

תִּקְשְׁרוּ וְשִׂמְחוּ



*Renew and Rejoice*

תְּפִילַת לְרֵאשׁ הַשָּׁנָה

# Rosh Hashanah Services

Temple Adat Shalom  
Poway, California

## INTRODUCTION

In 2003, the Religious Practices Committee of Temple Adat Shalom formed a High Holy Day Task Force to create a Contemporary Service (service #3 in this booklet) to more completely serve the needs and desires of an increasingly diverse congregation.

The members of this Task Force researched a variety of High Holiday prayer books from all over the country, searching for one that would closely match our criteria. “A Time to Pray,” from Temple Emanu-El in Houston, came the closest to meeting our objectives. They graciously agreed to allow us to use their book as a template for our new *Machzor* and we sincerely acknowledge their help in our effort.

The consensus of the Task Force was to include more than we expected to use during any one service, thus giving options for future years to keep the service fresh.

The format of this book, with a large and small column on each page, is designed to offer additional opportunities for spiritual thought and reflection. The main text is found in the large, inner column, with optional readings and musical lyrics in the small, outer column. If the translation or transliteration of a Hebrew passage is not in the main text, it can be found in the small column directly to the side of the Hebrew.

In 2019, the Religious Practices Committee concluded it was an appropriate time to explore making some modifications in our Erev Rosh Hashanah and traditional Rosh Hashanah morning services as well. The idea was not to change the tenor of those two services, but to refresh and update language, as well as add additional readings, in hopes of making these services more relevant to our current day needs.

A small task force of dedicated volunteers worked with our clergy to create the first two of the following services. At the same time, we’ve used this opportunity to correct typographical errors and make a few changes to the Contemporary Service as well and to include all the services into one book for ease of handling.

We hope you enjoy and draw inspiration from this new *Machzor*.

The Rosh Hashanah Task Force  
September, 2020

*This prayer book is dedicated to*

*Steve Voit*

*The memory of the righteous  
is a blessing.*



## New Year's Prayer

May we believe deeply without despising difference; hope extravagantly without being crushed by failure; take our shortcomings seriously without being discouraged by them; do good for others without calculation; and may we love: love without fear, love without narrowness, love without limit. Dear God, help our world to heal and our hearts to grow. Amen.

~Rabbi David Wolpe

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Each of us is a reservoir of possibilities. We each carry within us a vision of our own highest self, a glimpse of that which we might become. If we would truly give life meaning, then we might seek to become like that vision, fulfilling the noblest, and highest, and finest that lies within.

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"... As important as study and prayer and theological searching are, no amount of talk, study, or spiritual feeling can possibly replace acts of loving kindness and the deepening of the relationships between ourselves and those we love, and with our fellow human beings in general. Study, prayer, and introspection must be a means to a greater end. In Judaism, the search is meant not primarily to fill ourselves with spiritual feelings, but rather to inspire us to complete the work that our Creator began.... Our relationship with God must be based on our grasp of our potential to do great things and not merely on the smallness of our lives in relation to our Creator."

~Rabbi Robert Dobrusin

## Another Beginning

What is the moment of our birth?

We know the birthday of our body.  
Yet we can never know  
the moment of birth of our character.

It has no date.

The birth of our character has many beginnings  
and is without end  
in the days and years of our life.

At every moment  
we face an infinite number of opportunities  
to create a greater meaning in our life.

Always, we find ourselves before another beginning.

In this we discover  
the most creative power of humanity:  
the power and delight of the self-creation of our character.

We create our character  
when we are alone with ourselves  
and in the relationships  
we also evolve with others.

And most of all  
our values will be determined  
by the direction in which we choose to grow  
with others and within ourselves.

We know it is only when words move a person to act  
that they reveal their strength.

In what we do, we find  
the continuing birth of our character.

In what we do...  
we are always before another beginning.

~Rabbi Jack Riemer (adapted)

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In the seventh month...

## בחדש השביעי

בַּחֹדֶשׁ הַשְּׁבִיעִי, בְּאֶחָד לַחֹדֶשׁ, יִהְיֶה לָכֶם שַׁבָּתוֹן,  
זְכוֹרֹן וַתְּרוּעָה, מִקְרָא-קֹדֶשׁ. כָּל-מְלֹאכֶת עֲבוֹדָה לֹא  
תַעֲשׂוּ.

Bachodesh hash'vi-i, b'echad lachodesh, yih'yeh lachem  
shabaton, zichron t'ruah, mik'ra-kodesh. kol-m'lechet avodah lo  
ta-asu.

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It is Tishrei, the seventh month  
The Shabbat of months, the ripening of the year.  
Nature turns inward, and we follow.  
In the silence of inside, we hear  
Holiness calling to each of us, "A'yekhah.  
Where are you? Are you hiding?  
Hiding from Me? Hiding from yourself?"  
"Hineini," each of us has the chance to respond.  
"Hineini. Here I am! No, I'm not hiding any longer.  
Here I am.  
I may not know what to do, but  
I am ready enough to say 'Hineini!'"

~ David Wolfe

### A Song of Comfort

Turn me toward the light.  
Uncover the choices that flourish  
When I relinquish my yesterdays.  
Turn me toward the light.  
Unveil the hopes that grow  
When I face my realities.  
Turn me toward today.  
Turn me to a vision of possibilities,  
That denies apprehensions.  
Turn me toward today.  
Turn me to this moment of extension,  
That opens old constrictions.  
Before me You place iridescence  
To soften brittle sorrows.  
Let me rest on the cushion of Your care,  
Comforted by Your regard.  
Beside me You heap soft pillows  
To ease ancient grief.  
Bolster my courage with Your kindness  
As You support my head.  
Stretch the stiff limbs of my confusion,  
And let me rise, renewed,  
To turn into Your light.

~Debbie Perlman

In the seventh month, on the first day  
of the month, there shall be a sacred  
assembly, a cessation from work, a day  
of commemoration proclaimed by the  
sound of the Shofar.

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תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר, בְּכֶסֶה  
לְיוֹם חֲגִינוּ. כִּי חוֹק לְיִשְׂרָאֵל  
הוּא, מִשְׁפָּט לְאֱלֹהֵי יַעֲקֹב.

Tik'u vachodesh shofar, bakeseh  
l'yom chageinu. Ki chok l'Yisraeil  
hu, mishpat leilohei Ya-akov.

Sound the Shofar when the new moon  
appears, at the turning of the year at the  
returning of our solemn celebration.  
For this is a statute binding on Israel,  
an ordinance of the God of Jacob.

“There is no light as brilliant as that light which manages to emerge from out of the darkness.”  
~ Sefer Ha’Zohar

Source of blessing, Eternal our God, You fill the universe with majestic might, teaching us holiness through sacred obligations, giving us the mitzvah of bringing light on (**Shabbat and**) this festival.

Source of blessing, Eternal our God, You fill the universe with majestic might -- giving us life, upholding the life within us, and bringing us to this time.

May it be Your will, Eternal our God, God of all generations, that the year five thousand, seven hundred and \_\_\_\_\_, bring to us and to the whole House of Israel, life and peace, joy and exaltation, redemption and comfort; and let us say: Amen.

## Candle lighting

## הדלקת נרות

With these lights, we see each other more fully, all of us different, all of us bearing One Spark.

We light these lights to see more clearly the earth and all who live as part of it.

We light these lights to see more clearly the rainbow in our many-colored faces.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל (שַׁבָּת וְשֶׁל) יוֹם טוֹב.

Baruch Atah Adonai Eloheinu Melech ha-olam, asher kid'shanu b'mitzvotav, v'tzivanu, l'hadlik ner shel (**Shabbat v'shel**) Yom Tov.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ  
וְהִגִּיעָנוּ לְזְמַן הַזֶּה.

Baruch Atah Adonai Eloheinu Melech ha-olam, shehecheyanu, v'kiy'manu, v'higi-anu laz'man hazeh.

## Announcement of the New Year

## השנה החדשה

יְהִי רָצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ, שֶׁתְּחַדֵּשׁ  
עָלֵינוּ וְעַל-כָּל-בֵּית יִשְׂרָאֵל אֶת-הַשָּׁנָה הַזֹּאת שְׁנַת  
חֲמִשָּׁת אֲלָפִים וּשְׁבַע מֵאוֹת וְ... , לְחַיִּים וּלְשָׁלוֹם,  
לְשָׁשׂוֹן וּלְשִׂמְחָה, לִישׁוּעָה וּלְנִחְמָה, וְנֹאמַר: אָמֵן.

Y'hi ratzon mi-l'fanecha, Adonai Eloheinu veilohei doroteinu, shet'chadeish aleinu v'al-chol-beit Yisraeil et-hashana hazot, sh'nat chameishet alafim ush'va mei-ot v'....., l'chayim ul'shalom, l'sason ul'simcha, lishua ul'nechamah, v'nomar: amein.

הנני העני ממעש, ונרעש ונפחד מפחד יושב  
 תהלות ישראל. באתי לעמד ולחנן לפניך על עמך  
 ישראל אשר שלחוני, ואף על פי שאיני כדאי והגון  
 לכך. על כן אבקשך, אלהי אברהם, אלהי יצחק,  
 ואלהי יעקב. יי, אל רחום וחנון, אלהי ישראל,  
 שדי אים ונורא: היה נא מצליה דרכי אשר אנכי  
 הולך לעמד לבקש רחמים עלי ועל שולחי. ונא אל  
 תפשיעם בחטאתי, ואל תחייבם בעוונותי, כי חוטא  
 ופושע אני. ואל יכלמו בפשעי ואל אבושה בהם.  
 וקבל תפילתי כתפלת זקן ורגיל ופרקו נאה וקולו  
 נעים, ומערב בדעת עם הבריות. ויהי נא דגלנו עליך  
 אהבה, ועל כל פשעים תכסה באהבה. וכל צרות  
 ורעות הפך-לנו ולכל ישראל לששון ולשמחה  
 לחיים ולשלום. האמת והשלום אהבו, ואל יהי שום  
 מכשול בתפילתי.

