

Musaf



Readers Kaddish

יְתַגְדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְרָא
בְּרַעוּתָהּ. וְיִמְלִיךְ מְלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא וּבְזִמְן 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 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא:

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

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַמַּם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקַדְשָׁא. בְּרִיךְ הוּא. לְעָלַם
לְעָלַם מִן כָּל בְּרַכָּתָא וְשִׁירָתָא תְּשַׁבַּחְתָּא וְנַחֲמָתָא
דְּאִמְרוּן בְּעֻלְמָא 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 Musaf Amidah

אֲדַנִּי שִׁפְתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ:

Avot

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱלֹהֵי
אֲמוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאֲמָהוֹת,
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוּ בְּאַהֲבָה.

(מְסוֹד חֲכָמִים וְנְבוֹנִים, וּמְלַמֵּד דַּעַת מְבִינִים,
אֲפֹתְךָ פִּי בְּתִפְלָה וּבְתַחֲנוּנִים, לְחִלּוֹת וּלְחַנּוּן
פָּנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים וְאֲדוֹנֵי הָאֲדוֹנִים.)

זְכַרְנוּ לְחַיִּים, מֶלֶךְ חַפְץ בְּחַיִּים, וְכַתְּבָנוּ בְּסֵפֶר
הַחַיִּים, לְמַעַנְךָ אֱלֹהִים חַיִּים: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ
וּמַגֵּן. בְּרוּךְ אַתָּה יְיָ, מֶגֶן אַבְרָהָם (וְשָׂרָה).

Gevurot

אַתָּה גִּבּוֹר לְעוֹלָם אֲדַנִּי מְחַיֶּה מֵתִים* אַתָּה רַב
לְהוֹשִׁיעַ. מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה מֵתִים* בְּרַחֲמִים
רַבִּים. סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים
וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפֶר. מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָּךְ. מֶלֶךְ מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה: מִי
כְמוֹךָ אֵב הַרְחָמִים זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים:

וְנִצְאֵן אַתָּה לְהַחְיֹת מֵתִים*: בְּרוּךְ אַתָּה יְיָ מְחַיֶּה
הַמֵּתִים:

*Adonay sfatai tiftach, u'fi yagid
t'hilatecha: Open up my lips (widen
the river-banks of my soul) and I will
sing Your praises!*

A Fountain of Blessings are You
YAH/Adonay : God to each of us and
our ancestors *Baruch Ata
YAH/Adonay, Eloheynu, v'Elohey
avoteynu/imoteynu: Elohey
Avraham; Elohey Yitzhok; Elohey
Yaakov. Elohey Sarah; Elohey
Rivkah; Elohey Rachel; v'Elohey
Leah. Great! Mighty! Awesome!
Ancient Source of Kindness. Ha'El,
Ha'Gadol, v'Ha'Norah - El Elyon!
Gomel hasadim tovim v'koneh
ha'kol; v'zocher hasdey avot;
u'may-vi goel livney v'neyhem;
l'maan Shemo b'ahavah!*

With the words of the wise ones (to
help me) I will open my mouth in
prayer before the Highest Power.
*Zochreynu l'Chayyim, Melech
chafeytz ba'chayyim! V'chatveynu
b'Sefer Ha'Chayyim, l'maamcha
Elohim Chayyim! Melech Ozeyr,
u'Moshia v'Magen. Baruch Ata
YAH/Adonay: Magen Avraham
v'Ezrat Sarah!*

As You remember them, remember us
also, Joyful *Melech* ! You delight in
life! Inscribe us in the Book-of-Life!
Baruch are You, Shield of Avraham;
Protector of Sarah!

You are the Mighty Power who
brings life to the deadened with your
loyal love and nurturance

*Mi chamocha baal gevurot, u'mi
domeh lach. Melech may-meet
u'm'chayeh, u'matzmiach yeshuah.
Mi chamocha Av HaRachamim,
zocher yetzurav, l'chayim
b'rachamim!*

Praised are You whose gift is Life!

וּנְתַנְּה תִּקְוָה קְדֻשַׁת הַיּוֹם, כִּי הוּא נוֹרָא וְאִיוֹם; וְבוֹ
תִּנְשֵׂא מַלְכוּתְךָ, וְיִכּוֹן בְּחֶסֶד כְּסֻאָךָ, וְתִשָּׁב עָלֵינוּ
בְּאֵמֶת. אָמֵת כִּי אַתָּה הוּא דִין וּמוֹכֵיחַ, וְיִוָּדַע וְעֵד,
וְכוֹתֵב וְחוֹתֵם, וְסוֹפֵר וּמוֹנֵה, וְתִזְכּוֹר כָּל הַנְּשַׁכְּחוֹת:
וְתִפְתַּח אֶת סֵפֶר הַזְּכוֹרוֹנוֹת, וּמֵאֲלֵינוּ יִקְרָא, וְחוֹתֵם יָד
כָּל אָדָם בּוֹ.

וּבְשׁוֹפָר גָּדוֹל יִתְקַע, וְקוֹל דְּמָמָה דַּקָּה יִשְׁמַע;
וּמַלְאָכִים יִחַפְּזוּן, וְחֵיל וְרַעְדָה יֵאֱחֹזוּן, וְיֵאמְרוּ הִנֵּה
יוֹם הַדִּין, לְפָקוּד עַל צְבָא מְרוֹם בְּדִין, כִּי לֹא יִזְכּוּ
בְּעֵינֶיךָ בְּדִין. וְכָל בָּאֵי עוֹלָם יַעֲבְרוּן לְפָנֶיךָ כְּבָנֵי
מְרוֹן, כְּבִקְרַת רוּעָה עֲדָרוּ, מֵעֵבִיר צֵאנוּ תַּחַת שְׁבָטוֹ,
כֵּן תַּעֲבִיר וְתִסְפּוֹר וְתִמְנֶה, וְתִפְקוֹד נַפְשׁ כָּל חַי,
וְתַחֲתוּךָ קִצְבָה לְכָל בְּרִיָּה, וְתִכְתּוֹב אֶת גְּזֵר הַיּוֹם.

U'netaneh Tokef: We acknowledge that this day is utterly holy, that it is awesome and sacred: For today Your *Malchut* is deeply felt; in loyal love we make firm our intention to become Your throne. You descend upon it, upon us in justice. In truth You discern and judge...remembering all that we've forgotten. You open the Book of Remembrance, and it speaks for itself; but we write our stories with our own hands.

U'v'shofar gadol yitaka; v'kol d'mamah dakah yishama.

U'malachim y'chafeyzun, v'chil, u'ra-a-dah, yocheyzun, v'yomru:

"Hineh Yom haDin!"

The Great Shofar is sounded, and a still small voice is heard. The angels tremble in fear and call out; "The Day of Judgement is here!" The hosts of Heaven too are judged. Everyone comes before You like sheep before the shepherd, their souls are counted, their destiny decreed.

On Rosh HaShana, every being is seen
On the Fast of Yom Kippur
The record is confirmed.

בְּרֵאשׁ הַשָּׁנָה יִכָּתְבוּן, וּבְיוֹם צוּם כְּפוּר יִחְתַּמוּן,

B'Rosh HaShana yika-teyvun - u'v'Yom Tzom Kippurim yey-chateymun

*B'Rosh HaShana yika-teyvun u'v'Yom
Tzom Kippurim yey-chateymun:
Kama ya-avrun, v'chama yibareyun.
Mi yich'yeh u'mi yamut. Mi v'kitzo
u'mi lo v'kitzo. -- Mi ba'eysh u'mi
va'mayim. Mi va'cherev u'mi va'chaya.
Mi va'raav u'mi va'tzama. Mi va'raash
u'mi va'ma-geyfah. Mi va'chanikah
u'mi va'skilah -- Mi yanuach u'mi
yanua. Mi yishakeyt u'mi yitareyf. Mi
y'shaleyv u'mi yit'yasar. Mi yey-awni
u'mi yey'asher. Mi yishafeyl, u'mi
yaroom.*

בְּרֵאשׁ הַשָּׁנָה יִכָּתְבוּן, וּבְיוֹם צוּם כְּפוּר יִחְתַּמוּן, כָּמָה
יַעֲבְרוּן, וְכָמָה יִכָּרְאוּן; מִי יִחְיֶה, וּמִי יָמוּת; מִי בְּקִצּוֹ,
וּמִי לֹא בְּקִצּוֹ; מִי בְּאֵשׁ, וּמִי בַּמַּיִם; מִי בַּחֶרֶב, וּמִי
בַּחֵי; מִי בְּרֶעֶב, וּמִי בְּצָמָא; מִי בְּרַעַשׁ, וּמִי בַּמַּגָּפָה;
מִי בַּחֲנִיקָה, וּמִי בַּסְּקִילָה; מִי יָנוּחַ, וּמִי יָנוּעַ; מִי
יִשְׁקֵט, וּמִי יִטְרַף; מִי יִשְׁלוֹ וּמִי יִתְיַסֵּר; מִי יַעֲנִי, וּמִי
יַעֲשֶׂר; מִי יִשְׁפֹּל, וּמִי יָרוּם.

