

# Selichot Service

Temple Beth-El  
Ithaca, NY - 5781



## HaN'shamah Lakh

הַנְּשָׁמָה לָךְ וְהַגּוּף פְּעֵלְךָ  
חוֹסֶה, חוֹסֶה עַל עֲמָלְךָ.

*HaN'shamah lakh v'haguf po'alakh,  
Husah, husah al amalakh.*

The soul is Yours; the body, the work of Your hand.  
Be merciful, show compassion upon those whom You  
fashioned.

## **Now is the Time for Turning**

Now is the time for turning. The leaves are beginning to turn from green to red and orange. The birds are beginning to turn and head once more towards the south. The animals are beginning to turn, storing food for the winter.

For leaves, birds and beasts turning comes instinctively. But for us, turning is difficult. It takes an act of will for us to make a turn.

It means breaking with old habits. It means admitting that we have been wrong, and this is never easy. It means losing face. It means starting over again, and this is always painful. It means saying: I am sorry. It means recognizing that we have the ability to change.

These things are terribly hard to do. But unless we turn we will be trapped forever in yesterday's ways.

God, help us to turn –

From callousness to sensitivity,

From hostility to love,

From pettiness to purpose,

From envy to contentment,

From carelessness to discipline,

From fear to faith.

Turn us around, God, and bring us back towards You. Revive our lives, as at the beginning. And turn us towards one another, for in isolation, there is no life.

- Rabbi Jack Riemer

## God's 13 attributes of mercy

וַיַּעֲבֹר ה' עַל פְּנֵיו וַיִּקְרָא :  
אֲדֹנָי, ה', אֵל רַחוּם וְחַנוּן אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת :  
נִצַּר חֶסֶד לְאֲלֹפִים נִשְׂא עֹן וְנָפְשָׁע וְחִטָּאָה וְנִקְהָ  
וְסָלַחַת לְעֹנֵינוּ וּלְחִטָּאתֵינוּ וּנְחַלְתָּנוּ :

*Va'ya'avor Adonai al panav vayikrah:*

*Adonai! Adonai! El rahum v'hannun, erech appayim v'rav hesed ve-emet.*

*Notzer hesed la-alafim, nose avon vafesha v'hata-a v'nakeh.*

*V'salahta la'avoneinu ul'chatateinu u'nehaltanu.*

Adonai, Adonai, compassionate and gracious,  
slow to anger, abundant in kindness and truth,  
keeping mercy unto the thousandth generation,  
forgiving iniquity, transgression and sin and granting pardon.

## Shema koleinu - "Hear our voices"

שְׁמַע קוֹלֵנוּ ה' אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ, וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵינוּ.  
הַשִּׁיבֵנוּ ה' אֱלֹהֵינוּ וְנִשְׁוִבָה, חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

*Shema koleinu adonai eloheinu, chus veracheim aleinu,*

*vekabel berachamim uvratzon et tefilateinu.*

*Hashiveinu Adonai elecha v'nashuvah, chadesh yameynu kekedem.*

Hear our voice, Adonai our God; spare us, have mercy upon us,  
and accept our prayers in mercy and favor. Draw us near to you,  
Adonai, and we will return to you. Renew our days as of old.

## Vidui (Short Confession) - וידוי

אֲשָׁמְנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבַּרְנוּ דֹפִי :  
הֶעָוִינוּ. וְהִרְשָׁעְנוּ. זָדְנוּ. חָמְסָנוּ. טָפְלָנוּ שֶׁקֶר :  
יַעֲצָנוּ רָע. כָּזַבְנוּ. לָצְנוּ. מָרְדְנוּ. נֶאֱצָנוּ. סָרְרָנוּ. עָוִינוּ. פָּשַׁעְנוּ. צָרְרָנוּ. קִשְׁיָנוּ עֵרָף :  
רִשְׁעָנוּ. שִׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲיִנוּ. תַּעֲתָעְנוּ :  
סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמְשָׁפְטֶיךָ הַטּוֹבִים וְלֹא שָׁוָה לָנוּ.  
וְאַתָּה צָדִיק עַל כָּל הַבָּא עָלֵינוּ. כִּי אֱמֶת עָשִׂיתָ. וְאַנְחָנוּ הִרְשָׁעְנוּ :

