוּ יְהוָה צְבָאוֹת שְׁמוֹ קְדוֹשׁ יִשְׂרָאֵל  
בְּרוּךְ אַתָּה יְהוָה גָּאֵל יִשְׂרָאֵל

Al zot, al zot shibechu ahuvim, ve-romemu, ayl ve-natnu,  
yedidim, z'mirot shirot ve-tishbachot berachot ve-hoda'ot  
La-melech Ayl chai ve-kayam  
Ram ve-nisa gadol ve-nora  
Mashpil gayim u-magbiha shefalim  
Motzi asirim u-fodeh anavim ve-ozayr dalim  
Ve-oneh le-amo, be-ayt shavam aylav  
Tehilot le-Ayl elyon baruch hu u-m'vorach  
Moshe u-v'nay Yisra'ayal lecha anu shirah  
Be-simchah rabah ve-amru chulam  
Mi chamochah ba-aylim Adonai  
Mi kamochah ne'edar ba-kodesh  
Nora tehilot osay feleh  
Shirah chadashah shibechu ge'ulim le-shimcha al sefat ha-yam  
Yachad kulam hodu ve-himlichu ve-amru  
Adonai yimloch le-olam va'edb  
Tzur Yisra'ayl kumah be-ezrat Yisra'ayl  
U-f'day chi-ne'umecha Yehudah ve-Yisra'ayl  
Go'alaynu Adonai Tzeva'ot shemo kedosh Yisra'ayl  
Baruch atah Adonai ga'al Yisra'ayl

Because of this, the beloved ones praised and exalted the Almighty;  
And the beloved ones offered hymns, songs, and praises, blessings and thanksgiving  
To the Ruler, the Almighty, living and enduring,  
Exalted and uplifted, great and awesome;  
God humbles the haughty and raises the lowly;  
God frees the captives and redeems the humble, (and) helps the impoverished

And God answers God's people when they cry out.  
 Praises to the blessed most high God, who is blessed.  
 Moses and the Children of Israel sang a song to You  
 With great joy, and they all proclaimed:  
 "Who is like You among the mighty, Adonai! Who is like You, adorned in holiness,  
 Awesome in praise, performing wonders!"  
 With a new song the redeemed people praised Your Name at the seashore!  
 All of them in unison gave thanks and proclaimed Your sovereignty,  
 And said: "Adonai will reign forever and ever."  
 Rock of Israel, arise to the aid of Israel,  
 And liberate Judah and Israel as You promised.  
 Our Redeemer—Adonai Tzeva'ot—The Holy One of Israel.  
 Blessed are You, Adonai, Who redeemed Israel.

## AMIDAH

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
 אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב  
 אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה

Baruch atah Adonai Elohaynu v'Aylohay avotaynu  
 Elohay Avraham Elohay Yitzchak v'Aylohay Ya'akov  
 Elohay Sarah Elohay Rivkah Elohay Rachayl v'Aylohay Le'ah

Blessed are You, Adonai our God, and God of our ancestors—  
 God of Abraham, God of Isaac, and God of Jacob;  
 God of Sarah, God of Rebecca, God of Rachel, and God of Leah—

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֲלִיוֹן  
 גּוֹמֵל חֲסָדִים טוֹבִים וְקֹנֶה הַכֹּל וְזוֹכֵר חֲסָדֵי אֲבוֹת  
 וּמְבִיא גּוֹאֵל לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה

Ha-Ayl ha-gadol ha-gibor ve-ha-norah Ayl elyon  
 Gomayl chasadim, chasadim tovim ve-konay, ve-konay ha-kol  
 Ve-zochayr chasday avot  
 U-mayvi go'ayl livnay venayhem lema'an shemo be-ahavah

The great, powerful, awesome, unreachable God!  
 You perform loving acts, create all things,  
 And remember the good deeds of our ancestors.  
 And You will bring a redeemer to their children's children  
 For the sake of Your name, in love.

מְסוֹד חֲכָמִים וְנְבוֹנִים וּמְלָמֵד דַּעַת מְבַיְנִים  
 אֶפְתָּחָהּ פִּי בְּתַפְלָה וּבְתַחֲנוּנִים לְחִלּוֹת  
 וּלְחַנּוּן פָּנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים וְאֲדוֹנֵי הָאֲדוֹנִים

Mi-sod chachamim u-nivonim u-mi-lemed da'at mevinim  
 Eftecha pi bi-t'filah, u-ve-tachanunim  
 Lechalot u-l'chanayn penay melech malchay ha-m'lachim  
 Va-adonay ha-adonim

Invoking the doctrines of our wise and understanding sages,  
I open my mouth in prayer and supplication to plead and seek favor  
Before the presence of the Ruler, the Ruler of rulers—the Master of masters.

זְכַרְנוּ לְחַיִּים מֶלֶךְ חַפֵּץ בְּחַיִּים  
וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים

Zochraynu le-chayim melech chafaytz ba-chayim  
Ve-chatvaynu be-sayfer ha-chayim lema'ancha Elohim chayim.

Remember us for life, Sovereign, Who desires life;  
And inscribe us in the Book of Life, for Your sake, Living God.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן בְּרוּךְ אַתָּה יְיָ מִגֵּן אַבְרָהָם  
אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מַחִיָּה מֵתִים אַתָּה רֵב לְהוֹשִׁיעַ

Melech ozayr u-moshi'a u-magayn  
Baruch atah Adonai magayn Avraham  
Atah gibor le-olam Adonai  
Mechayay maytim rav lehoshi'a

You are a sovereign who supports, redeems, and defends.  
Blessed are You, Adonai, shield of Abraham.  
You are forever heroic, Adonai.  
You raise the lifeless with the power of redemption.

מְכַלְכֵּל חַיִּים בְּחֶסֶד מַחִיָּה מֵתִים בְּרַחֲמִים רַבִּים  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים  
וּמְקִים אֲמוּנָתוֹ לִישָׁנֵי עֶפֶר

Mechalkayl chayim be-chesed  
Mechayay maytim be-rachamim rabim  
Somaych noflim ve-rofay cholim u-matir asurim  
U-mekayaym emunato li-shaynay afar

You are a sovereign who supports, redeems, and defends.  
Blessed are You, Adonai, shield of Abraham.  
You are forever heroic, Adonai.  
You raise the lifeless with the power of redemption.

מִי כְמוֹךְ אֵב הָרַחֲמִים זוֹכֵר יְצוּרֵיוֹ לְחַיִּים בְּרַחֲמִים  
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים בְּרוּךְ אַתָּה יְהוָה מַחִיָּה הַמֵּתִים

Mi chamocha Av ha-rachamin zochayr yetzurav  
Yetzurav le-chayim, le-chayim be-rachamim  
Ve-ne'eman atah lehachayot maytim  
Baruch atah Adonai mechayay ha-maytim

Who is like You merciful Parent,  
Who remembers God's creatures for life, in God's mercy.  
And You are faithful in restoring the dead to life.  
Blessed are You, Adonai, who bestows eternal life.

# YOM DIN: ON JUDGEMENT DAY

לְבוֹחַן לְבָבוֹת בְּיוֹם דִּין לְגוֹלָה עֲמוּקוֹת בְּדִין  
לְדוֹבֵר מִיִּשְׁרִים בְּיוֹם דִּין לְהוֹגֵה דַּעוֹת בְּדִין

Le-vochayn levavot be-Yom Din; Le-goleh amukot ba-din  
Le-dovayr maysharim be-Yom Din; Le-hogeh dayot ba-din

To the Almighty who apports judgment;  
Who examines hearts on the day of judgment;  
Who reveals depths [of the heart] in judgment;  
Who speaks uprightly on the Day of Judgment;  
Who utters knowledge in judgment;

לְוֹתִיק וְעֹשֶׂה חֶסֶד בְּיוֹם דִּין לְזוֹכֵר בְּרִיתוֹ בְּדִין  
לְחוֹמֵל מַעֲשָׂיו בְּיוֹם דִּין לְטָהֵר חוֹסֵיוֹ בְּדִין

Le-vatik ve-oseh chesed be-Yom Din; Le-zochayr berito ba-din  
Le-chomayl ma'asav be-Yom Din; Le-tahayr chosav ba-din

To the One who is steadfast, and yet deals kindly on the Day of Judgment;  
Who recalls God's covenant in judgment;  
Who has pity on God's works on the Day of Judgment;  
Who purifies those who trust in God, in judgment;

לְיוֹדֵעַ מַחֲשָׁבוֹת בְּיוֹם דִּין לְכוֹבֵשׁ כְּעֶסוֹ בְּדִין  
לְלוֹבֵשׁ צְדָקוֹת בְּיוֹם דִּין לְמוֹחֵל עוֹנוֹת בְּדִין

Le-yodaya machashavot be-Yom Din; Le-chovaysh ka'aso ba-din  
Le-lovaysh tzedkot be-Yom Din; Le-mochayl avonot ba-din

Who knows the thoughts of all humanity on the Day of Judgment;  
Who suppresses God's anger in judgment;  
Who is clothed in righteousness on the Day of Judgment;  
Who forgives iniquities in judgment;

לְנוֹרָא תְהִלוֹת בְּיוֹם דִּין לְסוֹלֵחַ לַעֲמוּסָיו בְּדִין  
לְעוֹנָה לְקוֹרְאָיו בְּיוֹם דִּין לְפוֹעֵל רַחֲמָיו בְּדִין

Le-nora tehilot be-Yom Din; Le-solayach la-amusav ba-din  
Le-oneh le-korav be-Yom Din; Le-fo'ayl rachamav ba-din

Who is awesome in praise on the Day of Judgment;  
Who pardons those borne by God in judgment;  
Who answers those who call upon God on the Day of Judgment;  
Who exercises God's compassion in judgment;

לְנוֹרָא תְהִלוֹת בְּיוֹם דִּין לְסוֹלֵחַ לַעֲמוּסָיו בְּדִין  
לְעוֹנָה לְקוֹרְאָיו בְּיוֹם דִּין לְפוֹעֵל רַחֲמָיו בְּדִין

Le-nora tehilot be-Yom Din; Le-solayach la-amusav ba-din  
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Who is awesome in praise on the Day of Judgment;  
Who pardons those borne by God in judgment;  
Who answers those who call upon God on the Day of Judgment;  
Who exercises God's compassion in judgment;



## LE-DOR VA-DOR

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ  
וְלִנְצַח נִצָּחִים קְדוּשַׁתְךָ נִקְדִּישׁ  
וְשִׁבְחֶךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד  
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה  
בָּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ

Le-dor va-dor, nagid godlecha  
U-le-naytzach netzachim kedushatcha nakdish  
Ve-shivchacha Elohaynu mi-pinu  
Lo yamush le-olam va-ed  
Ki Ayl melech gadol ve-kadosh atah  
Baruch atah Adonai ha-ayl ha-kadosh

From generation to generation, we will tell of Your greatness;  
For ever and ever, we will sanctify Your holiness  
And Your praise, our God, will not depart  
from our mouth forever and ever.  
Because You are a great and holy ruler!  
Blessed are You, Adonai, holy God.

## QUIET REFLECTIONS

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

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, and Leah. We say words shaped  
by ancient use like steps worn into rock.

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.

the hope of the future.

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.

All 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 will try to be holy,  
We will try to repair the world given us to hand on.  
Precious is 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, amayn.