יהי רצון מלפניך, יי אלהי אברהם, אלהי יצחק,  
 ואלהי יעקב. האל הגדול הגבור והנורא, אל עליון,  
 אהיה אשר אהיה, שתבוא תפילתי לפני כסא  
 כבודך, בעבור כל הצדיקים והחסידים התמימים  
 והישירים, ובעבור כבוד שמך הגדול והנורא, כי  
 אתה שומע תפלת עמך ישראל ברחמים.  
 ברוך אתה, שומע תפלה.



## Here I Am

Here I am.

So poor in deeds, overwhelmed and apprehensive before You to whom Israel sings praise.

Although unworthy, I rise to pray and seek favor for Your people Israel, for they have entrusted me with this task. Therefore, God of Abraham, Isaac, and Jacob; God of Sarah, Rebecca, Rachel, and Leah...

Adonai, Adonai -- merciful, gracious God, who inspires awe -- I pray to You for success on my path; I pray for myself and my community. Do not hold them responsible for my wrongs and offenses. May my deeds cause them no shame; and may their deeds cause me no shame. Accept my prayer as though it were offered by one more worthy of this task: a scholar, proficient in prayer; unblemished in character, pleasing in voice. Let love be our banner; let it banish our wrongs. May Israel's strife and misfortunes be turned into joy, renewed life, and peace. Love peace and truth -- may they prevail among us. And may there be no impediment to my prayer. Adonai -- God of Abraham, Isaac and Jacob; God of Sarah, Rebecca, Rachel and Leah, great, mighty, awe-inspiring, God Most High, who said to Moses "I Will Be What I Will Be" -- May it be Your will that my prayer reach Your Presence, for the sake of the righteous and blameless, the honest and pure of heart, for the sake of Your glory. You hear Your people's prayer with compassion.

Blessed are You, the One who hears prayer.

Rosh Hashanah is the moment of transition between what was and what will be. We begin today to look at our lives over the past year, and start considering for the year to come. How do we want it to be? In what ways do we have to change in order for the desires of our hearts to happen? During the next days we will be in limbo between how we lived our lives in the past year, and how we will live our lives in the coming year. We have ten days to think about it. We have ten days not to move time, but to change how we move through time.

~ Rabbi H. Rafael Goldstein (adapted)

## Do I Matter?

Standing before the One who is all the world,  
Can it be that I matter?  
Can it be that such a small thing as me has a place in such a grand scheme?  
And yet it is so.

My days are limited and too few to fulfill the desires of my heart.  
I am so small and temporary. And yet so important.  
This pile of dust speaks!  
This bag of skin thinks!  
This frail body acts and makes a difference!  
I am the only me that has ever been or will ever exist.

The Source rebirths, but never repeats.  
Infinite possibilities demand infinite diversity.  
Whatever I must do, I must do it here and now.  
Whatever gift I am to give, I must give it here and now.  
Whatever purpose I am to fulfill, I must fulfill it here and now.  
I am what I am, here and now.  
I am what I do with who I am.

~Rabbi Rami Shapiro (adapted)

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Prayer is for the soul what food is for the body.

The strength we get from one meal lasts until the next;  
so too, the blessings of a prayer last until we pray again.

The longer the pause between one prayer and the next,  
the more we're mired in worldly pursuits,  
in words that dim the purity of the soul, in speech that dulls its brightness.

When we pray we wash away all that clouds our vision  
and satisfy our spirit's hunger for a higher calling.

Prayer gives the soul what food gives the body.

~ Yehudah Halevi.

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## THE SHEMA AND ITS BLESSINGS שמע וברכותיה

בְּרַחוּ אֶת יְיָ הַמְּבָרָךְ!

Bar'chu et Adonai ham'vorach.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!

Baruch Adonai ham'vorach l'olam va-ed.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ  
מַעְרִיב עֲרֵבִים, בְּחֹכְמָה פּוֹתַח שְׁעָרִים, וּבִתְבוּנָה  
מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַזְּמַנִּים, וּמְסַדֵּר אֶת  
הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ. בּוֹרֵא יוֹם  
וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.  
וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמְבַדֵּיל בֵּין יוֹם וּבֵין לַיְלָה,  
יְיָ צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיָּם, תָּמִיד יִמְלֹךְ עָלֵינוּ  
לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמְּעַרֵּב עֲרֵבִים.

Baruch Atah, Adonai, Eloheinu melech ha-olam, asher bidvaro ma-ariv aravim; b'chochmah potei-ach sh'arim, uvitvunah m'shaneh itim, umachalif et haz'manim, um'sadeir et hakochavim b'mishm'roteihem barakia kirtzono. Borei yom valailah, goleil or mip'nei choshech, v'choshech mip'nei or. Uma-avir yom umeivi lailah; umavdil bein yom uvein lailah - Adonai Tz'va-ot sh'mo. El chai v'kayam, tamid yimloch aleinu l'olam va-ed. Baruch Atah, Adonai, hama-ariv aravim.

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Awe is an intuition for the dignity of all things, a realization that things not only are what they are, but also stand, however remotely, for something supreme.

Awe is a sense for the transcendence, for the reference everywhere to mystery beyond all things. It enables us to perceive in the world intimations of the divine,...to sense the ultimate in the common and the simple; to feel in the rush of the passing the stillness of the eternal. What we cannot comprehend by analysis, we become aware of in awe.

~Abraham Joshua Heschel

Bless the Eternal, the Blessed One.

Blessed is the Eternal, the Blessed One, now and forever.

Blessed are You, Adonai. Your great name fills the universe with majestic might. Your word creates twilight and dusk, as Your wisdom opens the gates of night. Your discernment separates the changing seasons and causes the passage of time. The stars, arrayed across the sky, reveal Your design. You roll out the cycle of darkness and light, shaping day and night. You sweep away day and carry the world into nightfall, setting day apart from night. You are God of all we can perceive, and all that is beyond our perception. Living, Eternal God: be our sovereign to the end of time.

Love beyond all space and time -- Your love enfolds Your people, Israel. We receive it in Your teaching: Your gift of Torah, sacred obligations, discipline, and law. So let us speak these teachings when we lie down and rise up and find joy forever in Your Torah and mitzvot. They are the very essence of our life -- ours to ponder and study all our days. May we never lose or be unworthy of Your love. Blessed are You, the One who loves Your people Israel.

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You love us by helping us grow;  
 You give us Torah,  
 a ladder for the soul.  
 Words that draw us upward;  
 Every mitzvah -- an invitation to climb.  
 You give us Torah;  
 You love us by helping us grow.

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Listen, Israel, Adonai is our God,  
 Adonai is One!

Blessed is God's glorious majesty  
 forever and ever.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֲהַבְתָּ, תּוֹרָה וּמִצְוֹת,  
 חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לַמִּדָּת. עַל כֵּן יי אֱלֹהֵינוּ,  
 בְּשִׂכְבְּנוּ וּבִקְוֵמֵנוּ נִשְׁיַח בְּחֻקֶיךָ, וְנִשְׂמַח בְּדַבְרֵי תוֹרָתְךָ  
 וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבָהֶם  
 נִהְיֶה יוֹמָם וְלַיְלָה, וְאַהֲבַתְךָ אֶל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.  
 בְּרוּךְ אַתָּה יי, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Ahavat olam, beit Yisraeil, am'cha ahavtah, Torah umitzvot,  
 chukim umishpatim otanu limad'tah. Al kein Adonai Eloheinu,  
 b'shoch'beinu uv'kumeinu nasiach b'chukecha, v'nismach b'divrei  
 Toratecha uv'mitz'votecha l'olam va-ed. Ki heim chayeinu v'orech  
 yameinu, uvahem neh'geh yomam valailah, v'ahavat'cha al tasir  
 mimenu l'olamim. Baruch Atah Adonai, oheiv amo Yisraeil.

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We live more fully when we open our hearts and love to  
 another. We live when we allow our mind to receive a new idea  
 and slowly and reverently explore its meaning. We live when  
 we play, however humbly, a part in the unending struggle for  
 freedom and justice. We live when from us there flows even  
 the smallest trickle of wholesomeness and health into our  
 community. We live when through a book, a painting, or a  
 song, we commune with a noble and creative soul.

שְׁמַע יִשְׂרָאֵל, יי אֱלֹהֵינוּ, יי אֶחָד!

Sh'ma Yisraeil Adonai Eloheinu, Adonai echad!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch Sheim k'vod malchuto l'olam vaed.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ  
וּבְכָל-מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְּךָ  
הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבִינְךָ וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם  
לְאָזְנוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וּכְתַבְתָּם  
עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם  
קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי  
אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהָיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה  
אֱלֹהֵיכֶם:

V'ahavta eit Adonai Elohecha, b'chol l'avcha uv'chol nafsh'cha,  
uv'chol m'odecha. V'hayu had'varim ha-eileh asher anochi  
m'tzav'cha hayom al l'avecha. V'shinantam l'venecha v'dibarta  
bam b'shiv'cha b'veitecha uv'lecht'cha vaderech uv'shochb'cha  
uv'kumecha. Uk'shartam l'ot al yadecha v'hayu l'totafot bein  
einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.

L'ma-an tizk'ru va-asitem et kol mitzvotai vih'yitem k'doshim  
l'Eiloheichem. Ani Adonai Eloheichem. Asher hotzeiti et-chem  
mei-eretz Mitzrayim lih'yot lachem l'Elohim ani Adonai  
Eloheichem.

So you shall love what is holy with all your courage, with all your  
passion, with all your strength. Let the words that have come  
down shine in your words and your actions.

*We must teach our children to know and understand  
them. We must speak about what is good and holy within  
our homes when we are working, when we are at play,  
when we lie down and when we get up.*

Let the work of our hands speak of goodness.

*Let it run in our blood and glow from our doors and  
windows.*

~Marge Piercy (adapted)



Where the mind is without fear and the head is held high'  
 Where knowledge is free;  
 Where the world has not been broken into fragments by narrow  
 domestic walls;  
 Where words come from the depths of truth;  
 Where tireless striving stretches its arms towards perfection;  
 Where the clear stream of reason has not lost its way in the  
 arid desert sands of dead habit;  
 Where the mind is led forward by You into ever-widening  
 thought and action –  
 Into that heaven of freedom, my Maker, let my people awake.

