

Behold How Good ~ Hinnay Ma Tov ~ הנה מה טוב

HIN-NAY MA TOV OO-MA-NA-YEEM

הנה מה טוב ומה נעים

SHEH-VET A-KHEEM GAM YA-KHAD

שבת אחים גם יחד.

Behold, how good and how pleasant it is
For brothers and sisters to dwell together.

Psalm 133:1

“Casting Away”

We cast into the depths of the sea
our sins, and failures, and regrets.

Reflections of our imperfect selves
flow away.

What can we bear,
with what can we bear to part?

We upturn the darkness,
bring what is buried to light.

What hurts still lodge,
what wounds have yet to heal?

We empty our hands,
release the remnants of shame,

let go fear and despair
that have dug their home in us.

Open hands,
opening heart —

The year flows out,
the year flows in.



Marcia Falk

Walking to Caesarea – Halikha L'keisaria – הליכה קירסריה

LEE-BEE, LEE-BEE

SHEH LO YEE-GA-MER L'-OH-LAM

HA-KHOL V'-HA-YAM,

REESH-ROOSH SHEH HA-MIE-YEEM

B'-RAK HA-SHA-MIE-YEEM,

TEEK-VAT HA-AH-DAM

לְבִי, לְבִי,

שֶׁלֹא יִגְמַר לְעוֹלָם –

הַחֹל וְהַיָּם,

רְשָׁרוֹשׁ שֶׁל הַמַּיִם,

בְּרַק הַמַּיִם, תְּקוּת הָאָדָם.

My life abounds with wonders I hope never end:
The sand and the sea, the rush of the waters;
The crash of the heavens, the song of the heart;
The strength of my dreams, the dreams of a people.
The promise of freedom, the hope of my heart.

Hannah Senesh (adapted)

This adapted song now focuses on the human experience: Eli Eli [my God, my God] becomes Leebee, Leebee [my heart, my heart], and tfilat ha-ahdam [the prayer of humanity] becomes teekvat ha-ahdam [the hope of humanity].

Pursuing Peace

It is the day itself that is making us sit here and talk about the peculiar incident six months ago when you lied and I blustered and you accused me of insincerity and I made you cry, an incident that neither of us can quite forget but that we can't quite mention either and which has been slowly corroding the trust and love we once had for each other. It is the day that has given us the opportunity, indeed the responsibility, to stop talking of our usual business and to reopen a case we pretended to have put out of our minds.

Alain de Botton

There is peace between nations, and peace between people. There is peace in the world around us, and peace in the stillness of our private selves. The reflection, forgiveness, quiet and contemplation of Yom Kippur create the setting for peace to find roots, but it cannot happen without our consent. It is our will to be willing, our openness to being open, that are the first steps to finding peace in our hearts and with others.

May It Be ~ Loo Y'Hee ~ לו יהי

OD YESH MIF-RAS LA-VAN BA-O-FEK
MOOL A-NAN SHA-KHOR KA-VAYD
KOL SHE N'-VA-KESH – LOO Y'-HEE.
V'-EEM BA-KHA-LO-NOT BA-E-REV
OR NAY-ROT HE-KHAG RO-AYD
KOL SHE N'-VA-KESH – LOO Y'-HEE.

עוד יש מפרש לִבָּן באופק
מול עֵנָן שחור כִּבְד.
כָּל שְׁנִבְקֶשׁ – לוֹ יְהִי.
וְאִם בַּחֲלוֹנוֹת בָּעֶרֶב
אור נרות הַחַג רוֹעַד.
כָּל שְׁנִבְקֶשׁ – לוֹ יְהִי.

LOO Y'-HEE, LOO Y'-HEE,
A-NA LOO Y'-HEE.
KOL SHE N'-VA-KESH – LOO Y'-HEE.

לוֹ יְהִי, לוֹ יְהִי,
אֲנִי לוֹ יְהִי.
כָּל שְׁנִבְקֶשׁ – לוֹ יְהִי.

There is a white sail on the horizon
opposite a heavy black cloud.
All that we want—may it be.
And if in the evening windows
the lights of the holiday candles flicker,
all that we want—may it be.

May it be, may it be,
all that we want, may it be.

Naomi Shemer



Peace Partnership

“The Invitation”

It doesn't interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's longing.

It doesn't interest me
how old you are.
I want to know
if you will risk
looking like a fool
for love
for your dream
for the adventure of being alive.
. . . .

I want to know
if you can sit with pain
mine or your own
without moving to hide it
or fade it
or fix it.
. . . .