*Ashamnu, bagadnu, gazahlnu, dibarnu dofi;*

*He-evinu v'hirshanu, zadnu, chamasnu, tafalnu sheker.*

*Ya'atznu ra, kizavnu, latznu, maradnu, niatznu, sararnu, avinu, pashanu, tzararnu, kishinu oref.*

*Rashanu, shichatnu, tiavnu, ta'inu, titanu.*

*Sarnu mimitzvotcha u'mimishpatecha hatovim, v'lo shavah lanu.*

*V'atah tzadik al kol haba aleinu. Ki emet asita, va'anachnu hirshahnu.*

We have trespassed. We have betrayed. We have stolen. We have slandered. We have caused others to sin.

We have sinned with malicious intent. We have forcibly taken what belonged to others.

We have added falsehood upon falsehood. We have joined with evil individuals or groups;

We have given harmful advice. We have deceived. We have mocked. We have caused our friends grief. We have raised our hands in anger.

We have sinned deliberately. We have been negligent in our practice. We have been stiff-necked. We have been corrupt. We have gone astray. We have led others astray.

We have rebelled against God and God's Torah, and provoked God's anger.

וְעַל כָּלֵם, אֵלֹהֵי סְלִיחוֹת,  
סָלַח לָנוּ, מָחַל לָנוּ, כִּפֵּר לָנוּ.

*V'al kulam Elo'ah selichot, s'lach lanu, m'chal lanu, kaper lanu.*

## **S'lach Lanu Avinu – “Forgive Us Our Father”**

סלח לנו אבינו כי חטאנו,  
מחל לנו מלכנו כי פשענו,  
כי אתה ה', טוב וסלח, ורב חסד לכל קוראיך.

*S'lach lanu Avinu ki chatanu,  
m'chal la-nu Malkeinu ki fashanu,  
Ki Atah Adonai, tov v'salach, v'rav chesed l'kol korecha.*

Forgive us our Father, because we have sinned,  
Forgive us our King, because we have transgressed  
Because You, Adonai, are abundant in goodness and forgiveness,  
gracious to all who cry out to You.

## **Rachamana - “Merciful One”**

רחמנא דעני לעניי ענינא.  
רחמנא דעני לתבירי ליבא ענינא.

*Rachamana d'anei l'aniyei, aneina.*

*Rachamana d'anei lit'virei libei, aneina.*

May the Merciful One who answers the poor, answer us.  
May the Merciful One who answers the broken-hearted,  
answer us.

## Shomer Yisrael - “Guardian of Israel”

שׁוֹמֵר יִשְׂרָאֵל, שְׁמוֹר שְׂאֲרֵי יִשְׂרָאֵל, וְאַל יֵאָבֵד יִשְׂרָאֵל, הָאוֹמְרִים שְׁמַע יִשְׂרָאֵל.

שׁוֹמֵר גּוֹי אֶחָד, שְׁמוֹר שְׂאֲרֵי עַם אֶחָד, וְאַל יֵאָבֵד גּוֹי אֶחָד, הַמְיַחֲדִים שְׁמֶךָ, ה' אֱלֹהֵינוּ, ה' אֶחָד.

שׁוֹמֵר גּוֹי קָדוֹשׁ, שְׁמוֹר שְׂאֲרֵי עַם קָדוֹשׁ, וְאַל יֵאָבֵד גּוֹי קָדוֹשׁ, הַמְשַׁלְּשִׁים בְּשָׁלוֹשׁ קְדוּשׁוֹת לְקָדוֹשׁ.