# SHEMA KOLAYNU

שְׁמַע קוֹלֵנוּ יְהוָה אֱלֹהֵינוּ חוּס וְרַחֵם עָלֵינוּ  
וְקַבֵּל בְּרַחֲמִים וּבְרַצּוֹן אֶת תְּפִלָּתֵנוּ  
הַשִּׁיבֵנוּ יְהוָה אֵלֶיךָ וְנִשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם  
אֵל תִּשְׁלִיכֵנוּ מִלְּפָנֶיךָ וְרוּחַ קְדֹשְׁךָ אֵל תִּקַּח מִמֶּנּוּ  
אֵל תִּשְׁלִיכֵנוּ לַעֲת זְקָנָה כְּכֹלֹת כַּחֲנוּ אֵל תַּעֲזֹבֵנוּ  
אֵל תַּעֲזֹבֵנוּ יְהוָה אֱלֹהֵינוּ אֵל תִּרְחַק מִמֶּנּוּ

Shema kolaynu Adonai Elohaynu chus ve-rachaym alaynu  
Ve-kabayl be-rachamim u-v'ratzon et tefilataynu  
Hashivaynu Adonai aleycha ve-nashuva  
Chadaysh yamaynu ke-kedem, chadaysh yamaynu ke-kedem  
Al tashlichaynu mi-l'fanecha ve-ru'ach kodshecha al tikach mimenu  
Al tashlichaynu le-ayt zikna ki-ch'lot kochaynu al ta'azvaynu  
Al ta'azvaynu Adonai Elohaynu al tirschak mimenu

Hear our voice, Adonai, our God; spare us and have compassion on us,  
And accept our prayers mercifully and willingly.  
Lead us back to You, Adonai and we shall find the way back;  
Renew our days as of old.  
Cast us not away from Your presence,  
And Your holy spirit take not from us.  
Do not cast us off in time of old age;  
When our strength fails, do not forsake us.  
Forsake us not, Adonai, our God, be not far removed from us.

עֲשֵׂה עִמָּנוּ אוֹת לְטוֹבָה וַיִּרְאוּ שׁוֹנְאֵינוּ וַיִּבְשׁוּ  
כִּי אַתָּה יְהוָה עֲזַרְתָּנוּ וְנִחַמְתָּנוּ  
אֲמַרְיֵנוּ הָאֲזִינָה יְהוָה בִּינָה הִגִּיגְנוּ

Asay imanu ot le-tovah ve-yiru sonaynu ve-yayvoshu  
Ki atah Adonai azartanu ve-nichamtanu  
Amaraynu ha'azinah Adonai bina hagigaynu  
Amaraynu ha'azinah Adonai bina hagigaynu

Give us a sign of Your goodness that our enemies may see it and be ashamed;  
For You, Adonai, have helped us and comforted us.  
For You, Adonai, do we wait; You will answer us, our Master, our God.

יְהִי לְרַצּוֹן אֲמַרִי פִינוּ וְהִגִּיז לָבֵנוּ לְפָנֶיךָ יְהוָה צוּרֵנוּ וְגֹאֲלֵנוּ

Yihyu le-ratzon imray finu Ve-hegyon libaynu lefanecha  
Adonai tzuraynu Ve-go'alaynu

May the words of our mouth and the meditations of our heart  
Be acceptable to You, Adonai, our rock and our redeemer.

Our God and God of our ancestors, forsake us not, shame us not.  
 Break not Your covenant with us. Bring us nearer to Your Torah,  
 teach us Your commandments, show us Your ways.  
 Soften our hardened hearts so that we may love and revere You,  
 returning to You wholeheartedly. As the Psalmist sang:  
 "For Your own sake, Lord, pardon my sin though it is great."

## KI ANU AMECHA

כִּי אֲנִי עַמְּךָ וְאַתָּה אֱלֹהֵינוּ. אֲנִי בְנֶיךָ וְאַתָּה אָבִינוּ:  
 אֲנִי עַבְדֶּיךָ וְאַתָּה אֲדֹנָנוּ. אֲנִי קְהִלָּה וְאַתָּה חֶלְקֵנוּ:  
 אֲנִי נַחֲלָתְךָ וְאַתָּה גִּוְרָלָנוּ. אֲנִי צֹאנְךָ וְאַתָּה רוֹעֵנוּ:  
 אֲנִי כְרֶמֶךָ וְאַתָּה נוֹטְרָנוּ. אֲנִי פְעֻלָּתְךָ וְאַתָּה יוֹצְרָנוּ:  
 אֲנִי רְעִיתְךָ וְאַתָּה דוֹדָנוּ. אֲנִי סִגְלָתְךָ וְאַתָּה אֱלֹהֵינוּ.  
 אֲנִי עַמְּךָ וְאַתָּה מַלְכֵנוּ: אֲנִי מַאֲמִירְךָ וְאַתָּה מַאֲמִירָנוּ:

Ki anu amecha ve-atah Elohaynu; Anu vanecha ve-atah avinu  
 Anu avadecha ve-atah adonaynu; Anu kehalecha ve-atah chelkaynu  
 Anu nachalatecha ve-atah goralaynu; Anu tzonecha ve-atah ro'aynu  
 Anu charmecha ve-atah notraynu; Anu fe'ulatecha ve-atah yotzraynu  
 Anu rayatecha ve-atah dodaynu; Anu segulatecha ve-atah Elohaynu  
 Anu amecha ve-atah malkaynu; Anu ma'amirecha ve-atah ma'amiraynu

For we are Your people; and You are our God. We are Your children; and You are our parent.  
 We are Your servants; and You are our ruler. We are Your congregation; and You are our portion.  
 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 keeper. We are Your work; and You are our creator.  
 We are Your dear ones; and You are our beloved. We are Your treasure; and You are our God.  
 We are Your people; and You are our ruler. We are Your distinguished ones; and You are our distinction.

## VIDUI—ASHAMNU

אֲשָׁמנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבַּרְנוּ דָּבָר.  
 הִעָּוִינוּ. וְהִרְשָׁעְנוּ. וְדָנְנוּ. חָמְסְנוּ. טָפְלָנוּ שָׂקָר.  
 יָעַצְנוּ רָע. כָּזַבְנוּ. לָצְנוּ. מָרְדְּנוּ. נֶאֱצָנוּ.  
 סָרְרְנוּ. עָוִינוּ. פָּשַׁעְנוּ. צָרְרְנוּ. קָשִׁינוּ עֵרָף.  
 רָשָׁעְנוּ. שָׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲיִינוּ. תַּעֲתָעְנוּ:

Ashamu. Bagadnu. Gazalnu. Dibarnu dofi.  
 He'evinu. Ve-hirshanu. Zadnu. Chamasnu. Tafalnu shaker.  
 Ya'atznu ra. Kizavnu. Latznu. Maradnu. Ni'atznu.  
 Sararnu. Avinu. Pashanu. Tzrarnu. Kishinu oref.  
 Rashanu. Shichatnu. Ti'avnu. Ta'inu. Titanu.

We abuse, we betray, we are cruel, we destroy, we embitter, we falsify,  
 We gossip, we hate, we insult, we jeer, we kill, we lie,  
 We mock, we neglect, we oppress, we pervert, we quarrel, we rebel,  
 We steal, we transgress, we are unkind, we are violent,  
 We are wicked, we are extremists,  
 We yearn to do evil, we are zealous for bad causes.



## THE SECOND CONFESSION

We have sinned against You through denial and deceit,  
And we have sinned against You by taking bribes.  
We have sinned against You by clever cynicism,  
And we have sinned against You by speaking ill of others.  
We have sinned against You through denial and deceit,  
And we have sinned against You by taking bribes.  
We have sinned against You by clever cynicism,  
And we have sinned against You by speaking ill of others.

על חטא שחטאנו לפניך בשקור עין

Al chayt she-chatanu lefanecha be-sikur ayin

We have sinned against You through conspiratorial glances.

ועל חטא שחטאנו לפניך בשית שפתותינו

Ve-al chayt she-chatanu lefanecha be-si'ach siftotaynu

And we have sinned against You in everyday conversation.

על חטא שחטאנו לפניך בעינים רמות

Al chayt she-chatanu lefanecha be-aynayim ramot

We have sinned against You through condescension.

ועל חטא שחטאנו לפניך בעזות מצח

Ve-al chayt shechatanu lefanecha be-azut metzach

And we have sinned against You through stubbornness.

ועל כלם אלוה סליחות. סלח לנו. מחל לנו. כפר לנו

Ve-al kulam Eloha selichot Selach lanu. Mechal lanu. Kapayr lanu.

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

## SIM SHALOM

שים שלום טובה וברכה חן וחסד ורחמים  
עלינו ועל כל ישראל עמך  
ברכנו אבינו כלנו כאחד באור פניך  
כי באור פניך נתת לנו יהוה אלהינו  
תורת חיים ואהבת חסד  
וצדקה וברכה ורחמים וחיים ושלום  
וטוב בעיניך לברך את עמך ישראל  
בכל עת ובכל שעה בשלומך

Sim shalom tovah u-v'rachah chayn va-chesed ve-rachamim

Alaynu ve-al kol Yisra'ayl amecha

Barchaynu avinu kulanu ke-echad be-or panecha

Ki ve-or panecha natata lanu Adonai Elohaynu

Torat chayim ve-ahavat chesed,

U-tz'dakah u-v'rachah ve-rachamim ve-chayim ve-shalom

Ve-tov be-aynecha levaraych et amcha, Yisra'ayl

Be-chol ayt u-v'chol sha'ah bi-shlomecha

Grant peace, goodness, and blessing, favor, kindness and compassion  
Upon us and upon all Israel, Your people.  
Bless us, our Parent, all of us as one with the light of Your countenance.  
For by the light of Your countenance You gave us Adonai our God  
a Torah of life and the love of kindness,  
Righteousness, blessing, compassion, life, and peace  
And may it be good in Your eyes and to bless Your people Israel,  
At all times and at every moment with Your peace.

## BE-SAYFER CHAYIM

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרִנָּסָה טוֹבָה נִזְכָּר וְנִכְתָּב לְפָנֶיךָ  
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וְלְשָׁלוֹם

Be-sayfer chayim berachah ve-shalom u-farnasah tovah  
Nizachayr ve-nikatayv lefanecha Anachnu ve-chol amcha Bayt Yisra'ayl  
Le-chayim tovim, le-chayim tovim u-l'shalom

In the Book of Life, blessing, peace and abundant maintenance,  
May we be remembered and inscribed before You;  
We and all Your people, the House of Israel for a good life and peace!

## AVINU MALKAYNU

אָבִינוּ מַלְכֵנוּ כָּתְבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים

Avinu Malkaynu katvaynu be-Sefer Chayim Tovim

Our Parent, our Ruler! Inscribe us in the Book of Good Life.

אָבִינוּ מַלְכֵנוּ כָּתְבֵנוּ בְּסֵפֶר גְּאֻלָּה וַיְשׁוּעָה

Avinu Malkaynu katvaynu be-Sefer Ge'ulah vi-Yeshu'ah

Our Parent, our Ruler! Inscribe us in the Book of Redemption and Deliverance.

אָבִינוּ מַלְכֵנוּ כָּתְבֵנוּ בְּסֵפֶר פְּרִנָּסָה וְכִלְכָּלָה

Avinu Malkaynu katvaynu be-Sefer Parnasah ve-Chalkalah

Our Parent, our Ruler! Inscribe us in the Book of Livelihood and Sustenance.

אָבִינוּ מַלְכֵנוּ כָּתְבֵנוּ בְּסֵפֶר זְכִיּוֹת

Avinu Malkaynu katvaynu be-Sefer Zechuyot

Our Parent, our Ruler! Inscribe us in the Book of Merits.