## Truth and faith

Truth and faith - these are fundamental to our existence. God alone is their source, and we are Israel, a people of God.

Our Sovereign saves us from tyranny, redeems us from its violence through countless wonders, from its brutality through great feats beyond measure.

We are Israel, a people of God -- the Giver of life, who would not let our feet give way; the Maker of miracles for us against Pharaoh, of signs and portents in the land of Egypt - the One who brought our people Israel from its midst to enduring freedom.

Of all that is worshipped, is there another like You? Maker of wonders, who is like You -- in holiness sublime, evoking awe and praise?

When Your children saw Your sovereign might -- the splitting of the sea before Moses and Miriam -- they responded, "This is my God!" And they said, "The Eternal will reign till the end of time."

As it is written, "Adonai will save Jacob, and redeem him from one stronger than himself." We praise You, Eternal Power, the One who redeems Israel.

## Emet ve-Emunah

## אמת ואמונה

אֱמֶת וְאִמוּנָה כָּל זֹאת, וְקִיָּם עָלֵינוּ, כִּי הוּא יי אֱלֹהֵינוּ  
 וְאֵין זִוְלָתוֹ, וְאִנְחָנוּ יִשְׂרָאֵל עִמּוֹ. הַפּוֹדְנוּ מִיַּד מְלָכִים,  
 מִלְּכֵנוּ הַגּוֹאֲלֵנוּ מִכַּף כָּל הָעָרִיצִים. הָעֹשֶׂה גְדוּלוֹת  
 עַד אֵין חֶקֶר, וְנִפְלְאוֹת עַד אֵין מִסְפָּר. הַשֵּׁם נִפְשָׁנוּ  
 בְּחַיִּים, וְלֹא נָתַן לְמוֹט רַגְלָנוּ. הָעֹשֶׂה לָּנוּ נִסִּים  
 בְּפִרְעָה, אוֹתוֹת וּמוֹפְתִים בְּאֶדְמַת בְּנֵי חָם. וַיּוֹצֵא  
 אֶת עַמּוֹ יִשְׂרָאֵל מִתּוֹכָם לְחֵרוֹת עוֹלָם.

Emet ve-emunah kol zot, v'kayam aleinu, ki hu Adonai  
 Eloheinu - v'ein zulato; va-anachnu Yisraeil amo. Hapodeinu  
 miyad m'lachim; malkeinu hago-aleinu mikaf kol ha-aritzim.  
 ha-oseh g'dolot ad ein cheiker, v'nifla-ot ad ein mispar; hasam  
 nafsheinu bachayim, v'lo natan lamot ragleinu. Ha-oseh lanu  
 nisim b'Pharoah; otot umoftim b'admat b'nei cham. Vayotzei et  
 amo Yisraeil mitocham l'cheirut olam.

## Mi Chamocha

## מי כמכה

מִי כְּמֹכָה בְּאֵלִים יי? מִי כְּמֹכָה נֹאדָר בְּקֹדֶשׁ, נֹרָא  
 תְּהִלַּת עֲשֵׂה פִּלָּא. מִלְּכוּתָךְ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי  
 מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵינוּ וְאָמְרוּ:  
 יי יִמְלֹךְ לְעוֹלָם וָעֶד. וְנֹאמְרוּ: "כִּי פָדָה יי אֶת יַעֲקֹב,  
 וַיִּגְאֹלוּ מִיַּד חֲזַק מִמֶּנּוּ." בָּרוּךְ אַתָּה יי, גֹּאֲלֵ יִשְׂרָאֵל:

Mi chamocha ba-eilim Adonai? Mi kamocho nedar bakodesh,  
 norah t'hi-lot osei feleh. Malchut'cha ra-u vanecha, bokei-a  
 yam lifnei Mosheh uMiryam; "Zeh Eilim!" anu v'am'ru: "Adonai  
 yimloch l'olam va-ed."

V'ne-emar: "Kifadah Adonai et Ya-akov; ugalo miyad chazak  
 mimenu." Baruch Atah, Adonai, ga-al Yisraeil.

## Faith

Faith does not spring out of nothing.  
It comes with the discovery  
Of the holy dimension of our existence...

Faith does not detach us from thinking;  
It does not suspend reason.  
It is opposed not to knowledge  
but to indifferent aloofness to the essence of living.

Faith means to hold small things great,  
to take light matters seriously,  
to distinguish the common and the passing  
from the aspect of the lasting...

Faith is a dynamic, personal act,  
flowing between the heart of human beings and the love of  
God...

Faith is the insight  
that life is not a self-maintaining, private affair,  
not a chaos of whims and instincts,  
but an aspiration, a way, not a refuge.

Faith is real only when it is not one-sided but reciprocal.  
We can rely on God, if God can rely on us.

~ Abraham Joshua Heschel

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## Live Each Day

May I live each day with fullness of mind,  
Attending to Life and all she places before me.  
This will I live without hesitation.  
Only then can I lie down in peace,  
having given Life my all.  
Only then can I rise up  
in anticipation of a new day,  
knowing I have so much more to give.  
Let compassion refine my actions,  
and justice shield me from selfishness.  
Let my life be a vehicle for grace and mercy,  
bringing peace and comfort to all in need.  
May the source of life spread a blanket of peace over me,  
over my community, and  
over all the world.

~Rabbi Rami M. Shapiro

Bless our sleep with peace, Adonai, and awaken us to life renewed. With power sublime, spread over us Your shelter of peace; and through Your wisdom restore us -- make us whole. Let Your name proclaim Your presence in our lives; be our shield; make us stronger than the enemies we face: illness and war, famine and sorrow; and stronger than the enemies in our hearts: wickedness and sin. Carry us to safety as on wings, for You are the Monarch of grace, the Sovereign of compassion; You are the One who cares for us and sets us free. Watch over us, we who go forth to life; watch over us, that we may come home in peace - now, and till the end of time. Blessed One, You spread over us a canopy of peace, a shelter of shalom over all Israel, Your people, and over Jerusalem.

## Hashkiveinu

## השכיבנו

הַשְּׂכִיבֵנוּ יי אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים.  
 וּפְרֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ, וְתַקַּנְנוּ בְּעֵצָה טוֹבָה  
 מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנו לְמַעַן שְׁמֶךָ. וְהַגֵּן בְּעַדְנוּ. וְהַסֵּר  
 מֵעֲלֵינוּ אוֹיֵב, דָּבָר, וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִרְחַק מִמֶּנּוּ  
 עוֹן וּפְשָׁע. וּבְצֵל כְּנַפֶּיךָ תִּסְתַּיְרֵנוּ. כִּי אֵל שׁוֹמְרֵנוּ  
 וּמְצִילֵנוּ אַתָּה, כִּי אֵל מְלֶךְ חַנוּן וְרַחוּם אַתָּה. וְשָׁמֹר  
 צִאתָנוּ וּבּוֹאָנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.  
 וּפְרֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ. בָּרוּךְ אַתָּה יי, הַפּוֹרֵשׁ  
 סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Hashkiveinu, Adonai Eloheinu, l'shalom; v'ha-amideinu, Malkeinu, l'chayim. Ufros aleinu sukat sh'lomecha, v'tak'neinu b'eitzah tovah mil'fanecha. V'hoshi-einu l'ma-an sh'mecha - v'hagein ba-adeinu; v'haseir mei-aleinu oyeiv: dever, v'cherev, v'ra-av, v'yagon; v'harcheik mimenu avon vafesha. Uvtzeil k'nafecha tastireinu, ki Eil shomreinu umatzileinu Atah; ki Eil melech chanun v'rachum Atah. Ushmor tzeteinu uvo-einu, l'chayim ul'shalom, mei-atah v'ad olam. Ufros aleinu sukat sh'lomecha. Baruch Atah, Adonai, haporeis sukat shalom aleinu, v'al kol amo Yisraeil, v'al Y'rushalayim.

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Welcome alike the day and its labor, the night and its repose; throw yourself into the waters of life and swim bravely and without anxiety, for these waters are native to you; you were born to swim in them.

Accomplish what you can; endure what you must; understand what you may -- and this do for yourself, but not only for yourself: do this for yourself and for others.

In your prayer and your love, your doubt and your fear, seek out the still, clear voice within you.

Look inward for an answer to prayer. Find courage there, and endurance; find insight there, and the knowledge that you are part of the divine creation.

Know that love gives meaning and purpose to your journey. May such love be the fruit of your prayer.

## The Covenant of Shabbat

## ושמרו

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת  
 לְדֹרוֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹתָהּ הִיא  
 לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת  
 הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

V'sham'ru v'nei Yisraeil et haShabbat, la-asot et haShabbat  
 l'dorotam b'rit olam. Beini uvein b'nei Yisraeil ot hi l'olam, ki  
 sheishet yamim asa Adonai et hashamayim v'et ha-arets,  
 uvayom hash'vi-i shavat vayinafash.

The people of Israel shall keep the Sabbath, observing the Sabbath in every generation as a covenant for all time. It is a sign forever between Me and the people of Israel, for in six days the Eternal God made heaven and earth, and on the seventh day God rested from all labors.

## Chatzi Kaddish

## חצי קדיש

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעַלְמָא דִּי בְּרָא  
 כְּרֵעוּתָהּ, וַיִּמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי  
 דְּכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזַמַּן קָרִיב, וְאִמְרוּ אָמֵן.  
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמָא וּלְעַלְמֵי עַלְמֵינָא:  
 יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרַומֵם וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר  
 וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא, לְעַלְמָא מִן  
 כָּל-בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא דְּאִמְרֵי  
 בְּעַלְמָא, וְאִמְרוּ: אָמֵן.

Yitgadal v'yitkadash sh'mei raba. B'alma di v'rah chirutei  
 v'yamlich malchutei b'chayeichon uv'yomeichon uv'chayei  
 d'chol beit Yisraeil, ba-agalah uvizman kariv, v'im'ru amein.

Y'hei sh'mei raba m'varach 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'rich hu, l'eilah  
 min kol birchatah v'shiratah, tushb'chatah v'nechematah  
 da-ami-ran b'al'ma, v'imru amein.