I want to know
if you can live with failure
yours and mine
and still stand at the edge of the lake
and shout to the silver of the full moon,
“Yes.”

It doesn't interest me
to know where you live
or how much money you have.
I want to know if you can get up
after the night of grief and despair
weary and bruised to the bone
and do what needs to be done
to feed the children.

It doesn't interest me
who you know
or how you came to be here.
I want to know if you will stand
in the center of the fire
with me
and not shrink back.
. . . .

I want to know
if you can be alone
with yourself
and if you truly like
the company you keep
in the empty moments.

Oriah Mountain Dreamer

Days Pass ~ Hayamim Holfeem ~ הימים חולפים

HA-YA-MEEM KHOL-FEEM	הַיָּמִים חוֹלְפִים
SHA-NA OH-VER-ET.	שָׁנָה עוֹבֶרֶת.
A-VAL HA-MAN-GEE-NA	אֶבֶל הַמְּנַגֵּנָה
A-VAL HA-MAK-HAY-LA	אֶבֶל הַמְּקַהֵלָה
A-VAL HA-KHEV-RA-YA	אֶבֶל הַחֲבֵרָיָה
TA-MEED NEESH-EH-RET.	תָּמִיד נִשְׁאָרֶת.

Days pass and years go by, ever and ever. (2x)
And as our voices ring, ring out with songs we sing,
Life is a joyous thing ever and ever.

Folk song (adapted)

At Peace with Life

“Blessed Are You, World”

In the archives of Kibbutz Beit-HaShita,
I discovered forgotten hand-written notes
for a Passover Seder from 1927.
Instead of the Kiddush, the author wrote,
“Blessed are you, kibbutz.”
In his footsteps, I widen the blessing circle
and say, blessed are you, world –
to praise your fragile, complex beauty.

If you call the earth your mother who birthed you in pain
from the wombs of the mothers from Eve until now,
if you call the world your friend who upholds
you, whether in a day of trouble or of joy,
if you call the universe your help-meet,
who gives strength to both your weakness and your might,
then join with me in these songs
and we'll sing together in a world
that fills our springs with blessings.

Planet orbiting the sun from time's beginning till its end,
 planet, blue, green and white,
 planet, covered with water and land and sky,
 planet made of forests, lakes and seas, fields and sandy
 beaches, Planet Earth that we have seen from space,
 complete and alive before our astonished eyes!

....

Like the enthusiastic kibbutznik
 who insisted on making his time new,
 let us make new what's old and make holy what's new
 and join what's called secular to what's called holy
 and what's called material to what's called spiritual
 until the gulf between them disappears.

....

From Einstein and his students I learned
 that the elements in me were forged
 from the same furnace as the stars.
 From other great ones, I've learned
 to sit, breathe, pay attention
 with watchful eyes
 to a world filled with glory and wonders
 like me, like you, and like the stars.



O blessed world, you give us each day
 visions and problems to solve and to praise.

BA-RUKH AH-TAH OH-LAM
 SHEH-NO-TAYN LA-NOO B-KHOL YOM
 D'-MOO-YOT OO-V'-AH-YOT
 LEEF-TOR OO-L'-SHA-BAY-AKH

ברוך אתה עולם שנותן לנו בכל יום
 דמויות ובעיות לפתור ולשבת.

Herbert Levine

Choir Selection

Learning Peace

Rabbi Tarfon and the Elders were reclining in the loft of a house in Lod, when this question was asked of them: Is study greater or is action greater? Rabbi Tarfon answered and said: Action is greater. Rabbi Akiva answered and said: Study is greater. Everyone answered and said: Study is greater, for study leads to action.

Babylonian Talmud, Kiddushin 40b

Not by might, and not by power, but by human knowledge.

Learning can be a path to peace. Understanding can only happen through listening, shared experience, and mutual insight. The Hebrew prophets imagined that when peace arrives, “they will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they study war anymore.” If we can stop studying war and death, we can then study how to live a good life.

We learn from our people, and from all peoples, how to live better.

AlZot

Reading from Jewish Literature



I Believe ~ Ahnee Ma'ameen ~ אני מאמין

AH-NEE MA-A-MEEN	אני מאמין
B'-EH-MOO-NA SH'-LAY-MA	באמונה שלמה
B'-VEE-AT HA-SHA-LOM.	בביאת השלום.
V'-AF AL PEE SHEH-YIT-MA-MAY-HA	ואף על פי שיתמהמה
EEM KOL ZEH AH-KHA-KEH LO	עם כל זה אחכה לו
B'-KHOL YOM SHEH YA-VO.	בכל יום שיבוא.
AH-NEE MA-A-MEEN.	אני מאמין.