אָבינוּ מַלְכֵנוּ כְּתִבְנוּ בְּסֵפֶר סְלִיחָה וּמַחֲלָה

Avinu Malkaynu katvaynu be-Sefer Selichah u-M'chilah

Our Parent, our Ruler! Inscribe us in the Book of Pardon and Forgiveness.

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

Avinu Malkaynu chanaynu ve-anaynu ki-ayn banu ma'asim  
Asay imanu tzedakah va-chesed ve-hoshiyaynu

Our Parent, our Ruler! Favor us and answer us for we have no accomplishments;  
Deal with us charitably and kindly and deliver us.

## THE TORAH SERVICE

אֵין כְּמוֹךָ בָּאֱלֹהִים אֲדֹנִי. וְאֵין כְּמַעֲשֶׂיךָ:  
מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים.  
וּמִמְשַׁלְתְּךָ בְּכָל דּוֹר וָדוֹר:  
יְהוָה מֶלֶךְ. יְהוָה מֶלֶךְ. יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:  
יְהוָה עֹז לְעַמּוֹ יִתֵּן. יְהוָה יְבָרֶךְ אֶת עַמּוֹ בְּשָׁלוֹם:  
אֲב הָרַחֲמִים הִיטִיבָה בְּרִצּוֹנָה אֶת צִיּוֹן  
תְּבַנֶּה חוֹמוֹת יְרוּשָׁלַם  
כִּי בָךְ לִבֵּד בְּטַחְנוּ מֶלֶךְ אֵל רֵם וְנִשְׂא אֲדוֹן עוֹלָמִים

Ayn kamocha ba'Elohim Adonai v'ayn k'maasecha  
Malchutecha malchut kol olamim. U'memshaltecha b'chol dor va-dor.  
Adonai melech. Adonai malach. Adonai yimloch l'olam va-ed.  
Adonai oz l'amo yiten. Adonai yevarech et amo va-shalom.  
Av ha-rachamim haytivah vi-r'tzoncha et Tziyon  
Tivneh chomot Yirushalayim, tivneh chomot Yirushalayim  
Ki vecha levad batachnu melech Ayl ram ve-nisa Adon olamim

You and Your deeds, Adonai, are matchless.  
You rule over all worlds and for all time, and Your dominion is for all generations.  
Adonai, You are ruler, Adonai, You were ruler, and, as Moses and Miriam sang at the sea,  
"Adonai, You will be ruler for ever and ever."  
You give strength to Your people, You bless your people with shalom.  
Compassionate Parent! Do good, as You see fit, to Zion.  
May You rebuild the walls of Jerusalem.  
For in You alone do we trust, Ruler, Almighty, Exalted and Uplifted, Master of worlds.

The Torah, once received on Sinai,  
Is received again in every generation.  
It is received by all who honor parents and elders  
With love and respect, patience and sensitivity;  
By all who give care to loved ones who are ill,  
And those who accompany the dying to the end;

By all who bring their warmth and hope to those  
Who are confined, isolated, and lost in despair;  
By all who say prayers for loved ones and friends,  
And those whose faith inspires others to pray;  
By all who make up the quorum to pray,  
Console the bereaved and stay to listen;

By all who reach out to the widowed, the divorced, the jobless;  
By all who welcome guests to Shabbat and holiday tables,  
And those who share their bread with the hungry;  
By all who donate to causes that lift up the fallen,  
Heal the sick, and heal the planet we share;  
By all who take note of others, greet newcomers,  
Extend a hand to those with special needs;  
By all who open doors to the future by caring for children—  
Keeping them safe, teaching them trust, helping them cultivate  
Lives of meaning and purpose.  
On this Day of Atonement, may they be inscribed for their worthy deeds;  
May they be sealed for their acts of goodness and generosity,  
And let us say: amayn.

יְהוָה יְהוָה אֵל רַחוּם וְחַנוּן אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת  
נִצֵּר חֶסֶד לְאַלְפִים נִשָּׂא עֵוֹן וּפָשַׁע וְחַטָּאָה וְנִקָּה

Adonai, Adonai Ayl rachum ve-chanun erech apayim ve-rav chesed ve-emet  
Notzayr chesed l'alafim nosay avon va-fesha ve-chata'ah ve-nakay

Adonai, Adonai, almighty, compassionate, and gracious,  
Slow to anger and abounding in kindness and truth.  
God preserves kindness for thousands of generations,  
Forgiving iniquity, transgression and sin, and God cleanses.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד  
אֶחָד אֱלֹהֵינוּ גָּדוֹל אֲדוֹנֵינוּ קְדוֹשׁ וְנוֹרָא שְׁמוֹ  
גָּדְלוֹ לֵיי אֲתִי וְנִרְמָמָה שְׁמוֹ יַחְדָּו

Shema Yisra'ayl Adonai Elohaynu Adonai echad  
Echad Elohaynu gadol Adonaynu kadosh ve-nora shemo  
Gadlu l'Adonai iti u-neromemah shemo yachdav

Hear, O Israel, Adonai is our God, Adonai alone.  
Our God is one, our Sovereign is great, and God's name is holy.  
Join me in magnifying God, and let us exalt God's name together.



Ve-karayv pezuraynu mi-bayn ha-goyim  
U-nefutzotaynu kanays mi-yarketay aretz

Bring near our scattered ones from among the nations,  
And gather our dispersed from the ends of the earth.

## TORAH READING

### RISHON—LEVITICUS 16:1-6

וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה אַחֲרֵי מוֹת שְׁנֵי בְנֵי אַהֲרֹן בְּקִרְבָּתָם לִפְנֵי־יְהוָה וַיֹּמְתוּ: וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה דַּבֵּר אֶל־אַהֲרֹן אַחִיךָ וְאַל־יָבֹא בְּכָל־עֵת אֶל־הַקֹּדֶשׁ מִבֵּית לְפָרֹכֶת אֶל־פְּנֵי הַכַּפֹּרֶת אֲשֶׁר עַל־הָאֹרֶן וְלֹא יָמוּת כִּי בְעֵינָן אֲרָאָה עַל־הַכַּפֹּרֶת: בְּזֹאת יָבֹא אַהֲרֹן אֶל־הַקֹּדֶשׁ בְּפָר בֶּן־בָּקָר לַחֲטָאת וְאַיִל לְעֹלָה: כְּתַנְתִּיד קֹדֶשׁ יִלְבָּשׁ וּמִכְנָסֵי־בָד יִהְיוּ עַל־בָּשָׁרוֹ וּבְאַבְנֹט בֶּד יִחַגֹּר וּבְמִצְנֶפֶת בֶּד יִצְנֹף בְּגָדֵי־קֹדֶשׁ הֵם וְרִחַץ בַּמַּיִם אֶת־בָּשָׁרוֹ וּלְבָשָׁם: וּמֵאֵת עֹדֶת בְּנֵי יִשְׂרָאֵל יִקַּח שְׁנֵי־שְׁעִירֵי עִזִּים לַחֲטָאת וְאַיִל אֶחָד לְעֹלָה: וְהִקְרִיב אַהֲרֹן אֶת־פֶּר החטאת אֲשֶׁר־לוֹ וְכָפַר בְּעֹדוֹ וּבְעַד בֵּיתוֹ:

יהוה spoke to Moses after the death of the two sons of Aaron who died when they drew too close to the presence of יהוה. יהוה said to Moses: Tell your brother Aaron that he is not to come at will into the Shrine behind the curtain, in front of the cover that is upon the ark, lest he die; for I appear in the cloud over the cover. Thus only shall Aaron enter the Shrine: with a bull of the herd for a sin offering and a ram for a burnt offering.— He shall be dressed in a sacral linen tunic, with linen breeches next to his flesh, and be girt with a linen sash, and he shall wear a linen turban. They are sacral vestments; he shall bathe his body in water and then put them on.— And from the Israelite community he shall take two he-goats for a sin offering and a ram for a burnt offering. Aaron is to offer his own bull of sin offering, to make expiation for himself and for his household.

### SHAYNI—LEVITICUS 16:7-11

וְלָקַח אֶת־שְׁנֵי הַשְּׁעִירִים וְהַעֲמִיד אֹתָם לִפְנֵי יְהוָה פֶּתַח אֹהֶל מוֹעֵד: וְנָתַן אַהֲרֹן עַל־שְׁנֵי הַשְּׁעִירִים גִּרְלוֹת גּוֹרֵל אֶחָד לַיהוָה וְגּוֹרֵל אֶחָד לְעִזָּאֵזֶל: וְהִקְרִיב אַהֲרֹן אֶת־הַשְּׁעִיר אֲשֶׁר עָלָה עָלָיו הַגּוֹרֵל לַיהוָה וַעֲשֶׂהוּ חֲטָאת: וְהַשְּׁעִיר אֲשֶׁר עָלָה עָלָיו הַגּוֹרֵל לְעִזָּאֵזֶל יַעֲמִד־חַי לִפְנֵי יְהוָה לְכַפֵּר עָלָיו לְשַׁלַּח אֹתוֹ לְעִזָּאֵזֶל הַמִּדְבָּרָה: וְהִקְרִיב אַהֲרֹן אֶת־פֶּר החטאת אֲשֶׁר־לוֹ וְכָפַר בְּעֹדוֹ וּבְעַד בֵּיתוֹ וְשַׁחַט אֶת־פֶּר החטאת אֲשֶׁר־לוֹ:

Aaron shall take the two he-goats and let them stand before יהוה at the entrance of the Tent of Meeting; and he shall place lots upon the two goats, one marked for יהוה and the other marked for Azazel. Aaron shall bring forward the goat designated by lot for יהוה, which he is to offer as a sin offering; while the goat designated by lot for Azazel shall be left standing alive before יהוה, to make expiation with it and to send it off to the wilderness for Azazel. Aaron shall then offer his bull of sin offering, to make expiation for himself and his household. He shall slaughter his bull of sin offering,

### SHLISHI—LEVITICUS 16:12-17

וְלָקַח מִלֹּא־הַמִּחְתָּה גִּחְלִי־אֵשׁ מֵעַל הַמִּזְבֵּחַ מִלִּפְנֵי יְהוָה וּמִלֵּא חֲפָנָיו קִטְרֶת סָמִים דָּקָה וְהֵבִיא מִבֵּית לְפָרֹכֶת: וְנָתַן אֶת־הַקִּטְרֶת עַל־הָאֵשׁ לִפְנֵי יְהוָה וְכִסָּה אֶת־הַקִּטְרֶת אֶת־הַכַּפֹּרֶת אֲשֶׁר עַל־הָעֹדֹת וְלֹא יָמוּת: וְלָקַח מַדָּם הַפָּר וְהִזָּה בְּאֶצְבָּעוֹ עַל־פְּנֵי הַכַּפֹּרֶת קִדְמָה וּלְפָנֵי הַכַּפֹּרֶת יִזָּה שְׁבַע־פַּעְמִים מִן־הַדָּם בְּאֶצְבָּעוֹ: וְשַׁחַט אֶת־שְׁעִיר החטאת אֲשֶׁר לָעֵם וְהֵבִיא אֶת־דָּמּוֹ אֶל־מִבֵּית לְפָרֹכֶת וַעֲשֶׂה אֶת־דָּמּוֹ כַּאֲשֶׁר עָשָׂה לְדָם הַפָּר וְהִזָּה אֹתוֹ עַל־הַכַּפֹּרֶת וּלְפָנֵי הַכַּפֹּרֶת: וְכָפַר עַל־הַקֹּדֶשׁ מִטְּמֵאת בְּנֵי יִשְׂרָאֵל וּמִפִּשְׁעֵיהֶם לְכַל־חַטָּאתָם וְכֵן יַעֲשֶׂה לְאֹהֶל מוֹעֵד הַשָּׁכֵן אֹתָם בְּתוֹךְ טְמֵאתָם: וְכִלְאֵדָם לֹא־יִהְיֶה אֶל־בְּאֹהֶל מוֹעֵד בְּבֹאוֹ לְכַפֵּר בְּקֹדֶשׁ עַד־צֹאתוֹ וְכָפַר בְּעֹדוֹ וּבְעַד בֵּיתוֹ וּבְעַד כָּל־קֹהֶל יִשְׂרָאֵל:

And he shall take a panful of glowing coals scooped from the altar before יהוה, and two handfuls of finely ground aromatic incense, and bring this behind the curtain. He shall put the incense on the fire before יהוה, so that the cloud from the incense screens the cover that is over [the Ark of] the Pact, lest he die. He shall take some of the blood of the bull and sprinkle it with his finger over the cover on the east side; and in front of the cover he shall sprinkle some of the blood with his finger seven times. He shall then slaughter the people's goat of sin offering, bring its blood behind the curtain, and do with its blood as he has done with the blood of the bull: he shall sprinkle it over the cover and in front of the cover. Thus he shall purge the Shrine of the impurity and transgression of the Israelites, whatever their sins; and he shall do the same for the Tent of Meeting, which abides with them in the midst of their impurity. When he goes in to make expiation in the Shrine, nobody else shall be in the Tent of Meeting until he comes out. When he has made expiation for himself and his household, and for the whole congregation of Israel,

#### REVI'I—LEVITICUS 16:18-24

וַיֵּצֵא אֱלֹהֵימִזְבֵּחַ אֲשֶׁר לִפְנֵי־יְהוָה וַיִּכְפֹּר עָלָיו וַיִּלָּקַח מִדָּם הַפָּר וּמִדָּם הַשְּׁעִיר וַיִּתֵּן עַל־קַרְנוֹת הַמִּזְבֵּחַ סָבִיב: וְהִזָּה עָלָיו מִדְּהָדָם בְּאֶצְבָּעוֹ שֶׁבַע פְּעָמִים וְטָהְרוּ וַיִּקְדָּשׁוּ מִטְּמֵאֹת בְּנֵי יִשְׂרָאֵל: וְכָל־הַמִּכְפָּר אֶת־הַקֹּדֶשׁ וְאֶת־אֹהֶל מוֹעֵד וְאֶת־הַמִּזְבֵּחַ וְהַקָּרִיב אֶת־הַשְּׁעִיר הַחִי: וְסָמַךְ אֹהֶל אֶת־שְׁתֵּי יָדָיו עַל רֹאשׁ הַשְּׁעִיר הַחִי וְהִתְוֹדָה עָלָיו אֶת־כָּל־עֲוֹנוֹת בְּנֵי יִשְׂרָאֵל וְאֶת־כָּל־פְּשָׁעֵיהֶם לְכָל־חַטָּאתָם וַיִּתֵּן אֹתָם עַל־רֹאשׁ הַשְּׁעִיר וְשָׁלַח בְּיַד־אִישׁ עֹתֵי הַמִּדְבָּרָה: וְנָשָׂא הַשְּׁעִיר עָלָיו אֶת־כָּל־עֲוֹנוֹתָם אֶל־אֶרֶץ גִּזְרָה וְשָׁלַח אֶת־הַשְּׁעִיר בַּמִּדְבָּר: וּבָא אֹהֶל אֱלֹהֵימִזְבֵּחַ מוֹעֵד וּפָשַׁט אֶת־בְּגָדֵי הַבַּד אֲשֶׁר לְבָשׁ בָּבֹאוֹ אֶל־הַקֹּדֶשׁ וְהִנִּיחָם שָׁם: וְרָחַץ אֶת־בָּשָׁרוֹ בַּמַּיִם בְּמָקוֹם קָדוֹשׁ וְלָבַשׁ אֶת־בְּגָדָיו וַיֵּצֵא וַעֲשֶׂה אֶת־עֹלֹתוֹ וְאֶת־עֹלֹת הָעָם וַיִּכְפֹּר בְּעֵדוֹ וּבְעֵד הָעָם:

He shall go out to the altar that is before יהוה and purge it: he shall take some of the blood of the bull and of the goat and apply it to each of the horns of the altar; and the rest of the blood he shall sprinkle on it with his finger seven times. Thus he shall purify it of the defilement of the Israelites and consecrate it. When he has finished purging the Shrine, the Tent of Meeting, and the altar, the live goat shall be brought forward. Aaron shall lay both his hands upon the head of the live goat and confess over it all the iniquities and transgressions of the Israelites, whatever their sins, putting them on the head of the goat; and it shall be sent off to the wilderness through a designated agent. Thus the goat shall carry on it all their iniquities to an inaccessible region; and the goat shall be set free in the wilderness. And Aaron shall go into the Tent of Meeting, take off the linen vestments that he put on when he entered the Shrine, and leave them there. He shall bathe his body in water in the holy precinct and put on his vestments; then he shall come out and offer his burnt offering and the burnt offering of the people, making expiation for himself and for the people.

#### HAMISHI—LEVITICUS 16:25-30

וְאֵת חֶלֶב הַחַטָּאת יִקְטִיר הַמִּזְבֵּחַ: וְהַמְשַׁלַּח אֶת־הַשְּׁעִיר לְעֶזְאֵזֶל יִכְבֹּס בְּגָדָיו וְרָחַץ אֶת־בָּשָׁרוֹ בַּמַּיִם וְאַחֲרֵי־כֵן יָבֹא אֱלֹהֵימִחְנָה: וְאֵת פֶּרֶךְ הַחַטָּאת וְאֵת שְׁעִיר הַחַטָּאת אֲשֶׁר הוּבֵא אֶת־דָּמָם לְכַפֹּר בַּקֹּדֶשׁ יוֹצִיא אֶל־מַחוּץ לַמַּחֲנֶה וְשָׂרְפוּ בָאֵשׁ אֶת־עוֹרָתָם וְאֶת־בָּשָׂרָם וְאֶת־פָּרָשָׁם: וְהַשֹּׂרֵף אֹתָם יִכְבֹּס בְּגָדָיו וְרָחַץ אֶת־בָּשָׁרוֹ בַּמַּיִם וְאַחֲרֵי־כֵן יָבֹא אֱלֹהֵימִחְנָה: וְהִיתָה לָכֶם לְחֻקַּת עוֹלָם בְּחֹדֶשׁ הַשְּׁבִיעִי בְּעֶשְׂרִי לַחֹדֶשׁ תַּעֲנִי אֶת־נַפְשֵׁיכֶם וְכָל־מְלָאכָה לֹא תַעֲשׂוּ הָאֲזָרָח וְהַגֵּר הַגֵּר בְּתוֹכְכֶם: כִּי־בָיִים הִזָּה יִכְפֹּר עֲלֵיכֶם לְטַהֵר אֶתְכֶם מִכָּל חַטָּאתֵיכֶם לִפְנֵי יְהוָה תִּטְהָרוּ:

The fat of the sin offering he shall turn into smoke on the altar. The one who set the Azazel-goat free shall wash those clothes and bathe the body in water—and after that may reenter the camp. The bull of sin offering and the goat of sin offering whose blood was brought in to purge the Shrine shall be taken outside the camp; and their hides, flesh, and dung shall be consumed in fire. The one who burned them shall wash those clothes and bathe the body in water—and after that may re-enter the camp. And this shall be to you a law for all time: In the seventh month, on the tenth day of the month, you shall practice self-denial; and you shall do no manner of work, neither the citizen nor the alien who resides among you. For on this day atonement shall be made for you to purify you of all your sins; you shall be pure before יהוה

## SHISHI—LEVITICUS 16:31-34

שַׁבַּת שְׁבִתוֹן הִיא לָכֶם וְעֲנִיתֶם אֶת־נַפְשֵׁיכֶם חֻקַּת עוֹלָם: וְכִפֹּר הַכֹּהֵן אֲשֶׁר־יִמָּשַׁח אֹתוֹ וְאֲשֶׁר יִמְלֹא אֶת־יָדוֹ לַכֹּהֵן תַּחַת אֲבִיו וּלְבָשׁ אֶת־בְּגָדֵי הַבַּד בְּגָדֵי הַקֹּדֶשׁ: וְכִפֹּר אֶת־מִקְדָּשׁ הַקֹּדֶשׁ וְאֶת־אֹהֶל מוֹעֵד וְאֶת־הַמִּזְבֵּחַ יִכָּפֹר וְעַל־כֹּהֲנִים וְעַל־כָּל־עַם הַקֹּהֵל יִכָּפֹר: וְהִיְתָה־זֹאת לָכֶם לְחֻקַּת עוֹלָם לְכַפֹּר עַל־בְּנֵי יִשְׂרָאֵל מִכָּל־חַטָּאתָם אַחַת בַּשָּׁנָה וַיַּעַשׂ כַּאֲשֶׁר צִוָּה יְהוָה אֶת־מֹשֶׁה:

It shall be a sabbath of complete rest for you, and you shall practice self-denial; it is a law for all time. The priest who has been anointed and ordained to serve as priest in place of his father shall make expiation. He shall put on the linen vestments, the sacral vestments. He shall purge the innermost Shrine; he shall purge the Tent of Meeting and the altar; and he shall make expiation for the priests and for all the people of the congregation. This shall be to you a law for all time: to make atonement for the Israelites for all their sins once a year. And Moses did as יהוה had commanded him.

## LIFTING AND BINDING

וזאת התורה אשר שם משה לפני בני ישראל, על פי יהוה ביד משה:

V'zot ha-Torah, asher sam Moshe lifnay b'nai Yisrael al pi Adonai, b'yad Moshe.

And this is the Torah that Moses placed before the people Israel according to Adonai, by the hand of Moses.

## MAFTIR

### NUMBERS 29:7-11

וּבַעֲשׂוֹר לַחֹדֶשׁ הַשְּׁבִיעִי הַזֶּה מִקְרָא־קֹדֶשׁ יִהְיֶה לָכֶם וְעֲנִיתֶם אֶת־נַפְשֵׁיכֶם כָּל־מְלָאכָה לֹא תַעֲשׂוּ: וְהִקְרַבְתֶּם עֹלָה לַיהוָה רֵיחַ נִיחֹחַ פָּר בֶּרֶכָה אֶחָד אֵיל אֶחָד כֶּבֶשִׂים בְּנֵי־שָׁנָה שִׁבְעָה תְּמִימִם יִהְיוּ לָכֶם: וּמִנְחָתָם סֹלֶת בָּלוּלָה בְּשֶׁמֶן שְׁלֹשָׁה עֶשְׂרִים לָפָר שְׁנֵי עֶשְׂרִים לְאֵיל הָאֶחָד: עֶשְׂרוֹן עֶשְׂרוֹן לְכֶבֶשׂ הָאֶחָד לְשִׁבְעַת הַכֶּבֶשִׂים: שְׁעִיר־עִזִּים אֶחָד חֲטָאת מִלֶּבֶד חֲטָאת הַכֹּפָרִים וְעֹלֹת הַתָּמִיד וּמִנְחָתָהּ וְנֹסְכֶיהֶם:

On the tenth day of the same seventh month you shall observe a sacred occasion when you shall practice self-denial. You shall do no work. You shall present to יהוה a burnt offering of pleasing odor: one bull of the herd, one ram, seven yearling lambs; see that they are without blemish. The meal offering with them—of choice flour with oil mixed in—shall be: three-tenths of a measure for a bull, two-tenths for the one ram, one-tenth for each of the seven lambs. And there shall be one goat for a sin offering, in addition to the sin offering of expiation and the regular burnt offering with its meal offering, each with its libation.

