

***Kol Nidrey***

**רבֵּנוֹ שֶׁל עוֹלָם** *Ribono Shel Olam*

**Master of all the Worlds**

**I hereby forgive whoever has hurt me  
and whoever has done me any wrong,  
whether he or she did it deliberately or by accident,  
whether by word or by deed,  
whether in this incarnation or any previous one.**

**May no one be punished on my account.**

**רבֵּנוֹ שֶׁל עוֹלָם** *Ribono Shel Olam*

**Master of all the Worlds**

**May it be Your desire, Holy One of Blessing,  
My Power, and Power of my parents,  
that I miss the mark no more.  
Let me not revert to my old ways,  
that I do not cause anger with my actions;  
that I do not do that which is evil in Your sight;**

**רבֵּנוֹ שֶׁל עוֹלָם** *Ribono Shel Olam*

**Master of all the Worlds**

**May this be Your will:**

**Wipe away the misdeeds that I have committed  
with your great compassion,  
but not through sickness or suffering.**

**May the words of my mouth  
and the meditations of my heart  
be acceptable before you**

**יהוה** *YAH* my God  
**my Rock and my Redeemer**

# וְאָנוּ מְצָאָנוּ מְנוּחָה מִתַּחַת כַּנְפֵי הַשְּׁכִינָה

*V'anu matzanu m'nuchah mee-tachat kanfey ha-Shekhinah*

And we have found rest  
beneath the wings of *Shekhinah*

Before we begin to atone for last year  
we make clear that we know how we vow.  
Our word we mean to keep,  
which we give when we want to bribe God with our good deeds.

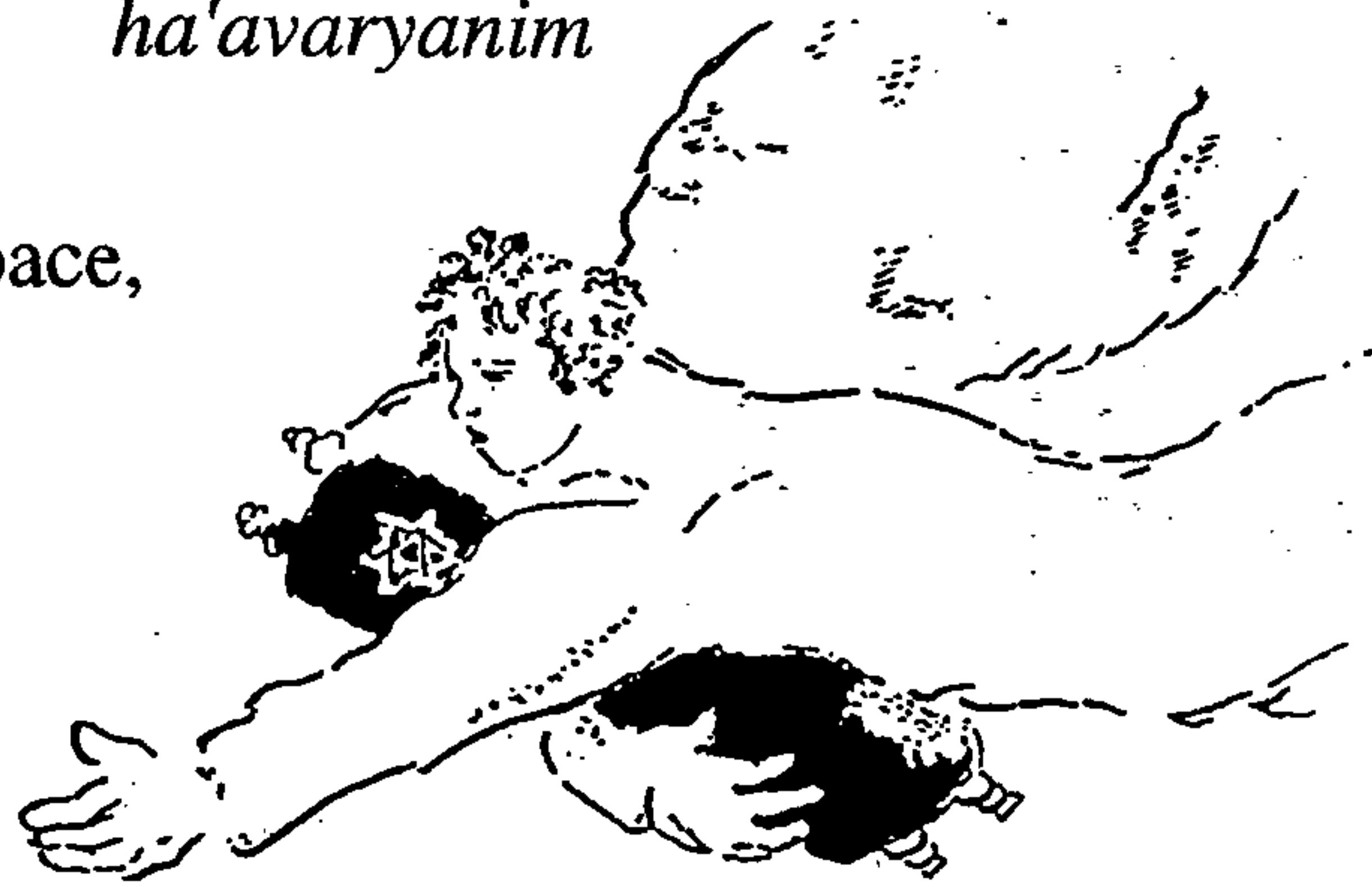
So we state that next year we will with less fear,  
live our weakness and strength as it flows.  
No more vows! No more bribes!  
No more oaths will we pledge!  
And if in weakness we vow, we void them right now,  
so that freely we see God and Human.

בִּישִׁיבָה שֶׁל מְעַלָּה וּבִישִׁיבָה שֶׁל מָטָה.  
עַל דְּעַת הַמָּקוֹם וְעַל דְּעַת הַקְּהָל.  
אָנוּ מַתִּירִין לְהִתְפַּלֵּל עִם הָעֲבָרִיָּמִים.

*Bi'Yeshiva shel maalah,  
u'vi'Yeshiva shel matah; al Daat  
ha'Makom v'al'Daat ha'kahal anu  
matirin l'hitpaleyl im  
ha'avaryanim*

By consent of this group gathered here in this space,  
and consent of the powers on high  
we will share in this prayer  
and admit our wrongs,  
all together and apart, you and I.  
A light which transcends all limits and bounds  
is sown in our hearts at this time.

Thus the *Tzadik* / the righteous one in us can rejoice and be glad,  
and burst forth from our eyes now and shine!



# כל נדריו *Kol Nidrey*

ALL OF OUR VOWS

כָּל נִדְרֵי. וְאֶסְרֵי. וְחַרְמֵי. וְקוֹנָמֵי. וְכַנּוּיֵי. וְקַנּוּסֵי.  
וְשְׁבוּעוֹת. וְנִדְרָנָא. וְדִאֲשַׁתְּבָּעְנָא. וְדִאֲחַרְיִמְנָא.  
וְדִאֲסָרְנָא עַל נַפְשָׁתְנָא. מִיּוֹם כַּפָּרִים זֶה עַד יוֹם  
כַּפָּרִים הַבָּא עָלֵינוּ לְטוֹבָה. כְּלִהוֹן אֲחַרְטָנָא בְּהוֹן.  
כְּלִהוֹן יְהוֹן שָׂרוֹן. שְׁבִיקִין. שְׁבִיתִין. בְּטַלִּין וּמְבַטְלִין.  
לֹא שְׂרִירִין וְלֹא קִיּוּמִין: נִדְרָנָא לֹא נִדְרֵי. וְאֶסְרְנָא לֹא  
אֶסְרֵי. וְשְׁבוּעָתְנָא לֹא שְׁבוּעוֹת:

*Kol nidrey ve'esarey va'charamey v'konamey v'chinuyey v'kinu-*  
*sey ush'vuot*

*Dindarna ud'ishtaba-na ud'achareemna v'di-asarna al naf-*  
*shatana*

*Mee-yom kippurim zeh ad yom kippurim ha-ba, aleynu l'tova*

*Kul-hon icharatna v'hon, kul-hon y'hon sharan,*

*Sh'veekeen, sh'veeteen, b'tayleen um'vutaleen*

*La sh'reereen v'la kayameen.*

*Nidrana la nidrey, ve'esarana la esarey, ush'vuatana la sh'vuot.*

All vows, bonds, devotions, promises, obligations, penalties and oaths which we have vowed, sworn, devoted and bound ourselves (spiritually before God) from this *Yom Kippur* to the next *Yom Kippur* - may it come to us for good-, we repent for all of them. Let them be absolved, released, annulled, made void and have no effect! They will not be binding or have any power. Our vows will not be vows, our bonds will not be bonds; and our oaths will not be oaths.

