

CSK's High Holy Days 2022 - 5783

Contemplative - Mindful - Soulful

Becker Theater - Emery/Weiner School

Rosh Hashanah: September 25-26

Yom Kippur: October 4-5

Teshuvah starts with one step in the other's direction.

שמע קולנו
SHMA KOLEINU



Shma Koleinu Yom Kippur Supplement

1. Ani Maamin by Abbie Strauss

Ani Maamin, b'emunah shlei-mah
Ani Maaminah, b'emunah shlei-mah
I believe in the sun
Even when its not shining
And I believe in love
Even when there's no one there
I believe in God,
Even when He's silent
I believe, I believe, with perfect faith

Ani Maamin, b'emunah shlei-mah
Ani Maaminah, b'emunah shlei-mah
I believe through any trial
There is always a way
But sometimes in this suffering
And hopeless despair
My heart cries for shelter,
To know someone's there
But a voice rises in me, saying hold on
My child, I'll give you strength
I'll give you hope. Just stay a little while.

Ani Maamin, b'emunah shlei-mah
Ani Maaminah, b'emunah shlei-mah
May there someday be sunshine
May there someday be happiness
May there someday be love
May there someday be peace.

May there someday be sunshine
May there someday be happiness
May there someday be love
May there someday be peace

2. What An Extraordinary Gift by Rabbi Lewis Kamrass

What an extraordinary gift it is - what a blessing, what a miracle to have been raised by imperfect parents who did their very best; to share our life with a partner no more flawed than we are; to count as a friend one who understands and accepts us most of the time.

How brave, how hard it is to be “good enough” in our ties to one another: to give, even when we’re exhausted; to love faithfully; to receive with grace the love imperfectly offered to us.

Can this night set us free from the tyranny of expectations?
Can this night releases from fantasies impossible to fulfill?

We resolve this night to embrace the practice of forgiveness:
to forgive others who failed to be all we hoped they would be;
to forgive ourselves when we fall short of what others hoped we would be.

We declare this night that we will cherish goodness wherever it is found, and open ourselves to the gifts that are before us.

3. Barechu - Am I Awake? by Noah Aronson

Ya la lai lai.....

Am I awake? Am I prepared?

Are You listening to my prayer?

Can you hear My voice? Can you understand?

Am I awake? Am I prepared?

Ya la lai lai.....

Ba·r'chu et Adonai, ha·m'vo·rach!

Ba·ruch Adonai ha·m'vo·rach l'o·lam va·ed.

Praised is Adonai, the blessed One, forever and ever.

Ya la lai lai.....

4. Shema by Debbie Friedman

Shema Yisrael Adonai Eloheinu, Adonai echad.

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

5. And You shall Love by Debbie Friedman

And you shall love Adonai your God with all your heart

With all your soul and with all your might

And these words which I command you on this day

Shall be in your heart

And you shall bind them for a sign upon your hand

And they shall be for frontlets between your eyes

And you shall write them on the doorposts of your house

And upon your gates

And you shall teach them diligently unto your children

And you shall speak of them when you sit in your house

When you walk by the way

And when you rise up

And when you lie down

And when you lie down
That you may remember and do all of my commandments, and be holy
unto your God.

6. The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

7. Mi Chamocha by Josh Goldberg

Mi Chamocha mi kamocho mi chamocha, who is like you Adonai?
Who is like You, oh Great and mighty One?
Who is like You, creator of the sun?
Who is like You, lighting up the sky?
Who is like You Adonai?

Norah t'hilot oseh feleh
You brought us out of Egypt
Opened up the sea
Walked across and we were free

Mal'chut'cha ra'u vanecha
Bokeh ayam lifnei moshe u'Miriyam
Zeh eli anu v'amru
Adonai yimloch l'olam va'ed

8. Adonai S'fatai by Lucy Greenbaum

You are blessed and You are holy
You are blessed and You are praised
You are blessed and You are faithful
To the ones who praise Your name.

You are kind and You are healing.
You are cleansing of my soul.
You are loved and pure and gracious.
You are real and make me whole.