Who shall pass away in a timely end,
and whose life shall be interrupted.
Who shall burn with the fires of desire,
and who shall drown in the waters of despair.
Who shall be serene in every storm,
and who shall be troubled by the passing
breeze.
Who shall be poor in the midst of possession.
and who shall be rich - content with all .
Who shall eat and yet feel empty,
and who shall thirst for what s/he cannot
have.

Who shall die by plague,
and who shall be plagued with fear.
Who may rest at the end of the day,
and who shall lie sleepless on a bed of pain.
Who may wander in the world,
and who shall be at peace.
Who shall be locked in the prison of self,
and who shall go forth in the quest for truth.
Who shall be cast down,
and who shall be exalted.

וּתְשׁוּבָה וּתְפִלָּה וְצְדָקָה
מְעַבְרִין אֶת רֵעַ הַגְּזֵרָה.

*U'T'shuvah, u'T'fillah, u'Tzedakah
Ma'avirin eht-Roa ha'G'zeyrah*

*But turning, and yearning, and caring
can change our lives,
and temper the harshness of the decree.*

The Kedusha

אין קצבה לשנותה, ואין קץ לארץ ומיה; ואין לשער
מרבבות כבודך, ואין לפרש עלום שמך; שמך נאה
לך ואתה נאה לשמך, ושמנו קראת בשמך.
עשה למען שמך, וקדש את שמך על מקדישי שמך,
בעבור כבוד שמך הנערץ והנקדש, בסוד שיח שרפי
קדש, המקדישים שמך בקדש, דרי מעלה עם דרי
מטה—

בכתוב על יד נביאה: וקרא זה אל זה ואמר:

קדוש, קדוש, קדוש יי צבאות;
מלא כל הארץ כבודו.

כבודו מלא עולם, משרתיו שואלים זה לזה איזה
מקום כבודו, לעמתם ברוך יאמרו—

ברוך כבוד יי ממקומו.

ממקומו הוא יפן ברחמים, ויחן עם המיחדים שמו
ערב ונקר, בכל יום תמיד, פעמים באהבה שמע
אומרים:

שמע ישראל, יי אלהינו, יי אחד.
הוא אלהינו, הוא אבינו, הוא מלכנו, הוא מושיענו,
והוא ישמיענו ברחמיו שנית לעיני כל חי; להיות
לכם לאלהים—

אני יי אלהיכם.

אדיר אדירנו, יי אדירנו, מה אדיר שמך בכל הארץ.
והיה יי למלך על כל הארץ, ביום ההוא יהיה יי
אחד ושמו אחד.

ובדברי קדשך כתוב לאמר:

ימלך יי לעולם,

אלהיך ציון לדר ודר; הללויה.

לדר ודר נגיד גדלה, ולנצח נצחים קדשך נקדיש,
ושבחה אלהינו מפנינו לא ימוש לעולם ועד, כי אל
מלך גדול וקדוש אתה.

Endless One of Mystery! Your Name
and Essence cannot be known, yet
You have included Your Name (EL)
in ours. Act now for the sake of Your
Name and Essence, filled with
holiness and praise. Reveal the Holy
Presence of Your Name before Your
faithful ones below and above, who
like the *Seraphim*, aflame with
holiness, sing to one another:

Kadosh! Kadosh! Kadosh!
YAH Tzevaot! M'loh kol ha
aretz k'vodo!

Holy! Holy! Holy! *YAH Tzevaot!*
The whole world is filled with Your
Presence!

K'vodo maley Olam. M'shartav
shoalim zeh-lah-zeh:

"Ah-yey m'kom k'vodo?"

"Where is the place of God's Glory?"
they ask.

Baruch K'vod YAH/ Adonay
mimkomo!

A Fountain of Blessings is the
Presence of God, flowing from
God's Place! May The Holy One turn
in nurturant love to grant grace to us,
who each day proclaim:

Shema Yisrael, YAH/Adonay

Eloheynu, YAH/Adonay Echad!

You are our God, our Source, our
Melech, and our Saving Power. With
nurturant love You remind us:

Ani YAH / Adonay Eloheychem!

I am *YAH* your God!

Excellent One, Source of All! Your
Melech power will flow throughout
all the earth, unifying all. It is written
in Psalms: "*YAH* will be *Melech*
forever, for all generations!"

Yimloch YAH/ Adonay l'olam;

Elohayich Tzion; l'dor va-dor

HalleluYah!

We'll tell our children of Your
greatness, and they will tell our
grandchildren. In every generation
until eternity we will proclaim Your
holiness. Our lips will never abandon
Your praise!

וּבְכֵן תֵּן פְּחָדֶךָ יְיָ אֱלֹהֵינוּ עַל כָּל מַעֲשֵׂיךָ וְאִימָתְךָ עַל-
כָּל מָה שֶׁבָּרָאתָ. וְיִירָאוּךָ כָּל הַמַּעֲשִׂים וְיִשְׁתַּחֲווּ
לְפָנֶיךָ כָּל הַבְּרוּאִים. וְיַעֲשׂוּ כָל־אֶגְדָּה אַחַת לַעֲשׂוֹת
רְצוֹנְךָ בְּלִבְבֵי שָׁלֵם. כִּמוֹ שֶׁיִּדְעֵנוּ יְיָ אֱלֹהֵינוּ שֶׁהַשְּׁלֵטוֹן
לְפָנֶיךָ, עַז בְּיָדְךָ וּגְבוּרָה בְּיַמִּינְךָ, וְשִׁמְךָ נֹרָא עַל כָּל
מָה שֶׁבָּרָאתָ:

וּבְכֵן תֵּן כְּבוֹד יְיָ לְעַמְּךָ תְּהִלָּה לִירֵאֵיךָ וְתִקְוָה
לְדוֹרֵשֶׁיךָ וּפְתֻחוֹן פֶּה לַמְּיַחֲלִים לָךְ. שִׁמְחָה לְאַרְצְךָ
וְשִׁשׁוֹן לְעִירְךָ וְצִמְיַחַת קָרָן לְדוֹר עַבְדְּךָ וְעִרְיַכַת נֹר
לְבָן יְשִׁי מְשִׁיחְךָ בְּמַהֲרָה בְּיַמֵּינוּ.

וּבְכֵן צְדִיקִים יִרְאוּ וְיִשְׂמְחוּ וְיִשְׂרִים יַעֲלוּ וְחַסִּידִים
בְּרָנָה יִגִּילוּ. וְעוֹלָתְךָ תִּקְפֹץ-פִּיהָ וְכָל הַרְשָׁעָה כָּלָה
בְּעָשָׂן תִּכָּלֶה כִּי תַעֲבִיר מִמְּשַׁלַּת זְדוֹן מִן הָאָרֶץ:

וְתִמְלֶךָ, אַתָּה יְיָ לְבַדְּךָ, עַל כָּל מַעֲשֵׂיךָ, בְּהַר צִיּוֹן
מִשְׁבֵּן כְּבוֹדְךָ, וּבִירוּשָׁלַיִם עִיר קְדֻשָּׁה, כִּפְתוּב בְּדַבְּרֵי
קְדֻשָּׁה: וּמְלֶךָ יְיָ לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדֹר וָדֹר;
הַלְלוּיָהּ.

קְדוֹשׁ אַתָּה וְנֹרָא שִׁמְךָ, וְאִין אֱלוֹהִים מִבְּלַעֲדֶיךָ,
כִּפְתוּב: וַיִּגְבֶּה יְיָ צְבָאוֹת בְּמִשְׁפָּט, וְהָאֵל הַקְּדוֹשׁ
נִקְדָּשׁ בְּצִדְקָה. בְּרוּךְ אַתָּה, יְיָ, הַמְּלֶךְ הַקְּדוֹשׁ.