וְנִסְלַח לְכָל-עֲדַת בְּנֵי יִשְׂרָאֵל וְלִגְר הַגֵּר בְּתוֹכְכֶם  
כִּי לְכָל הָעַם בְּשִׁגְגָה:  
סְלַח-נָא לְעוֹן הָעַם הַזֶּה כְּגֹדֶל חַסְדְּךָ  
וּכְאֲשֶׁר נִשְׂאָתָה לְעַם הַזֶּה מִמִּצְרַיִם וְעַד הַנְּהָ: וְשֵׁם  
נֶאֱמַר:  
וַיֹּאמֶר יְיָ סְלַחְתִּי כְּדַבַּרְךָ:

Forgive the wrongdoings of this people, and all who dwell in their midst, according to the greatness of Your covenantal love. For in all of us Your people is there unwitting transgression.

*VaYomer יהוה 'Yah (Adonay) salachti ki-dvarecha*

And יהוה "The Breath of Life" says: "I forgive as you speak!" 3

# Calling us to Community

As we bless the Source of Life  
So we are blessed

And our blessings give us strength,  
and make our visions clear,  
and our blessings give us peace,  
and the courage to dare

As we bless the Source of Life  
So we are blessed

(Faith Rogow)

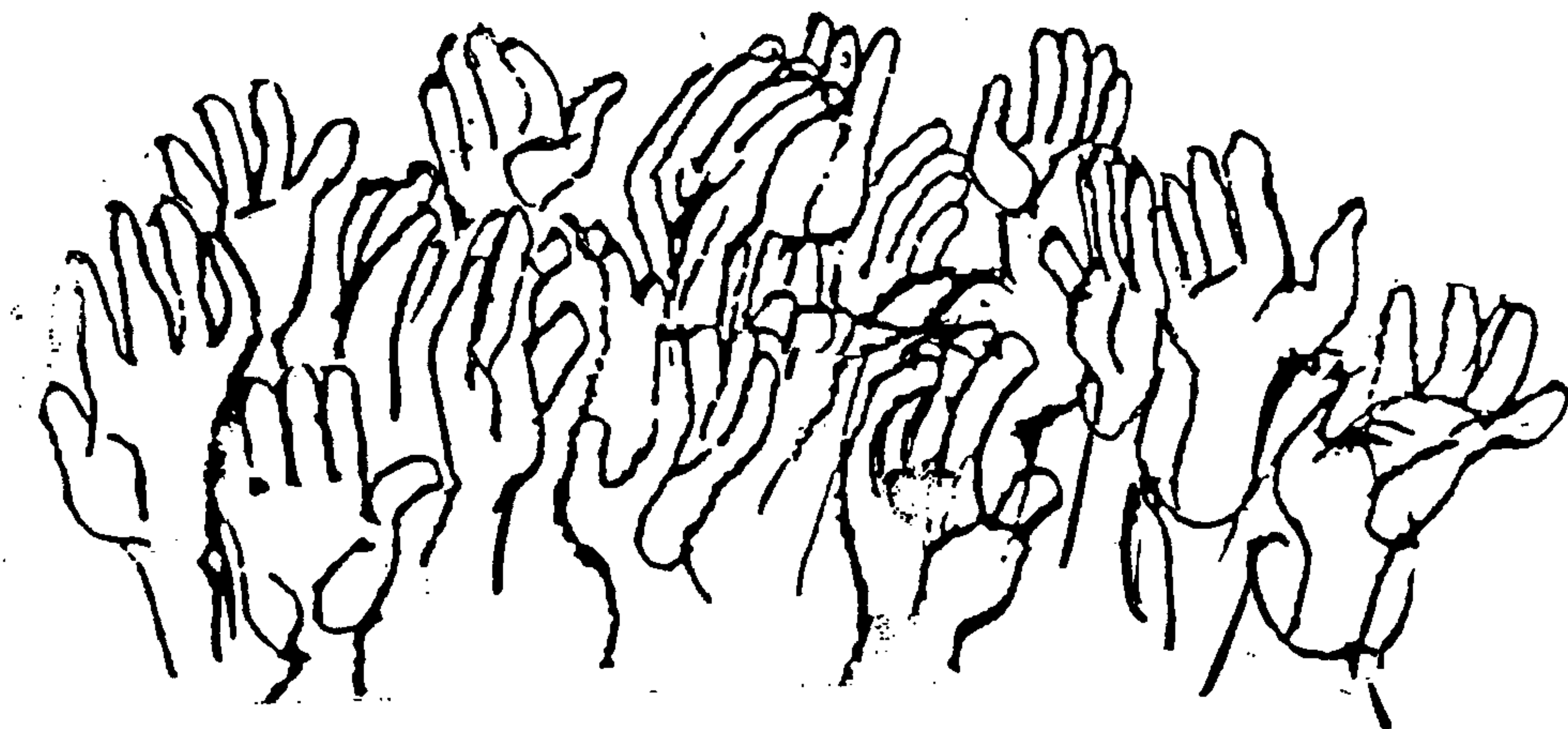
בְּרַכּוּ אֶת יְהוָה הַמְּבַרֵךְ:

*Barchu et יהוה Ha-M'vorach*

בְּרוּךְ יְהוָה הַמְּבַרֵךְ לְעוֹלָם וָעֶד:

*Baruch יהוה Ha-M'vorach l'Olam Va-ed!*

We praise and bless the Holy One, Source of all Blessing, for ever and ever!



# Maariv Aravim

**Source of all Blessings are you, YAH/Adonay  
Author of time and space**

*You bring on evening with a word, You open heaven's gates with wisdom,  
You adjust the ages with sensitive discernment,  
You vary the seasons and order the orbits of a sky full of stars.*

*You create each day and night afresh,  
roll light in front of darkness and darkness in front of light so gently,  
that no moment is quite like the one before, or after*

*Second by second  
You make day pass into night and night into day,  
and You alone know the boundary point  
dividing one from the other.*

**Unifier-Of-All-Being is Your Name!**

*Timeless Power  
Energize us forever!  
You who brings in the evening  
we praise.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עַרְבִים  
בְּחִכְמָה פּוֹתַח שְׁעָרִים וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים וּמַחְלִיף אֶת הַזְּמַנִּים וּמְסַדֵּר  
אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרָצוֹנוֹ. בּוֹרֵא יוֹם וּלְיַלָּה גּוֹלֵל אוֹר  
מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה וּמַבְדִּיל בֵּין יוֹם  
וּבֵין לַיְלָה יְהוָה צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם  
וָעֵד. בָּרוּךְ אַתָּה יְהוָה הַמַּעְרִיב עַרְבִים:

*Baruch Ata יהוה, Eloheynu Melech ha-Olam, asher bid'varo ma'ariv aravim, b'chochmah  
poteyach sh'arim, u-vi-t'vunah m'shaneh ee-teem, u-machaleef et ha-z'manim, u-m'sader  
et ha-kochavim b'mish'm'ro-teyhem ba-rakiyah, ki'r'tzono. Borey yom v'laila, golel or  
mipney choshech, v'choshech mipney or. U-ma'avir yom u-may-vee laila, u-mavdil  
beyn yom u'veyn laila. יהוה Tz'vaot Shemo! El chai v'kayam! Tamid yimloch aleynu  
l'olam va-ed! Baruch Ata יהוה ha-Ma'ariv Aravim..*