I believe in the coming of peace. And even though it may delay,
Nevertheless I will expect it, whatever day it may come. I believe.

Maimonides (adapted)

Taken from Maimonides' 13 Principles of Faith, this text has changed "mashiakh – messiah" to "shalom – peace."

Working for Peace

"Person Wanted"

Wanted: A person who can be
Truthful among liars...
Must be unwilling to sell his fellow human
For any price – honor or fame....
And be unable to ignore injustice
Or brutality – even though it be
to her advantage.
The blood of the times must course
through his words – and for his ideas
Be prepared to enter prison.
She must take the part of the injured
Without seeking applause....

Be able to think intimately –
And speak from the heart.
He must extend a brotherly hand –
And act better than he speaks.
She must not condemn another
And remain blind to her own faults.
She should be artist of the deed –
The greatest of all arts.
He must raise the value of humanity –
Starting with himself.
Wages will be small –
The work steady.

Peace - Ha-Shalom - השלום

HA-SHA-LOM L'-MA-AN HA-AH-MEEN

הַשְׁלוֹם לְמַעַן הָעָמוֹן.

HA-AH-MEEN L'-MA-AN HA-SHA-LOM

הָעָמוֹן לְמַעַן הַשְׁלוֹם.

Peace shall be for the world.
The world shall be for peace.

Traditional

Pursuing Peace

Peace is not the absence of conflict. Peace is conflict resolution.

As long as we have individual minds and opinions, there will always be disagreements, arguments, anger and conflict. Thus has it always been, and thus shall it ever be. What makes the difference between peace and war is whether conflict is an opportunity for escalation or reconciliation.

Yom Kippur reminds us that peace is never guaranteed; as Hillel said, “Be like the students of Aaron, loving peace and pursuing peace.”

For words of hurt,
For kind words not said
For pettiness and hasty judgment
Let us be forgiving

For impatience and arrogance
For disrespect and hypocrisy
Let us be forgiving

For self-absorption and lack of compassion
For remaining silent when our voices might have made a difference
Let us be forgiving

For withholding our love from those who depend on us
For not rising to fulfill the best that is in us

Let us be forgiving.

Los Angeles Sholem Community Kol Nidre 2007

Silent Reflection

Healing Peace

Windows invite us to see the world outside ourselves – but not all seeing is the same. There is seeing with the eyes and there is seeing with the mind. *Aha! I see*, we say when we have an *insight*. We look back in *hindsight*, plan ahead with *foresight*, keep things in order with *oversight*. When we miss a step, we call that *oversight* too.

And there is a kind of seeing that we might call *undersight*. Seeing under, beneath the surfaces; seeing into, through and through; taking in the whole of what is. We might also call this *heartsight* – seeing with the heart – because seeing deeply renders us more understanding and compassionate. Is it not easier to forgive when one sees beyond the actions, sees through to the humanity, in all its flaws and limitations, of someone who has caused us pain?

Marcia Falk

Complete Healing – Refuah Shlayma – רפואה שלימה

מָקוֹם הַפֶּחַ בְּתוֹכֵנוּ,
מְקוֹרוֹת הַבְּרָכָה מְחַבְּרוֹתֵנוּ,
MA-KOM HA-KO-AKH B'-TO-KHAY-NOO
M'-KO-ROT HA-BRA-KHA
M'-KHEV-RO-TAY-NOO

May the source of strength
that dwells so deep within us
help us find the courage to
make our lives a blessing,
and let us say: Shalom.

מָקוֹם הַפֶּחַ בְּתוֹכֵנוּ,
מְקוֹרוֹת הַבְּרָכָה מְחַבְּרוֹתֵנוּ,
MA-KOM HA-KO-AKH B'-TO-KHAY-NOO
M'-KO-ROT HA-BRA-KHA
M'-KHEV-RO-TAY-NOO

May those in need of healing
know *refu'ah sh'leimah*,
the renewal of body,
the renewal of spirit,
and let us say: Shalom.

*Debbie Friedman,
Adapted by J. Falick, M. Jerris, A. Chalom*

Inner Peace

“Let Me Be Self Approved”

Let me be self approved.
Once I looked for God’s approval and served God with abject favor.
Now I only look for self approval, for I have learned that God’s approval
would noway help me if I did not approve myself.

