

Young Family Yom Kippur Service
Congregation Har HaShem
Boulder, Colorado

Hinei Mah Tov (Psalm 133:1)

הִנֵּה מָה טוֹב וְיִמָּה נְעִים Hinei mah tov umah na-im
שֵׁבֶת אַחִים (אַחֵיוֹת) גַּם יַחַד Shevet achim (achayot) gam yachad

How good and pleasant it is for brothers and sisters to dwell together.

Yom Kippur is a quiet day
A *shhhhh* day.
A *cuddling* day.
And a *kisses on your forehead* day.
Today is a *thinking* day
And a *remembering* day.
Today is an *I'm sorry* day
And an *I want to do better* day.
Today is a *thank you* day
And an *I love you* day.
Shhhh... today is a quiet day.

As we enter this holy space today, we are thankful for a gift from God.
On Yom Kippur, God gives us the gift of a second chance.
Whether on purpose or by accident, this year we have all made mistakes.
We have hurt our parents and grandparents, our brothers and sisters,
our friends and loved ones.
Yom Kippur is a time to look back at our mistakes and learn from them.
Today is our chance to tell God that we are ready to change.

Bar'chu

בָּרְכוּ אֶת יְיָ הַמְבָרָךְ: Bar'chu et Adonai ham'vorach
בְּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד: Baruch Adonai ham'vorach l'olam va-ed

Praised be Adonai who is to be praised. Blessed is Adonai who is to be praised forever.

Rabbi: God is not a person, or moon, or stars, or sun.
God is the good that is in the world.
God is – ONE.

All: God is not a person;
Nor a great King or Queen.
God is the good that is in the world,
God has made everything.

Rabbi: God is never seen
And yet we know God is there,
Because we see the things God does.
We feel God's loving care.

Our next prayer, the “Shema” tells us that God is One. There is One God for the whole entire world and every one.

Sh'ma

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Sh'ma Yisra-eil Adonai Eloheinu Adonai echad
Baruch sheim k'vod mal'chuto l'olam va-ed

Hear O Israel, Adonai is our God, Adonai is One.
Blessed is God's glorious majesty forever and ever.

וְשִׁנַּנְתֶּם לְבָבְךָ וְדַבַּרְתָּ בָם V'shinantam l'vanecha, v'dibarta bam
בְּשִׁיבְתֶךָ בְּבֵיתֶךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ B'shivt'cha b'veitecha, uv'lecht'cha vaderech
וּבְשֹׁכְבְךָ וּבְקוּמְךָ Uv'shochb'cha uv'kumecha

Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up.

Mi Chamocha

מי כְּמוֹכָה בְּאֵלִים יי, Mi chamochah ba-eilim Adonai,
מי כְּמוֹכָה נְאֻדָּר בְּקֹדֶשׁ, Mi kamochah nedar bakodesh,
נִרְאָה תְּהִלַּת עֲשֵׂה פְּלֵא. Nora t'hilot oseih fele.

Who is like You, Eternal One, among the gods that are worshipped?
Who is like You, majestic in splendor, doing wonders?

On Yom Kippur God Forgives Us

Have you ever made a promise to God?

Many people, children and grown-ups alike, make promises when they pray to God. Promises like –

Dear God, please help me climb the monkey bars today, and I will always clean up after I play.

Dear God, please help grandma get well, and I will be nice to her.

Dear God, please let me have a new bicycle for my birthday, and I will share it with my brother.

If we can't keep these promises, we feel bad. Sometimes we are afraid we may be punished. Jewish people believe that God does not expect us to be perfect. God forgives us –

When we say we are sorry.

When we try to do better.

When we are helpful to others.

Oseh Shalom (Liturgy)

עוֹשֵׂה שְׁלוֹם בְּמִרְוַמָּי Oseh shalom bimromav
הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ Hu ya-aseh shalom aleinu
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן V'al kol Yisra-eil v'imru amein

May the One who makes peace in the high places make peace for us and for all Israel and let us say, "Amen."

Vidui -- Confession

על חטא שחטאנו לפניך...

Al cheit shechatanu l'fanecha...

We are sorry for every time we did not tell the truth.

על חטא שחטאנו לפניך...

Al cheit shechatanu l'fanecha...

We are sorry for every time we hurt someone's feelings.

על חטא שחטאנו לפניך...

Al cheit shechatanu l'fanecha...

We are sorry for every time we acted unfairly or unkindly.

על חטא שחטאנו לפניך...

Al cheit shechatanu l'fanecha...

We are sorry for every time we spoke when we should have listened to others.

על חטא שחטאנו לפניך...

Al cheit shechatanu l'fanecha...

We are sorry for every time we were jealous of other people rather than being happy for them.

"SILENT" MEDITATION (WITH A LITTLE HELP FROM A BIG PERSON)

Sometimes we miss the mark, or we don't try our best.

Sometimes we miss the mark on purpose,
and sometimes by accident.

Sometimes we miss the mark by not caring,
and sometimes by being mean.

Sometimes we miss the mark
by acting like we are better than others,
and sometimes by not listening.

Sometimes we miss the mark by telling lies,
and sometimes by hurting people's feelings.