# Ahavat Olam

אַהַבַּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אַהֲבַת תּוֹרָה וּמִצְוֹת חֻקִּים  
וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּת עַל כֵּן יְהוּה אֱלֹהֵינוּ בְּשֹׁכְבֵנוּ וּבְקוֹמֵנוּ  
נִשְׂיַח בְּחֻקֶיךָ וְנִשְׂמַח בְּדִבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
כִּי הֵם חַיֵּינוּ וְאֶרֶץ יְמֵינוּ וּבָהֶם נִהְגָּה יוֹמָם וּלְיָלָה וְאַהֲבַתְךָ  
לֹא תִסּוּר מִמֵּנוּ לְעוֹלָמִים. בָּרוּךְ אַתָּה יְהוּה אוֹהֵב עַמּוֹ  
יִשְׂרָאֵל:

*Ahavat olam beyt Yisrael, amcha ahavta. Torah u-mitzvot, chukim u-mishpatim, otanu limad'ta. Al keyn יהוה Eloheyenu, b'shoch-veynu u-v'kumeynu, nasiach b'chukecha, v'nismach b'divrey Toratecha, u-v'mitzvo-techa, l'olam va'ed. Ki heym cha-yeynu, v'orech yameynu, u'vahem negeh yomam va-laila. V'ahavat'cha lo tasur mimenu l'olamim! Baruch Ata יהוה, ohev amo Yisrael.*

People gathered, house of Israel!  
The presence of Your love is continually with us  
through all our struggles.  
Your love is the *Torah* / wisdom  
and *mitzvot* / sacred actions,  
which guide us day and night.  
Your love will never depart from us as long as worlds endure.

A Fountain of Blessing are You יהוה,  
forever loving your people.

(Rabbi Lynne Gottlieb)

Open to me! Open your heart!  
Let my Presence dwell in you.  
I am within you...all around you...  
I fill the Universe.

(Rabbi Aryeh Hirschfield)



# Listening to the Voice of Creation

## The *Shema* and her Blessings

Listen - Listen - Listen to my heart-song  
I will never forget you. I will never forsake you.

אֶחָד יָחִיד וְיִמְאָחַד  
*Echad Yachid, u-M'uchad*

One • Every single one • Each one joined and united in the One!

אֵל מֶלֶךְ נֶאֱמָן  
*El Melech Neh'eman*  
God is the Enduring Source

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד  
בְּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד.

*Shema Yisrael Eloheynu, יהוה Echad !*  
*Baruch Shem K'vod Malchuto l'Olam Va-ed*

Comprehend with a Total Comprehension,  
all of you who "Yisra-El" / "Wrestle-with-God,"  
יהוה-The-Breath-of-Life-of-all-Being Is our God  
יהוה is the Eternal Infinite Oneness -All there Is!

Through Time and Space Your Glory Shines Majestic One!

# Calling Forth Our Own Love in Response



## On the way

And you must love יהוה your God with all your passions, with every breath, with every fiber of your being. Take these words by which I join myself to you today, into your heart. Pattern your days on them so that your children will discover Torah within you. Make your life into a voice of God, both in your stillness and in your movement. Renew these words each evening and morning with devotion. Bind them as *t'fillin* on your forehead and arm, as symbols of thoughts and acts sacred to Me. Write them in *mezzuzot* at the entrances to your home, as a sign that all people may discover Me as they enter your home and your life.

(transl: R' Burt Jacobson)

*V'ahavta et יהוה Elohecha, b'chol l'vav'cha, u-v'chol naf'sh'cha, u-v'chol m'odecha. V'hayu ha-dv'arim ha-eyleh, asher Anochi m'tzav'cha ha-yom, al l'va-ve-cha. V'shinan'tam l'vanecha, v'dibar'ta bam, b'shiv't'cha b'vey-techa, uv'lech't'cha va-derech, uv'shach-b'cha uv'kumecha. Uk'shar'tam l'oht al yadecha, v'hayu l'totafot beyn eynecha. Uch'tav'tam al m'zuzot beytecha, u-vi-sh'arecha.*

וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ  
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ  
וּבְכָל-מְאֹדֶךָ.  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר  
אָנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ:  
וּשְׁנַנְתֶּם לְבַנְיָהּ וּדְבַרְתָּ בָם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ.  
וּקְשַׁרְתֶּם לְאוֹת עַל-יָדְךָ.  
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.  
וּכְתַבְתֶּם עַל מְזוּזוֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ:

וְהָיָה אִם-שָׁמַעַתְּ שְׁמֵעוּ אֶל-מִצְוֹתַי אֲשֶׁר אֲנֹכִי  
מְצַוֶּה אֶתְכֶם הַיּוֹם לְאַהֲבָה אֶת יְיָ אֱלֹהֵיכֶם וּלְעַבְדּוֹ  
בְּכָל-לִבְבְּכֶם וּבְכָל נַפְשְׁכֶם. וּנְתַתִּי מֶטֶר-אֲרָצְכֶם  
בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאֶסְפַּת דְּגָנָה וְתִירְשָׁה  
וַיִּצְהַרְהָ. וּנְתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבַהֲמֹתֶיךָ וְאָכְלָתָּ  
וּשְׂבַעְתָּ. הִשְׁמְרוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם, וְסָרְתֶם  
וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם. וְחָרָה  
אָף-יְיָ בְּכֶם וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מֶטֶר  
וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֲבַדְתֶּם מִהָרָה  
מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְיָ נָתַן לָכֶם: וְשִׁמְתֶם  
אֶת דְּבָרֵי אֱלֹהֵי עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶם  
אֶתְּם לְאוֹת עַל-יְדֵיכֶם, וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם:  
וְלִמְדֹתֶם אֶתְּם אֶת-בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ, וּבְלִכְתֹּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:  
וּכְתַבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ  
יְמֵיכֶם וַיְמֵי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְיָ  
לְאַבְתֵּיכֶם לָתֵת לָהֶם פְּרִי הַשָּׁמַיִם עַל-הָאָרֶץ:

וַיֹּאמֶר יְיָ אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל  
וְאָמַרְתָּ אֲלֵהֶם: וַעֲשׂוּ לָהֶם צִיצִית עַל-כַּנְּפֵי  
בְּגָדֵיהֶם לְדֹרֹתָם וּנְתַנּוּ עַל-צִיצִית הַכֶּנֶף פְּתִיל  
תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם  
אֶת-כָּל-מִצְוֹת יְיָ וַעֲשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ  
אֲחֵרֵי לְבַבְכֶם וְאֲחֵרֵי עֵינֵיכֶם אֲשֶׁר-אֶתְּם זִנִּים  
אֲחֵרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי  
וְהָיִיתֶם קְדוֹשִׁים לְאֱלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם  
לְאֱלֹהִים אֲנִי יְיָ אֱלֹהֵיכֶם:

מִי כַמֹּכָה בָּאֵלִים יְיָ

מִי כַמֹּכָה נֹאדָר בְּקֹדֶשׁ

נֹרָא תְהִילַת עֲשֵׂה פְלֵא: מְלִכּוּתָהּ רָאוּ בְנֵי־  
בּוֹקֵעִים לְפָנַי מֹשֶׁה זֶה אֵלֵי עָנּוּ וְאָמְרוּ:

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד. וְנֹאמַר:

כִּי פָדָה יְיָ אֶת יַעֲקֹב, וּגְאָלוֹ מִיַּד חֲזַק מִמֶּנּוּ.

בְּרוּךְ אַתָּה יְיָ גְּאֹל יִשְׂרָאֵל:

### With the earth

It came to pass or will come to pass when we live by our word to love *יהוה* /YAH, the rains came in their season; the earth offered her fruits; cattle ate from the grassy fields; we worked hard and tasted the fruits of our labor and were satisfied. But then there was a turning-away. We came to revere many things without end. *יהוה's* anger came like a harvest fire among us. Harsh grew the wind. We reaped fear and violence. War estranged us from the land. So we carried this memory in our hearts, we made signs upon our hands and between our eyes to remember. We taught our children to speak loving Torah, to remember the way of *יהוה* and what happened to our ancestors, and to increase the days of our children upon the earth.