## PRAYERS FOR HEALING

May all who face the danger of  
fire and water be protected by the wings  
of God's saving presence. Let them be joined  
by those who have endured acts of terror;  
political, social, and economic collapse; and  
the ravages of war in Ukraine, Myanmar, Central Africa, and Yemen  
Made worse by tyrants, dictators, and autocrats.

We pray also for those who have  
experienced racism, sexism, anti-Semitism,  
homophobia, and discrimination of any kind.  
We pray especially for those vulnerable refugees  
who seek a place of security in this country.

And we express gratitude for the glimmerings  
of co-existence wherever they are made manifest.  
Heal the world, Adonai, and let us say amayn.

Mi shebayrach avotaynu, Avraham Yitzchak ve Ya'akov  
Sarah, Rivkah, Rachayl, ve Leah, hu yevaraych virapay et hacholeh

Mi shebayrach avotaynu, Avraham Yitzchak ve Ya'akov  
Sarah, Rivkah, Rachayl, ve Leah, hu yevaraych virapay et hacholeh

Ayl na refah na lah ayl na refah na lah  
Ayl na refah na lah ayl na refah na lah

Mi shebayrach avotaynu, Avraham Yitzchak ve Ya'akov  
Sarah, Rivkah, Rachayl, ve Leah, hu yevaraych virapay et hacholeh

## HAFTARAH

ISAIAH 57:14-21; 58:1-14

ואמר סלורסלו פנודרך הרימו מכשול מדרך עמי: כי לה אמר רם ונשא שכן עד וקדוש שמו מרום  
וקדוש אשכון ואתדכא ושפלרוח להחיות רוח שפלים ולהחיות לב נדכאים: כי לא לעולם אריב ולא  
לנצח אקצוף כירוח מלפני יעטוף ונשמות אני עשיתי: בעון בצעו קצפתי ואפהו הסתר ואקצף וילך  
שובב בדרך לבו: (דרכיו ראיתי וארפאהו ואנחהו ואשלם נחמים לו ולאבליו: בורא נוב [ניב] שפתים  
שלום | שלום לרחוק ולקרוב אמר יהוה ורפאתיו: והרשעים פים נגרש כי השקט לא יוכל ויגרשו  
מימיו רפש וטיט: אין שלום אמר אלהי לרשעים: קרא בגרון אליתחשף פשוט הרם קולך והגד לעמי  
פשעים ולבית יעקב חטאתם: ואותי יום יום ידרשון ודעת דרכי יחפצון כגוי אשר צדקה עשה ומשפט  
אלהיו לא עזב ישאלוני משפטי צדק קרבת אלהים יחפצון: למה צמנו ולא ראית ענינו נפשנו ולא  
תדע הן ביום צמכם תמצאו חפץ וכל עציביכם תנגשו: הן לריב ומצה תצומו ולהכות באגרף רשע  
לא תצומו כיום להשמיע במרום קולכם: הכזה יהיה צום אבחרהו יום ענות אדם נפשו הללף כאגמון  
ראשו ושק ואפר יציע הלזה תקרא צום ויום רצון ליהוה: הלוא זה צום אבחרהו פתח חרצבות רשע  
התר אגדות מוטה ושלח רצוצים חפשים וכל מוטה תנתקו: (הלוא פרס לרעב לחמך ועניים מרודים  
תביא בית כיתראה ערם וכסיתו ומבשרך לא תתעלם: אז יבקע פשחך אורך וארכתך מהרה תצמח  
והלך לפניך צדקך כבוד יהוה יאספק: אז תקרא ויהוה יענה תשוע ויאמר הנני אסתיר מתוך מוטה  
שלח אצבע ודבראון: ותפק לרעב נפשך ונפש נענה תשביע וזרח בחשך אורך ואפלתך כצהרים: (יא)  
ונחך יהוה תמיד והשביע בצחצחות נפשך ועצמתיד יחליץ והיית כגן רוה וכמוצא מים אשר  
לא יכזבו מימיו: ובנו ממך חרבות עולם מוסדי דורודור תקומם וקרא לך גדר פרץ משבב נתיבות  
לשבת: אסתשיב משבת רגלך עשות חפצך ביום קדשי וקראת לשבת ענג לקדוש יהוה מכבד  
וכבדתו מעשות דרכיך ממצוא חפצך ודבר דבר: אז תתענג עליהוה והרכבתיך על במותי ארץ  
והאכלתיך נחלת יעקב אביך כי פי יהוה דבר:

[The Lord] says: Build up, build up a highway! Clear a road! Remove all obstacles From the road of My people! For  
thus said He who high aloft Forever dwells, whose name is holy: I dwell on high, in holiness; Yet with the contrite  
and the lowly in spirit— Reviving the spirits of the lowly, Reviving the hearts of the contrite. For I will not always  
contend, I will not be angry forever: Nay, I who make spirits flag, Also create the breath of life. For their sinful greed  
I was angry; I struck them and turned away in My wrath. Though stubborn, they follow the way of their hearts, I  
note how they fare and will heal them: I will guide them and mete out solace to them, And to the mourners among  
them heartening, comforting words: It shall be well, Well with the far and the near —said the LORD— And I will  
heal them. But the wicked are like the troubled sea Which cannot rest, Whose waters toss up mire and mud. There  
is no safety —said my God— For the wicked. Cry with full throat, without restraint; Raise your voice like a ram's  
horn! Declare to My people their transgression, To the House of Jacob their sin. To be sure, they seek Me daily,  
Eager to learn My ways. Like a nation that does what is right, That has not abandoned the laws of its God, They ask  
Me for the right way, They are eager for the nearness of God: "Why, when we fasted, did You not see? When we  
starved our bodies, did You pay no heed?" Because on your fast day You see to your business and oppress all your  
laborers! Because you fast in strife and contention, And you strike with a wicked fist! Your fasting today is not such  
As to make your voice heard on high. Is such the fast I desire, A day for men to starve their bodies? Is it bowing the



head like a bulrush And lying in sackcloth and ashes? Do you call that a fast, A day when the LORD is favorable? No, this is the fast I desire: To unlock fetters of wickedness, And untie the cords of the yoke To let the oppressed go free; To break off every yoke. It is to share your bread with the hungry, And to take the wretched poor into your home; When you see the naked, to clothe him, And not to ignore your own kin. Then shall your light burst through like the dawn And your healing spring up quickly; Your Vindicator shall march before you, The Presence of the LORD shall be your rear guard. Then, when you call, the LORD will answer; When you cry, He will say: Here I am. If you banish the yoke from your midst, The menacing hand, and evil speech, And you offer your compassion to the hungry And satisfy the famished creature— Then shall your light shine in darkness, And your gloom shall be like noonday. The LORD will guide you always; He will slake your thirst in parched places And give strength to your bones. You shall be like a watered garden, like a spring whose waters do not fail. Men from your midst shall rebuild ancient ruins, You shall restore foundations laid long ago. And you shall be called "Repairer of fallen walls, Restorer of lanes for habitation." If you refrain from trampling the sabbath, From pursuing your affairs on My holy day; If you call the sabbath "delight," The LORD's holy day "honored"; And if you honor it and go not your ways Nor look to your affairs, nor strike bargains— Then you can seek the favor of the LORD. I will set you astride the heights of the earth, And let you enjoy the heritage of your father Jacob— For the mouth of the LORD has spoken.

## CONCLUDING THE TORAH SERVICE

יְהַלְלוּ אֶת שֵׁם יְיָ כִּי נִשְׁגַּב שְׁמוֹ לְבָדוֹ  
הוֹדוּ עַל אֶרֶץ וּשְׁמַיִם וְיָרֵם קֶרֶן לְעַמּוֹ  
תְּהִלָּה לְכֹל חֲסִידָיו לְבְנֵי יִשְׂרָאֵל עִם קְרוֹבוֹ הַלְלוּיָהּ

Yehalelu et shaym Adonai ki nisgav shemo levado  
Hodo al eretz ve-shamayim va-yarem keren le-am  
Tehilah le-chol chasidav livnay Yisra'ayl am kerovo Haleluyah, haleluyah.

All shall praise the name of Adonai,  
Because God's name is exalted.  
God's glory is on earth and in heaven,  
And God has raised Israel's fortunes.  
God's prayer belongs to all the righteous ones,  
To the People Israel, a nation of God's own. Haleluyah!

Unroll the parchment scroll; hold it gently like a child.  
Unfold your portion to you; draw it close.  
Let its story dance the circle of the room,  
Unbroken words from voice to voice.  
Let letters soar from the Torah of our hearts.  
Here where the end embraces the beginning,  
Like eternal lovers joined as one. Rejoice!

כִּי לֶקַח טוֹב נָתַתִּי לָכֶם תּוֹרַתִּי אֵל תַּעֲזֹבוּ  
עַץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ וְתִמְכֶּיָּהּ מֵאֲשֶׁר  
דִּרְכֶּיָּהּ דִּרְכֵי נֹעַם וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם  
הַשִּׁיבָנוּ יְיָ אֵלֵינוּ וְנִשׁוּבָה חֲדָשׁ יִמְיָנוּ כְּקֶדֶם

Ki lekach tov natati lachem Torati al ta'azovu  
Aytz chayim hi la-machazikim bah ve-tomcheha me'ushar  
Deracheha darchay no'am ve-chol netivoteha shalom  
Hashivaynu Adonai aylecha ve-nashuvah  
Chadaysh, chadaysh yamaynu, chadaysh yamaynu ke-kedem

For I have given you a good portion. Do not forsake My Torah.  
Torah is a tree of life for all who take hold of it, And all of its supporters are happy.  
Its ways are pleasant, and all its paths are peace. Return us to You, Adonai,  
and we shall return. Renew our days as they were in generations before our own.

# YIZKOR

## I THINK I HAVE LOST

I think I have lost something along the way,  
What it is, I do not know.  
Shall I turn back? It is so far off now.  
Yet it is a pity to let it go.

I have lost something, but do not know what.  
Is it anything of worth?  
I shall let it lie—for the day is short,  
And vast is the earth.

Already the shadows fall from the trees.  
Long falls my shadow.  
My heart is unquiet. It cries – turn back.  
My loss torments me so.

So, I stand still in the midst of the road,  
Tormented, doubt-tossed.  
I have lost something, but do not know what.  
But I know that I've lost.

## INDIVIDUAL REMEMBRANCE

Help me, God, to remember those I have lost. Some have been gone for many years, and my grief for others is fresh and intense. Whatever the sum of these relationships, every one of them shaped my life and added to the total of human experience. I will try to forgive those who wronged me, even if I feel the hurt in my heart, even if the scars have not yet faded. At some point along the way, I hope all of them did some good in the world and increased the measure of joy and life, even if they did not add to mine. I demand to speak the truth of my life and to offer up my pain and my disappointment. My life would be better if only You could take them from me.

For those I have loved, I ask for your care, now and always, in the shelter of Your wings. I cannot know the mysteries of the universe, or even if You stand at the end of the corridor, waiting for all of us to enter Your presence. But I know that if such a world exists, everyone I have loved deserves that reward. I have come to share in this moment at our Synagogue to ask your blessings on my family and friends:

[The names I now remember...]

Guard them from any pain that they experienced in their lives. Preserve the good that they did in the world. Give me the blessing of their faces in my dreams. Let one and all live in my heart, inform my choices, and guide my steps.

Give me the sense that they are somehow waiting, and that they will not be lost to me forever. I ask that the line of my life be attached to theirs, and that we are drawn closer to You and Your love for all of us, and let us all say, amayn, amayn.