Kedushat Ha'Yom

אַתָּה בְּחַרְתָּנוּ מִכָּל הָעַמִּים, אֶתְהַבֵּת אוֹתָנוּ וְרָצִיתָ בָּנוּ,
וְרוּמַמְתָּנוּ מִכָּל הַלְּשׁוֹנוֹת, וְקִדְשָׁתָנוּ בְּמִצְוֹתֶיךָ,
וְקִרְבַּתָּנוּ מִלְּכָנוּ לַעֲבוּדְתְּךָ, וְשִׁמְךָ הַגָּדוֹל וְהַקְּדוֹשׁ
עָלֵינוּ, קִרְאתָ.

וְתַתֵּן לָנוּ יְיָ אֱלֹהֵינוּ, בְּאַהֲבָה אֶת יוֹם [הַשַּׁבָּת הַזֶּה
לְקִדְשָׁה וְלַמְּנוּחָה, וְאֶת יוֹם] הַכַּפּוּרִים הַזֶּה לְמַחֲיִלָּה
וְלִסְלִיחָה וְלִכְפָּרָה, וְלַמְחַלְּבוֹ אֶת כָּל עוֹנוֹתֵינוּ,
[בְּאַהֲבָה] מִקְרָא קְדָשׁ, זְכוֹר לִיציאת מִצְרַיִם.

U'vchen Make all creatures awestruck
at Your greatness. Help all life to
align their desires with Yours, with
full harmony of heart.

U'vchen help us share Your glory.
Bring us hope in Your promise, joy in
our land, delight in Your city
Jerusalem. Let Messiah-time come
soon!

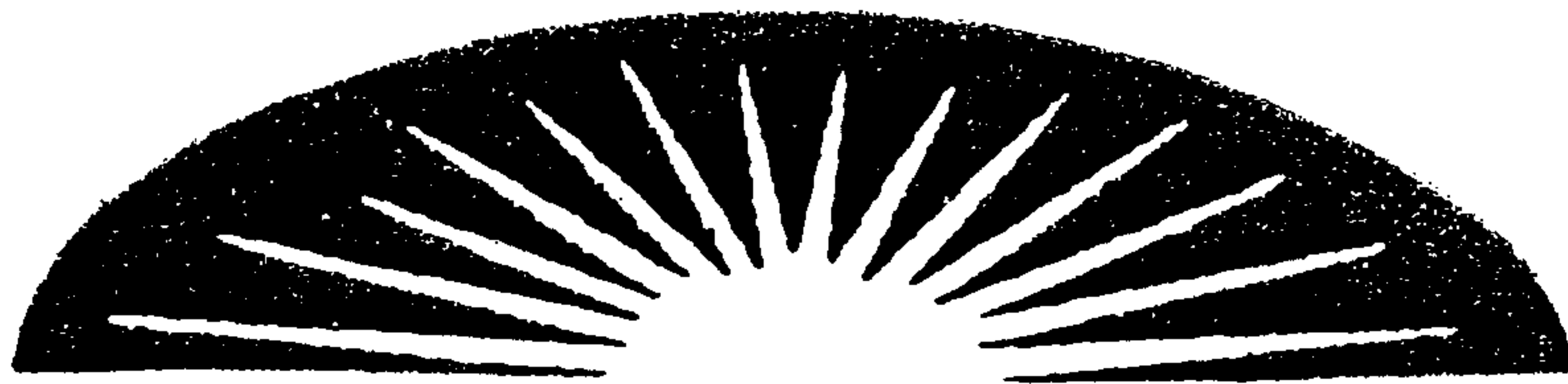
U'vchen all who do justly will see
and rejoice! All of integrity will
celebrate. Those who serve God out
of love will sing for joy! Injustice will
shut it's mouth at last. Cruelty will be
blown away like smoke

Then Your Power will be the only one
we know; and holiness will rule from
the City of Peace, Your *Shekhina's*
dwelling. So we sing: "*Yimloch
Adonay l'olam; Elohayich Tzion;
L'dor va-dor. Hallelu-YAH!*"
YAH will rule in every generation.
Holy, Awesome One! There is none
like You!

*Baruch Ata YAH/Adonay
Ha'Melech Ha'Kadosh!
A Fountain of Blessings are You,
YAH/Adonay, Conduit of Holiness*

You have chosen us to serve You by
loving us and giving us Your
guidance through *Torah* and *mitzvot*,
through which we link ourselves to
You.

You've given us (*Shabbat* for soul-
rest) and this *Yom Kippur* Day of
Introspection and Re-Alignment, a
day in which all our failures can be
forgiven, a holy day for gathering,
reminding us of how we together fled
Mitzrayim /Egypt.



The Great *Aleynu*

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
שְׁלו עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת וְלוֹ שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה
שְׁלו שָׁם חֶלְקֵנוּ כָּהֵם וְגָרְלָנוּ כְּכֹל הַמּוֹנֵם
וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקָּדוֹשׁ בְּרוּךְ 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 bow down)

u'Mishtachavim

(we fall to our knees in humility)

u'Modim

(we lie in full prostration filled with gratitude)

Lifney Melech, Malchey haM'lachim

HaKadosh - Baruch - Hu

Hear our Voice

שמע קולנו, יי אלהינו, חוס ורחם עלינו, וקבל
ברחמים וברצון את תפלתנו. Hear our voice and have compassion
on us. Receive our prayers with
nurturant love and desire.

השיבנו יי אליה ונשובה, חדש ימינו בקדם.

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.

אנו בנייה ואתה אבינו:	כי אנו עמך ואתה אלהינו.
אנו קהלה ואתה חלקנו:	אנו עבדיך ואתה אדוננו.
אנו צאנה ואתה רוענו:	אנו נחלתך ואתה גורלנו.
אנו פעלתך ואתה יוצרנו:	אנו כרמך ואתה נוטרנו.
אנו סגלתך ואתה קרובנו.	אנו רעייתך ואתה דורנו.
אנו מאמיריך ואתה מאמירנו:	אנו עמך ואתה מלכנו.

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.



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. בִּגְדָנוּ. גּוֹלְנוּ. דְּבַרְנוּ דְּפִי.

הֶעֵינֵנוּ. וְהִרְשַׁעְנוּ. וְדָנוּ. חֲמָסְנוּ. טַפְלָנוּ שֶׁקֶר.

יַעֲצָנוּ רָע. כִּזְבָּנוּ. לָצָנוּ. מַרְדָּנוּ. נֶאֱצָנוּ.

סָרְדָנוּ. עֵינֵנוּ. פִּשְׁעֵנוּ. צָרְדָנוּ. קִשְׁיֵנוּ עֶרְף.

רִשְׁעֵנוּ. שְׁחַתְנוּ. 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

עַל

חַטָּא

Al Cheit • For All Sins

*Our God and God of our ancestors,
have compassion on all Your people
on this Yom Kippur.*

*You are aware of our misdeeds,
whether performed openly or in
secret, whether consciously or
unwittingly, whether by choice or
under duress, whether against You
or against our sisters and
brothers. Nothing is concealed from
Your sight.*

*Help us find strength to turn from
our wrong-doing, May it be Your
will to forgive us.*

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּהַרְהוּר הַלֵּב:

For the sin we have committed against You in our thoughts,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּדַבּוּר פִּה:

and for the sin we have committed against You with our words;

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּנִטְיַת גָּרוֹן:

For the sin we have committed against You through our arrogance,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּלִשׁוֹן הָרַע וּבְרַכִּילוֹת:

and for the sin we have committed against You through slander and idle gossip;

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׁפּוּט הַזּוּלָּת:

For the sin we have committed against You by passing judgment on others,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּקִלּוֹת רֹאשׁ וּבְעֵזוֹת מַצַּח:

and for the sin we have committed against You by our irreverence and insolence;

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּצַבִּיעוֹת:

For the sin we have committed against You by our hypocrisy,

וְעַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּשִׂנְאָה עֲצֻמִּית:

and for the sin we have committed against You by self-hatred;

וְעַל כָּלֵם אֱלֹהִי סְלִיחוֹת סְלַח לָנוּ. מְחַל לָנוּ. כַּפֵּר לָנוּ:

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

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

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּמִזּוּג אֶהְבָּה עִם הַשּׂוֹקָה וְהִנָּאת הַרְגֵעַ:

For the sin we have committed against You by confusing love with lust and fleeting pleasure,

וְעַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּדַבּוּק בְּיוֹפֵי טַבְעֵי:

and for the sin we have committed against You by our obsession with physical beauty;

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּגִלּוּי עֲרִיוֹת:

For the sin we have committed against You by sexual immorality,

וְעַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּהַעֲמַדַת פָּנִים לְרַגְשׁוֹת שֵׂאִין אָנוּ חֲשִׁים:

and for the sin we have committed against You by pretending to emotions we do not feel;