### In our living

It came to pass or will come to pass that we wore *tzitzit* / fringes on the corners of our clothing. *Tzitzit* with a twine of blue, to remember God in our deeds. And when we come to want things without end, we grasp the corners of our *tzitzit* and fly to the sacred ground to remember *יהוה* in our living. I am *יהוה* your God when I call you out of the narrow places / the *Mitzrayim* of your lives, so that I can become the sacred power among you.  
(transl: Rabbi Lynne Gottlieb)

### The Once and Future Promise

As we stand on the shore of the Sea of Reeds, the waters parting before our eyes, we join with Miriam and Moshe to sing our song of joy to You! *Mi chamocha ba'Elim Adonay! Mi chamocha nedar ba'kodesh! Norah t'hillot oseh feleh!* Who is like You among the powers! Who like You, awesome in holiness, author of wonders! *יהוה* will be our Power as long as space and time endure! *YAH yimloch l'olam va'ed. Baruch Ata YAH/Adonay, Ga'al Yisrael.* A Fountain of Blessing are You, Redeeming Power of *Yisrael.*

# Let There Be Peace When We Sleep and When We Wake

*Hashkiveynu Yah/Adonay Eloheynu l'Shalom. V'haamideynu malkeynu l'chayim...*

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים.  
וּפְרוֹשׁ עָלֵינוּ סִבַּת שְׁלוֹמְךָ וְתִקַּנְנוּ בְּעֵצָה טוֹבָה  
מִלְּפָנֶיךָ וְהוֹשִׁיעֵנו לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדְנוּ וְהִסֵּר  
מֵעָלֵינוּ אוֹיֵב דָּבָר וְחָרֵב וְרָעַב וְיָגוֹן וְהִסֵּר שָׁטָן  
מִלְּפָנֵינוּ וּמֵאֲחֵרֵינוּ וּבְצֵל כְּנַפֶּיךָ תִּסְתַּיְרֵנוּ. כִּי אֵל  
שׁוֹמְרָנוּ וּמְצִילָנוּ אַתָּה כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה.  
וְשָׁמוֹר צִאתָנוּ וּבּוֹאָנוּ לְחַיִּים וּלְשָׁלוֹם מֵעַתָּה וְעַד  
עוֹלָם. וּפְרוֹשׁ עָלֵינוּ סִבַּת שְׁלוֹמְךָ. בָּרוּךְ אַתָּה יְיָ  
הַפּוֹרֵשׁ סִבַּת שָׁלוֹם עָלֵינוּ וְעַל כָּל-עַמּוֹ יִשְׂרָאֵל וְעַל  
יְרוּשָׁלַיִם:

*U'fros aleynu sukkat shlomecha.  
Baruch ata Yah/Adonay, ha-poreys sukkat shalom  
aleynu v'al kol amo Yisrael, v'al Yerushalayim*

Grant that we lie down in peace  
Secure in Your protecting love;  
And shelter us beneath Your wings,  
To keep us safe throughout the night.  
On the morrow raise us up,  
In perfect peace to life,

יְהוָה O Yah

To face each task with faith in You,  
With strength restored and zeal renewed.  
Save us for Your own Name's sake,  
And guard us from all lurking foes.  
Remove all sorrow, hatred, strife,  
And turn Your children's hearts to You.  
Spread your canopy of peace,

יְהוָה O Yah

Above Jerusalem, we pray.  
And over Your people Israel,  
dispersed abroad in every land.  
Praised are You, יְהוָה Yah our God  
Your sheltering love spreads over the world,  
Enfolding all who seek Your peace,  
Who dwell together in Your grace.

# Readers Kaddish

יְתַגְדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְרָא  
כְּרַעוּתָהּ. וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי  
דְּכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא וּבְזִמְנָא קָרִיב וְאָמְרוּ. אָמֵן:

*Yit-ga-dal v'yit-ka-dash shmay raba. B'al-ma di v'ra chir-utay. V'yam-leech mal-chu-tay b'cha-yay-chon uv-yo-may-chon uv-cha-yay d'chol bait Yis-ra-el ba-a-ga-lah u-viz-man ka-reev. V'im-ru a-men.*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמַיָּא:

*Y'hay shamay raba m'va-rach l'a-lam ul-al-may al-ma-ya.*

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַמֵּם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא. בְּרִיךְ הוּא. לְעָלָא  
לְעָלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמְתָא  
דְּאֲמִירָן בְּעֲלָמָא וְאָמְרוּ. אָמֵן:

*Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'-yit-ro-mam v'yit-na-say v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh-mey d-ku-d'shah. B'reech hu. L'ay-lah l-ey-lah min kol bir-cha-tah v'shir-a-tah tush-b'cha-tah v'ne-che-ma-tah da-a-mi-ran b'al-mah. V'im-ru: A-men.*

*May God's sacred Name be revealed as great and Holy  
throughout all the universes  
that were created by Divine Desire.*

*May the realm of the sacred be completed in our lifetime.  
May the Holy Name be blessed as long as worlds endure:  
hailed, praised, and exalted though beyond any song or  
praise or description we could utter.*

*Let us say: Amen*

# The *Yom Kippur* Silent *Amidah* the standing prayer

The *Yom Kippur Amidah* has seven blessings, seven opportunities for laying bare our most vulnerable private self before the One Self with whom pretense is useless. The *Amidah* is one of the most powerful meditations in Jewish spiritual practice. The full traditional text, when softly chanted (or *davvened*) is like a mantra, enabling the "*davven-er*" to use its images as aids to deep inner work. Seven is the number of creation completed, creation's purpose fulfilled. This version of the *Amidah* is an image-oriented *Amidah* using visualizations to guide you through the spiritual journey of the blessings of the *Amidah*. This time can also be used for the personal silent meditation of your heart.

## *Amidah* in images

1. *Avot* : we call upon our ancestors for support in our journey.

### The image

Visualize Abraham 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, clockwise, until you are enclosed in this light. The light is your protection.

Enveloped by protecting light, feel your vitality, your urge to live. Bring to awareness the link between your own urge to live and the great Power that sustains you: This Power is *Melech*.

### The Blessing

Once you have established the image, chant its blessing:

זְכֵרְנוּ לְחַיִּים מִלֶּךְ חַפֵּץ בְּחַיִּים,  
וְכַתְּבוּנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים.  
מִלֶּךְ עֹזֵר וּמוֹשִׁיעַ וּמִגֵּן. בָּרוּךְ אַתָּה יי מִן אַבְרָהָם.

*Zochreynu l'chayim, Melech chafetz b'chayim; v'chatveynu b'sefer ha'chayim, l'maancha Elohim Chayim!*

*Melech Ozer U'moshia U'Magen. Baruch ata Yah (Adonay) magen Avraham v'ezrat Sarah.*

•Remember us that we may live, *Melech* who delights in Life!

•Inscribe us in the *Sefer Chayim*/ Book of Life, for Your sake, God of Life!

•Helping, saving and protecting Power! You are a fountain of blessing *Yah*, protector of Avraham, supporter of Sarah.

the *Amidah* continues on the next page

## 2. *Chesed* and *Gevurah* : we open to Divine expansiveness and power.

### The Image

See yourself (or someone you love) 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

מִי כְמוֹךָ אֵב הַרְחָמִים, זוֹכֵר יְצוּרֵיךָ לְחַיִּים בְּרַחֲמִים.  
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְיָ מְחַיֵּה הַמֵּתִים.

*Mi chamocha Av haRachamim, zocher yetzurav l'chayim b'rachamim!*  
*V'ne-eman ata l'ha -chayot meytim . Baruch ata Yah (Adonay) m'chayeh ha -meytim*

Incomparable Source of Womb-like Compassion! With compassion You recall all Your creatures towards Life; Loyal restorer of life! You are a fountain of blessing *Yah*, restorer of life to the deadened.

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## 3. *Kedushat HaShem* : 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.