CHORUS

Adonai s'fatai tiftach
Ufi yagid t'hilatecha
Open my lips for Your praises,
They'll show through your graces
Open up my lips
Open up my lips

You are wise and You are sparing.
You are merciful and clear.
You are utter perfection, no more wrong directions,
I'm loved and I am here

CHORUS (2x)

Adonai s'fatai tiftach
Ufi yagid t'hilatecha
Open my lips for Your praises,
They'll show through your graces
Open up my lips
Open up my lips
(Open up my lips)

9. Elohai N'tzor by Abbie Strauss

*Elohai, Elohai
Ntzor l'shonee mei-ra
N'tzor l'shonee mei-ra
Usfatai midabber mirmah*

My God, My God
Guard my tongue from evil
Guard my tongue from evil
And my lips from deceitful speech

*Limkalei nafshi tidom (3x)
Nafshi k'afar lakol tiheyeh
To those who curse me let my soul be silent (3)
Let my soul be to all like the dust*

Elohai, Elohai
petach libi btoratecha
Petach libi btoratecha
Uvmitzotecha tirdof nafshi

My God, My God
Open my heart to Your Torah
Open my heart to Your Torah
Let my soul pursue, let my soul pursue Your will

10. And You Shall Love by Josh Goldberg

And you shall love (you shall love)
Adonai (Adonai)
With all your soul
And all your might
And teach these words (And teach these words)
Through day and night (through day and night)
To all your children (To all your children)
For its their right (For its their right)

And wear them proudly as a sign upon your hand
And as a crown above your eyes
And you shall write them on the doorposts of your house
And on your gates
Throughout all time

11. Love Love Love by Josh Goldberg

When my words were still unclear, you were my mind reader
and when I could not face my fears, you were my cheerleader
when I took the path you didn't understand,
you still stood by me and held my hand 'cause you love, love, loved me

When I tore holes in my clothes, you were my dreamweaver
and when my friends became my foes, you were my last believer
and when I forgot the steps, you were my ballroom dancer
and when I failed to do my best, you were my second chancer
I've done things I thought I could never do
and I found the strength because of you 'cause you love, love, loved me

When we needed you to fight, you were Muhammad Ali
and you fought with grace and might, 'til you could barely breathe
now you're safe in God's embrace
a treasure that, we can't replace
and we love, love, love you
and we love, love, love you...and we love, love, love you

12. Mourning into Dancing by Debbie Friedman

You turn my mourning into dancing so that my soul might sing to you
So that my soul sings to you
And it not be stilled

Chorus:

Oh God, my God, forever I will thank You (2x)

Odeh kah!

Now I sing praises to the holy One

Who lifts me up when I have fallen

And I cry to You to heal me

And You have answered all my prayers

I ask You to be gracious

Forgive me Adonai

I call to You to help me

And You supported me with joy

13. O Lord Prepare Me/Pitchu Li

O Lord prepare me

To be a sanctuary

Pure and holy

Tried and true

And with thanksgiving

I'll be a living

Sanctuary for You

Pitchu li shaare tzedek

Avo vam odeh Yah

14. Gesher Tzar Meod

Kol haolam kulo

Gesher tzar meod

All the world is a narrow bridge.

V'ha-ikar, lo lefached clal.

The most important thing - do not let yourself get stuck in your fear.

15. Shema, Echad, Adonai Hu HaElohim

1x

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Shema Yisrael Adonai Eloheinu, Adonai echad.

3x

בְּרוּךְ שֵׁם כְבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

7x

יְיָ הוּא הָאֱלֹהִים

Adonai Hu HaElohim

16. The End by the Beatles

Oh yeah, all right
Are you going to be in my dreams
Tonight?

And in the end
The love you take
Is equal to the love
You make

17. Havdalah

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרִי הַגָּפֶן.

Baruch Atah Adonai, Eloheinu Melech Haolam, borei p'ri hagafen.

Blessed are You, Source of Creation, who implores us to be God's partner in creation.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׂמִים.

Baruch Atah Adonai, Eloheinu Melech Haolam, borei minei b'samim.

Blessed are You, Source of Creation, who inspires the spice of life.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ

Baruch Atah Adonai, Eloheinu Melech Haolam, borei m'orei ha-eish.

Blessed are You, Source of Creation, whose light may shine even in the darkest of times.

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

Baruch Atah Adonai, Eloheinu Melech Haolam, hamavdil bein kodesh l'chol.

Blessed are You, Source of Creation, who inspires us with the ability to distinguish between the holy and the not yet holy.

18. Eliyahu hanavi

Eliyahu hanavi

Eliyahu Hatishbi

Eliyahu. Eliyahu, Eliyahu haGiladi.

Bim'heirah b'yameinu

Yavo eleinu

Im Mashiach ben David

Im Mashiach ben David

19. Shavua Tov

Shavua Tov

A Good week

A week of peace

May gladness reign and joy increase.

Shanah Tovah

A good year

A year of peace

May gladness reign and joy increase.

20. Motzi

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch Atah Adonai, Eloheinu Melech Haolam, Hamotzi lechem min haaretz.