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּהַתְּפָאָרוֹת עֲצֻמִּית וּבְאֲנוּכִיוֹת:

For the sin we have committed against You through vanity and egocentricity,

וְעַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּאֲמוּץ הַלֵּב:

and for the sin we have committed against You by hardening our hearts;

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ בְּשִׁתִּיקָה וּבְאֲדִישׁוֹת:

For the sin we have committed against You through silence and indifference,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּאַפְלָיָה גְזַעֲנִית:

and for the sin we have committed against You through racial prejudice;

וְעַל כָּלֵם אֱלֹהֵי סְלִיחוֹת סְלַח לָנוּ. מְחַל לָנוּ. כַּפֵּר לָנוּ:

V'al kulam Eloha slichot slach lanu, m'chal lanu, kaper lanu.
For all these, God of mercy, forgive us, pardon us, grant us atonement.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּנִיצוּל עֲמֻדַת כּוֹחַ:

For the sin we have committed against You through the abuse of power,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּיִצְיָאָה לְמַאֲבָק תּוֹקֶפְנִי:

and for the sin we have committed against You by waging aggressive war;

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּמִשָּׂא וּבְמִתָּן:

For the sin we have committed against You through dishonesty in our work,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּשְׂבוּעַת שְׁוֵא:

and for the sin we have committed against You with vain oaths;

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׂימוּשׁ בְּאַמְצָעִים

שְׁלִילִיִּים לְהַשְׂגָּת מִטְּרוֹת חַיּוּבִיּוֹת:

For the sin we have committed against You by using evil means to accomplish good ends,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּפִגְיָעָה בְּזוּלַת בְּדָרְךָ

כְּלִשְׁהִי:

and for the sin we have committed against You by hurting others in any way;

וְעַל כָּלֵם אֱלֹהֵי סְלִיחוֹת סְלַח לָנוּ. מְחַל לָנוּ. כַּפֵּר

לָנוּ:

V'al kulam Eloha slichot slach lanu, m'chal lanu, kaper lanu.
For all these, God of mercy, forgive us, pardon us, grant us atonement.

Concluding the *Amidah*

מֶלֶךְ עַל כָּל הָאָרֶץ מִקֹּדֶשׁ [הַשַּׁבָּת וְ] יִשְׂרָאֵל וְיוֹם הַכִּפּוּרִים.

Melech al col ha'aretz, m'kadeysh [ha'Shabbat v'] Yisrael, v'Yom Ha'Kippurim

You channel Your life-giving power into every physical thing that is,
You fill [*Shabbat* and], the People *Yisrael*, and *Yom Kippur* with holiness.

Rtzey

רְצֵה, יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּבְתַפְלָתָם; וְהַשֵּׁב
אֶת הָעֲבוּדָה לְדַבִּיר בֵּיתְךָ, וְאֲשֵׁי יִשְׂרָאֵל וּתְפִלָּתָם
בְּאַהֲבָה תִקַּבַּל בְּרָצוֹן, וּתְהִי לְרָצוֹן תָּמִיד עֲבוּדַת
יִשְׂרָאֵל עַמְּךָ.

וּתְחַזְּינָה עֵינֵינוּ בְּשׁוּבָה לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה,
יְיָ, הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

We are Your people *Yisra-el*, the God-wrestlers. Please want us! Receive our prayers with love. May our connection be deep. Let us live to experience Your reunion with Zion. You are a fountain of blessing, guiding Your *Shekhinah* back to us and Zion.

Modim

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָה הוּא יְיָ אֱלֹהֵינוּ וְאַלְהֵי
אֲבוֹתֵינוּ (וְאַלְהֵי אֲמוֹתֵינוּ) לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ,
מִגֵּן יִשְׁעֵנוּ אַתָּה הוּא. לְדוֹר וָדוֹר נוֹדֶה לָךְ, וְנִסְפָּר
תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ
הַפְּקוּדוֹת לָךְ; וְעַל נְסִיף שְׂבָכְךָ יוֹם עַמְּנוּ, וְעַל
נְפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכְךָ עַתָּה, עָרֵב וּבִקֵּר וְצַהֲרִים.
הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרַחֵם כִּי לֹא תָמוּ
חַסְדֶּיךָ, מֵעוֹלָם קוֹיֵנוּ לָךְ.

We deeply feel our gratitude for Your guidance to our ancestors. You are forever a source of strength. You have been our people's guarding force in every generation. We praise You for our lives and souls, which both belong to You. Yours are the miracles that are with us every day, Your goodness permeating morning, noon and night. You are the Great Source of goodness, compassion and eternal hope.

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ, מִלְּכָנוּ, תָּמִיד
לְעוֹלָם וָעֶד.

וּכְתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ.
וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת,
הָאֵל, יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סֵלָה. בְּרוּךְ אַתָּה, יְיָ, הַטּוֹב
שְׁמֶךָ, וְלָךְ נֶאֱחָה לְהוֹדוֹת.

For all these things, may we sing praises for Your *Melech* flow of blessings forever! May all the children of the covenant be inscribed for good lives! May all living creatures sing you their songs of praise. You are a fountain of blessings. Your Name is Goodness, and we send You our gratitude.

Sim Shalom

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

Sim Shalom...

May there be

...Tovah u'vracha

perfection, wholeness, and peace
throughout the world;
graciousness, kindness, and compassion
for us and all Your people.

בְּרַכְנוּ אָבֵינוּ, בְּלֵנוּ כְּאַחַד, בְּאוֹר פְּנִיָּה.

Barcheynu Avinu Kulanu K'Echad b'Or Panecha

Bless us, our Source with Your Light

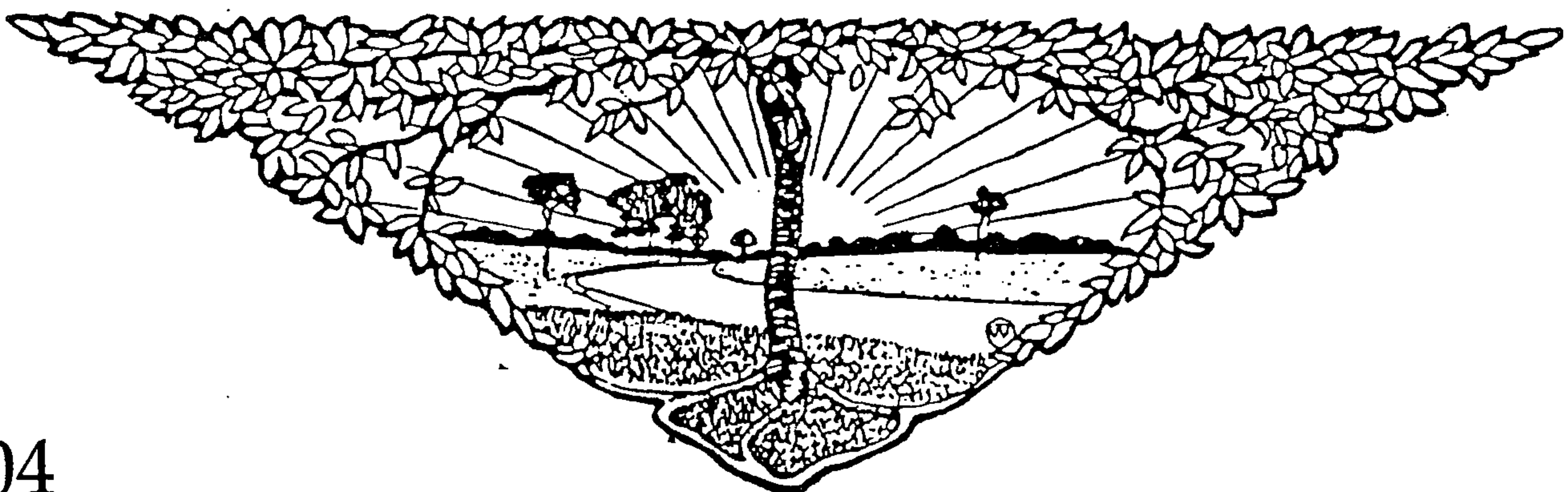
for by that Light You have allowed us to know *Torah*,
and have taught us kindness, righteousness, mercy and peace.

