



## High Holy Days Mahzor



מִתְּזוֹר לְרֵאשׁ הַשָּׁנָה וְיוֹם הַכַּפּוּרִים

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## Opening Prayers

### Hashiveynu/Return Again

Return again, return again, return to the land of your soul. (x2)  
Return to who you are, return to what you are, return to where you are,  
born and reborn again.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

*Hashiveynu Adonai elecha  
venashuvah chadesh yameynu kekedem*

### Hiney Mah Tov

הִנֵּה מַה־טוֹב וּמַה־נֶּעֱמִים שֵׁבֶת אַחִים\אָחוֹת גַּם־יַחַד:  
Hiney mah tov umah na'im shevet achim/achot gam yachad

See how good and pleasant it is to sit together as brothers and sisters

### Candle Lighting Blessing

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק  
נֵר שֶׁל שַׁבָּת וְיוֹם טוֹב. | יוֹם הַכִּפּוּרִים.

Baruch atah Adonai Eloheynu melech ha'olam asher kideshanu  
bemitzvotav vetzivanu lehadlik ner shel shabbat veyom tov/yom hakipurim

Blessed are You Adonai our God, whose Presence fills the universe, giving us  
opportunities to sanctify ourselves by lighting Shabbat and holiday candles.

## Shehekeyanu

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Baruch atah Adonai Eloheynu melech ha'olam, shehecheyanu, vekiyemanu  
vehigiyanu lazman hazeh

Blessed are You Adonai our God, sovereign of the world, who has  
enlivened us, sustained us, and brought us to this moment.



## Shalom Alechem

שָׁלוֹם עֲלֵיכֶם, מְלֶאכֵי הַשָּׁרֵת, מְלֶאכֵי עֲלִיּוֹן, מִמְּלֶךְ מְלָכֵי הַמְּלָכִים,  
הַקְּדוֹשׁ בָּרוּךְ הוּא. בּוֹאֲכֶם לְשָׁלוֹם, מְלֶאכֵי הַשָּׁלוֹם, מְלֶאכֵי עֲלִיּוֹן, מִמְּלֶךְ  
מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בָּרוּךְ הוּא. בְּרַכּוּנֵי לְשָׁלוֹם, מְלֶאכֵי הַשָּׁלוֹם,  
מְלֶאכֵי עֲלִיּוֹן, מִמְּלֶךְ מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בָּרוּךְ הוּא. צֹאֲתְכֶם לְשָׁלוֹם,  
מְלֶאכֵי הַשָּׁלוֹם, מְלֶאכֵי עֲלִיּוֹן, מִמְּלֶךְ מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בָּרוּךְ הוּא.

Shalom Aleichem, malachei hasharet ...

malachei elyon, mimelech mal'chei hamelachim, hakadosh baruch hu.

Bo'achem leshalom, malachei hashalom ...

Barechuni leshalom, malachei hashalom ...

Tzetchem leshalom, malachei hashalom ...

## Prayers for the Morning

### Levavi Mekomach

לְבַבִּי מְקוֹמֶךָ וְאַתָּה מְקוֹמִי  
Levavi mekomach ve'atah mekomí

My heart is Your place, and You are my place.

### Elohai Neshamah

אֱלֹהֵי, נְשָׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא.

Elohai neshamah shenatata bí tehora he

My God the soul that You have given to me is pure

### Halleluyah

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה הַלְלוּיָהּ. כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה הַלְלוּיָהּ.

Hallelu hallelu hallelu  
kol haneshama te halel Yah

Let all of our Being praise the Yah! Halleluyah!

## Shema and it's Blessings, Day and Night

Barechu - Call to Prayer

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.  
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Barechu et Adonai hamevorach  
Baruch Adonai hamevorach le'olam va'ed

Bless Adonai who is blessed!  
Bless Adonai the blessed One forever!

Kadosh Kadosh Kadosh

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ, יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.  
Kadosh kadosh kadosh, Adonai Tzeva'ot, melo kol ha'aretz kevodo

Holy holy holy, Adonai Tzeva'ot, the whole world is full of God's glory

Round and Round

Round and round the Earth is turning  
Turning always round to morning  
And from morning round to night.

Olam Chesed Yibaneh

עוֹלָם חֶסֶד יִבְנֶה

Olam chesed yibaneh

I will build this world from love  
And you can build this world from love  
And if we build this world from love  
Then God will build this world from love

Shema and V'ahavta

שְׁמַע | יִשְׂרָאֵל, יי | אֱלֹהֵינוּ, יי | אֶחָד.  
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Adonai Eloheynu Adonai echad

Baruch shem kevod malchuto le'olam va'ed

וְאַהֲבַת אֵת יי אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָךָ, וְדַבַּרְתָּ בָּם,  
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִקְחֶךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת | עַל  
יָדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וּכְתַבְתָּם עַל מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

V'ahavta et Adonai elohecha, bechol levavcha, uvechol nafshecha, uvechol  
me'odecha. Vehayu hadevarim ha'eleh asher anochi metzavecha hayom al  
levavecha. veshinantam levanecha, vedibarta bam beshivtecha bevetecha  
uvelechtech vadersch uveshachbecha uvekumecha. U'kshartam le'ot al  
yadecha, vehayu letotafot beyn eynecha. Uch'tavtam al mezuzot beytecha  
uvisha'arecha.