## AYL MALAY RACHAMIM

אל מלא רחמים, שוכן במרומים, המצא מנוחה נכונה  
תחת כנפי השכינה, במעלות קדושים וטהורים, כזהר  
הרקיע מזהירים, לנשמות כל-אלה שהזכרנו היום לברכה,  
שהלכו לעולמם, בגן עדן תהי מנוחתם. אנא בעל  
הרחמים, הסתירם בסתר כנפיה לעולמים. וצור בצרור  
החיים את-נשמותיהם. יהוה הוא נחלתם. ויגוהו בשלום  
על משכבותיהם. ונאמר אמן.

Ayl malay rachamim shochayn bamromim, ha-metzay menucha nechonah  
tachat canfey ha-shechinah, b'ma'alot kedoshim u'tehorim, k'zohar  
ha-rakiah mazhirim, l'nishmot kol ayleh she'hizkarnu ha-yom l'vracha,  
she'halchu l'olamam, b'gan eden t'hee menuchatam. Ana baal  
ha-rachamim, hasteeraym b'seter k'nafecha l'olamim. U'tzror betzror  
ha-hayyim et-nishmotaychem. Adonai hu nahalatam. V'yanuhu v'shalom  
al mishkevotaychem. V'nomar, amayn.

Exalted, compassionate God, grant perfect peace in Your  
sheltering presence, among the holy and the pure, whose  
radiance is like the heavens, to the souls of all those we have  
recalled today. May their memory be a blessing, and may  
they rest in paradise. Master of mercy, may they find eternal  
shelter beneath Your sheltering wings, and may their souls be  
bound up in the bond of life. Adonai is their portion. May  
they rest in peace. And let us say: Amen.

## MOURNER'S KADDISH

יתגדל ויתקדש שמה רבא  
בעלמא די ברא כרעותה וימליך מלכותה  
בחיכון וביומיכון ובחיי דכל בית ישראל  
בעגלא ובזמן קריב ואמרו אמן

Yitgadal ve-yitkadesh shemay raba  
Be-alma di-v'ra chirutay ve-yamlich malchutay  
Be-chayaychon u-ve-yomaychon u-v'chayay de-chol Bayt Yisra'ayl  
Ba'agala u-viz'man kariv ve-imru amayn

Exalted and hallowed be God's great name in the world  
Which God created, according to plan.  
May God's majesty be revealed in the days of our lifetime and the life of all Israel  
—speedily, imminently. To which we say: amayn.

יהא שמה רבא מברך לעלם ולעלמי עלמיא יתברך

Yehay shmay raba mevorach le-olam u-l'olmay almay yitbarach

Blessed be God's great name to all eternity.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיְתַפָּאֵר וַיְתְּרוּמָם וַיִּתְנַשֵּׂא  
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל  
שְׁמָה דְקוּדְשָׁא בְרִיךְ הוּא

Yitbarach ve-yishtabach ve-yitpo'ar ve-yitromam ve-yitnasay  
Ve-yithadar ve-yitaleh ve-yithalal  
Shemay de-kudesha b'rich hu

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded  
Be the name of the Holy Blessed One,

לְעֵלָא וּלְעֵלָא מִכָּל בִּרְכָתָא וְשִׁירָתָא  
תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאַמִּירָן בְּעֵלְמָא וְאַמְרוּ אַמֵּינ

Le-ayla le-ayla mi-kol birchata ve-shirata  
Tushbechata ve-nechemata da-amiran be-alma ve-imru amayn

...Beyond all earthly words and songs of blessing, praise, and comfort.  
To which we say: amayn.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים  
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאַמְרוּ אַמֵּינ  
עֲשֵׂה הַשְּׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם  
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאַמְרוּ אַמֵּינ

Yehay shlama raba min shemaya ve-chayim  
Alaynu ve-al kol Yisra'ayl ve-imru: amayn  
Oseh shalom bi-m'romav hu ya'aseh shalom  
Alaynu ve-al kol Yisra'ayl ve-imru amayn

May there be abundant peace from heaven, and life,  
For us and all Israel. To which we say: amayn.  
May the One who creates harmony on high,  
Bring peace to us and to all Israel. To which we say: amayn

This moment of convergence now closes for all of us. Allow us all the consolations of memory and none of the angers, the sorrows, and resentments. We ask for the imagination to live in this world and the next, and to open ourselves to what we cannot know. We bless the memory of those we have loved, and pray that their light continues to shine, a healing presence in the pain of our lives and a promise of better things to come. Amayn, amayn, kayn yehi ratzon. So may it be the will of the living God.

# THE MUSAF SERVICE

## HINENI

הִנְנִי הָעֲנִי מִמַּעַשׁ נִרָּעַשׁ וְנִפְחָד מִפָּחַד יוֹשֵׁב תְּהִלּוֹת יִשְׂרָאֵל  
הָיָה נָא מַצְלִיחַ דַּרְכֵי אֲשֶׁר אֲנֹכִי הוֹלֵךְ וְעוֹמֵד לְבָקֵשׁ רַחֲמִים  
עָלַי וְעַל שׁוֹלְחָי

Hineni he-ani mi-ma'as Nirash ve-nifkad mi-pachad yoshayv tehilot Yisra'ayl  
Heyay na matzli'ach darki Asher anochi holaych ve-omayd levakaysh rachamim  
Alai ve-al sholchai

Here I stand, impoverished in merit, trembling in the presence of  
The One who heard the prayer of Israel.  
I pray that I might successfully seek compassion for myself and those who send me.

God, God, open unto me:  
Open unto me—light for my darkness.  
Open unto me—courage for my fear.  
Open unto me—hope for my despair.  
Open unto me—peace for my turmoil.  
Open unto me—joy for my sorrow.  
Open unto me—strength for my weakness.  
Open unto me—wisdom for my confusion.  
Open unto me—forgiveness for my sins.  
Open unto me—tenderness for my toughness.  
Open unto me—love for my hate.  
Open unto me—Your self for my self.  
God, God, open to me!

בַּעֲבוּר כָּל הַצַּדִּיקִים וְהַחֲסִידִים הַתְּמִימִים וְהַיִּשָּׁרִים  
וּבַעֲבוּר כְּבוֹד שְׁמֶךָ הַגָּדוֹל וְהַנּוֹרָא  
כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת עַמֶּךָ יִשְׂרָאֵל בְּרַחֲמִים  
בְּרוּךְ אַתָּה שׁוֹמֵעַ תְּפִלָּה

Ba-avur kol ha-tzadikim ve-ha-chasidim ha-t'mimim ve-ha-yesharim  
U-va-avur kevod shimcha ha-gadol ve-ha-nora  
Ki atah shomayah t'filat amcha Yisra'ayl be-rachamim  
Baruch atah shomayah tefilah

Let our prayers reach Your throne for the sake of  
All honest, righteous, and devout people,  
And for the sake of Your glory.  
Praised are You, merciful God, who hears prayer.

## AMIDAH

בְּרוּךְ אַתָּה יְיָ הוֹאֵה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב  
אֱלֹהֵי שָׂרָה אֱלֹהֵי רַבֵּקָה אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה

Baruch atah Adonai Elohaynu v'Aylohay avotaynu  
Elohay Avraham Elohay Yitzchak v'Aylohay Ya'akov  
Elohay Sarah Elohay Rivkah Elohay Rachayl v'Aylohay Le'ah

Blessed are You, Adonai our God, and God of our ancestors—  
God of Abraham, God of Isaac, and God of Jacob;  
God of Sarah, God of Rebecca, God of Rachel, and God of Leah—

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֶלְיוֹן  
גּוֹמֵל חֲסָדִים טוֹבִים וְקִנְיָה הַכֹּל וְזוֹכֵר חֲסָדֵי אֲבוֹת  
וּמְבִיא גּוֹאֵל לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה

Ha-Ayl ha-gadol ha-gibor ve-ha-norah Ayl elyon  
Gomayl chasadim, chasadim tovim ve-konay, ve-konay ha-kol  
Ve-zochayr chasday avot  
U-mayvi go'ayl livnay venayhem lema'an shemo be-ahavah

The great, powerful, awesome, unreachable God!  
You perform loving acts, create all things,  
And remember the good deeds of our ancestors.  
And You will bring a redeemer to their children's children  
For the sake of Your name, in love.

מְסוֹד חֲכָמִים וְנְבוֹנִים וּמְלָמֵד דַּעַת מְבִינִים  
אֶפְתָּחָה פִּי בְּתַפְלָה וּבְתַחֲנוּנִים לְחַלּוֹת  
וּלְחַנֵּן פָּנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים וְאֲדוֹנֵי הָאֲדוֹנִים

Mi-sod chachamim u-nivonim u-mi-lemmed da'at mevinim  
Eftecha pi bi-t'filah, u-ve-tachanunim  
Lechalot u-l'chanayn penay melech malchay ha-m'lachim  
Va-adonay ha-adonim

Invoking the doctrines of our wise and understanding sages,  
I open my mouth in prayer and supplication to plead and seek favor  
Before the presence of the Ruler, the Ruler of rulers—the Master of masters.

זָכְרָנוּ לַחַיִּים מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים

Zochraynu le-chayim melech chafaytz ba-chayim  
Ve-chatvaynu be-sayfer ha-chayim lema'ancha Elohim chayim.

Remember us for life, Sovereign, Who desires life;  
And inscribe us in the Book of Life, for Your sake, Living God.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן בְּרוּךְ אַתָּה יְיָ מִגֵּן אֲבֹרָהּ  
אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנֵי מַחְיָה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ

Melech ozayr u-moshi'a u-magayn  
Baruch atah Adonai magayn Avraham  
Atah gibor le-olam Adonai  
Mechayay maytim rav lehoshi'a

You are a sovereign who supports, redeems, and defends.  
Blessed are You, Adonai, shield of Abraham.  
You are forever heroic, Adonai.  
You raise the lifeless with the power of redemption.

מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים  
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים  
וּמְקִים אֲמוֹנָתוֹ לִישְׁנֵי עָפָר

Mechalkayl chayim be-chesed  
Mechayay maytim be-rachamim rabim  
Somaych noflim ve-rofay cholim u-matir asurim  
U-mekayaym emunato li-shaynay afar

You are a sovereign who supports, redeems, and defends.  
Blessed are You, Adonai, shield of Abraham.  
You are forever heroic, Adonai.  
You raise the lifeless with the power of redemption.

מִי כְמוֹךְ אֵב הַרְחָמִים זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים  
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים בְּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים

Mi chamocha Av ha-rachamin zochayr yetzurav  
Yetzurav le-chayim, le-chayim be-rachamim  
Ve-ne'eman atah lehachayot maytim  
Baruch atah Adonai mechayay ha-maytim

Who is like You merciful Parent,  
Who remembers God's creatures for life, in God's mercy.  
And You are faithful in restoring the dead to life.  
Blessed are You, Adonai, who bestows eternal life.

