

# Vidui – A Confession of Blessings

by Rabbi Avi Weiss

אָהַבְנוּ, We have loved,  
בֵּרַכְנוּ, We have blessed,  
גָּדַלְנוּ, We have grown,  
דִּבַּרְנוּ יְפִי We have spoken positively.

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הֶעֱלִינוּ, We have raised up,  
וַחֲסָנוּ, We have shown compassion,  
זָרְזָנוּ, We have acted enthusiastically,  
חָמְלָנוּ, We have been empathetic,  
טִפַּחְנוּ אֶמֶת We have cultivated truth.

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יַעֲצָנוּ טוֹב, We have given good advice,  
כִּבְדָּנוּ, We have respected,  
לְמַדְנוּ, We have learned,  
מָחֳלָנוּ, We have forgiven,  
נַחֲמָנוּ, We have comforted,  
סָלְלָנוּ, We have been creative,  
עוֹרְרָנוּ, We have stirred,  
פָּעֲלָנוּ, We have been spiritual activists,  
צַדִּיקָנוּ, We have been just,  
קוֹיְנוּ לְאֶרֶץ We have longed for Israel.

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רַחֲמָנוּ, We have been merciful,  
שָׁקַדְנוּ, We have given full effort,  
תִּמְכָּנוּ, We have supported,  
תָּרַמְנוּ, We have contributed,  
תִּקְנָנוּ We have repaired.

Melissa Scholten-Gutierrez: "Let us not only remember and confess our wrong doings, but also what we did right this year."

Rav Avraham Kook: "Just as there is great value to the confession of sins... there is also great value to the confession of mitzvot (our positive deeds), which gladdens the heart and strengthens the holy paths of life!"

## *Ashamnu – An Alphabet of Wrongdoing*

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We **ab**used and **ab**andoned.  
We **ac**ted without thinking.

We **bl**amed others when we failed.  
We **bo**asted and **bel**ittled.

We **co**veted and **co**rrupted.  
We **co**erced the weak to do our will.

We **dro**ve away those we love with silence.  
We **de**ceived and **de**ni~~ed~~.

We **en**ticed and **en**slaved.  
We **ex**alted money and material goods.

We **fo**uled air, sea, and land.  
We **fl**attered and **fa**lsified.

We **g**ravitated to those who **g**ossip.  
We **g**ave up our ideals and **g**ave in to our impulses.

We **h**ated and **h**umiliated.  
We **h**eld grudges and refused to forgive.

We **ig**no~~red~~ **id**olized.  
We **in**sisted that we were right.

We **ju**ded others rashly and wrongly.  
We were **je**alous and **unju**st.

We **k**illed; we were **kn**owingly **un**kind.  
We **ke**pt to ourselves in the face of need.

We **la**cked commitment to causes we espoused.  
We were **la**zy and we **li**ed.

We **mi**ssed the **ma**rk and **mi**nimized our **mi**stakes.  
We **mo**cked what we did not understand.

We **ne**glected those who depend on us.  
We were **ne**gative and **na**rcissistic.

We **ov**er~~reached~~ and **ov**er~~reacted~~,  
Too often erupting in **ou**tbursts of anger.

We **po**isoned and **po**lluted.  
We **pe**rverted truth for **pe**rsonal gain.

We **qu**elled the voice of conscience within us.  
We **qu**it too soon and **qu**arreled too often.

We **ri**diculed and **re**sented; we **re**fused to help.  
We **ra**tionalized our failings and our flaws.

We **sp**urned the wisdom of our tradition.  
We **sq**uabbled and we **sc**orned.

We **ta**lked to much or not enough.  
We **tra**umatized our children with anger.

We issued **ul**timatums and made **ug**ly threats.  
We **u**ttered **un**truths and **u**ndermined with cynicism.

We were **va**in and **vi**cious.  
We **vi**lified foreigner and strangers.

We **w**asted time, strength, and talent.  
We **w**allowed in self-pity, **w**ished but did not act.

We **ex**ploited and **ex**propriated.  
We **ex**pected others to save the world.

We **ye**ar~~ned~~ too much for prizes and praise,  
And failed to share fully in the joy of **Z**ion reborn.

From *Mishkan HaLev: Prayers for S'lichot and the Month of Elul* (CCAR Press, 2017), pp. 128-129