I wished for the approval of men and bowed to the meanness of men to get it,
I wished for the approval of my estate and accepted its income to get it,
I wished for the approval of the suit I wore and of the food I ate
and dressed myself fool and ate myself hog to get it,
I wished for the approval of the scholars and rehearsed in dead cultures to get it,
I wished for the approval of the soldiers and murdered my brothers to get it,
I wished for the approval of the statesmen and lied in the word of the law to get it:

And so I left myself behind and traveled everywhere asking for my discarded consort,
And that is why men gazed at me and asked me what I was looking for
and I never could tell them —
And that is why I put the universe into a scale and found it short weight
and charged up a bill against it.
All round me were men and women restless with resentments toward life,
Men and women who had deferred themselves to something not themselves
and gone short in the investment,
Men and women who believed they could put themselves in pawn
and redeem themselves at will,
The dear men and women nearest to me and farthest from me
who took their heritage at the full and left it empty.

The root of the tree was self approved, then came the tree,
The dream of the picture was self approved, then came the picture.
The forenotes of the song were self approved, then came the song.
The instinct of the good deed was self approved, then came the good deed.

Let me be self approved:
Once I prayed to God for myself and went hungry and thirsty with a full meal:
Now I pray to myself for God and though my lips receive neither food nor drink
I am fed on richest returns.

Horace Traubel

Where Is My Light ~ Ayfo Oree ~ איפה אורי

AY-FO OH-REE? OH-REE BEE.

איפה אורי? אורי בי.

AY-FO TIK-VA-TEE?

איפה תקנתי?

TIK-VA-TEE BEE.

תקנתי בי.

AY-FO KO-KHEE? KO-KHEE BEE.

איפה כחי? כחי בי.

V'-GAM BAKH.

וגם בקי.

Where is my light? My light is in me.

Where is my hope? My hope is in me.

Where is my strength? My strength is in me.

And in you.

Rabbi Sherwin T. Wine

Perspective

Jacob had spent more waking hours in his kitchen than in any other room. No baby knows when the nipple is pulled from his mouth for the last time. No child knows when he last calls his mother, “Mama.” No small boy knows when the book has closed on the last bedtime story that will ever be read to him. No boy knows when the water drains from the last bath he will ever take with his brother..... No mother knows she is hearing the word *Mama* for the last time. No father knows when the book has closed on the last bedtime story he will ever read: *From that day on, and for many years to come, peace reigned on the island of Ithaca, and the gods looked favorably upon Odysseus, his wife, and his son.*

Jacob knew that whatever happened, he would see the kitchen again. And yet his eyes became sponges for the details – the burnished handle of the snack drawer; the seam where the slabs of soapstone met; the Special Award for Bravery sticker on the underside of the island’s overhand, given to [his son] Max for what no one knew was his last pulled tooth, a sticker [their dog] Argus saw many times every day, and only Argus ever saw – because Jacob knew he would one day wring them out for the last drops of these moments; they would come as tears.

Jonathan Safran Foer

Instrumental

Go in Peace

“For the Last Time”

How do you know
when it's the last time?
The last time to ask
“How are you?
How was your day?”
The last time to say
“I love you.
Good night...sweet dreams.”

You don't.
And so you must reach out
with love and compassion
at every opportunity
to show those who love you
that you care
you love
and need to be needed...
in a world where you suddenly find yourself
alone once again

in an aching painful way
because someone you love
has left you behind
to seek your own paths
and truths
in an uncertain place.

The only thing certain
is that you're not truly alone
because of those who do love you
and for that be thankful
and grateful
and feel blessed
that you were able to say
“Good night...I love you”
one last time.

Robin Fox

The Memory of Righteous People ~ Zekher Tsadikeem ~ זכר צדיקים

זֶכֶר צְדִיקִים לְבִרְכָּה.

ZE-KHER TSA-DEE-KEEM LEE-V'-RA-KHA.

The memory of good people blesses us.

Based on Proverbs 10:7

Yom Kippur Message

Announcements

To a Good Year - L'Shana Tova - לשנה טובה

L'-SHA-NA TO-VA.

SHA-NAH SHEL RA-TSON TOV.

SHA-NAH SHEL SHA-LOM.

לְשָׁנָה טוֹבָה.

שָׁנָה שֶׁל רְצוֹן טוֹב.

שָׁנָה שֶׁל שְׁלוֹם.

A good year. A year of good resolve. A year of peace.

Traditional



International Institute for Secular Humanistic Judaism

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