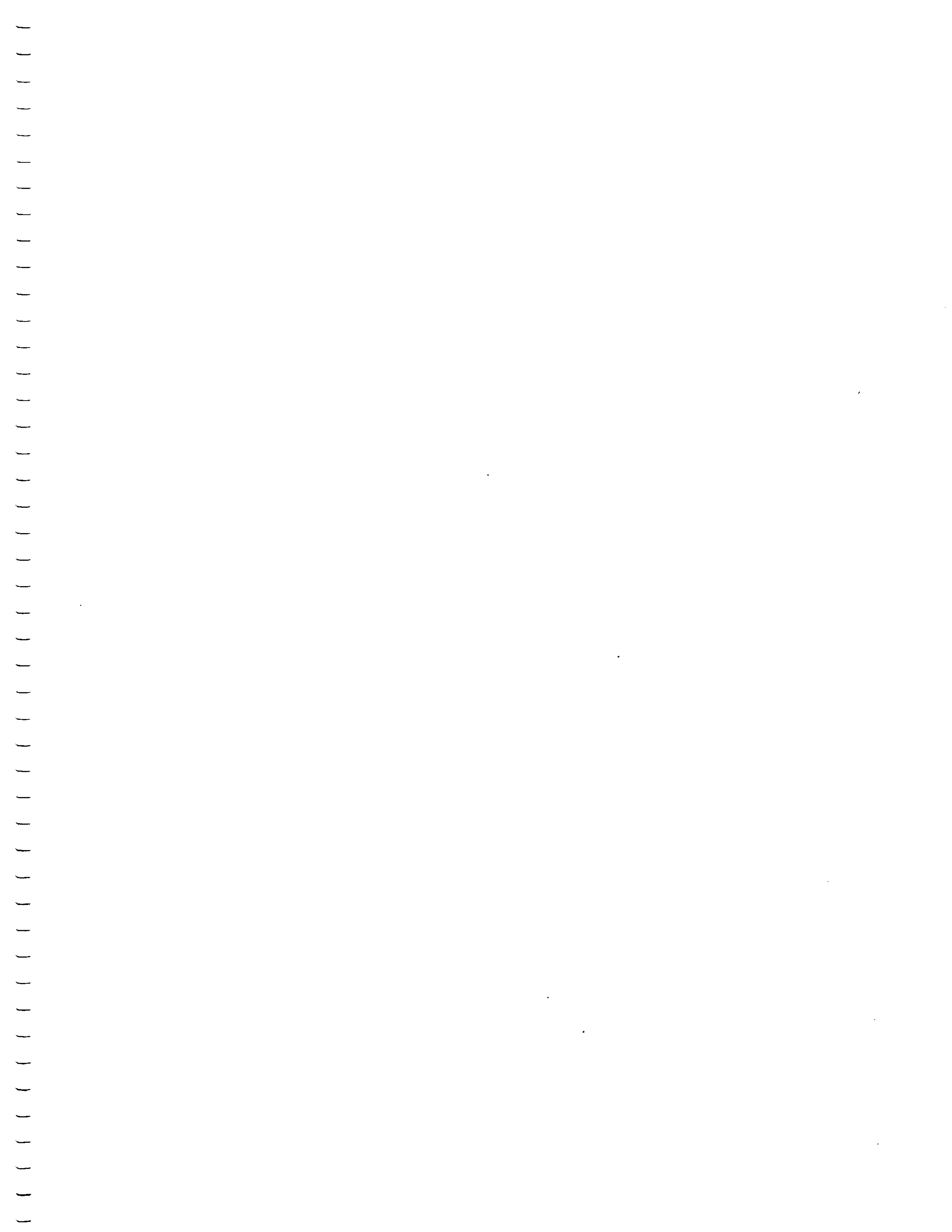
בְּסֵפֶר חַיִּים, בְּרָכָה וְשְׁלוֹם וּפְרֻחֵי טוֹבָה, גְּזֵר
וְנִכְתָּב לְפָנֶיךָ, אֲנַחְנוּ וְכָל עַמּוֹךְ בֵּית יִשְׂרָאֵל, לְחַיִּים
טוֹבִים וְלְשְׁלוֹם. בְּרוּךְ אַתָּה, יְיָ, עוֹשֵׂה הַשְׁלוֹם.

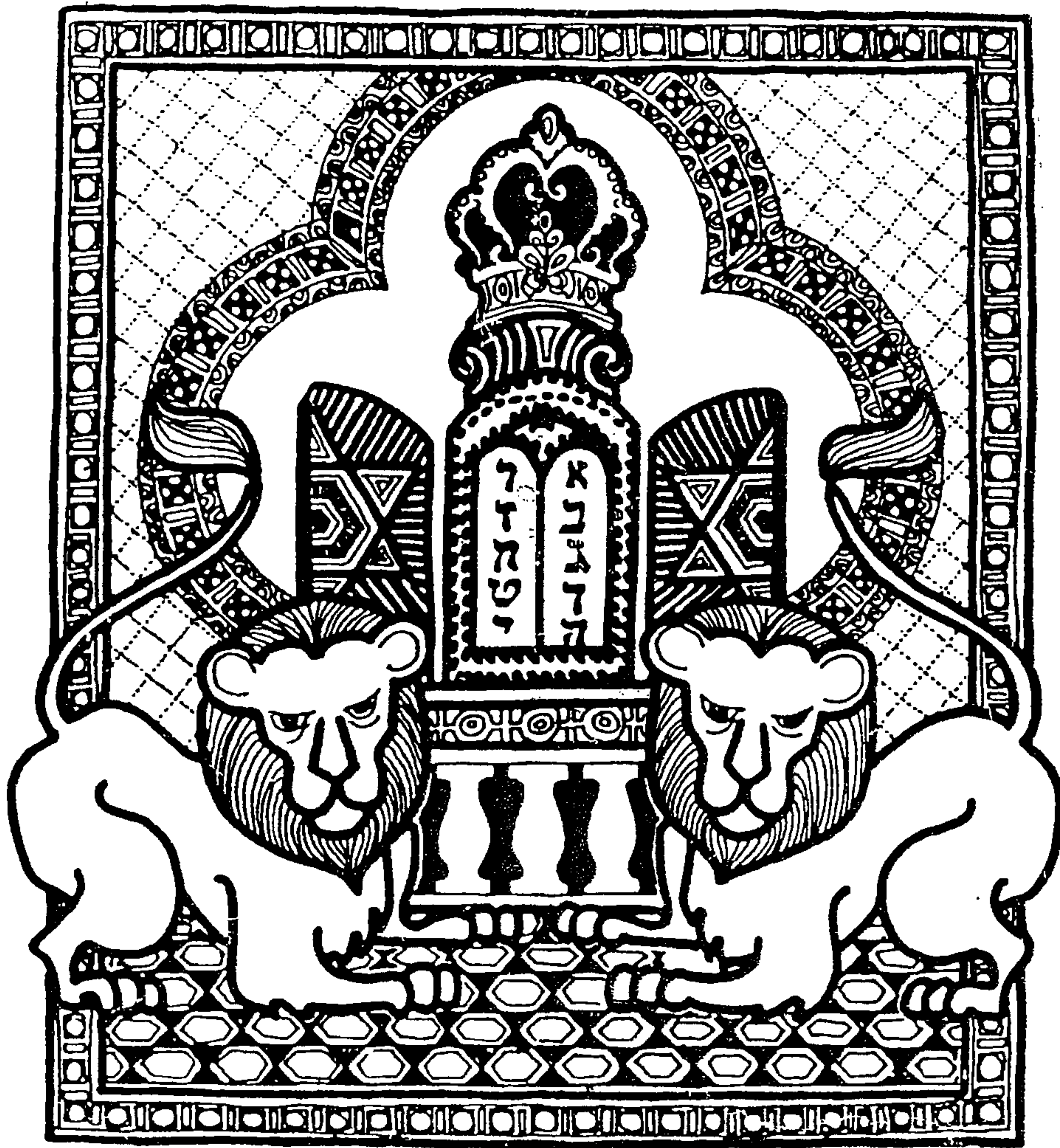
*B'Sefer Chayim, Bracha, V'Shalom, U'Farnassah Tova...N'Zacher
V'N'Katev L'fanecha! Anachnu V'Kol Amcha Beyt Yisrael : L'Chayim
Tovim ,L'Chayim Tovim, U'L'Shalom.*

May we be written in the Book of Life and Blessing, Peace and Prosperity
for a life of goodness and peace.

