

Individual Prayers before Yom Kippur

We are happy to welcome you to the Sanctuary to have some moments of personal prayer before Yom Kippur, in front of our Ark.

A few guidelines:

- Please leave the Ark open and do not touch the Sifrei Torah (Torah Scrolls).
- If you'd like to wear a kippah and/or tallit, please bring your own from home. Unfortunately, we are unable to provide them at the synagogue.
- Please honor your time limit in the Sanctuary and exit so the next group can enter

Please feel free to use this time to offer your most personal prayers from the heart. If you'd like suggestions of words that can guide you, feel free to use from the table below. Please take the sheets that you use or discard them in the bin provided; please do not put them back on the table.

Hineni, by Rabbi Karyn Kedar

I am here. I am here.
I stand before the open Ark and
the eternal scrolls of our people
dressed in white light.
I stand ready to enter into the Holy Days,
to offer prayers that urge me
to live better, kinder,
ever present to the pain of others,
to become a compassionate vessel, trustworthy
holding hope in the midst of despair.

Hin'ni
I am here, I am here.
I stand on the edge between earth and heaven,
between what I know and what I can never understand,
between life and life everlasting.
Mortality hovers, a rippling presence,
always there, lingering, waiting, holding.
I am here.

Hin'ni
I am here
I stand resilient, determined,
though I have been taken down,
forced to live a different way.
The rhythm of life has been altered.
Time unfolds and morphs, expands and stands still.
I have been called to be present, to pay attention.
What have I learned?
What have I done with the time I have been given,
glorious time of never-ending possibility?
Have I squandered the beauty, the radiance of life,
an offering to my inner being?

Who am I?
Where have I gone astray?
Am I worthy to pray with my people?
May I be worthy to pray with my people.

Hear my plea,
grant me the faith, courage and wisdom
to enter into cheshbon hanefesh:
the fragility and humility of self-

examination.

Hin'ni,
I am here, I am here.
May this fractured heart, softened
and hold love and compassion,
in a way it never has before.

Hin'ni, I am here

Traditional Prayer for Holiday Torah Service:

רבונו של עולם מלא משאלות לבי לטובה והפק רצוני ותן שאלתי ומחול לי על כל פלעונותי ועל כל עונות אנשי ביתי מחילה בקסד מחילה ברחמים וטהרני מחטאי ומעונותי ומפשעתי. וזכרנו בזכרון טוב לפניך ופקדנו בפקדת שויעה ורחמים וזכרנו לחיים טובים וארוכים ולשלום ולפרינסה וכלפלה ותדלנו לחם לאכול ובגד ללבוש ועשר וכבוד וארך ימים להגות בתורתך ולקים מצותיה ושכל ובינה להבין ולהשכיל עמקי סודותיה. ושלח רפואה לכלמכאובינו ותברך את כל מעשה דינו. ותגזור עלינו גזרות טובות ישועות ונחמות ותבטל מעלינו כלגזרות קשות. ותטה לב המלכות ויעציה ושריה עלינו לטובה. אמן וכן יהי רצון: יהיו לרצון אמרי פי והגיון לבי לפניך יהוה צורי וגואלי

Master of the universe! Fulfil my request for good, gratify my wishes and grant my request. Forgive all my iniquities, and all the iniquities of my family, with forgiveness of lovingkindness and compassion. Purify me of my sins, my iniquities and my transgressions. Remember us favorably before You, and be mindful of us for deliverance and compassion. Remember us for a good, long life of peace, of maintenance and sustenance. Give us bread to eat, clothes to wear, and wealth and honor; give us long life to meditate in Your Torah, and to fulfill its commandments; [give us] intelligence and understanding to understand and be intellectually creative in comprehending its profound concepts. Send healing for all our sorrows, and bless all the work of our hands. Ordain for us good decrees of deliverances and comforts, and remove from us all harsh decrees. Cause the hearts of government leaders, their advisors and officers, to be favorably inclined toward us. Amein! And may this be Your will. May the words of my mouth be acceptable and the thoughts of my heart — before You Adonoy, my Rock and my Redeemer.

Private Meditation

Avinu Malkeinu, bless my family with peace. Teach us to appreciate the treasure of our lives. Help us always to find contentment in one another. Save us from dissension and jealousy, shield us from pettiness and rivalry. May selfish pride not divide us; may pride in one another unite us. Help us to renew our love for one another continually. In the light of Your Torah grant us, the people Israel and all Your creatures everywhere, health and fulfillment, harmony, peace and joy. Amen.

Who by Fire, by Leonard Cohen

And who by fire, who by water,
Who in the sunshine, who in the night time,
Who by high ordeal, who by common trial,
Who in your merry merry month of may,
Who by very slow decay,
And who shall I say is calling?

And who in her lonely slip, who by barbiturate,
Who in these realms of love, who by something blunt,
And who by avalanche, who by powder,
Who for his greed, who for his hunger,
And who shall I say is calling?

And who by brave assent, who by accident,
Who in solitude, who in this mirror,
Who by his lady's command, who by his own hand,
Who in mortal chains, who in power,
And who shall I say is calling?

New Year's Poem by Rachel Barenblatt

I'm cleaning the cupboard
beside the stove, low to the floor,
where pots and pans hide
haphazardly.

Our kitchen is well-used,
baker's rack gleaming
with neat jars of peaches,
string beans, preserves

but one swipe of paper towel
across this hidden surface
and I flinch at the grime
I never noticed before.

This is teshuvah: opening
every closed-up space. I'm
a window smeared with dust,
a cabinet in need of scouring.

It's simple work, but
part of me resists, preferring
distraction to clarity.
When I make the leap

I suddenly can't believe
I ever ignored the dirt.
Hot water blesses my hands
into action. God, help me

put my house in order,
begin the year in readiness
for the wonders I know
are coming, are always here.

There is a Time, Ecclesiastes 3:1-8

A season is set for everything, a time for every experience under heaven:

A time for being born and a time for dying,

A time for planting and a time for uprooting the planted;

A time for slaying and a time for healing,

A time for tearing down and a time for building up;

A time for weeping and a time for laughing,

A time for wailing and a time for dancing;

A time for throwing stones and a time for gathering stones,

A time for embracing and a time for shunning embraces;

A time for seeking and a time for losing;

A time for keeping and a time for discarding;

A time for ripping and a time for sewing,

A time for silence and a time for speaking;

A time for loving and a time for hating;

A time for war and a time for peace.

א: לכל זמן ועת לכל חפץ תחת השמים

ב: עת ללדת ועת למות עת לטעת ועת לעקור וטוע

ג: עת להרוג ועת לרפוא עת לפרוץ ועת לבנות

ד: עת לבנות ועת לשחוק עת ספוד ועת רקוד

ה: עת להשליך אבנים ועת כנוס אבנים עת לחבוק ועת לרחק מחבק

ו: עת לבקש ועת לאבד עת לשמור ועת להשליך

ז: עת לקרוע ועת לתפור עת לחשות ועת לדבר

ח: עת לאהב ועת לשנא עת מלחמה ועת שלום