In prayer we shift the center of living from self-consciousness to self-surrender. God is the center toward which all forces tend. God is the source, and we are the flowing of God's force, the ebb and flow of God's tides. Prayer takes the mind out of the narrowness of self-interest, and enables us to see the world in the mirror of the holy....

Prayer may not save us, but prayer makes us worth saving.  
 ~Abraham Joshua Heschel (adapted)

May God's great name come to be magnified and sanctified in the world God brought into being. May God's majestic reign prevail soon in your lives, in your days, and in the life of the whole House of Israel; and let us say: Amen.

May God's great name be blessed to the end of time.

May God's holy name come to be blessed, acclaimed, and glorified; revered, raised, and beautified; honored and praised. Blessed is the One who is beyond all the blessings and hymns, all the praises and words of comfort that we speak in the world; and let us say: Amen.

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It takes three things to attain a sense of significant being: God, a soul, and a moment. And the three are always here.

~Abraham Joshua Heschel

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Attention is the beginning of devotion.

~ Mary Oliver

Eternal God, open my lips, that my mouth may declare Your praise.

We praise you, Adonai, our God and God of our fathers and mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Rachel, and God of Leah; exalted God, dynamic in power, inspiring awe, God sublime, Creator of all, You offer us kindness, recall the loving deeds of our fathers and mothers, and bring redemption to their children's children, acting in love for the sake of Your name.

Remember us for life, sovereign God who treasures life.

Sovereign of salvation, Pillar of protection: Blessed are you in our lives, Adonai, Shield of Abraham, and Sustainer of Sarah.



## תפלה

## TEFILAH

אֲדַנִּי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

Adonai, s'fatai tiftach, ufi yagid t'hilatecha:

### GOD OF ALL GENERATIONS

### אבות ואמהות

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי  
שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל  
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֵלְיוֹן, גּוֹמֵל חַסְדִּים  
טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת,  
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:  
זְכַרְנוּ לְחַיִּים, מֶלֶךְ חַפֵּץ בְּחַיִּים, וְכִתְּבֵנוּ בְּסֵפֶר  
הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן: בְּרוּךְ אַתָּה יי, מִגֵּן אַבְרָהָם,  
וְעִזְרַת שָׂרָה:

Baruch Atah Adonai, Eloheinu v'Eilohei avoteinu v'imoteinu:  
Elohei Avraham, Elohei Yitzchak, v'Elohei Ya-akov. Elohei  
Sarah, Elohei Rivkah, Elohei Rachel, v'Eilohei Leah. HaEil  
hagadol hagibor v'hanorah, Eil elyon, gomeil hasadim tovim,  
v'konei hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah  
livnei v'neihem l'ma-an sh'mo b'ahavah.

Zochreinu l'chayim, Melech chafeitz bachayim. V'chotveinu  
v'seifer hachayim l'ma-ancha Elohim chayim.

Melech ozeir umoshia umagein: Baruch Atah Adonai, magein  
Avraham, v'ezrat Sarah.

In each human hand and heart is the power to renew life:

To see dignity where there is brokenness and defeat;  
to know and cherish the image of God in every human face;

To open eyes that have closed in despair; to shelter the weak and  
shield the helpless;

To give strength to the weary, hope and comfort to those  
who feel pain;

To care for the earth like an old friend; to give to its oceans,  
rivers, and forests our selfless love; to treat ponds and tide pools,  
the sky and the mountains as sacred living beings.

In each of us is the power to renew life.

## GOD'S POWER

## גבורות

אתה גבור לעולם אדני, מחיה הכל אתה,  
רב להושיע:

מכלכל חיים בחסד, מחיה הכל ברחמים רבים,  
סומך נופלים, ורופא חולים, ומתיר אסורים,

ומקים אמונתו לישני עפר, מי כמוך בעל גבורות  
ומי דומה לך, מלך ממית ומחיה ומצמיח ישועה:

מי כמוך אב הרחמים, זוכר יצוריו לחיים ברחמים.  
ונאמן אתה להחיות הכל. ברוך אתה יי, מחיה הכל:

Atah gibor l'olam Adonai, m'chayei hakol Atah, rav l'hoshiah.  
M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim,  
someich noflim, v'rofei cholim, umatir asurim, um'kayei  
emunato lisheinei afar, mi chamocho ba-al g'vurot umi domeh  
lach, melech meimit um'chayeh umatzmiach yishuah: Mi  
chamocho av harachamim, zocheir y'tzurav l'chayim  
b'rachamim. V'ne-eman ata l'hachayot hakol. Baruch Atah  
Adonai, m'chayei hakol.

## K'dusha

## קדושה

אתה קדוש ושםך קדוש, וקדושים בכל יום יהללוך  
סלה. ברוך אתה יי, האל הקדוש.

Atah kadosh v'shimcha kadosh uk'doshim b'chol yom y'hal'lucha,  
se-lah. Baruch Atah Adonai, Ha-Eil hakadosh.

## K'dushat HaShem

## קדשת השם

ובכן תן פחדך, יי אלהינו, על כל-מעשיך, ואימתך על  
כל-מה-שבראת. ויראוך כל-המעשים, וישתחוו  
לפניך כל-הברואים, ויעשו כלם אגדה אחת לעשות  
רצונך בלבב שלם, כמו שינדענו, יי אלהינו, שהשלטון  
לפניך, עז בידיך וגבורה בימינך, ושםך נורא על  
כל-מה-שבראת.

Uv'chein tein pachd'cha, Adonai Eloheinu, al kol ma-asecha,  
v'eimat'cha al kol-ma-shebarata. V'yira-ucha kol-hama-asim,  
v'yishtachavu l'fanecha kol-hab'ruim. V'yei-asu chulam agudah  
echat la-asot r'tzoncha b'leivav shaleim, k'mo sheyadanu, Adonai  
Eloheinu, shehasholtan l'fanecha, oz b'yad'cha ugvurah  
biminecha v'shimcha nora al kol mah shebarata.

Your life-giving power is forever,  
Adonai -- with us in life and in death.  
You liberate and save, cause dew to  
descend; and with mercy abundant,  
lovingly nurture all life. From life to  
death, You are the force that flows  
without end - With You the falling are  
lifted. With You the sick are healed.  
With You the imprisoned and confined  
are freed.

Power-beyond-Power, from whom  
salvation springs, Sovereign over life  
and death -- who is like You? Merciful  
God, who compares with You? With  
tender compassion You remember all  
creatures for life.

Faithful and true, worthy of our trust,  
You sustain our immortal yearnings; in  
You we place our undying hopes.  
Wellspring of blessing, Power eternal,  
You are the One who gives and renews  
all life.

You are holy, Your Name is holy, and  
those who are holy praise You every  
day. Blessed are You, Adonai, the Holy  
God.

And so, in Your holiness, give all  
creation the gift of awe. Turn our fear  
to reverence; let us be witnesses of  
wonder, perceiving all nature as a  
prayer come alive. We bow to the  
sovereignty of Your strength, the  
primacy of Your power. We yearn for  
connection with all that lives, doing  
Your will with wholeness of heart.  
Awe-inspiring is Your creation,  
all-encompassing Your transcendent  
name.

You are holy. Your name is Awe.  
There is nothing divine beyond You --  
as the prophet Isaiah taught: "The  
Source of all might is exalted through  
justice, the God of holiness made holy  
through righteousness."

Blessed are You Adonai, holy  
Sovereign.

You chose us, with love, to be  
messengers of mitzvot; and through us  
You made known Your aspirations.  
You gave us a pathway to holiness.  
You uplifted us and made Yourself our  
Sovereign -- and so we seek You and  
serve You and celebrate our nearness to  
Your presence. Your great and sacred  
name has become our calling.

In Your love, Eternal our God, You  
have given us [**this Shabbat and**] this  
Day of Remembrance: a day for the  
shofar's joyful sound a day of sacred  
assembly; a day to be mindful of our  
people's going out from Egypt.

קְדוֹשׁ אַתָּה, וְנוֹרָא שְׁמֶךָ, וְאֵין אֱלֹהִים מִבְּלַעַדֶיךָ, כְּכַתוּב:  
וַיִּגְבַּהּ יי צְבָאוֹת בַּמִּשְׁפָּט, וְהָאֵל הַקְּדוֹשׁ נִקְדָּשׁ  
בְּצִדְקָה.

Kadosh Atah, v'nora sh'mecha; v'ein elo-ah mibaladecha,  
kakatuv: "Vayigbah Adonai tz'vaot bamishpat; v'haEil hakadosh  
nikdash bitzdakah."

בְּרוּךְ אַתָּה יי, הַמֶּלֶךְ הַקְּדוֹשׁ.

Baruch Atah, Adonai, HaMelech hakadosh.

### The Promise of This Day

Look to this day  
For it is life,  
The very life of life.  
In its brief course lie all  
The realities and verities of existence,  
The bliss of growth,  
The splendor of action,  
The glory of power ---  
For yesterday is but a dream,  
And tomorrow is only a vision.  
But today, well lived,  
Makes every yesterday a dream of happiness  
And every tomorrow a vision of hope.  
Look well, therefore, to this day.  
~ Sanskrit Proverb

### The Holiness of the Day

### קְדוּשַׁת הַיּוֹם

אֶהְבֶּתְךָ אוֹתָנוּ וְרָצִיתָ בָּנוּ. וְרוֹמַמְתָּנוּ מִכָּל הַלְּשׁוֹנוֹת,  
וְקִדְשֵׁתָנוּ בְּמִצְוֹתֶיךָ, וְקִרְבַּתָּנוּ, מִלְּכָנוּ, לְעִבּוֹדֶתֶךָ,  
וְשִׂמְךָ הַגָּדוֹל וְהַקְּדוֹשׁ עָלֵינוּ קָרָאתָ.

Ahavta otanu, v'ratzita banu. V'romamtanu mikol hal'shonot,  
v'kidashtanu b'mitzvotecha. V'keiravtanu, Malkeinu,  
la-avodatecha; v'shimcha hagadol v'hakadosh aleinu karata.