Mí Chamocha

מִי כְמוֹחָה בְּאֵלִים יְיָ, מִי כְמוֹחָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִלָּת, עֲשֵׂה פְלֵא

Mí chamocha ba'elim Adonai  
Mí kamocha nedar bakodesh  
Norah tehilot oseh feleh (x2)

Who is like You Adonai among the many gods?  
Who is like You exalted in holiness?  
Awesome in praises, making miracles!

Ozi V'Zimrat Yah

עֲזִי וְזִמְרַת יְהוָה יִהְיֶה לִּי לִישׁוּעָה  
*Ozi v'zimrat Yah vayehi li lishua*

My strength and the song of God shall be my salvation.

Hashkiveynu

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,  
וְהַעֲמִידֵנוּ מַלְכֵנוּ לְחַיִּים, וּפְרוֹשׁ עַלֵינוּ סִבַּת שְׁלוֹמֶךָ  
*Hashkiveynu Adonai Eloheynu l'shalom, l'shalom*  
*V'ha'amideynu malkeynu l'hayyim*  
*U'fros aleynu sukkat sh'lomecha (2x) Amen*

Shelter us beneath Your wings, Oh Adonai  
Guard us from all harmful things, Oh Adonai  
Keep us safe throughout the night  
'Till we wake with morning light  
Teach us, Eli wrong from right Amen.

## Songs of Peace

### Shalom Rav

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תָּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל  
הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

Shalom rav al Yisrael amcha tasim le'olam  
ki atah hu melech adon lechol hashalom  
vetov be'enecha levarech et amcha Yisrael  
bechol et uvechol sha'ah bishlomecha

Oh place a great peace over Your people Israel forever, for You are the master of all  
peace. May it be good in Your eyes to bless Your people Israel  
in every moment with Your peace.

### Oseh Shalom

עֹשֶׂה שָׁלוֹם בְּמִרְוַמָּיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל,  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן:

O'seh shalom bimromav, hu ya'ah-seh shalom aleynu v'al kol Yisrael, v'al  
kol yoshvei tevel, ve'imru amen.

May the One who makes peace in the heavens make peace among us and  
within us, for all Israel and for all who dwell on earth

### Od Yavo

עוֹד יבֹא שָׁלוֹם עָלֵינוּ, וְעַל כּוֹלָם  
Od yavo shalom aleynu, ve'al kulam  
Salaam, aleynu ve'al kol ha'olam, salaam, salaam

## Prayers for Healing

Mi Sheberach Prayer for Healing by Debbie Friedman

מִי שְׁבִירָה אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

*Misheberach avoteynu m'kor habracha l'imoteynu*

May the Source of Strength, who blessed the ones before us, help us find the courage to make our lives a blessing and let us say, amen.

מִי שְׁבִירָה אִמּוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

*Misheberach Imoteynu m'kor habracha l'avoteynu*

Bless those in need of healing with *refu'ah shleyma*, the renewal of body, the renewal of spirit and let us say, amen.

Harachaman - melody by Rabbi Ruhí Sophia Motzkin Rubenstein

הַרְחֵמֵנוּ, הוּא יְבָרֵךְ אֶת אַחֵינוּ כֹּל בְּנֵי אָדָם

הַנְּתוּנִים בְּצָרָה וַיּוֹצִיאֵם מֵאֶפֶלָה לְאוֹרָה

*Harachaman hu yivarech et acheynu kol b'nai adam*

*Hanetunim b'tzarah, vayotzi'em me'afelah le'orah*

May the Compassionate One bless our brothers/sisters, all human beings caught in suffering, and bring them out of darkness/despair into light

## Encountering Torah

### Ki Mitzion

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה, וּדְבַר יְיָ מִירוּשָׁלַיִם.  
Kí mitzión tetze Torah u'dvar Adonái miYerushalayim

For from Zion Torah goes forth, and the word of Adonái from Jerusalem.

### 13 Attributes

יְיָ, יְיָ, אֵל רַחוּם וְחַנּוּן, אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת. נֹצֵר חֶסֶד לְאַלְפִים,  
נֹשֵׂא עוֹן וְנִפְשֵׁחַ וְחַטָּאָה, וְנִקְּהָ.

*Adonái, Adonái, El rachum vechanun, erech apayim verav chesed ve'emet,  
notzer chesed la'alafim, noseh avon vapeschah vechata'ah venakeh*

Adonái Adonái, compassionate and gracious God, patient, full of kindness and truth,  
granting kindness to the multitude, lifting sin and crime and transgressions and making  
pure!