- Allow yourself to sense God's awesome power. Circulate this power through Your body as you ask each part of you to become an extension of God's desire.
- Let your awareness shift to the others who fill the room with you. Can you feel the others, like yourself, inviting their own selves to also become extensions of God? Feel their and your longing to serve God merge into one combined longing, like a woven wick that supports a great flame.
- Search within you for your old defenses and arrogances. They block your progress. If you can find them, this is a time to diminish their tyranny. Take a good look at where they come from, how they have served you and also ruled you.
- As you begin to identify and work through each knot of negativity, you will feel yourself becoming lighter and more open. You will feel Godly energy move through you and into the world. This is the spiritual state of becoming a "throne", a seat of the Divine Presence.
- Breathe deeply, allowing your breath to enter and soften all the sore, cramped muscles of your soul. As your breath fills you, an exaltation enters your being! You truly know your source in the One. Through your loving justice and compassion God's *Kedusha* / holiness enters the world.

The *Amidah* blessing continues on the next page.

## The Blessing

בְּרוּךְ אַתָּה יי

הַמֶּלֶךְ הַקָּדוֹשׁ.

*Baruch ata Yah (Adonay) haMelech haKadosh.*

You are a fountain of blessings, *Yah*, Breath-of-Life, Sacred *Melech* Power.

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### 4. *Kedushat HaYom* : we open ourselves to the sacred in this Day of The Second Chance

#### The Image

- Look around the space you are in. We gather not only as individuals, but as a people. We share deep conscious and unconscious memories. Whether Jew by birth or choice, throughout our history our souls were together. We bring with us all our human imperfections, and still we each feel called to the holiness which is possible here.
- This day is the Day of Forgiveness, the Day of the Second Chance. Fill your heart with your prayer that your failures can be forgiven. Embraced by the warm light of God's compassion you can shed layers of hurt, pain and despair and return again to live as your highest self.
- Locate in your body any remaining knots of cynicism and despair. Imagine hands massaging those knots. The hands are gentle and loving. Each time they touch you, you feel a warm rush of hope.
- Hope and gratitude blend, as you and we allow Godly guidance, *Torah* and *mitzvot*, to fill our lives. Feel the purity of your heart's desire to serve the One Light.

בְּרוּךְ אַתָּה יי מֶלֶךְ עַל כָּל-

הָאָרֶץ מְקַדֵּשׁ (הַשָּׁבֹת וְ)יִשְׂרָאֵל וְיוֹם הַכִּפּוּרִים

*Baruch ata Yah (Adonay) Melech al kol ha'arertz, m'kadesh Yisra-el, v'Yom haKippurim*

You are a fountain of blessings, *Yah*, *Melech* - Source of Power filling the earth, making our people and this *Yom Kippur* sacred.

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### 5. *Avodah* : we open ourselves to sacred service

#### The Image

See yourself as a pure 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 *amidah* blessing continues on the next page

## The Blessing

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבָהּ לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יְיָ הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

*V'techezenah eyneynu b'shuvah l'Tzion b'rachamim. Baruch ata Yah (Adonay) haMachazir Shekhinahto l'Tzion.*

May our eyes behold your loving homecoming to Zion. A fountain of blessing are you, *Yah*, who brings your *Shekhinah* home. (*Shekhinah* is our name for the Divine Feminine, that aspect of God which dwells closest and most intimately with us, and which feels most profoundly the pain of being exiled by our hardness of heart and alienation).

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## 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

וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְרוֹמַם שְׁמֶךָ מִלְּכָנוּ תָּמִיד לְעוֹלָם וָעֶד.

וּכְתַב לְחַיִּים טוֹבִים כָּל-בְּנֵי בְרִיתְךָ.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה וַיִּהְיֶה לָנוּ אֶת-שְׁמֶךָ בְּאַמֶּת הָאֵל יִשׁוּעָתָנוּ  
וְעִזְרָתָנוּ סֵלָה. בְּרוּךְ אַתָּה יְיָ הַטוֹב שְׁמֶךָ וְלֵךְ נָא לְהוֹדוֹת.

*V'al kulam yitbarach v'yitromam shimcha malkeynu tamid l'olam va-ed. U'ch'tov l'chayim tovim kol b'nei Yisrael britecha. V'chol ha-chayim yoducha, selah...vi'hallelu et-shimcha b'emet haEl yishuateynu v'ezrateynu , selah...Baruch ata Yah (Adonay) ha-tov shimcha, u'lcha na-eh l'hodot.*

For all these blessings we forever praise You! Inscribe all the people of your covenant for a good life. Let all life acknowledge you! A fountain of blessings are You; Your name is Goodness, and it gives us pleasure to give You thanks.

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## 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 *Amidah* blessing continues on the next page

**The Blessing**

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרֻנְסָה טוֹבָה נִזְכָּר וְנִכְתָּב לְפָנֶיךָ  
אֲנַחְנוּ וְכָל-עַמֶּךָ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

בָּרוּךְ אַתָּה יְיָ עוֹשֵׂה הַשָּׁלוֹם.

*B' Sefer Chayim, bracha v'shalom, u'farnassa tova, nizacher v'nikateyv l'fanecha!  
Anachnu v'chol amcha beyt Yisrael, l'chayim tovim, u'l'shalom!*

*Baruch ata Yah (Adonay) Oseh HaShalom*

*A fountain of Blessings are You Yah, source of Shalom.*

*(thanks to Talia deLeone for texts drawn from her Shabbat Amida published in P'nai Or's siddur Or Chadash)*





# We Admit Our Betrayals

## *Ashamnu*

Who Are We?  
We're light and truth, infinite wisdom, eternal goodness...  
Yet  
we've abused, we've betrayed,  
we've been cruel, we've destroyed.

At our Core  
We're light and truth, infinite wisdom, eternal goodness..  
Yet  
we've embittered, we have falsified,  
we have slandered, we have hated.

Our Real Being is  
Light and truth, infinite wisdom, eternal goodness...  
Yet  
we've insulted, we have jeered,  
we have killed, we have lied.

Who are we?  
We're light and truth, infinite wisdom, eternal goodness...  
Yet  
we've mocked, we've neglected,  
we've oppressed, we've perverted.

At our Core  
We're light and truth, infinite wisdom, eternal goodness..  
Yet  
we have quarreled, we've rebelled,  
we have stolen, we've corrupted.

Our real Being is  
light and truth, infinite wisdom, eternal goodness..  
Yet  
we've been unkind, we've been violent,  
we've left the path,  
we've led others off the path.

אֲשַׁמְנוּ. בַּגְדָנוּ. גַּזְלָנוּ. דִּבְרָנוּ דְּפִי.

הֶעֵינֵנוּ. וְהִרְשַׁעְנוּ. זָדָנוּ. חָמְסָנוּ. טַפְלָנוּ שֶׁקֶר.

יַעֲצָנוּ רָע. כִּזְבָנוּ. לָצָנוּ. מַרְדָנוּ. נֶאֱצָנוּ.

סָרְדָנוּ. עֵינֵנוּ. פִּשְׁעֵנוּ. צָרְדָנוּ. קִשְׁיֵנוּ עֲרָף.