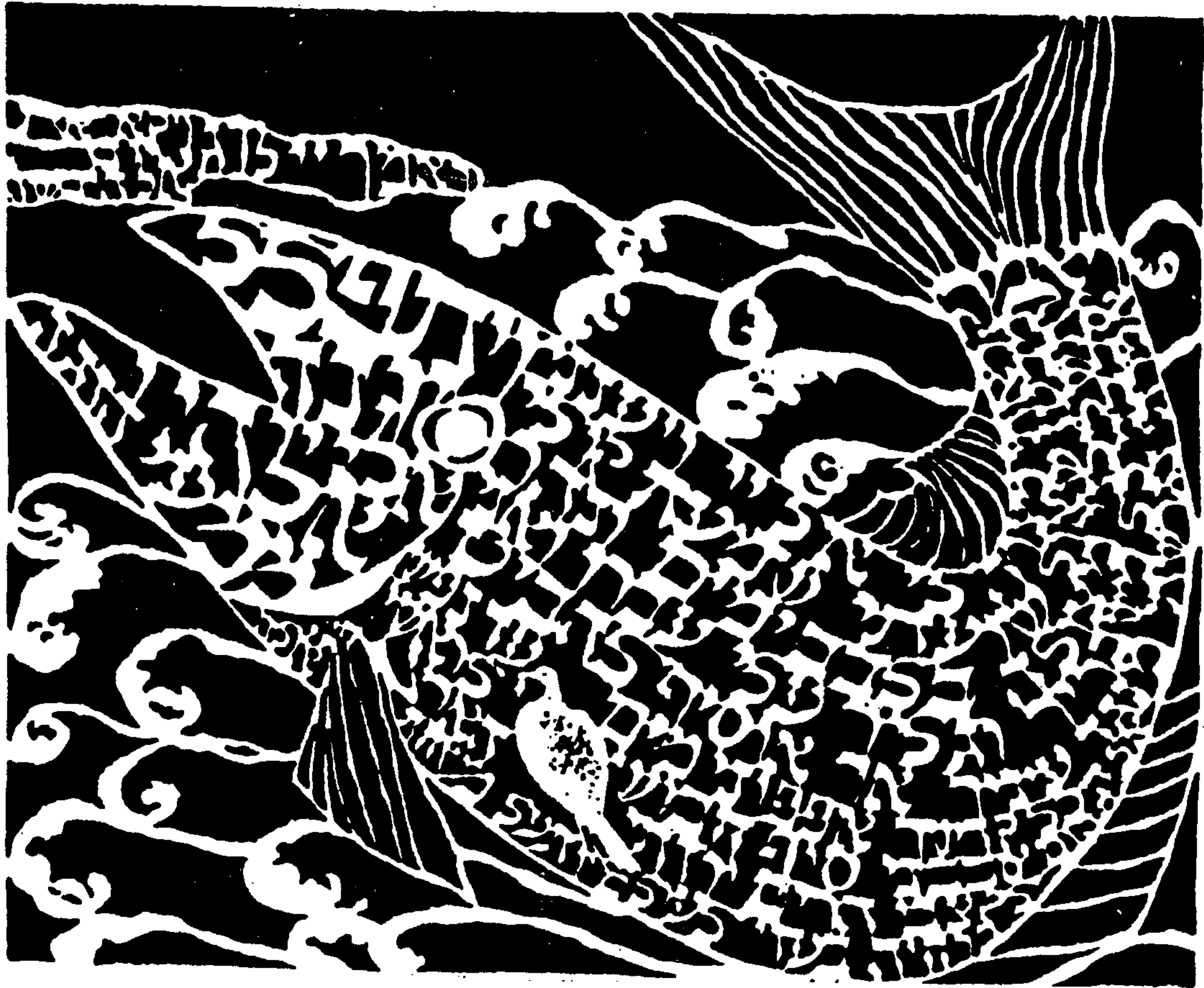
Praised are You, Source of Peace.





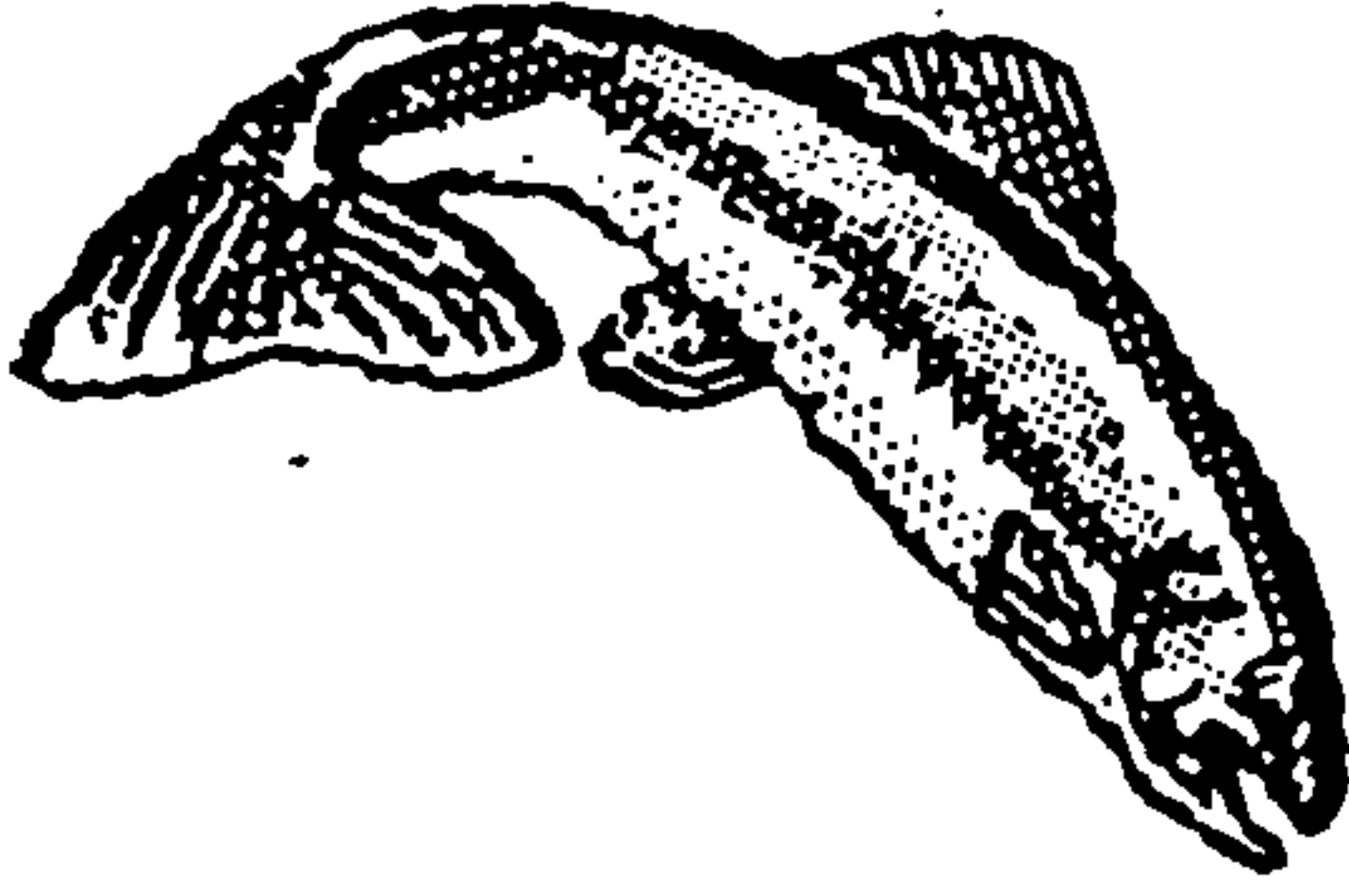


Mincha



*Haftara for
Yom Kippur Afternoon*

The Book of Jonah



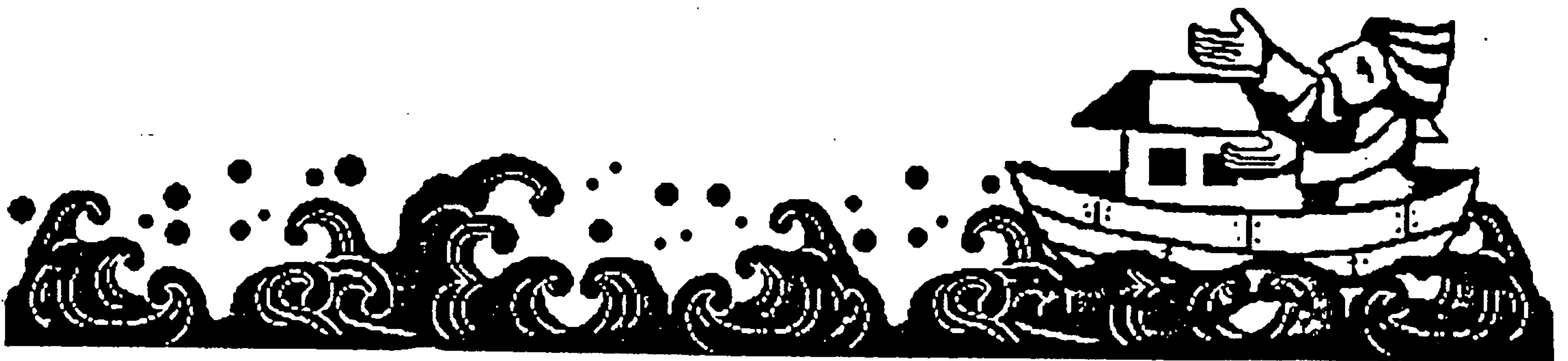
*Jonah watched his mind fill up with dark unwinding fears
and visions that surrounded him and voices he could hear.
Evil was all he saw. Destruction filled his brain.
His love was lost in the fury of his deep prophetic rage.*