## UNETANE TOKEF

וְנִתְּנָה תְּקֵף קְדוּשַׁת הַיּוֹם  
אֱמֶת כִּי אַתָּה הוּא דִין וּמוֹכִיחַ יוֹדֵעַ וְעוֹד  
וְכוֹתֵב וְחוֹתֵם וְסוֹפֵר וּמוֹנֵה וְתוֹזֵכֵר כָּל הַנִּשְׁכָּחוֹת  
וְתַפְתַּח אֶת סֵפֶר הַזְכוּרוֹת  
וּמֵאֱלֹיו יִקְרָא וְחוֹתֵם יָד כָּל אָדָם בּוֹ

U-netaneh tokef kedushat ha-yom  
Emet ki atah hu dayan u-mochi'ach ve-yodaya va-ayd  
Ve-chotayv ve-chotaym ve-sofayr u-moneh ve-tizkor kol ha-nishkachot  
Ve-tiftach et sayfer ha-zichronot  
U-may-alav yikaray ve-chotaym yad kol adam bo

We acclaim this day's pure sanctity, its awesome power.  
This day, Lord, Your dominion is deeply felt.  
In truth, do You judge and prosecute, discern motives and bear witness,  
Record and seal, count and measure,  
Remembering all that we have forgotten.  
You open the Book of Remembrance, and it speaks for itself,  
For every person has signed it with a record of deeds.

The Book is here, the quill, the ink  
 Ready to inscribe, to confirm, and seal.  
 But where is the eraser to clear the record,  
 To wipe away the stain of error?  
 Here, Adonai, take my deeds  
 And rinse them clean so I can begin again.

If You are the Counter and we the counted,  
 Remember that we cannot survive the count  
 If You count too carefully the sheep before You.  
 Be the shepherd who loses count,  
 Who knows the mercy of overlooking.

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן וּבְיוֹם צוֹם כְּפוּר יִחְתְּמוּן  
 כָּמָה יַעֲבֹרֹן וְכָמָה יִבְרָאוּן מִי יְחִיָּה וּמִי יָמוּת  
 מִי בִקְצוֹ וּמִי לֹא בִקְצוֹ מִי בְּאֵשׁ וּמִי בַּמַּיִם  
 מִי בַחֲרֵב וּמִי בַחַיָּה מִי בְרָעַב וּמִי בַצָּמָא  
 מִי בְרַעַשׁ וּמִי בַמַּגָּפָה מִי בַחֲנִיקָה וּמִי בַסְּקִילָה  
 מִי יָנוּחַ וּמִי יָנוּעַ מִי יִשְׁקֹט וּמִי יִטְרֹף  
 מִי יִשְׁלֹוּ וּמִי יִתְיַסֵּר מִי יַעֲנִי וּמִי יַעֲשִׂיר  
 מִי יִשְׁפֹּל וּמִי יָרוּם

Be-Rosh Ha-Shanah yikatayvun U-ve-Yom Tzom Kippur yaychataymun  
 Kama ya'avrun. Ve-chamah yibarayun Mi yichyeh. U-mi yamut.  
 Mi ve-kitzo. U-mi lo ve-kitzo. Mi va-aysh. U-mi va-mayim.  
 Mi va-cherev. U-mi va-chayah. Mi va-ra'av. U-mi va-tzama.  
 Mi va-ra'ash. U-mi va-magayfah. Mi va-chanikah. U-mi va-skilah.  
 Mi yanu'ach. U-mi yanu'a. Mi yashkit. U-mi yetoraf.  
 Mi yishalayv. U-mi yityasayr. Mi ya'ani. U-mi ya-ashir.  
 Mi yushpal. U-mi yarum.

On Rosh Ha-Shanah it is written, and on Yom Kippur it is sealed.  
 How many shall leave this world, and how many shall be born?  
 Who shall live and who shall die?  
 Who shall live a full measure of life, and who shall not?  
 Who shall perish by fire, and who shall perish by water?  
 Who by sword, and who by wild beast?  
 Who by hunger, and who by thirst? Who by earthquake and who by contagion?  
 Who by strangling and who by stoning? Who shall rest, and who shall wander?  
 Who shall be at peace, and who shall be tormented?  
 Who shall be poor and who shall be rich?  
 Who shall be humbled and who shall be exalted?  
 They will all be written and sealed!

וּתְשׁוּבָה וּתְפִלָּה וְצִדְקָה מַעֲבִירִין אֶת רֹעַ הַגְּזֵרָה

U-teshuvah u-tefilah u-tzedakah  
 ma'avirin et ro'a ha-g'zayrah

But penitence, prayer, and good deeds.  
 Annul the severity of the decree.



## LE-DOR VA-DOR

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ  
וְלִנְצַח נִצָּחִים קְדוּשַׁתְךָ נִקְדִּישׁ  
וְשִׁבְחָךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד  
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה  
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ

Le-dor va-dor, nagid godlecha  
U-le-naytzach netzachim kedushatcha nakdish  
Ve-shivchacha Elohaynu mi-pinu  
Lo yamush le-olam va-ed  
Ki Ayl melech gadol ve-kadosh atah  
Baruch atah Adonai ha-ayl ha-kadosh

From generation to generation, we will tell of Your greatness;  
For ever and ever, we will sanctify Your holiness  
And Your praise, our God, will not depart  
from our mouth forever and ever.  
Because You are a great and holy ruler!  
Bless are You, Adonai, holy God.

## QUIET REFLECTIONS

God, where shall I find you? High and hidden is your place.  
And where shall I not find you,  
Whose presence fills all space.

We call to mind the lives of our ancient fathers and mothers,  
asking ourselves how we might be challenged and motivated by their examples.

Zochreinu L'chayim.  
We remember their lives and pray to be remembered by future generations.  
May our deeds be deeds of life.  
Then our own hands will enter our names in the book of life.  
We pray we might encounter the Power whose gift  
is our capacity to search for connections between our ancestors and ourselves.

We take time to ponder life and death as aspects of the mystery of being.  
We pray we might encounter the Power whose gift is life  
and whose Presence is manifest in the mystery of being.

We ask ourselves how we might perceive  
new dimensions of holiness in the world:  
the animation of lifeless matter,  
the courage of those who conquer adversity,  
the health of those who overcome sickness,  
the hope of the future.

We pray we might encounter the Power  
whose gift is our capacity to search for  
the holiness and distinctiveness found in all things.

We ask ourselves how we might deepen our awareness of sacred time.  
We pray we might encounter the Power  
whose gift is our ability to pause, notice and bless the time we have,  
and make holy our entrance into the New Year

We ask ourselves in what way we might link our destiny  
to the land and people of Israel.  
We pray we might encounter the Power whose gift  
is our capacity to fulfill our dreams of Zion,  
and whose presence is manifest in the solidarity of Israel.

We remember in this moment some of life's many blessings  
that would otherwise go unacknowledged.  
We pray we might encounter the Power  
whose gift is our ability to discern the beauty around us  
and whose Presence we meet when  
we recognize the goodness that surrounds us.

We ask ourselves by what deed we might bring a measure of peace into our world.  
We pray we might encounter the Power  
whose gift is our desire to seek peace and pursue it,  
and whose Presence is manifest in understanding, harmony, and the pursuit of peace.  
Longing to come near to you,  
With all my heart I pray.  
And going out to seek you,  
You meet me on the way

## ALAYNU

עלינו לשבח לאדון הכל לתת גדלה ליוצר בראשית  
שלא עשנו כגויי הארצות ולא שמנו כמשפחות האדמה  
שלא שם חלקנו בהם וגורלנו בכל המונים  
ואנחנו כורעים ומשתחוים ומודים  
לפני מלך מלכי המלכים  
הקדוש ברוך הוא

Alaynu leshabayach la-adon ha-kol latayt gedulah le-yotzayr berayshit  
Shelo asanu ke-goyay ha-aratzot  
Ve-lo samanu ke-mishpechot ha-adamah  
Shelo sam chelkaynu ka-hem ve-goralaynu ke-chol ha-monam  
Va-anachnu korim u-mishtachavim u-modim  
Lifnay melech malchay ha-m'lachim  
Ha-Kadosh Baruch Hu

It is incumbent upon us to praise the Ruler of all,  
 To ascribe greatness to the original Creator.  
 For God did not make us like any other,  
 And did not create us like other peoples.  
 For God did not lay out a portion like theirs, nor a common fate.  
 And thus we bend and bow and give thanks  
 Before the Ruler of all rulers,  
 The Holy One, Blessed be God.

Alaynu—It's upon us.  
 It's upon us to hear Your call.  
 It's upon us to heal our broken world.  
 It's upon us to join together.  
 It's upon us to do our part.  
 It's upon us to break the bonds of injustice.  
 It's upon us to free the oppressed.

It's upon us to feed the hungry.  
 It's upon us to care for the homeless.  
 It's upon us to remove the chains of oppression.  
 It's upon us to care of the suffering.  
 Alaynu: it's upon us.

## MA'ARE COHEN

אמת מה נהדר הִיא כהן גדול בצאתו  
 מבית קדשי הקדשים בשלום בלי פגע:

כֹּהֵן הַנִּמְתַּח בְּדָרֵי מַעֲלָה. מֵרָאָה כֹּהֵן:  
 כְּבָרָקִים הַיּוֹצֵאִים מִזִּיּוֹ הַחַיּוֹת. מֵרָאָה כֹּהֵן:  
 כְּגֹדֶל גְּדִילִים בְּאַרְבַּע קְצוֹת. מֵרָאָה כֹּהֵן:  
 כְּדַמוֹת הַקֶּשֶׁת בְּתוֹךְ הָעֵנָן. מֵרָאָה כֹּהֵן:

כְּהוֹד אֲשֶׁר הִלְבִּישׁ צוּר לִיצוּרִים. מֵרָאָה כֹּהֵן:  
 כְּנֶרֶד הַנֶּתוּן בְּתוֹךְ גִּנַּת חֶמֶד. מֵרָאָה כֹּהֵן:  
 כְּזֶר הַנֶּתוּן עַל מִצַּח מֶלֶךְ. מֵרָאָה כֹּהֵן:  
 כְּחֶסֶד הַנֶּתוּן עַל פְּנֵי חֶתָן. מֵרָאָה כֹּהֵן:

Emet ma nehedar haya cohen gadol betzeito  
 mibeit kodshei hakodashim b'shalom b'li pegah

K'ohel hanimtach bedarei mala: Mar'ei Kohen  
 Kivrakim hayotzim miziv hachayot: Mar'ei Kohen  
 K'godel gdilim barba k'tzavot: Mar'ei Kohen  
 Kidmut hakeshet betoch he'anan: Mar'ei Kohen

K'hod asher hilbish tzur litzurim: Mar'ei Kohen  
K'vered hanatun betoch ginat chemed: Mar'ei Kohen  
Kezer hanatun al metzach Melech: Mar'ei Kohen  
Kchesed hanitan al p'nei chatan: Mar'ei Kohen

Indeed, how glorious was the High Priest  
as he came forth from the Holy of Holies in peace and unharmed!

As a tent stretched in heaven.  
As a lightening flashing from the splendor of the heavenly beings.  
As the celestial blue of the [four] fringes.  
As the sight of the rainbow within the cloud.

As the splendor with which the Rock clothed that created ones.  
As the rose planted in a pleasant garden.  
As a diadem set on the brow of a king.  
As the mirror of love in the face of a bridegroom.