*Shomer Yisrael, sh'mor sh'erit Yisrael.*

*V'al yovad Yisrael, ha'omrim 'Sh'ma Yisrael'.*

*Shomer goy ehad, sh'mor sh'erit goy ehad.*

*V'al yovad goy ehad, hamyachadim shimcha, Adonai Eloheinu, Adonai ehad.*

*Shomer goy kadosh, sh'mor sh'erit goy kadosh.*

*V'al yovad goy kadosh, hamshalshim b'shalosh kedushot l'kadosh.*

Guardian of Israel, guard the remnants of your people Israel.

Do not allow Israel to perish, the people who say, 'Hear, O Israel'.

Guardian of this singular nation, guard the remnants of this singular nation.

Do not allow to perish this singular nation who unifies your name, saying, 'Adonai, Our God, Adonai is One.'

Guardian of this holy nation, guard the remnants of this holy nation.

Do not allow to perish this holy nation who thrice daily blesses your name saying, 'Blessings be to the Blessed One.'

## Ps. 27: Achat Sha-alti – “One Thing I Ask”

לְדוֹד :

ה' אֹרֵי וְיִשְׁעֵי מִמִּי אִירָא.

ה' מְעוֹז-חַיִּי מִמִּי אֶפְחָד.

לֹאֲלֹא הֶאֱמַנְתִּי לְרֹאוֹת בְּטוֹב-ה' בְּאֶרֶץ

חַיִּים.

קוּה אֶל-ה' חֲזַק וְיֶאֱמָץ לְבָבְךָ וְקוּה אֶל-ה'

בְּקֹרֵב עָלַי מְרַעִים לְאָכַל אֶת-בְּשָׂרִי,

צָרִי וְאִיבֵי לִי הֵמָּה כְּשִׁלּוֹ וְנָפְלוֹ :

אִם-תִּחְנָה עָלַי מִחְנָה לֹא-יִירָא לְבִי,

אִם-תִּקְוִים עָלַי מִלְחָמָה בְּזֹאת אֲנִי בּוֹטֵחַ.

**\*\* אַחַת שְׁאַלְתִּי מֵאֵת-ה', אֹתָהּ אֲבַקֵּשׁ :**

**שְׁבִתִּי בְּבֵית-ה' כָּל-יְמֵי חַיִּי,**

**לְחַזוֹת בְּנִעֻם-ה' וּלְבַקֵּר בְּהִיכָלוֹ :**

כִּי יִצְפְּנֵנִי בְּסֹכְהַ בַּיּוֹם רָעָה,

יִסְתַּרְנִי בְּסִתְרֵךָ אֶהְלוֹ בְּצוּר יְרוּמָמַי :

וְעַתָּה יְרוּם רֹאשִׁי עַל אִיבֵי סְבִיבוֹתַי,

וְאֶזְבְּחָה בְּאֶהְלוֹ זְבַחַי תְּרוּעָה,

אֲשִׁירָה וְאֶזְמַרְהָ ל-ה' :

שְׁמַע-ה' קוֹלִי אֶקְרָא, וְחַנּוּנִי וְעֲנֵנִי.

לֵךְ אָמַר לְבִי בְּקִשׁוֹ פָּנִי,

אֶת-פָּנֶיךָ ה' אֲבַקֵּשׁ.

אֶל-תִּסְתַּר פָּנֶיךָ מִמּוֹנִי,

אֶל-תִּט-בְּאֵף עַבְדְּךָ, עֲזָרְתִּי הִיִּיתָ,

אֶל-תִּטְשֵׁנִי וְאֶל-תִּעַזְבֵּנִי אֱלֹהֵי יִשְׂרָאֵל.

כִּי-אָבִי וְאִמִּי עֲזָבוּנִי וְה' יִאֲסֹפֵנִי.

הוֹרֵנִי ו-ה' דִּרְכְּךָ וְנִחַנְנִי בְּאֵרַח מִישׁוֹר לְמַעַן

שׁוֹרְרִי.

אֶל-תִּתְּנֵנִי בְּנַפְשׁ צָרִי,

כִּי קָמוּ-בִי עַדִּי-שָׁקֵר וַיִּפַּח חָמָס.