*Jonah felt himself being overwhelmed with silence.
A madman telling perfect strangers how to live their lives.
Trying to run away. Escaping from the truth.
'Til a giant whale came and swallowed him and enclosed him like a womb.*

*Jonah found protection from the bitter howling storm.
Growing like an embryo, waiting to be born.
Water was everywhere. Darkness touched his soul.
He cried out in anguish each time the big whale groaned...*

*...Jonah looked around and saw how the world had changed.
People listened to his words and stopped their evil ways.
But when the time for peace had settled in the land,
He was so caught up in his holy words, he didn't understand.*

-author unknown



YONA

Translation by Everett Fox

יהוה's word was to Yona son of Amittai, saying;

Arise,

go to Nineveh, the great city,

and call out concerning it

that their evil-doing has come up before my face.

Yona arose

to flee to Tarshish, away from יהוה's face.

He went down to Yafo, found a ship traveling to Tarshish, gave
(them) the fare,

and went down aboard it, to travel to Tarshish, away from יהוה's face.

But יהוה hurled a great wind upon the sea,

and a great storm was on the sea,

so that the ship was on the brink of breaking up.

The sailors were afraid, they cried out, each man to his god,

and hurled the implements which were in the ship into the sea, to be
lightened from them.

Now Yona had gone down into the hindmost deck, had lay down
and had gone to sleep.

The captain approached him and said to him:

How can you sleep!

Arise, call upon your god!

Perhaps the god will give a thought to us, so that we will not have
to perish!

Now each man said to his fellow:

Come, let us cast lots,

so that we may know on whose account this evil has happened to us.

They cast lots

and the cast-lot fell upon Yona.

They said to him:

Now tell us,

And Yona was in the body of the fish
three days and three nights.

Yona prayed to יהוה his God from the body of the fish,
he said:

I called from my distress to יהוה.
and he answered me,
I implored from the belly of Sheol,
you hearkened to my voice.

The vortex threw me
into the heart of the seas,
The River surrounded me,
all your breakers and your waves
passed over me.

Already I said, I am driven away
from your eyes, —
may I but look once more
toward the Hall of your Holy-Place!

The waters raged about me,
up to the soul,
the primeval-flood surrounded me,
seaweed was wound
around my head.

(Sinking) to the roots of the mountains
I went down,
the land, its bar
(shut) behind me forever, —
yet you lift up my life from Destruction,
יהוה my God.

When my soul
was about to faint within me
I remembered יהוה,
and to you came my prayer,
to the Hall of your Holy-Place.

Those who wait for the mists of illusion,
they must forsake their Love!

But I,
with the voice of praise
I will slaughter-offer to you,
to repay what I have vowed, —
deliverance is YOURS!

יהוה spoke to the fish,
and it vomited up Yona onto the dry-land.
And יהוה's word was to Yona a second time, saying:

Arise,
go to Nineveh, the great city,
and call out the call to it
which I speak to you.

Yona arose and went to Nineveh, according to יהוה's word.

Now Nineveh was a great city before God, (taking) three days to go
through.

Yona began to come into the city, one day's going, and called out,
he said:

Another forty days, and Nineveh is overthrown!

The men of Nineveh trusted in God,
they called a fast and dressed themselves in sackcloth, from the
greatest to the smallest.

The word reached the king of Nineveh,
he arose from his throne, took off his mantle, covered himself with
sackcloth and sat down in ashes.

He had (them) cry out and say:

In Nineveh, by order of the king and his great-ones, saying:

Man and animal, ox and sheep,
they shall not feed on the slightest,
they shall not give pasture,
water they shall not drink!

They shall cover themselves with sackcloth,
man and animal,

they shall call out to God with might,
and they shall turn, each man from his evil way,
from the wrongdoing that is in their hands!

Who knows, the god may turn and be sorry,
and turn from the flaming of his anger,

and we will not perish!
God saw what they did,
that they turned from their evil way,
and God was sorry concerning the evil
which he had said that he would do to them,
and he did not do it.

This was evil to Yona — a great evil,
he became inflamed,
and he prayed to יהוה , he said:
Ah, יהוה !
Was this not my word
when I was on my (own) soil?
Because of this I wanted to forestall, to flee to Tarshish!
Indeed, I know
that you are a compassionate and merciful God,
long-suffering, and of much love,
and would be sorry concerning the evil.
So then, O יהוה ,
now take my soul from me,
for it is more right that I should die than that I should live
But יהוה said:
Have you rightly become inflamed?
Yona left the city
and sat down east of the city,
there he made himself a hut
and sat beneath it in the shade,
until he would see what was to happen in the city.
Now יהוה , God, had appointed a castor-oil plant,
that it should shoot up over Yona
to be shade over his head,
to shade from his evil.
And Yona rejoiced over the plant — a great joy.
But God appointed a worm
when the next dawn came up,
which bit into the plant, so that it withered away.
And it was, when the sun shone,
that God appointed a cutting east wind;
the sun beat down on Yona's head,
he became faint

and wished his soul to die,
he said:

It is more right that I should die than that I should live.

Now God said to Yona:

Have you rightly become inflamed
concerning the plant?

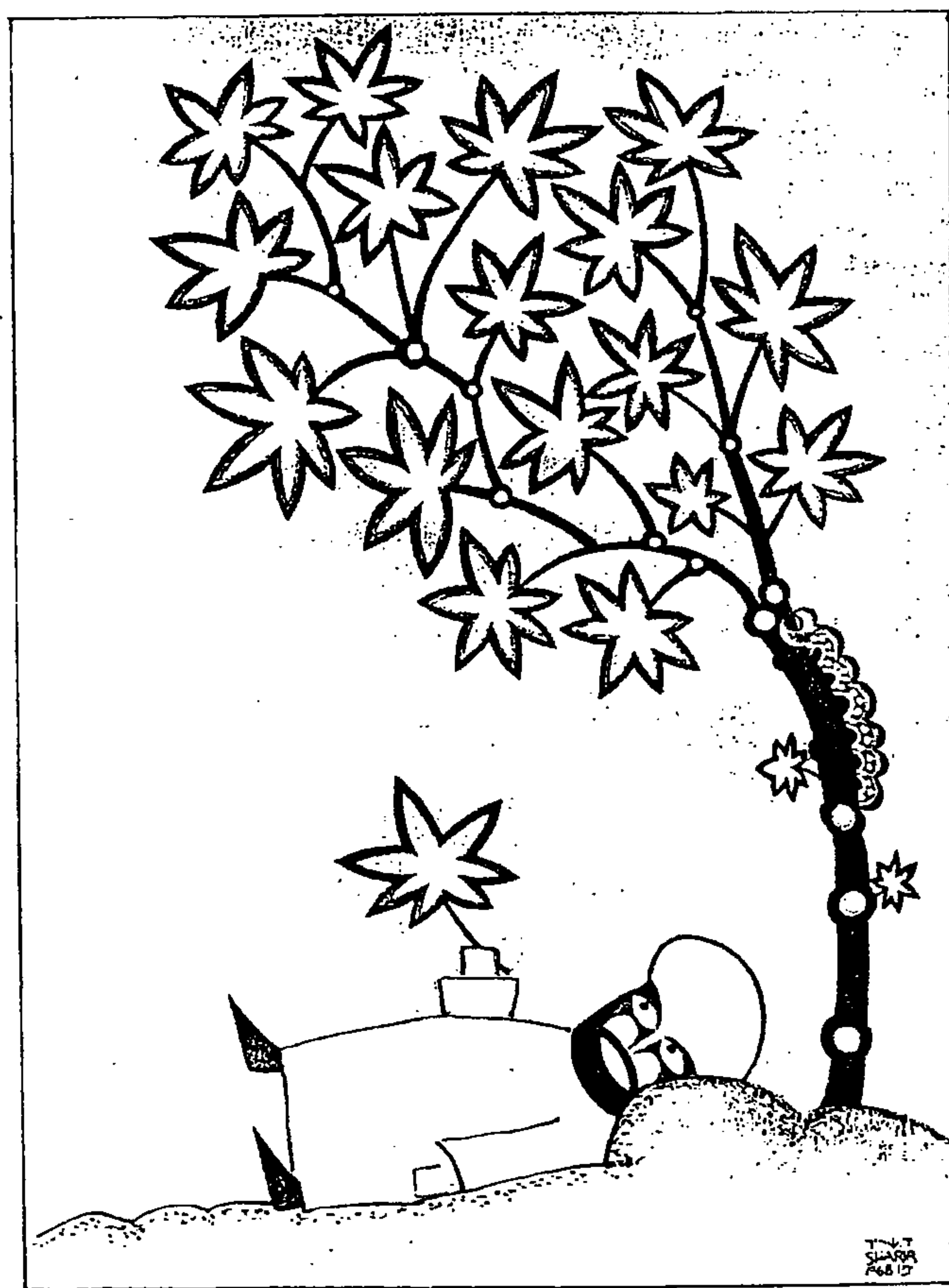
יהוה said:

I have rightly become inflamed,
up to (the point of) death.

Now יהוה said:

So you took pity on the plant
for which you did not labor,
which you did not cause to grow,
which as a child of a night came to be
and as a child of a night perished!

Now should I not take pity
on Nineveh, the great city,
in which there are more than twelve myriads of men
who do not know (the difference) between right and left,
and many animals?



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 אֱלֹהֵינוּ וְנָשׁוּבָה, חֲדָשׁ יָמֵינוּ בְּקֶדֶם.

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 אֲבֵינוּ:	כִּי אָנוּ עַמֶּךָ וְאַתָּה אֱלֹהֵינוּ.
אָנוּ קָהֳלְךָ וְאַתָּה חֻלְקֵנוּ:	אָנוּ עַבְדֶּיךָ וְאַתָּה אֲדוֹנֵנוּ.
אָנוּ צִאֲנֶךָ וְאַתָּה רוּעֵנוּ:	אָנוּ נַחֲלָתְךָ וְאַתָּה גּוֹרְלֵנוּ.
אָנוּ פְּעֻלָּתְךָ וְאַתָּה יוֹצְרֵנוּ:	אָנוּ כַרְמֶךָ וְאַתָּה נוֹטְרֵנוּ.
אָנוּ סִגְלָתְךָ וְאַתָּה קְרוֹבֵנוּ.	אָנוּ רְעִיָּתְךָ וְאַתָּה רוֹדְנֵנוּ.
אָנוּ מֵאֲמִירֶיךָ וְאַתָּה מֵאֲמִירֵנוּ:	אָנוּ עַמֶּךָ וְאַתָּה מַלְכֵנוּ.

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.



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.

אַשְׁמָנוּ. בַּגְּדָנוּ. גַּזְלָנוּ. דִּבְרָנוּ דְּפִי.

הֶעֵוִינוּ. וְהִרְשַׁעְנוּ. וְדָנוּ. חָמְסָנוּ. טַפְּלָנוּ שֶׁקֶר.

יַעֲצָנוּ רָע. כִּזְבָּנוּ. לָצָנוּ. מַרְדָּנוּ. נֶאֱצָנוּ.

סָרְדָנוּ. עֵוִינוּ. פִּשְׁעָנוּ. צָרְדָנוּ. קִשְׁיָנוּ עֶרְף.

רִשְׁעָנוּ. שִׁחַתָּנוּ. תַּעֲבָנוּ. תַּעֲיָנוּ. תַּעֲתַעְנוּ:

*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*

עַל חַטָּאֵינוּ

Al Cheit • For All Sins

*Our God and God of our ancestors,
have compassion on all Your people
on this Yom Kippur.*

*You are aware of our misdeeds,
whether performed openly or in
secret, whether consciously or
unwittingly, whether by choice or
under duress, whether against You
or against our sisters and
brothers. Nothing is concealed from
Your sight.*

*Help us find strength to turn from
our wrong-doing, May it be Your
will to forgive us.*

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּהַרְהוֹר הַלֵּב:

For the sin we have committed against You in our thoughts,

וְעַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּדַבּוּר פֶּה:

and for the sin we have committed against You with our words;

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּנִטְיַת גָּרוֹן:

For the sin we have committed against You through our arrogance,

וְעַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּלִשׁוֹן הָרַע וּבְרַכִּילוֹת:

and for the sin we have committed against You through slander and idle gossip;

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּשִׁפּוּט הַזּוּלָּת:

For the sin we have committed against You by passing judgment on others,

וְעַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּקִלּוֹת רֹאשׁ וּבְעֲזוֹת מַצַּח:

and for the sin we have committed against You by our irreverence and insolence;

עַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּצַבִּיעוֹת:

For the sin we have committed against You by our hypocrisy,

וְעַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׂנְאָה עֲצָמִית:

and for the sin we have committed against You by self-hatred;

וְעַל כָּלֵם אֱלֹהִים סְלִיחוֹת סְלַח לָנוּ. מְחַל לָנוּ. כַּפֵּר לָנוּ:

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

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

עַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּמִזּוּג אֶהְבָּה עִם הַשּׂוֹקָה

וְהִנָּאת הַרְגֵעַ:

For the sin we have committed against You by confusing love with lust and fleeting pleasure,

וְעַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּדַבּוּק בְּיוֹפֵי טַבְעֵי:

and for the sin we have committed against You by our obsession with physical beauty;

עַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּגִלּוּי עֲרִיוֹת:

For the sin we have committed against You by sexual immorality,

וְעַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּהַעֲמַדַת פָּנִים לְרַגְשׁוֹת

שֶׁאֵין אָנוּ חֲשִׁים:

and for the sin we have committed against You by pretending to emotions we do not feel;

עַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּהַתְּפָאָרוֹת עֲצָמִית

וּבְאֲנוּכִיוֹת:

For the sin we have committed against You through vanity and egocentricity,

וְעַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּאֲמוּץ הַלֵּב:

and for the sin we have committed against You by hardening our hearts;

עַל חֵטְא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׁתִּיקָה וּבְאֲדִישׁוֹת:

For the sin we have committed against You through silence and indifference,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּאַפְלִיָּה גְזֻעָנִית:

and for the sin we have committed against You through racial prejudice;

וְעַל כָּלֵם אֱלֹהֵי סְלִיחוֹת סְלַח לָנוּ. מְחַל לָנוּ. כְּפָר לָנוּ:

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

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

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּנִיצוּל עֲמֶדֶת כּוֹחַ:

For the sin we have committed against You through the abuse of power,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּיִצְיָאָה לְמַאֲבָק תּוֹקֶפְנִי:

and for the sin we have committed against You by waging aggressive war;

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּמִשָּׂא וּבְמַתָּן:

For the sin we have committed against You through dishonesty in our work,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׁבוּעַת שְׁוֵא:

and for the sin we have committed against You with vain oaths;

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׁמוּשׁ בְּאַמְצָעִים

שְׁלִילִיִּים לְהַשְׁגָּת מַטְרוֹת חַיּוּבִיּוֹת:

For the sin we have committed against You by using evil means to accomplish good ends,

וְעַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּפְגִיעָה בְּזוּלַת בְּדָרְךָ

כָּלִשְׁהִי:

and for the sin we have committed against You by hurting others in any way;

וְעַל כָּלֵם אֱלֹהֵי סְלִיחוֹת סְלַח לָנוּ. מְחַל לָנוּ. כְּפָר

לָנוּ:

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

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

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 וְעֵנּוּנוּ כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְחוֹשִׁיעֵנוּ**

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

The Temple Service

Becoming a Cohen - Serving in the Temple of the Soul

יְבַרְכֶּךָ יְיָ וַיְשַׁמְרֶךָ:

יָאֵר יְיָ, פָּנָיו, אֵלֶיךָ, וַיַּחֲנֶךָ:

יֵשָׁא יְיָ, פָּנָיו, אֵלֶיךָ, וַיֵּשֶׁם לְךָ שְׁלוֹם :

Y'vareych-echa YAH, v'yish-m'recha

Ya'eyr YAH panav ey-lecha vi'chunecha

Yisa YAH panav ey-lecha va'yaseym l'cha shalom