וּתְתֶנּוּ-לָנוּ, יי אֱלֹהֵינוּ, בְּאַהֲבָה אֶת-יוֹם [הַשַּׁבָּת הַזֶּה  
וְאֶת-יוֹם] הַזְּכָרוֹן הַזֶּה, יוֹם תְּרוּעָה, מִקְרָא קֹדֶשׁ,  
זָכַר לִיצִיאַת מִצְרָיִם.

Vatiten-lanu, Adonai Eloheinu, b'ahavah et Yom [haShabbat  
hazeh v'et Yom] HaZikaron hazeh: yom t'ruah, mikra-kodesh,  
zeicher litziat Mitzrayim.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, יַעֲלֶה וְיֵבֵא וְיִזְכָּר,  
זְכוֹרֵנוּ וְזְכוֹרוֹן כָּל-עַמֶּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לְטוֹבָה,  
לְחַן לְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם הַזְּכוֹרוֹן  
הַזֶּה.

Eloheinu v'Elohei avoteinu v'imoteinu, ya-aleh v'yavo  
v'yizacheir zichroneinu v'zichron kol am'cha beit Yisraeil  
l'fanecha - l'tovah, l'chein u'lchesed ul'rachamim, l'chayim  
u'lshalom, b'Yom HaZikaron hazeh.

זְכַרְנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה. אָמֵן.  
וּפְקֹדֵנוּ בּוֹ לְבִרְכָה. אָמֵן.  
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. אָמֵן.

Zochreinu, Adonai Eloheinu, bo l'tovah. Amein.  
Ufokdeinu vo livrachah. Amein.  
V'hoshi-einu vo l'chayim. Amein.

Our God, and God of the generations before us, may a memory of us ascend and come before You. May it be heard and seen by You, winning Your favor and reaching Your awareness - together with the memory of our ancestors, and the memory of Your people, the family of Israel. May we be remembered - for safety, well-being, and favor, for love and compassion, for life, and for peace - on this Day of Remembrance.

Eternal our God, remember us for well being.

*Amen.*

Be mindful of us and bless us.

*Amen.*

And redeem us for a life of goodness and blessing.

*Amen.*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, [רְצֵה בְּמִנוּחָתֵנוּ],  
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתָנוּ חֵלְקֵנוּ בְּתוֹרָתֶךָ, שְׂבַעֲנוּ מִטוֹבֶךָ,  
וְשִׂמְחָנוּ בִישׁוּעָתֶךָ, [וְהִנְחִילֵנוּ, יְיָ אֱלֹהֵינוּ, בְּאַהֲבָה  
וּבְרַצוֹן שְׁבֵת קִדְּשֶׁךָ, וַיְנַוְחוּ בָהּ יִשְׂרָאֵל, מִקִּדְּשֵׁי  
שְׁמֶךָ]. וְטַהַר לְבָבֵנוּ לְעִבְדֶּךָ בְּאַמֶּת, כִּי אַתָּה אֱלֹהִים  
אַמֶּת, וְדַבַּרְךָ אַמֶּת וְקַיָּם לְעַד. בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ עַל  
כָּל-הָאָרֶץ, מִקִּדְּשׁ [הַשְּׁבֵת וְ] יִשְׂרָאֵל וְיוֹם הַזְּכוֹרוֹן.

Eloheinu v'Eilohei avoteinu v'imoteinu, [r'tzei vimnuchateinu,]  
kad'sheinu b'mitzvatecha; v'tein chelkeinu b'Toratecha.  
Sab'einu mituvecha; v'sam'cheinu bishuatecha. [V'hanchileinu,  
Adonai Eloheinu, b'ahavah u-vratzon Shabbat kodshecha;  
v'yanuchu vah Yisraeil, m'kad'shei sh'mecha.] V'taheir  
libeinu l'ovd'cha be-emet -- ki Atah Elohim emet, udvar'cha  
emet v'kayam la-ad. Baruch Atah, Adonai, melech al kol  
ha-arets, m'kadeish [haShabbat v'] Yisraeil v'Yom HaZikaron.

Our God and God of our fathers and mothers: [may our rest on this Shabbat bring You pleasure;] lead us to holiness through Your mitzvot; and may each of us find a portion of Torah that is ours. You bestow such goodness -- teach us to be satisfied, and to know the joy of Your salvation. [Let Your holy Shabbat be our heritage, embraced freely and with love; and may all our people bring holiness to Your name by resting on this day.]

Help us to serve You truly, with purity of heart -- for You are a faithful God, whose truth stands forever. Our praise to You, Eternal One, whose power pervades all the earth: You bring holiness [to Shabbat,] to Your people Israel and to this Day of Remembrance.

Every moment is a new beginning; every act your very first. Never regard your action as if it were the second or fourth or hundredth, but always as if it were the very first time you've ever done it.

~ Eighteenth-century Rabbi Nachmon of Breslav

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Eternal, our God, Your people Israel yearns for Your favor. Receive their prayer with loving acceptance, and may You always desire our closeness. Divine One, close to all who call upon You, bring Your grace and presence near to those who serve You. Pour forth Your spirit on us, and may our eyes see Your merciful return to Zion. Blessed are You whose divine Presence is felt again in Zion.

---

“Why do you think it’s so important for me to hear other people’s problems? Don’t I have enough pain and suffering of my own? Of course I do. But giving to other people is what makes me feel alive. Not my car or my house. Not what I look like in the mirror. When I give my time, when I can make someone smile after they were feeling sad, it’s as close to healthy as I ever feel.

Do the kinds of things that come from the heart. When you do, you won’t be dissatisfied, you won’t be envious, you won’t be longing for somebody else’s things. On the contrary, you’ll be overwhelmed with what comes back.”

~ (Professor Morrie Schwartz, to Mitch Albom, in *Tuesdays with Morrie*)

I pose this challenge to my spirit:  
To receive with open mind and heart what is offered to me.  
May I learn to embrace as easily as I evaluate.  
May I quiet the ever-present instinct to judge and critique.  
May I cultivate the gift of listening without forming a reply.  
May I learn to accept help from those who care for me.  
May I grow less insistent that life bend  
To my will and expectations.  
May generosity of spirit find a home within me.

---

רְצֵה, יי אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל, וּתְפַלְתֵם בְּאַהֲבָה  
תִּקְבַּל בְּרָצוֹן, וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל  
עִמָּךְ. אֵל קָרוֹב לְכָל קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּן.  
שִׁפְךָ רוּחְךָ עָלֵינוּ, וּתְחַיֶּינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן  
בְּרַחֲמִים. בָּרוּךְ אַתָּה יי, הַמְחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן.

R'tzei, Adonai Eloheinu, b'am'cha Yisraeil. Ut'filatam b'ahavah t'kabel b'ratzon, ut'hi l'ratzon tamid avodat Yisraeil amecha. Eil karov l'chol korav, p'nei el avadecha v'choneinu. Sh'foch ruchacha aleinu, v'techezenah eineinu b'shuv'cha l'Tziyon b'rachamim. Baruch Atah, Adonai, hamachazir Sh'chinato l'Tziyon.

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In this luminous moment,  
All is well,  
And all is as it should be.  
For what is lasting and lovely,  
All that is humble and holy,  
Abides here in our presence,  
As we sit side by side,  
Gathered as friends,  
Gathered as true family.

~Carrie Newcomer

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There are moments when we hear the call of our higher selves, the call that links us to the Divine. Then we know how blessed we are with life and love. May this be such a moment, a time of deeper attachments to the godlike in us and in our world, for which we shall give thanks and praise!

## Thanksgiving

## הודאה

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֲתָה הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,  
אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדָה לָךְ וְנִסְפֵּר תְּהִלָּתְךָ, עַל  
חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,  
וְעַל נְסִיחָה שְׁבִכָּל יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
שְׁבִכָּל עֵת, עֲרַב וּבִקֵּר וְצַהֲרִים. הַטּוֹב, כִּי לֹא כָלוּ  
רַחֲמֶיךָ, וְהִמְרַחֵם, כִּי לֹא תָמוּ חֲסָדֶיךָ, כִּי מֵעוֹלָם  
קִוִּינוּ לָךְ.

Modim anachnu lach, sha-atah hu Adonai Eloheinu v'Elohei  
avoteinu v'imoteinu l'olam va-ed. Tzur chayeinu, magein  
yisheinu, Atah hu l'dor vador. Nodeh l'cha un'sapeir t'hilatecha  
al chayeinu ham'surim b'yadecha, v'al nishmoteinu hap'kudot  
lach, v'al nisecha sheb'chol yom imanu, v'al nif-l'otecha  
v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim. Hatov --  
ki lo chalu rachamecha, v'hamracheim, ki lo tamu chasadecha:  
mei-olam kivinu lach.

---

This day,  
Magnify and sanctify  
Truth throughout the world.  
Establish peace and harmony;  
share the suffering;  
reach out to those in need.  
helping them lay down their burden  
or shoulder it more powerfully.

Know, this day, there is a suffering that is natural to Life.  
Yet so much of what you bear  
is an unnecessary burden;  
arising not from Life but from fear;  
not from living with death but from dying to Life.

Promise, this day,  
to learn to accept necessary suffering,  
to put down unnecessary suffering,  
to let go the jagged hurts  
that you have created for yourself.

This day, create holiness.  
Allow pain to give rise to compassion  
for yourself  
for others.

Invoke Life as you strive for peace  
and draw upon it.

We thank you God, our Rock and  
Protector, Your saving power endures  
for all time. We thank You and tell the  
tale of Your praise, Your power in our  
lives, Your caring for our souls, and the  
constant miracle of Your kindness.  
Morning, noon and night we call You  
Goodness -- for Your compassion  
never ends. We call You Mercy -- for  
Your love has no limit. We call You  
Hope -- now and for all time.

---

When you thought I wasn't  
looking, I saw you hang my first  
painting on the refrigerator, and I  
wanted to paint another one.

When you thought I wasn't  
looking, I saw you feed a stray  
cat, and I thought it was good to  
be kind to animals.

When you thought I wasn't  
looking, I saw you make my  
favorite cake just for me, and I  
knew that little things are special  
things.