רִשְׁעֵנוּ. שִׁחַתָנוּ. תַּעֲבָנוּ. תַּעֲיֵנוּ. תַּעֲתָעֵנוּ:

*Asham'nu*

*Bagad'nu*

*Gazal'nu*

*Dibarnu dofi*

*He-e'vinu*

*V'hir'shanu*

*Zad'nu*

*Chamas'nu*

*Tafal'nu sheker*

*Ya-atz'nu ra*

*Kizav'nu*

*Latz'nu*

*Marad'nu*

*Ni-atz'nu*

*Sarar'nu*

*A-vee-nu*

*Pasha'nu*

*Tzarar'nu*

*Kishinu oref*

*Rasha'nu*

*Shichat'nu*

*Tee-av'nu*

*Ta-ee-nu*

*Tee'ta'nu*

# Ya-aleh! Arise!

מַעֲרֵב.	Mey-Erev	תַּחֲנוּנֵינוּ	Tachanuneynu	יַעֲלֵה	Ya-aleh
מִבְּקָר.	Mi-Boker	שׁוֹעֲתֵנוּ	Shavateynu	וַיָּבֹא	v'yavoh
עַד עֶרֶב:	Ad Erev	רִנּוּנֵינוּ	Rinuneynu	וַיִּרְאֶה	v'yey-rah-eh
מַעֲרֵב.	<p>May our supplications rise at dusk, our pleas approach Your Presence from the dawn, and let us sing praise at dusk.</p>	קוֹלֵנוּ	Koleynu	יַעֲלֵה	
מִבְּקָר.		צְדִיקָתֵנוּ	Tzidkateynu	וַיָּבֹא	
עַד עֶרֶב:		פְּדִיּוֹנֵנוּ	Pidyoneynu	וַיִּרְאֶה	
מַעֲרֵב.	<p>May our words of penance rise at dusk, our pardon greet us at dawn, and atonement cleanse us at dusk.</p>	עֲנוּיֵנוּ	Inuyeynu	יַעֲלֵה	
מִבְּקָר.		סְלִיחָתֵנוּ	Slichateynu	וַיָּבֹא	
עַד עֶרֶב:		נְאֻקָּתֵנוּ	Naakateynu	וַיִּרְאֶה	
מַעֲרֵב.	<p>May our knocking at the gates ascend at dusk, our glad glimpse of forgiveness come at dawn, and let us enter mercy's court at dusk.</p>	מְנוּסֵנוּ	M'nuseynu	יַעֲלֵה	
מִבְּקָר.		לְמַעַנּוּ	L'naano	וַיָּבֹא	
עַד עֶרֶב:		כְּפֻרָּנוּ	Ki-pureynu	וַיִּרְאֶה	
מַעֲרֵב.	<p>May our confessions rise at dusk, our anguish at our imperfections meet the dawn, and let reconciliation make us whole at dusk.</p>	יִשְׁעֵנוּ	Yisheynu	יַעֲלֵה	
מִבְּקָר.		טָהָרֵנוּ	Tahareynu	וַיָּבֹא	
עַד עֶרֶב:		חִנּוּנֵינוּ	Hinuneynu	וַיִּרְאֶה	
מַעֲרֵב.	<p>May our confessions rise at dusk, our anguish at our imperfections meet the dawn, and let reconciliation make us whole at dusk.</p>	זְכוֹרֵנוּ	Zichroneynu	יַעֲלֵה	
מִבְּקָר.		וַעֲוֵדֵנוּ	Vi-udeynu	וַיָּבֹא	
עַד עֶרֶב:		הַדְרָתֵנוּ	Hadrateynu	וַיִּרְאֶה	
מַעֲרֵב.	<p>May our confessions rise at dusk, our anguish at our imperfections meet the dawn, and let reconciliation make us whole at dusk.</p>	דְּפִקָּנוּ	Dafkeynu	יַעֲלֵה	
מִבְּקָר.		גִּילָנוּ	Giy-leynu	וַיָּבֹא	
עַד עֶרֶב:		בִּקְשָׁתֵנוּ	Bakashateynu	וַיִּרְאֶה	
מַעֲרֵב.	<p>May our confessions rise at dusk, our anguish at our imperfections meet the dawn, and let reconciliation make us whole at dusk.</p>	אֲנֻקָּתֵנוּ	Ankateynu	יַעֲלֵה	
מִבְּקָר.		אֵלֶיךָ	Aylecha	וַיָּבֹא	
עַד עֶרֶב:		אֵלֵינוּ	Ayleynu	וַיִּרְאֶה	

# כִּי הִנֵּה כַחֲמוֹר

## *Ki Hineh k'Chomer*

We are as clay in potter's hand  
He does contract, She does expand  
So we are Yours to shape at will  
We yield to You -- Our passions still.

Like mason shaping rough-hewn stone  
We are Your stuff in flesh and bone  
You deal with us in death, in life  
We yield to You -- please heal our strife.

The smith can shape a blade of steel  
Shape the edge and bend the heel  
So through life's furnace you temper us  
We yield to You -- surrender us.

A boat is steered by helmsman's might  
She turns to left, He turns to right  
As long as You keep straight our keel  
We yield to You -- please make us feel.

As glass is shaped by blower's pipe  
And vessels made of every type  
So you shape us so we may contain  
We yield to You --in us remain.

As tapestry is formed thread by thread  
And color is to texture wed  
Our life is woven on Your loom  
We yield to You -- save us from doom.

As jewelry is wrought from gold  
And silver too is poured in mold  
So You our souls have crafted, built  
We yield to You --erase our guilt.

We confess all the ways in which we have sinned, erred,  
"missed the mark", and strayed off our true path

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ . . . .

*Al Chet Sheh Chatanu L'fanecha.....*

*For the sin/the error/ the "missing of the mark"  
which we have committed before You . . . .*

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ בְּאִנּוּס וּבְרְצוֹן.  
וְעַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ בְּאִמּוּץ הַלֵּב:  
עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ בְּבִלִי דְעַת.

For the wrong we did before You under coercion or of our  
own free will;

And for the wrong we did before You by hardening our  
hearts.

For the wrong we did before You unintentionally;

And for the wrong we did before You through idle talk and  
meaningless resolutions.

For the wrong we did before You by using sex exploita-  
tively;

And for the wrong we did before You in public and in  
private.

For the wrong we did before You knowingly and decep-  
tively;

And for the wrong we did before You by offensive lan-  
guage.

For the wrong we did before You by oppressing another  
person;

And for the wrong we did before You by malicious  
thoughts.

For the wrong we did before You by promiscuity;

And for the wrong we did before You by confessing  
insincerely.

For the wrong we did before You by contempt for parents  
and teachers;

And for the wrong we did before You by violence.

For the wrong we did before You by failing to be true to our heritage, thus defaming Your Name in the world;  
And for the wrong we did before You by unbridled passion.

וְעַל כָּל־אֵלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר-  
לָנוּ.

*V'al kulam, Eloah slichot, s'lach lanu, m'chal lanu, kapper lanu.*

For all our wrongs, God of forgiveness, forgive us, wipe the slate clean, grant us atonement.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּקַחַשׁ וּבְכָזָב.  
וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּכַפַּת שָׁחַד:  
עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּלִצּוֹן.

For the wrong we did before You by lying and deceiving,  
And for the wrong we did before You by accepting bribes.

For the wrong we did before You by scoffing and mocking,  
And for the wrong we did before You by speaking ill of other people.

For the wrong we did before You in our work,  
And for the wrong we did before You in the foods we eat and the amount we drink.

For the wrong we did before You by refusing to be generous,  
And for the wrong we did before You by being proud and haughty.

For the wrong we did before You in rejecting Your authority,  
And for the wrong we did before You in making harsh judgments on other people.

וְעַל כָּל־מַחְלֵינוּ, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, בְּפָר־  
לָנוּ.

*V'al kulam, Eloah s'lichot, s'lach lanu, m'chal lanu, kapper lanu.*

For all our wrongs, O God of forgiveness, forgive us,  
wipe the slate clean, grant us atonement.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּצַדִּית רָע.  
וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּצָרוֹת עֵינַי:  
עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּקִלּוֹת רֵאשׁ.

For the wrong we did before You by plotting against  
others,  
And for the wrong we did before You by tormenting  
others.

For the wrong we did before You by dismissing serious  
matters with a joke,  
And for the wrong we did before You by being obstinate.

For the wrong we did before You by running to do evil,  
And for the wrong we did before You by gossiping.

For the wrong we did before You by swearing falsely,  
And for the wrong we did before You by hating others  
without cause.

For the wrong we did before You by betraying a trust,  
And for the wrong we did before You out of confusion,  
unaware of the significance of our actions.

וְעַל כָּל־מַחְלֵינוּ, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, בְּפָר־  
לָנוּ.

*V'al kulam, Eloah s'lichot, s'lach lanu, m'chal lanu, kapper lanu.*

For all our wrongs, O God of forgiveness, forgive us,  
wipe the slate clean, grant us atonement.



יהוה

Yah!

יהוה

Yah!