*Achat sha'alti me'et Adonai otah avakesh,  
shivti b'veit Adonai kol y'mei chai-yai;  
lachazot b'no'am [b'no'am] Adonai ul'vaker b'heichalo.*

One thing I ask of Adonai, this is my request:  
To dwell in God's house all the days of my life,  
To behold God's goodness and be granted entry into Adonai's  
innermost sanctuary.

## **Psalm 180**

Out of the depths I call to You, Adonai.  
Hear my cry, heed my plea.

Be attentive to my prayers,  
To my sigh of supplication.

Who could endure, Adonai,  
If You kept count of every sin?

But forgiveness is Yours;  
Therefore we revere You.

I wait for Adonai; my soul yearns.  
Hopefully, I await God's word.

I wait for Adonai more eagerly  
Than the watchman waits for the dawn.

Put your hope in Adonai.  
For Adonai is generous with mercy.

Abundant is God's power to redeem.  
May God redeem the people Israel from all sin.



## קדיש יתום - Mourner's Kaddish

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ,  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן :

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ הוּא,  
לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחַתָּא וְנַחֲמַתָּא,  
דְאָמִירָן בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ : אָמֵן.

*Yit'gadal v'yitkadash sh'mei raba  
b'alma di v'ra khir'utei, v'yam'likh mal'khutei  
b'chayeikhon uv'yomeikhon uv'chayei d'khol beit Yisra'el  
ba'agala uviz'man kariv v'imru: Amen.*

*Y'hei sh'mei raba m'varakh l'alam ul'al'mei al'maya*

*Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei  
v'yithadar v'yitaleh v'yithalal sh'mei d'kudsha b'rikh hu.  
l'eilah min kol birkhata v'shirata  
tushb'chata v'nechemata, da'amiran b'almah, v'imru: Amen.*

*Y'hei shlama raba min sh'maya  
v'chayim aleinu v'al kol Yisra'el v'imru: Amen.*

*Oseh shalom bim'romav, hu ya'aseh shalom aleinu v'al kol Yisra'el v'imru: Amen.*

## Avinu, Malkeinu - "Our Father, Our King"

אָבֵינוּ מַלְכֵנוּ חַנּוּנוּ וְעֲנָנוּ כִּי אֵין בָּנוּ מַעֲשִׂים

עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד וְהוֹשִׁיעֵנוּ

*Avinu Malkeinu, Chaneinu V'aneinu, ki ein banu ma'asim.*

*Assei imanu ts'dakah vachessed, vehoshiyeinu.*

Our Parent, Our Sovereign, show us mercy and answer us, though we have little merit. Deal with us with generously and with compassion, and save us.

## Sounding of the Shofar

May the sound of the Shofar shatter our complacency

And make us conscious of the corruption in our lives.

*May the sound of the Shofar penetrate our souls,*

*And cause us to turn back to our God in heaven.*

May the sound of the Shofar break the bonds of the evil impulse within us

And enable us to serve God with a whole heart.

*May the sound of the Shofar renew our loyalty to the one true God.*

*And strengthen our determination to defy false gods.*

May the sound of the Shofar awaken us to the enormity of our sins,

And the vastness of God's mercy for those who truly repent.

*May the sound of the Shofar summon us to service*

*And stir us to respond as did Abraham, "Hineini, Here I am."*

May the sound of the Shofar recall the moment

When we stood at Sinai and uttered the promise:

"All that Adonai has spoken, we will keep and obey."

*May the sound of the Shofar recall the promise of the in-gathering of the exiles,*

*And stir within us renewed devotion to the Land of Israel.*

May the sound of the Shofar recall the vision of the prophets,

Of the day when Israel and all its neighbors will live in peace.

*May the sound of the Shofar awaken us to the flight of time,*

*And summon us to spend our days with purpose.*

May the sound of the Shofar become our jubilant shout of joy

On the day of the promised, long-awaited redemption.

*May the sound of the Shofar remind us that it is time*

*To "proclaim liberty throughout the Land, and to all inhabitants thereof."*

May the sound of the Shofar enter our hearts;

For blessed is the people who hearkens to the call of the Shofar.

***Tekiah Gedolah!***