When you thought I wasn't  
looking, I heard you say a  
prayer, and I believed there is a  
God I could always talk to.

When you thought I wasn't  
looking, I felt you kiss me good  
night, and I felt loved.

When you thought I wasn't  
looking, I saw tears come from  
your eyes, and I learned that  
sometimes things hurt, but it's all  
right to cry.

When you thought I wasn't  
looking, I saw that you cared,  
and I wanted to be everything  
that I could be.

When you thought I wasn't  
looking, I looked... and wanted  
to say thank you for all the things  
I saw when you thought I wasn't  
looking.



And for all these gifts, God of majesty, may Your name come to be blessed and praised -- our gratitude a daily offering until the end of time. Inspire us to live a life of goodness. And may all life resound with gratitude and faith in praise of Your name. God, You free us and strengthen us. Blessed are You, Adonai, whose goodness deserves thanks and praise.

Peace -- profound and lasting, all-embracing. Peace -- let this be Your gift to Israel, Your people. In Your goodness, Author of peace, bless us and all people -- every season, every hour -- with the peace that is Yours to give. May we and the whole family of Israel live a life of blessing, goodness and peace.

You are the Blessed One, Eternal Source of peace.

Gratitude is the most passionate transformative force in the cosmos.

*When we offer thanks to God or to another human being, gratitude gifts us with renewal, reflection, reconnection.*

~Sarah Ban Breathnach

וְעַל כָּל־מַלְכָּנוּ וְיִתְבָּרַךְ וְיִתְרוֹמַם וְיִתְנַשֵּׂא שְׁמֵךְ מִלְכָּנוּ  
תְּמִיד לְעוֹלָם וָעֶד. וְכִתּוּב לְחַיִּים טוֹבִים כָּל בְּנֵי  
בְּרִיתְךָ. וְכֹל הַחַיִּים יוֹדוּךָ סֵלָה, וַיְהִלְלוּ אֶת שְׁמֵךְ  
בְּאַמֶּת, הָאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֵלָה. בָּרוּךְ אַתָּה יי, הַטּוֹב שְׁמֵךְ וְלֶךְ נְאֻה לְהוֹדוֹת.

V'al kulam yitbarach v'ytromam shimcha, Malkeinu, tamid l'olam va-ed. Uchtov l'chayim tovim kol b'nei v'rיתה. V'chol hachayim yoducha selah, vihal'lu et shimcha be-emet - haEil y'shuateinu v'ezrateinu selah. Baruch Atah Adonai, hatov shimcha u-l'cha na-eh l'hodot.

## Peace

## שלום

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׂים לְעוֹלָם, כִּי אַתָּה  
הוּא מֶלֶךְ אֲדוֹן לְכֹל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרַךְ אֶת  
עִמָּךְ יִשְׂרָאֵל, בְּכֹל עֵת וּבְכֹל שְׁעָה בְּשִׁלּוֹמְךָ. בְּסִפּוּר  
חַיִּים, בְּרָכָה וְשְׁלוֹם, וּפְרִנָּה טוֹבָה, נִזְכָּר וְנִכְתָּב  
לְפָנֶיךָ, אֲנַחְנוּ וְכָל עַמָּךְ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים  
וּלְשְׁלוֹם. בָּרוּךְ אַתָּה יי, עֹשֵׂה הַשְּׁלוֹם.

Shalom rav al Yisraeil am'cha tasim l'olam, ki Atah hu Melech Adon l'chol hashalom. V'tov b'einecha l'vareich et amcha Yisraeil b'chol eit uv'chol sha-ah bish'lomecha. B'sefer chayim, b'rachah, v'shalom, ufarnasah tovah, nizacheir v'nikateiv l'fanecha, anachnu v'chol am'cha beit Yisraeil, l'chayim tovim ul'shalom. Baruch Atah, Adonai, osei hashalom.

## A Prayer for the World

Let the rain come and wash away  
the ancient grudges, the bitter hatreds  
held and nurtured over generations.  
Let the rain wash away the memory  
of the hurt, the neglected.  
Then let the sun come out and

fill the sky with rainbows.  
Let the warmth of the sun heal us  
wherever we are broken.  
Let it burn away the fog so that  
we can see each other clearly.  
So that we can see beyond labels,  
beyond accents, gender, skin color or orientation.  
Let the warmth and brightness  
of the sun melt our selfishness.  
So that we can share the joys and  
feel the sorrows of our neighbors.  
And let the light of the sun  
be so strong that we will see all  
people as our neighbors.  
Let the earth, nourished by rain,  
bring forth flowers  
to surround us with beauty.  
And let the mountains teach our hearts  
to reach upward to heaven.  
Amen.

~ Rabbi Harold Kushner (adapted)

---

Slow me down, God!  
Ease the pounding of my heart, be the quieting of my mind.  
Steady my hurried pace with the vision of the eternal reach of  
time.

Give me, amidst the confusion of my day, the calmness of the  
everlasting hills.

Break the tensions of my nerves and muscles with the soothing  
music of the singing streams that live in my memory.

Help me to know the magical restoring power of sleep. Teach  
me the art of taking a minute vacation -- of slowing down to  
look at a flower, to chat with a friend, to pat a dog, to read a  
few lines from a good book.

Remind me each day of the fable of the hare and the tortoise,  
that I may know that the race is not always to the swift, that  
"there is more to life than increasing its speed." (Mahatma Gandhi)

Let me look upward into the branches of the towering oak tree  
and know that it grew great and strong because it grew slowly  
and well.

Slow me down God, and inspire me to send my roots deep into  
the soil of life's enduring values that I may grow outward to  
touch other's lives. May I learn to live every moment, every  
day, every year, to the fullest -- slowly, joyfully, with my senses  
open, with love extended to all.

We will try to be holy,  
we will try to repair the world given  
us to hand on.  
Precious is this treasure of words  
and knowledge and deeds that  
move inside us.  
Holy is the hand that works for  
peace and for justice,  
Holy is the mouth that speaks for  
goodness,  
Holy is the foot that walks toward  
mercy.  
Let us lift each other on our  
shoulders and carry each other  
along.  
Let holiness move in us.  
Let us pay attention to its still small  
voice.  
Let us see the light in others and  
honor that light.

~ Marge Piercy

---

A moment ago belongs to the past.  
Now belongs to us.  
We live in the present.  
Each moment lived in suspension  
Is a moment lost, never to return.

Each moment is full of choices.  
There is no quota to be used up.  
Shall we choose to merely listen  
Or to really hear,  
To look upon or to truly see,  
To remain safely insulated  
Or to touch our inner core?

The choice of participation or  
withdrawal,  
creation or destruction, Is ours.  
In choosing and doing our choice  
We affirm life and blessing.

We have the capacity for continual  
renewal of our lives.  
Will we free ourselves from the  
conflicts and fears which estrange?  
We reach within ourselves,  
We reach out,  
Affirming choice, seeking unity,  
Asserting a plea for wholeness.

## Thoughts for Silent Meditation

### If You Look At the Stars

Praise Me, says God, and I will know that you love Me.  
Curse Me, says God, and I will know that you love Me.  
Praise Me or curse Me,  
And I will know that you love Me.

Sing out My graces, says God.  
Raise your fist against Me and revile, says God.  
Sing out graces or revile,  
Reviling is also a kind of praise, says God.

But if you sit fenced off in your apathy, says God,  
If you sit entrenched in, "I don't give a hang," says God,  
If you look at the stars and yawn,  
If you see suffering and don't cry out,  
If you don't praise and you don't revile,  
Then I created you in vain, says God.

~Aaron Zeitlin

### These Are the Words

These are the words we say to those we love:

"Can I help you?"  
"You look nice today."  
"I love you."  
"I'm glad we're friends."

These are the words we say to make people feel good:

"Good morning, how are you today?"  
"That's beautiful work."  
"You have a lovely home."

These are the words we use to hurt:

"I hate you."  
"I'm going by myself."  
"Why don't you let me live my own life?"

These are the words we use to show that we are human:

"I'm scared."  
"I'm angry."  
"I'm sorry."

These are the words we use to show we don't care or we're not listening to the heart:

"I'm busy now."  
"Don't bother Daddy."  
"Don't bother Mommy."  
"We'll see... maybe."

"These are the words," says the Torah. We shall be using many words this year. Some will be important, and some will not. Will we use words that help? Will we use words that comfort? "These are the words." What kind of words will we use?

I will praise You, O Eternal,  
Not in my infirmities, but in my life;  
That are Your Hand to ease my days.

"In this luminous moment,  
All is well,  
And all is as it should be.  
For what is lasting and lovely,  
All that is humble and holy,  
Abides here in our presence,  
As we sit side by side,  
Gathered as friends,  
Gathered as true family."

~Carrie Newcomer

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So long as the petals of the rose  
are folded shut, she has no aroma  
and does not rise above the thorns.  
But when she opens her petals, she  
gives forth aroma and stands out  
above the thorns. Likewise, so long  
as our hearts are closed and we are  
not open to turning our lives around,  
our auras lack luster, and we fade  
into oblivion. But when we unlock  
our hearts and open ourselves up to  
turning our lives around, we  
sparkle, and we rise above the  
mediocre and transcend  
painfulness.

~Sefer Ha'Zohar

---

You do not harm me in anger,  
But preserve me with challenges.  
I will sing new songs as I gather  
my strength;  
I will sing Your praise as I gasp  
in wonder  
At this sweetness of light, the  
kind hands

~ Debbie Perlman

## Oseh Shalom

## עשה שלום

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ, וְעַל  
כָּל יִשְׂרָאֵל, (וְעַל כָּל יוֹשְׁבֵי תֵבֵל.) וְאָמְרוּ אָמֵן.

Oseh shalom bimromav, hus ya-aseh shalom aleinu, v'al kol  
Yisraeil, (v'al kol yoshvei teveil.) V'imru: Amein

May the Maker of peace above make  
peace for us, all Israel, (and all who  
dwell on earth). And we say, Amen.