אל El

God,

רחום Rachum

Nurturing Womb,

ורחון V'Chanun

Compassionate,

ארך אפים Erech Apayim

Patient,

רב חסד Rav Hesed

Abounding in Loyal Love,

ואמת V'Emet

Faithfulness,

נצר חסד לאלפים Notzer Hesed L'Alaphim

Assuring Loyal Love  
for a thousand  
generations,

נשא עון Noseh Avon

Forgiving  
bad behavior,  
intentional and  
unintentional,

ופשע V'Pasha

וחטאה V'Chatah

when we miss the mark

ונקה V'Nakeh

and Forgiving.

## Hear our Voice

שְׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ, וְקַבֵּל  
בְּרַחֲמִים וּבְרַצוֹן אֶת תְּפִלָּתֵנוּ. Hear our voice and have compassion  
on us. Receive our prayers with  
nurturant love and desire.

הַשִּׁיבֵנוּ יְיָ אֵלֵינוּ וְנָשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֵדֶם.

*Hashiveynu Adonay eylecha, v'nashuvah. Chadeysh yameynu k'kedem*  
Come let us turn, return and be turned - to the One  
*hashiveynu - eylecha v'nashuvah - hashiveynu*

## Because We and You Belong to Each Other

We are Your People, and You are our God  
We are born from You, You are our Source.  
We serve You, and You are our Connection,  
We are Your community; and You our only One.  
We are Your heritage, and You are our Destiny.  
We are Your vinyard, and You are our Tender  
We are Your creatures, and You are our Creator.  
We are Your faithful lovers, and You are our Beloved.  
We are Your people, and You are our *Melech*.  
We have chosen You,  
And You have chosen us.

אָנוּ בְּנֵיךָ וְאַתָּה אָבִינוּ:	כִּי אָנוּ עַמֶּךָ וְאַתָּה אֱלֹהֵינוּ.
אָנוּ קְהִלָּתְךָ וְאַתָּה חֵלְקֵנוּ:	אָנוּ עַבְדֶּיךָ וְאַתָּה אֲדוֹנֵנוּ.
אָנוּ צִאֲנֶךָ וְאַתָּה רוּעֵנוּ:	אָנוּ נַחֲלָתְךָ וְאַתָּה גּוֹרְלֵנוּ.
אָנוּ פְּעֻלָּתְךָ וְאַתָּה יוֹצְרֵנוּ:	אָנוּ כֶּרֶמְךָ וְאַתָּה נוֹטְרֵנוּ.
אָנוּ סִגְלָתְךָ וְאַתָּה קְרוֹבֵנוּ.	אָנוּ רְעִיתְךָ וְאַתָּה דוֹרֵנוּ.
אָנוּ מַאֲמִירֶיךָ וְאַתָּה מַאֲמִירֵנוּ:	אָנוּ עַמֶּךָ וְאַתָּה מְלַכֵּנוּ.

*Ki Anu Am-e-cha, V'Ata Eloheynu.. Anu Banecha, V'Ata Avinu.*  
*Anu Avadecha, V'Ata Adonenu.. Anu K'halecha, V'Ata Chelkeynu.*  
*Anu Nachala-techa, V'Ata Goraleynu.. Anu Tzonecha, V'Ata Roenu.*  
*Anu Karmecha, V'Ata Notreynu.. Anu P'ula-techa, V'Ata Yotzreynu.*  
*Anu Rai-techa, V'Ata Dodeynu.. Anu S'gula-techa, V'Ata Kroveynu.*  
*Anu Amecha, V'Ata Malkeynu.. Anu Maami-recha, V'Ata Maami-reynu.*

Our Father, Our King, teach us how to make this year a new beginning.  
Our Mother, Our Queen, teach us how to grow from the harshness of life.  
Our Source and our Destiny, teach us to accept what we must accept.  
Our Guide and our Truth, teach us to change what must be changed.

Our Father, Our King, teach us how to face disease and death.  
Our Mother, Our Queen, teach us how to enjoy the gifts of life.  
Our Source and our Destiny, teach us how to make peace with our enemies.  
Our Guide and our Truth, teach us how to best help our people Israel.

Our Father, Our King, teach us how we can best help all humanity.  
Our Mother, Our Queen, let us find pardon for our wrong-doings.  
Our Source and our Destiny, let us return to You wholly and completely.  
Our Guide and our Truth, teach us how to help those who are ill.

Our Father, Our King, let us write our names in the Book of Life.  
Our Mother, Our Queen, help us find work that serves the good.  
Our Source and our Destiny, help us to find inner freedom.  
Our Guide and our Truth, help us to learn how to love.

Our Father, Our King, receive our prayers.  
Our Mother, Our Queen, teach us how to be good lovers  
Our Source and our Destiny, teach us how to be good parents.  
Our Guide and our Truth, teach us how to be good children.

Our Father, Our King, teach us how to be good friends.  
Our Mother, Our Queen, teach us how to be good Jews.  
Our Source and our Destiny, teach us how to be good people.  
Our Guide and our Truth, teach us how to be in harmony with Your universe.

**אָבִינוּ מַלְכֵנוּ / אִמֵּינוּ מַלְכֵתֵנוּ  
חַנּוּנוּ וְעֵינּוּ כִּי אֵין בָּנוּ מַעֲשִׂים  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְחֹשִׁיעֵנוּ**

*Avinu Malkeynu / Imeynu Malchateynu  
Chaneynu va-aneynu ki ayn banu ma'asim.  
Aseh imanu tzedaka va-chesed, v' hoshiyenu*

## Aleynu L'Shabeyach

We Rise to Praise and Weave the Dream

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית  
שְׁלוֹ עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת וְלוֹ שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה  
שְׁלוֹ שָׁם חֶלְקֵנוּ כָּהֵם וְגָרְלָנוּ כְּכֹל הַמוֹנָם  
וְאֶנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקָּדוֹשׁ בָּרוּךְ הוּא.

*Aleynu l'shabeyach l'Adon ha-kol, Lateyt gedulah l'Yotzer V'reishit  
Sheh Lo asah-nu k'goyey ha-arahtzot, v'Lo samanu k'mishpachot ha-adamah  
Sheh Lo sam chelkeynu kahem, v'goraleynu k'chol hamonam*

*Va-anachnu korim (we bend our knees with humility) u'mishtachavim (and bow)  
u'modim (offer our gratitude) lifney Melech, Malchey HaM'lachim,  
HaKadosh-Baruch-Hu!*

We rise to praise You, Source of All  
for Your generous work as Creator of All  
You made us one with all of life, and linked our fate with all that lives  
You give each people uniqueness as well, for us to share with all humankind.

שְׁהוּא נוֹטָה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל וּשְׁכִינַת עֲזוֹ בְּגִבְהַי מְרוֹמִים הוּא אֱלֹהֵינוּ אֵין עוֹד. אִמַּת מִלְּפָנֵינוּ  
אִפְסֵי זוּלָתוֹ כְּפָתוּב בְּתוֹרָתוֹ: וְיִדְעַת הַיּוֹם וְהַשַּׁבָּת אֵל לְבָבָהּ כִּי יְיָ הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד: עַל  
כֵּן נִקְוָה לָךְ יְיָ אֱלֹהֵינוּ, לְרֵאוֹת מִהֲרָה בְּתַפְאֲרַת עֲזֶךָ, לְהַעֲבִיר גְּלוּלֵינוּ מִן הָאָרֶץ וְהָאֱלִילִים כְּרוֹת יִפְרֹתוֹן. לְתַקֵּן עוֹלָם  
בְּמַלְכוּת שְׁדִי, וְכֹל בְּנֵי בְּשָׂר יִקְרְאוּ בְּשִׁמְךָ. לְהַפְגֹּת אֵלֶיךָ כָּל רִשְׁעֵי אֶרֶץ. יִפִּירוּ וְיִדְעוּ כָּל יוֹשְׁבֵי תְּבֵל, כִּי לָךְ תִּכְרַע כָּל בְּרֵךְ,  
תִּשָּׁבַע כָּל לְשׁוֹן: לְפָנֶיךָ יְיָ אֱלֹהֵינוּ יִכְרַעוּ וְיִפְלוּ. וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְנֶנּוּ. וְיִקְבְּלוּ כָּלֵם אֶת עוֹל מַלְכוּתֶךָ. וְתִמְלֹךְ עֲלֵיהֶם מִהֲרָה  
לְעוֹלָם וָעֶד. כִּי הַמַּלְכוּת שְׁלֹךְ הִיא, וְלְעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד: כְּפָתוּב בְּתוֹרָתֶךָ, יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

We therefore hope that the day will come  
when all peoples will join into a loving community,  
and together unite with God in truth.