## SHEMA KOLAYNU

שִׁמְעָה קוֹלֵנוּ יְהוָה אֱלֹהֵינוּ חוּס וְרַחֵם עָלֵינוּ  
וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ  
הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנִשְׁוֶבָה חֲדָשׁ יָמֵינוּ בְּקֶדֶם  
אֵל תְּשַׁלִּיכֵנוּ מִלִּפְנֵיךָ וְרוּחַ קִדְשְׁךָ אֵל תִּקַּח מִמֶּנּוּ  
אֵל תְּשַׁלִּיכֵנוּ לְעֵת זְקֵנָה כְּכֹלֹת כְּחָנוּ אֵל תַּעֲזֹבֵנוּ  
אֵל תַּעֲזֹבֵנוּ יְהוָה אֱלֹהֵינוּ אֵל תִּרְחַק מִמֶּנּוּ

Shema kolaynu Adonai Elohaynu chus ve-rachaym alaynu  
Ve-kabayl be-rachamim u-v'ratzon et tefilataynu  
Hashivaynu Adonai aleycha ve-nashuva  
Chadaysh yamaynu ke-kedem, chadaysh yamaynu ke-kedem  
Al tashlichaynu mi-l'fanecha ve-ru'ach kodshecha al tikach mimenu  
Al tashlichaynu le-ayt zikna ki-ch'lot kochaynu al ta'azvaynu  
Al ta'azvaynu Adonai Elohaynu al tirschak mimenu

Hear our voice, Adonai, our God; spare us and have compassion on us,  
And accept our prayers mercifully and willingly.  
Lead us back to You, Adonai and we shall find the way back;  
Renew our days as of old.  
Cast us not away from Your presence,  
And Your holy spirit take not from us.  
Do not cast us off in time of old age;  
When our strength fails, do not forsake us.  
Forsake us not, Adonai, our God, be not far removed from us.

עֲשֵׂה עִמָּנוּ אוֹת לְטוֹבָה וְיִרְאוּ שׁוֹנְאֵינוּ וַיִּבְשׁוּ  
כִּי אַתָּה יְהוָה עֲזַרְתָּנוּ וְנִחַמְתָּנוּ  
אֲמָרֵינוּ הֶאֱזִינָה יְהוָה בִּינָה הִגִּיגְנוּ

Asay imanu ot le-tovah ve-yiru sonaynu ve-yayvoshu  
 Ki atah Adonai azartanu ve-nichamtanu  
 Amaraynu ha'azinah Adonai bina hagigaynu  
 Amaraynu ha'azinah Adonai bina hagigaynu  
 Give us a sign of Your goodness  
 That our enemies may see it and be ashamed;  
 For You, Adonoy, have helped us and comforted us.  
 For You, Adonoy, do we wait;  
 You will answer us, our Master, our God.

יְהִי לְרָצוֹן אִמְרֵי פִינוּ וְהִגִּיוֹן לִבָּנוּ לְפָנֶיךָ יְהוָה צוּרֵנוּ וְגוֹאֲלֵנוּ

Yihyu le-ratzon imray finu Ve-hegyon libaynu lefanecha  
 Adonai tzuraynu Ve-go'alaynu

May the words of our mouth and the meditations of our heart  
 Be acceptable to You, Adonai, our rock and our redeemer.

## KI ANU AMECHA

כִּי אֲנִי עַמְּךָ וְאַתָּה אֱלֹהֵינוּ. אֲנִי בְנֶיךָ וְאַתָּה אָבִינוּ:  
 אֲנִי עַבְדֶּיךָ וְאַתָּה אֲדוֹנֵנוּ. אֲנִי קְהִלָּה וְאַתָּה חֹלְקֵנוּ:  
 אֲנִי נַחֲלָתְךָ וְאַתָּה גּוֹרְלֵנוּ. אֲנִי צֹאנְךָ וְאַתָּה רוֹעֵנוּ:  
 אֲנִי כְרֶמֶךָ וְאַתָּה נוֹטְרֵנוּ. אֲנִי פְעֻלָּתְךָ וְאַתָּה יוֹצְרֵנוּ:  
 אֲנִי רְעִיתְךָ וְאַתָּה דוֹדֵנוּ. אֲנִי סִגְלָתְךָ וְאַתָּה אֱלֹהֵינוּ.  
 אֲנִי עַמְּךָ וְאַתָּה מֶלֶכְנוּ: אֲנִי מַאֲמִירְךָ וְאַתָּה מַאֲמִירֵנוּ:

Ki anu amecha ve-atah Elohaynu; Anu vanecha ve-atah avinu  
 Anu avadecha ve-atah adonaynu; Anu kehalecha ve-atah chelkaynu  
 Anu nachalatecha ve-atah goralaynu; Anu tzonecha ve-atah ro'aynu  
 Anu charmecha ve-atah notraynu; Anu fe'ulatecha ve-atah yotzraynu  
 Anu rayatecha ve-atah dodaynu; Anu segulatecha ve-atah kerovaynu  
 Anu amecha ve-atah malkaynu; Anu ma'amirecha ve-atah ma'amiraynu

For we are Your people; and You are our God. We are Your children; and You are our parent.  
 We are Your servants; and You are our ruler. We are Your congregation; and You are our portion.  
 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 keeper. We are Your work; and You are our creator.  
 We are Your dear ones; and You are our beloved. We are Your treasure; and You are our God.  
 We are Your people; and You are our Ruler. We are Your distinguished ones; and You are our distinction.

## VIDUI—ASHAMNU

אֲשָׁמְנוּ. בִּגְדָנוּ. גָּזְלָנוּ. דִּבְרָנוּ דְּפִי.  
 הָעוֹיְנוּ. וְהִרְשָׁעְנוּ. וְדָנוּ. חֲמִסְנוּ. טָפְלָנוּ שָׁקֵר.  
 יַעֲצָנוּ רָע. כְּזָבְנוּ. לָצָנוּ. מִרְדָּנוּ. נֶאֱצָנוּ.  
 סָרְרָנוּ. עוֹיְנוּ. פִּשְׁעָנוּ. צָרְרָנוּ. קִשְׁיֵנוּ עָרָף.  
 רָשָׁעְנוּ. שָׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲיֵנוּ. תַּעֲתָעְנוּ:

Ashamu. Bagadnu. Gazalnu. Dibarnu dofi.  
He'evinu. Ve-hirshanu. Zadnu. Chamasnu. Tafalnu shaker.  
Ya'atznu ra. Kizavnu. Latznu. Maradnu. Ni'atznu.  
Sararnu. Avinu. Pashanu. Tzarnu. Kishinu oref.  
Rashanu. Shichatnu. Ti'avnu. Ta'inu. Titanu.

We abuse, we betray, we are cruel, we destroy, we embitter, we falsify,  
We gossip, we hate, we insult, we jeer, we kill, we lie,  
We mock, we neglect, we oppress, we pervert, we quarrel, we rebel,  
We steal, we transgress, we are unkind, we are violent,  
We are wicked, we are extremists,  
We yearn to do evil, we are zealous for bad causes.

## THE THIRD CONFESSION

We have sinned against You by throwing off all restraint,  
And we have sinned against You by rashly judging others,  
We have sinned against You by plotting against our enemies.  
And we have sinned against You through selfishness.  
We have sinned against you through superficiality,  
And we have sinned against You through stubbornness.  
We have sinned against You by rushing to do evil,  
And we have sinned against You through gossip.

על חטא שחטאנו לפניך בשבועת שוא:

Al chayt she-chatanu lefanecha bi-sh'vu'at shav

We have sinned against You through empty promises.

ועל חטא שחטאנו לפניך בשנאת חנם:

Ve-al chayt she-chatanu lefanecha be-sinat chinam

And we have sinned against You through baseless hatred.

על חטא שחטאנו לפניך בתשומת יד:

Al chayt she-chatanu lefanecha bi-tsumet yad

We have sinned against You by betraying trust.

ועל חטא שחטאנו לפניך בתמהון לבב:

Ve-al chayt shechatanu lefanecha be-timhon layvav.

And we have sinned against You by succumbing to confusion.

ועל כלם אלוה סליחות. סלח לנו. מחל לנו. כפר לנו:

Ve-al kulam Eloha selichot, Selach lanu. Mechal lanu. Kapayr lanu.

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



## OSEH SHALOM

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן

Oseh shalom, shalom bi-m'romav, hu ya'aseh shalom alaynu  
Ve-al kol Yisra'el ve-imru: amayn

May the one who makes the peace in God's high heavens  
Make peace upon us and upon all Israel and say: amayn.

## MOURNER'S KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא  
בְּעֻלְמָא דִּי בְּרָא כִרְעוּתָהּ וְיִמְלִיךָ מַלְכוּתָהּ  
בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְכָל בֵּית יִשְׂרָאֵל  
בְּעָגְלָא וּבְזֶמַן קָרִיב וְאָמְרוּ אָמֵן

Yitgadal ve-yitkadash shemay raba  
Be-alma di-v'ra chirutay ve-yamlich malchutay  
Be-chayaychon u-ve-yomaychon u-v'chayay de-chol Bayt Yisra'el  
Ba'agala u-viz'man kariv ve-imru amayn

Exalted and hallowed be God's great name in the world  
Which God created, according to plan.  
May God's majesty be revealed in the days of our lifetime and the life of all Israel  
—speedily, imminently. To which we say: amayn.

יְהֵא שְׁמֵהּ רַבָּא מְבֹרָךְ לְעָלָם וּלְעָלְמֵי עָלְמֵי יִתְבָּרָךְ

Yehay shmay raba mevorach le-olam u-l'olmay almay yitbarach

Blessed be God's great name to all eternity.

יִתְבָּרָךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקוּדְשָׁא בְּרִיךְ הוּא

Yitbarach ve-yishtabach ve-yitpo'ar ve-yitromam ve-yitnasay  
Ve-yithadar ve-yitaleh ve-yithalal shemay de-kudesha b'rich hu

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded  
Be the name of the Holy Blessed One,

לְעָלָא וּלְעָלְמָא מְכַל בְּרַכְתָּא וְשִׁירָתָא  
תְּשַׁבְּחָתָא וְנִחְמָתָא דְּאִמְרֵיךְ בְּעֻלְמָא וְאָמְרוּ אָמֵן

Le-ayla le-ayla mi-kol birchata ve-shirata  
Tushbechata ve-nechemata da-amiran be-alma ve-imru amayn

...Beyond all earthly words and songs of blessing, praise, and comfort.  
To which we say: amayn.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן  
עֲשֵׂה הַשָּׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן

Yehay shlama raba min shemaya ve-chayim alaynu ve-al kol Yisra'el ve-imru: amayn  
Oseh shalom bi-m'romav hu ya'aseh shalom alaynu ve-al kol Yisra'el ve-imru amayn

May there be abundant peace from heaven, and life, for us and all Israel. To which we say: amayn.  
May the One who creates harmony on high, bring peace us and to all Israel. To which we say: amayn

# A FILL IN THE BLANK YOM KIPPUR GUIDE

1. Over the past year, I have experienced moments of \_\_\_\_\_ (joy, sorrow, growth, challenge).  
These moments have taught me \_\_\_\_\_.
2. One mistake or regret from the past year that weighs on my mind is \_\_\_\_\_.  
I can learn from this by \_\_\_\_\_.
3. I seek forgiveness from \_\_\_\_\_ for \_\_\_\_\_.  
I will make amends by \_\_\_\_\_.
4. In the coming year, I hope to improve my relationship with \_\_\_\_\_ by \_\_\_\_\_.
5. One aspect of my character I want to develop is \_\_\_\_\_.  
To work on this, I will \_\_\_\_\_.
6. I am grateful for \_\_\_\_\_ in my life.  
I express this gratitude by \_\_\_\_\_.
7. My contribution to my community and the world can be enhanced by \_\_\_\_\_.  
I commit to taking action by \_\_\_\_\_.
8. In the year ahead, my intention is to \_\_\_\_\_.  
I will achieve this by \_\_\_\_\_.
9. A lesson I can draw from Yom Kippur is that \_\_\_\_\_.  
To embody this lesson, I will \_\_\_\_\_.
10. One thing I can do to promote inner peace and self-acceptance is \_\_\_\_\_.  
I will practice this regularly by \_\_\_\_\_.
11. As I reflect on the past year, I acknowledge that growth and change are ongoing processes.  
I embrace the opportunity to \_\_\_\_\_ and look forward to \_\_\_\_\_.