## Prayer for Healing

## מי שברך לרפואה

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ, אַבְרָהָם יִצְחָק וְיַעֲקֹב,

Mi shebeirach avoteinu, Avraham, Yitzhak v'Ya-akov,

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ, שָׂרָה, רִבְקָה, לֵאָה, וְרַחֵל.

Mi shebeirach imoteinu, Sarah, Rivka, Leah v'Racheil

May the One who blessed our Mothers, May the One who  
blessed our Fathers, Hear our pray (hear our prayer) Hear our  
prayer -- Hear our pray (hear our prayer) Hear our prayer --  
And bless us as well.

Bless us with the power of Your healing, bless us with the  
power of Your hope. May our hearts be filled with  
understanding and strengthened by the power of Your love.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ, אַבְרָהָם יִצְחָק וְיַעֲקֹב,

Mi shebeirach avoteinu, Avraham, Yitzhak v'Ya-akov,

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ, שָׂרָה, רִבְקָה, לֵאָה, וְרַחֵל.

Mi shebeirach imoteinu, Sarah, Rivka, Leah v'Racheil

May the One who blessed our Mothers, May the One who  
blessed our Fathers, Hear our pray (hear our prayer) Hear our  
prayer -- Hear our pray (hear our prayer) Hear our prayer --  
And bless us as well.

Hear our pray (hear our prayer) Hear our prayer -- Hear our  
pray (hear our prayer) Hear our prayer -- And bless us as well.

~ Liturgy adapted by Lisa Levine



May the Eternal One who  
blesses all life,  
bless and strengthen all of us  
who struggle against illness.

May we whose lives are touched  
by illness  
be blessed with faith, courage,  
love, and caring.

May we experience the support  
and sustenance  
of family, friends, companions,  
and community.

May we be granted restful nights  
and days of comfort.  
We pray for r'fuah sh'leimah --  
precious moments of healing --  
and a sense of wholeness in  
body and soul.

May those who care for the sick  
with their hands, their voices,  
and their hearts  
be blessed with courage and  
stamina.

May those who pursue healing  
through medical skill and  
knowledge  
be blessed with insight, patience,  
and compassion.

May all of us,  
the sick and the well together,  
find courage and hope.

And let us say: Amen.

When men were children, they thought of God as a father; When men were slaves, they thought of God as a master; When men were subjects, they thought of God as a king. But I am a woman, not a slave, not a subject, not a child who longs for God as father or mother.

I might imagine God as teacher or friend, but those images, like king master, father or mother, are too small for me now.

God is the force of motion and light in the universe; God is the strength of life on our planet; God is the power moving us to do good; God is the source of love springing up in us. God is far beyond what we can comprehend.

~ Ruth Brin

## Avinu Malkeinu

## אבינו מלכנו

אָבִינוּ מַלְכֵנוּ, שְׁמַע קוֹלֵנוּ.

Avinu Malkeinu, sh'ma koleinu  
*Avinu Malkeinu, hear our voice.*

אָבִינוּ מַלְכֵנוּ, חָטְאנוּ לְפָנֶיךָ.

Avinu Malkeinu, chatanu l'fanecha  
*Avinu Malkeinu, we have fallen short.*

אָבִינוּ מַלְכֵנוּ, חֲמוּל עָלֵינוּ וְעַל עוֹלָלֵנוּ וְטַפֵּינוּ.

Avinu Malkeinu, chamol aleinu v'al olaleinu v'tapeinu  
*Avinu Malkeinu, inspire compassion in us.*

אָבִינוּ מַלְכֵנוּ, כִּלְה דְּבַר וְחָרֵב וְרָעַב מֵעָלֵינוּ.

Avinu Malkeinu, kalei dever v'cherev v'ra-av meialeinu.  
*Avinu Malkeinu, help us to make an end to sickness, war, and famine.*

אָבִינוּ מַלְכֵנוּ, כִּלְה כָּל צָר וּמַשְׁטִין מֵעָלֵינוּ.

Avinu Malkeinu, kalei kol tzar umastin meialeinu.  
*Avinu Malkeinu, teach us to make an end to all oppression.*

אָבִינוּ מַלְכֵנוּ, כְּתִבְנוּ בְּסֵפֶר חַיִּים טוֹבִים.

Avinu Malkeinu, kotveinu b'seifer chayim tovim.  
*Avinu Malkeinu, lead us to choose a life of loving and kindness.*

אָבִינוּ מַלְכֵנוּ, חֲדָשׁ עָלֵינוּ שָׁנָה טוֹבָה.

Avinu Malkeinu, chadeish aleinu shana tovah.  
*Avinu Malkeinu, let the new year be a good year for us.*

אָבִינוּ מַלְכֵנוּ, הָרַם קֶרֶן יִשְׂרָאֵל עִמָּךְ.

Avinu Malkeinu, hareim keren Yisraeil amecha.  
*Avinu Malkeinu, Bestow healing to us and the world.*

אָבִינוּ מַלְכֵנוּ, חֲנֵנוּ וְעֲנֵנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה

עִמָּנוּ צְדָקָה וְחַסְדַּי וְהוֹשִׁיעֵנוּ.

Avinu Malkeinu, choneinu va-aneinu ki ein banu ma-asim, ase  
imanu tz'dakah vacheshed v'hoshieinu.  
*Avinu Malkeinu, be gracious and answer us. Treat us generously and with kindness, and be our help.*

May we gain wisdom in our lives, overflowing like a river with understanding; our soul profound enough to cover the earth. Love, each of us, for the peace we bring to others. May our deeds exceed our speech, and may we never lift up our hand but to conquer fear and doubt and despair or to volunteer our assistance.

Rise up like the sun, O God, over all humanity. Cause light to go forth over all the lands between the seas. And light up the universe with the joy of wholeness, of freedom, and of peace.

## Adoration

## עלינו

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר  
בְּרֵאשִׁית, שֶׁלֹּא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ  
כְּמִשְׁפְּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֵם, וְגָרְלָנוּ  
כָּכֵל הַמוֹנָם.

וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ מַלְכֵי  
הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Aleinu l'shabeiach la-adon hakol, lateit g'dulah l'yotzeir  
b'reishit, shelo asanu k'goyei ha-aratzot, v'lo samanu  
k'mishp'chot ha-adamah, shelo sam chelkeinu kahem,  
v'goraleinu k'chol hamonam.

Va-anachnu kor'im umishtachavim umodim, lifnei melech  
malchei ham'lachim, Hakadosh Baruch hu.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם  
מִמַּעַל, וְשׁוֹכֵנִית עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין  
עוֹד. אֱמֶת מַלְכֵנוּ, אֶפֶס זִילְתוֹ, כְּכַתוּב בְּתוֹרָתוֹ:  
וַיְדַעַת הַיּוֹם וְהַשַּׁבָּת אֶל לְבַבָּךְ, כִּי יְיָ הוּא הָאֱלֹהִים  
בַּשָּׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

Shehu noteh shamayim v'yoseid aretz, umoshav y'karo  
bashamayim mima-al, ush-chinat uzo b'govhei m'romim. Hu  
Eloheinu; ein od. Emet Malkeinu efes zulato, kakatuv b'Torato:  
"V'yadata hayom v'hasheivota el l'vavecha, ki Adonai hu  
haElohim bashamayim mima-al v'al ha-aretz mitachat, ein od."

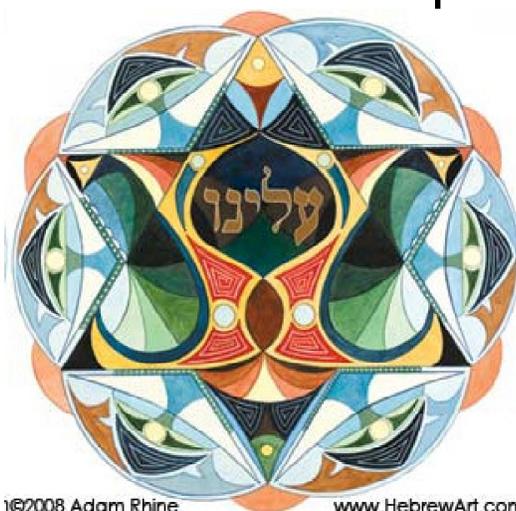
וְנֵאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא  
וְהָיָה יְיָ אֶחָד, וְשֵׁמוֹ אֶחָד.

V'ne-emar: "V'hayah Adonai l'melech al-kol-ha-aretz. Bayom  
hahu yih'yeh Adonai echad, ush'mo echad."

Ours is the duty to praise the All-Sovereign, to honor the Artist of Creation, who made us unique in the human family, with a destiny all our own. For this we bend our knees and bow with gratitude before the Sovereign Almighty - Monarch of All - the Wellspring of holiness and blessing...

...who spread out the sky and fashioned the land, who dwells in beauty far beyond sight, whose powerful presence is the loftiest height. You are our God; there is none else. We take as true Your sovereignty; there is no other -- as Torah teaches: "Embrace and carry in your heart this day: In heaven above, on earth below, the Eternal is God. There is no other."

As the prophet announced, "The Eternal shall be sovereign over all the earth. On that day the Eternal shall be One, and God's name shall be One."



## Walking On

I call You,  
my beginning and my end,  
my destiny and my destination,  
that I might find within myself and  
among friends  
the power to heal broken hearts.

May neither death nor sorrow  
triumph over me.

May I comfort those who mourn,  
And give strength and consolation  
to those in pain.

May I learn to cherish what is  
eternal, the fleeting now,  
this very moment of meeting and  
embrace.

~Rabbi Rami Shapiro

Our greatest problem is not how to continue, but how to return. "How can I repay Adonai all the bountiful dealings with me?" (Psalms 116:12). When life is an answer, death is a homecoming.

The deepest wisdom humans can attain is to know that their destiny is to aid, to serve.

~Abraham Joshua Heschel

We live when, in the midst of fellow worshippers, we respond to a quickening sense of the presence in us of a great and rich tradition. We live when we recognize the sacred place, and humbly and prayerfully enter it. We live when, beneath the swirl and rush of the life about us, we find a central calm and meaning. We live when we become aware of our dependence upon others, and glory in the benefactions received from home, culture, tradition and friends. We live when we cease seeking mastery over others, and attain self-rule in terms of high humane values. We live when we joyously pledge to serve the welfare of others, the advancement of great purposes, the enrichment of society.