Sometimes we miss the mark by being selfish,
and sometimes by losing our temper.

God, none of us is perfect.

We remember the times we have missed the mark,
so that the next time we can do better.

Forgive us and help us to try harder.

Help us to learn from our mistakes.

Help us to be the best people we can be.

The Torah

As we stand before the open ark, we say together a prayer especially for Rosh HaShanah and Yom Kippur: *Avinu Malkeinu*. These words address our prayer to *Avinu* -- to God who is a Parent to all of God's children. And we say *Malkeinu* -- to God who is a loving Ruler over all of Creation.

Together:

Avinu Malkeinu, hear our voice.

Avinu Malkeinu, help us to follow your mitzvot.

Avinu Malkeinu, help us to be more loving.

Avinu Malkeinu, may our names be written in the Book of Life.

Avinu Malkeinu, let the New Year be a good year for us.

Avinu Malkeinu, be gracious and answer us. Treat us generously and with kindness, and be our help.

אָבִינוּ מַלְכֵנוּ חֲנֻנוּ וְעֲנֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ

*Avinu Malkeynu choneynu va'aneynu ki eyn banu ma'asim
asey imanu tz'dakah va'khesed v'hoshieynu.*

Sh'ma (Deuteronomy 6:4, Liturgy)

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד. Sh'ma Yisra-eil Adonai Eloheinu Adonai echad
אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קְדוֹשׁ
וְנוֹרָה שְׁמוֹ. Echad eloheinu gadol adoneinu kadosh
v'norah sh'mo.

Hear O Israel, Adonai is our God, Adonai is One. One is our God, great is our God, God's Name is holy.

Al Sh'loshah D'varim (Mishnah Pirkei Avot 1:2, 1:18)

עַל שְׁלֹשָׁה דְבָרִים הָעוֹלָם עוֹמֵד: Al sh'loshah d'varim ha-olam omeid
עַל הַתּוֹרָה וְעַל הָעֲבוֹדָה Al hatorah v'al ha-avodah
וְעַל גְּמִילוּת חַסְדִּים. V'al g'milut chasadim
עַל הַדִּין וְעַל הָאֱמֶת וְעַל הַשְּׁלוֹם. Al hadin v'al ha-emet v'al hashalom

On three things the world rests: on Torah, on worship, and on acts of loving-kindness. On three things the world rests: on justice, on truth, and on peace.

V'zot Hatorah (Deuteronomy 4:44 and Numbers 9:23)

וְזֹאת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה
לְפָנֵי בְנֵי יִשְׂרָאֵל עַל-פִּי יְיָ בְּיַד-מֹשֶׁה
V'zot hatorah asher sam Mosheh
Lifnei b'nei Yisra-eil al-pi Adonai b'yad
Mosheh

This is the Torah that Moses placed before the people of Israel from the mouth of Adonai through the hand of Moses.

Eitz Chayim Hi (Proverbs 3:18, Proverbs 3:17, Lamentations 5:21)

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ,
וְתוֹמְכֶיהָ מֵאֲשָׁר:
דַּרְכֶיהָ דַּרְכֵי נֹעַם,
וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם:
הֲשִׁיבֵנו יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה
חֲדָשׁ יָמֵינוּ כְּקֶדֶם
Eitz chayim hi lamachazikim bah
V'tom'cheyha m'ushar
D'racheyha darchei no-am
V'chol n'tivoteyha shalom
Hashiveinu Ado nai ei lecha
v'nashuva
Chadeish yameinu k'kedem

It is a Tree of Life to those who hold
fast to it and all of its supporters
are...happy!
Shalom!

It is a tree of life to those who hold it fast, and all who cling to it find happiness. Its ways are ways of pleasantness and all its paths are peace. Return us, God, to You, and we will return. Renew our days as of old.

We've made mistakes.
We've done bad things.
But this is what the new year brings:
a chance to change, a chance to grow,
with one first step, nice and slow.

Tap, tap, tap our heart,
on Yom Kippur it's time to restart.

We've used bad words and hurt our friends,
but these mistakes
are not the end.
We do *t'shuvah*.
We learn to do good.
So we tap our heart, to remind us we should.

Tap, tap, tap your heart,
on Yom Kippur it's time to restart.

Birkat Hakohanim/Priestly Benediction (Numbers 6:24-26)

בְּרַכֶּךָ יְהוָה וְיִשְׂמְרֶךָ Y'varech'cha Adonai v'yishm'recha
אֵר יְהוָה פָּנָיו אֵלֶיךָ וִיחַנֶּךָ Ya-eir Adonai panav eilecha vichuneka
יְשֵׂא יְהוָה פָּנָיו אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם Yisa Adonai panav eilecha v'yaseim l'cha
shalom

May God bless you and keep you. May the light of God's face shine upon you and be gracious to you. May God's face be lifted up to you and grant you peace.

We Return/Hashiveinu by Elana Arian and Noah Aronson

We return, we return, we return return again (X2)
..and again to love, to love, we return again to love

Hashiveinu Adoinai elecha v'nashvah
chadesh yamaynu k'kedem
lai lai lai...

We return, we return, we return return again (x2)
..and again, to you, to you, we return again to you