And then all that has divided us will merge  
And then compassion will be wedded to power  
And then softness will come to a world that is harsh and unkind  
And then both men and women will be gentle  
And then both women and men will be strong  
And then no person will be subject to another's will  
And then all will be rich and free and varied  
And then the greed of some will give way to the needs of many  
And then all will share equally in the earth's abundance  
And then all will care for the sick and the weak and the old  
And then all will nourish the young  
And then all will cherish life's creatures  
And then all will live in harmony with each other and the earth  
And then everywhere will be called Eden once again.

(Judy Chicago)

וְנֵאמָר וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד, וְשְׁמוֹ אֶחָד:

*V'neemar, v'hayah Adonay l'melech al kol ha-aretz.  
Ba yom ha-hu yih-yeh Adonay echad u'shmo echad!*

As it is written: The Source will be the center around which the world will turn.  
On that day the Eternal will truly be One, with all shapes and forms of its glory.

note: the Hebrew spelling of *שֶׁלֹ* *sheh-lo* here changes the meaning from "who has not" (...made us like other nations) to "who has made us God's (with the other nations) making the text more universalistic and inclusive .



Mourner's

קדיש יתום

Kaddish

Yit' gadal v' yit' kadash  
 Sh'mey Rabba  
 b'al' ma dee vra chee-r' ootey  
 v' yam' leech mal' chutey  
 b' cha-yey-chon uv' yomey-chon  
 uv' cha-yey d' chol Beyt Yisrael  
 ba-a-ga-la u-vee-zman kareev, v'eem-roo:

Ameyn

Y'hey Sh'mey Rabba m'va-rach  
 l'alam, ul'al'mey al'maya

Yit' barach v' yish-ta-bach  
 v' yit' pa-ar, v' yit' romam, v' yit' nasey  
 v' yit' hadar, v' yit' aleh, v' yit' halal  
 Sh'mey d' Kud'sha, Brich Hu!

L'eyla meen kol

( on High Holidays: L'eyla ul'eyla mee-kol )

birchata v' shirata  
 tush'b' chata v' nechemata  
 da-amiran b'alma v' imroo:

Ameyn

Y'hey shlama rabba min sh'maya  
 v' chayyim aleynu v'al kol Yisrael, v'imroo

Ameyn

Oseh shalom bim'ro-mav

Hu ya'aseh shalom  
 aleynu, v'al kol Yisrael  
 v'al kol yoshvey tevel,  
 v'imroo  
 Ameyn

יִתְגַּדַּל וְיִתְקַדַּשׁ  
 שְׁמֵהּ רַבָּא  
 בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ  
 וְיִמְלִיךְ מַלְכוּתָהּ  
 בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
 וּבְתֵי דְכָל בֵּית יִשְׂרָאֵל.  
 בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ  
 אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא:  
 יִתְבָּרַךְ וְיִשְׁתַּבַּח  
 וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
 שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא  
 לְעֵלְא (וּלְעֵלְא מְכַל) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא  
 תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאֲמִירוֹן בְּעֵלְמָא וְאָמְרוּ  
 אָמֵן:

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו  
 הוּא יַעֲשֵׂה שְׁלוֹם  
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל וְאָמְרוּ  
 אָמֵן:

May God's essence  
 be revealed as great and holy  
 throughout the universes  
 that were created by divine desire.

May the realm of the sacred be completed in our lifetime.

May the Holy Name be blessed as long as worlds endure:

hailed, praised and exalted though beyond any song or praise or description we could utter!

May there be universal peace, life for us, for all Yisrael, and all who dwell on earth.

Amen.

אַתָּה אֱלֹהִים      *Ata El*    You are God!

מֵעוֹלָם עַד עוֹלָם אַתָּה אֱלֹהִים

*Mey olam ad olam Ata El*  
*From the Beginning until the End!*  
*For as long as Space and Time endure You are God!*

הַשִּׁיבֵנו יְהוָה אֱלֹהֵינוּ וְנִשְׁוֹבָה׃  
חֲדָשׁ יָמֵינוּ כְּקֶדֶם׃

*Hashiveynu, Hashiveynu*  
*Yah (Adonay) elecha*  
*v'nashuvah, v'nashuvah*  
*chadesh, chadesh yameynu k'kedem*

Turn us *Yah (Adonay)* and we will be turned  
Renew our days as You renewed the days of  
old

# Erev Yom Kippur Shabbat Supplement

## 1. A Song For Shabbat

טוב להודות ליהוה      ולזמר לשמך עליון:  
להגיד בבקר חסדך      ואמונתך בלילות:

*Tov l'hodot l' Yah/Adonay      u'l-zamer l'Shimcha elyon*  
*l'hagid ba-boker hasdecha      veh-emunatecha ba-ley'lot*

How good it is to thank יהוה and sing to Your exalted Name/Essence!  
In the morning: to tell of Your loyal love; In the evening, Your faithfulness!

2. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צְבָאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי  
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל-מְלַאכְתּוֹ אֲשֶׁר  
עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ. כִּי בּוֹ שָׁבַת  
מִכָּל-מְלַאכְתּוֹ אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:

*Vay'chulu hashamayin v'ha-aretz, v'chol-tz'va-am. Vahy'chal Elohim ba'yom hash-*  
*vi-i m'lachto asher asah, va'yishbot ba-yom hash-vi-i, mi-kol m'lachto asher asah.*  
*Va-y'machech Elohim eht-yom hash-vi-i, vay'kadesh otoh. Ki voh shavat me-kol*  
*m'lachto, asher bara Elohim la-a-sot. ••• And the heavens and earth with all their*  
*diversity were complete...and the Holy One ceased working on the seventh day and*  
*made it sacred.*

3. מִגֵּן אָבוֹת בְּדַבָּרוֹ מְחַיֶּה מֵתִים בְּמֵאמָרוֹ הַמֶּלֶךְ הַקָּדוֹשׁ שְׂאִין  
כְּמוֹהוּ הַמְּנִיחַ לְעַמּוֹ בַּיּוֹם שַׁבַּת קָדְשׁוֹ. כִּי בָם רָצָה לְהַנִּיחַ לָהֶם.  
לְפָנָיו נֶעְבֹּד בִּירְאָה וּפְחָד וְנוֹדָה לְשִׁמּוֹ בְּכָל-יוֹם תָּמִיד מֵעַין  
הַבְּרָכּוֹת. אֵל הַהוֹדָאוֹת אֲדוֹן הַשְּׁלוֹם מְקַדֵּשׁ הַשַּׁבָּת וּמְבָרֵךְ  
שְׁבִיעִי. וּמְנִיחַ בְּקִדְשָׁהּ לְעַם מְדֻשְׁנֵי עֲנָג. וְזָכַר לְמַעֲשֵׂה בְּרֵאשִׁית:

*Magen avot bi'dvar-o, m'hayey meytim b'maamaro! HaMELECH haKADOSH sheh-*  
*ayn kamo-hu, ha'meyniach l'amo, b'yom Shabbat kawdsho. Ki vam ratzah l'haniach*  
*la-heym. L'fanav na-avod b'yirah va-pachad, v'nodeh lishmo b'chol yom tamid,*  
*mey-eyn ha-brachot. EL ha-hodaot, ADON ha-shalom, m'kadeysh haShabbat*  
*u'm'vareych sh'vi-i. U'meyniach b'kdushah l'am m'dushney oneg. Zecher l'maaseh*  
*v'reishit. ••• Your word is the shield of our ancestors, bringing life to the deadened,*  
*SACRED POWER you give us Shabbat and we give back reverence, awe, blessings and*  
*gratitude. ARTIST of wholeness, perfection and peace, You give us the delights of*  
*Shabbat, so we can re-experience Creation.*