~ Rabbi Morris Adler

God is not always silent, and a person is not always blind. In every individual's life there are moments when there is a lifting of the veil at the horizon of the known, opening a sight of the eternal. Each of us has at least once in their life experienced the momentous reality of God. Each of us has once caught a glimpse of the beauty, peace, and power that flow through the souls of those who were devoted to God. But such experiences are rare events. To some people they are like shooting stars, passing and unremembered. In others they kindle a light that is never quenched. The remembrance of that experience and the loyalty to the response of that moment are the forces that sustain our faith. In this sense, faith is faithfulness, loyalty to an event, loyalty to our response.

~Abraham Joshua Heschel (adapted)

## The Losses of Life

We recite Kaddish for those who have died. But what of *things* that have died? Where is the yizkor for lost relationships, for dreams that have disappeared, for dimly remembered childhoods and homes and hopes? We live lifetimes of loss and do not know how to grieve.

For many people, faith begins in the assurance that life will not involve loss. Soon they discover that such faith is a chimera. There is no promise of a painless life. We can never know why the world is arranged so that loss is woven into the fabric of living. Faith that promises ease is false and unworthy.

Deep faith does promise not that we will never lose but that we can try to make the losses meaningful. Out of patterns of pain as well as joy and love, we create a moral work of art. At each moment, circumstance confronts us with the possibility of climbing the ladder of loss to reach higher than we were before.

~ David J. Wolpe (adapted)

## MOURNER'S KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ,  
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית  
יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ: אָמֵן.

Yitgadal v'yitkadash sh'mei raba. B'alma di v'rah chirutei  
v'yamlich malchutei b'chayeichon uv'yomeichon uv'chaye d'chol  
beit Yisraeil, ba-agalah uvizman kariv, v'im'ru: amein.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עֵלְמַיָּא:

Y'hei sh'mei raba m'varach l'alam ul'al'mei al'maya:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא, וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ הוּא, לְעַלְמָא  
(לְעַלְמָא) מִן כָּל-בְּרַכְתָּא וְשִׁירְתָּא, תִּשְׁבַּחְתָּא וְנִחְמְתָא  
דְאִמְרוּן בְּעֵלְמָא, וְאָמְרוּ: אָמֵן. יְהִי שְׁלָמָא רַבָּא מִן  
שְׁמַיָּא, וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Yitbarach, v'yishtabach v'yitpa-ar v'yitromam v'yitnasei v'yithadar  
v'yitaleh v'yithalal sh'mei d'kudsha, b'rich hu, l'eilah (l'eilah) min  
kol birchatah v'shiratah tushb'chatah v'nechematah da-amiran  
b'al'ma, v'im'ru: amein. Y'hei sh'lama raba min sh'maya v'chayim  
aleinu v'al kol Yisraeil v'im'ru: amein.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Oseh shalom bimromav, hu ya-aseh shalom aleinu v'al kol  
Yisraeil, v'im'ru: amein.

May the Source of peace fill the hearts of all who mourn with  
peace. Amen.

May God's great name come to be  
magnified and sanctified in the world  
God brought into being. May God's  
majestic reign prevail soon in your  
lives, in your days, and in the life of the  
whole House of Israel; and let us say:  
Amen.

May God's great name be blessed to  
the end of time.

May God's holy name come to be  
blessed, acclaimed, and glorified;  
revered, raised, and beautified; honored  
and praised. Blessed is the One who is  
beyond all the blessings and hymns, all  
the praises and words of comfort that  
we speak in the world; and let us say:  
Amen.

Let perfect peace abound; let there be  
abundant life for us and for all Israel.  
and let us say: Amen.

May we aspire to the peace of the high  
heavens, peace for us, peace for all the  
world. Amen.





Source of blessing, Eternal our God,  
Your majestic power creates the fruit of  
the vine.

Source of blessing, Eternal our God, in  
Your majestic power You chose us to  
make known Your aspirations among  
all the many peoples, making our lives  
holy through Your commandments.

In Your love, Eternal our God, You  
have given us (**this Shabbat and**) this  
Day of Remembrance: a day for the  
shofar's joyful sound (**remembered  
and cherished in our hearts**); a day of  
sacred assembly; a day to be mindful of  
our people's going-out from Egypt.

A unique place among nations You  
have chosen for us -- and Your word is  
true; it endures forever. Blessed are  
You, Eternal Sovereign over all the  
earth, who sanctifies (**Shabbat**), Israel  
and the Day of Remembrance.

Source of blessing, Eternal our God,  
You fill the universe with majestic  
might -- giving us life, upholding the  
life within us, and bringing us to this  
time.

### Sanctification over Wine

### קדוש

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.

ברוך אתה יי אלהינו מלך העולם, אשר בחר בנו  
מכל-עם, ורוממנו מכל-לשון, וקדשנו במצותיו.

ותתן-לנו, יי אלהנו, באהבה את (יום השבת הזה  
ואת) יום הזכרון הזה, יום (זכרון) תרועה (באהבה),  
מקרא קדש, זכר ליציאת מצרים. כי בנו בחרת ואותנו  
קדשת מכל העמים, ודברך אמת וקיים לעד. ברוך  
אתה יי, מלך על כל-הארץ, מקדש (השבת ו) ישראל  
יום הזכרון.

Baruch Atah, Adonai, Eloheinu melech ha-olam, borei p'ri  
hagafen.

Baruch Atah, Adonai, Eloheinu melech haolam, asher  
bachar-banu mikol am, v'rom'manu mikol lashon, v'kid'shanu  
b'mitzvotav.

Vatiten-lanu, Adonai Eloheinu, b'ahavah et (**Yom haShabbat  
hazeh v'et**) Yom HaZikaron hazeh: yom (**zichron**) t'ruah  
(**b'ahavah**) mikra-kodesh, zeicher litziat Mitzrayim. Ki vanu  
vacharta, v'otanu kidashta mikol ha-amim; udvar'cha emet  
v'kayam la-ad. Baruch Atah, Adonai, melech al kol ha-arets,  
m'kadeish (**haShabbat v'**) Yisraeil v'Yom HaZikaron.

ברוך אתה יי אלהינו מלך העולם, שהחיינו וקימנו  
והגיענו לזמן הזה.

Baruch Atah, Adonai, Eloheinu melech ha-olam,  
shehecheyanu v'kiy'manu v'higianu laz'man hazeh.

## Adon Olam

## אֲדוֹן עוֹלָם

אֲדוֹן עוֹלָם אֲשֶׁר מִלְּךָ, בְּטָרֶם כָּל יִצִיר נִבְרָא. לַעֲת  
נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אַזִּי מֶלֶךְ שְׁמוֹ נִקְרָא. וְאַחֲרַי  
בְּכָלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נֹרָא. וְהוּא הָיָה, וְהוּא  
הָיָה, וְהוּא יְהִיָּה, בְּתַפְאָרָה. וְהוּא אֶחָד וְאֵין שֵׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה. בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ  
הַעֲזֵ וְהַמְשָׁרָה. וְהוּא אֵלֵי וְחֵי גֵאֲלִי, וְצוֹר חֲבָלֵי בְּעֵת  
צָרָה. וְהוּא נָסִי וּמְנוּס לִי, מִנֶּת כּוֹסֵי בְּיוֹם אֶקְרָא.  
בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעֲיָרָה. וְעַם רוּחִי  
גְּוִיָתִי, יֵי לִי וְלֹא אֶיָּרָא.

Adon olam asher malach, beterem kol y'tzir nivra. L'ait na-asah  
v'cheftzo kol, azai Melech sh'mo nikra.

V'acharei kichlot hakol, levado yimloch nora. V'hu hayah, v'hu  
hoveh, v'hu yih'yeh, b'tifarah.

V'hu echad v'ain sheini, l'hamshil lo l'hachbirah. B'li reishit b'li  
tachlit, v'lo ha-oz v'hamisrah.

V'hu Eli v'chai go-ali, v'tzur chevli beit tzarah. V'hu nisi  
umanos-li, m'nat kosi b'yom ekra.

B'yado afkid ruchi, b'ait ishan v'a-irah. V'im ruchi g'viyati,  
Adonai li v'lo ira.

## It Is Never Too Late

The last word has not been spoken,  
the last sentence has not been written,  
The final verdict is not in.  
It is never too late  
to change my mind,  
my direction,  
to say no to the past  
and yes to the future,  
to offer remorse,  
to ask and give forgiveness.  
It is never too late  
to start over again,  
to feel again  
to love again  
to hope again. . . .

~ Rabbi Harold M. Schulweiss

Eternal God, who reigned before the  
earth was formed and life appeared,  
when all came forth as You desired,  
You ruled supreme, Your name  
revered.

And after all shall fade away, alone our  
God of Awe remains; You were, You  
are, shall always be; Your presence  
shines; Your glory reigns.

Our God is One, beyond compare;  
through You we glimpse pure unity.  
Unbound by words like "first" and  
"last," our Moment of eternity.

My living God, my Rock, my Help, in  
times of grief I seek Your face; my sign  
of hope, my cup of life -- my prayer  
reveals Your sheltering place.

My soul entrusted to Your care, both  
when I sleep and when I rise. My body,  
too, will rest in You. I have no fear --  
for God is mine.

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### **Selected readings came or were adapted from the following sources:**

Rabbi David Wolpe, quotes from various news sources and from *Making Loss Matter*.

Rabbi Robert Dobrusin, *The Long Way Around: Stories and Sermons from a Life's Journey*.

Rabbi Jack Riemer, "Supplementary Readings for High Holy Days," Prayer Book Press.

Rabbi David Wolfe-Blank, *Meta-Siddur*.

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Rabbi Rami M. Shapiro, *Accidental Grace: Poetry, Prayers, and Psalms*.

Dr. Yehudah Halevi, medieval Spanish poet, philosopher, and physician.

Rabbi Abraham Joshua Heschel, *I Asked for Wonder: A Spiritual Anthology*.

Poet Marge Piercy, *The Art of Blessing the Day*.

Author Mitch Albom, *Tuesdays with Morrie*.

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