### Etz Chayim/Hashiveynu

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ, וְתִמְכֶּיָהּ מֵאֲשָׁר. דַּרְכֶּיָהּ דַּרְכֵי נֹעַם, וְכָל  
נְתִיבוֹתֶיהָ שָׁלוֹם הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

*Etz chayim he lemachazikim ba, vetomcheha me'ushar,  
deracheha darchei no'am vechol netivoteha shalom.  
Hashiveynu Adonái eleha venashuvah hadesh yameynu kekedem*

She is a tree of life to those who hold fast to her and all of her supporters are happy.

Her ways are ways of pleasantness and all of her pathways are peace.

Return us, Adonái to You and we shall return. Renew our days as of old.

Prayers with the Torah Scroll  
שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Shema Yisrael Adonai Eloheynu Adonai Echad

Listen God-wrestlers Adonai our God Adonai is One

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קְדוֹשׁ שְׁמוֹ.

Echad Eloheynu gadol Adoneynu kadosh shemo

One is our God, great is our Adonai, holy is God's name

גְּדָלוֹ לֵי אֱתֵי, וְיִרְוֹמָמָה שְׁמוֹ יַחְדָּו.  
Gadlu L'Adonai Iti uneromema shemo yachdav

Declare with me the greatness of Adonai,  
and together let us raise God's name



Blessing for Reading Torah

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.  
Barechu et Adonai hamevorach

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.  
Baruch Adonai hamevorach le'olam va'ed

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים/קָרְבָנוּ  
לְעַבֹדְתוֹ וְנָתַן לָנוּ אֶת תּוֹרָתוֹ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch atah Adonai eloheynu melech ha'olam, asher kervanu  
la'avodato/bachar banu mi kol ha'amim, venatan lanu et torato. Baruch  
atah Adonai noteyn hatorah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם  
נִטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch atah Adonai Eloheynu melech ha'olam asher natan lanu torat emet,  
vechayeí olam nata betocheynu. Baruch atah Adonai noteyn hatorah.

## Songs of Hope and Tikkun

Daniel's Round by The Levins

from Daniel 12:3

וְהַמְשִׁכִּים יִזְהָרוּ כְּזוֹהַר הַרְקִיעַ וּמַצְדִּיקָיו  
הַרְבִּים בְּכֹכְבֵים לְעוֹלָם וָעֶד:

Those that turn turn turn, many to righteousness  
will shine shine shine, with heaven's sweet caress

And those who can discern will shine with blessings from on high  
like the dome of heaven's firmament, like a Zohar in the sky

Vehamaskilim yazhiru kezohar harakiya,  
u'matzdikei harabim kekohavim le'olam va'ed

### Closing Benediction

May the blessings of God rest upon you  
May God's peace abide with you  
May God's presence illuminate your heart  
Now and forever more...

Now is the Moment by Alison Faith Levy

Now is the moment we've been waiting for.

Now is the moment, Now.

It's your time. It's my time. It's our time. NOW.

## Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ, בְּחַיִּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי וּלְעָלְמֵי עָלְמַיָּא. יִתְבָּרַךְ  
וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא  
בְּרִיךְ הוּא, לְעֵלְא וּלְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמְרוּ  
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 וְעַל כָּל יוֹשְׁבֵי  
תֵּבֵל, וְאָמְרוּ אָמֵן:

Yit-gadal v'yit-kadash sh'may raba b'alma dee-v'ra che-ru-tay, ve'yam-lich  
mal-chutay b'chai-yay-chon uv'yo-may-chon uv-cha-yay d'chol beit  
Yisrael, ba-agala u'vitze-man ka-riv, ve'imru amen.

Y'hay sh'may raba me'varach le-alam uleh-almay alma-ya.

Yit-barach v'yish-tabach, v'yit-pa-ar v'yit-romam v'yit-nasay, v'yit-hadar  
v'yit-aleh v'yit-halal sh'may d'koo-d'shah, b'rich hoo. L'ayla u'l'ayla meen  
kol beer-chata v'she-rata, toosh-b'chata v'nay-ch'mata, da-a meran  
b'alma, ve'imru amen.

Y'hay sh'lama raba meen sh'maya v'cha-yim aleynu v'al kol Yisrael, ve'imru  
amen.

O'seh shalom beem-romav, hoo ya'ah-seh shalom aleynu v'al kol Yisrael,  
v'al kol yoshvei tevel, ve'imru amen.

May the One who makes peace in the heavens make peace among us and  
within us, for all Israel and for all who dwell on earth

## Special High Holy Day Prayers

### Shofar Blessing

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְשִׁמּוֹעַ קוֹל שׁוֹפָר

Baruh atah Adonay eloheynu melch ha'olam asher kideshanu bemitzvotav  
vetzivanu lishmo'ah kol shofar.

Blessed are You, Adonai, our God, the sovereign of all worlds, who  
sanctifies us with mitzvot, and has commanded us  
to hear the sound of the shofar.

### Avinu Malkeynu

אָבִינוּ מֶלְכֵנוּ, חַנּוּנוּ וְעֲנָנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.

Avinu malkeynu, chaneynu va'aneynu ki eyn banu ma'asim  
Aseh imanu tzedakah vachessed vehoshieynu

אֲמִינוּ מְקוֹרְנוּ חַנּוּנוּ וְעֲנָנוּ כִּי אֵין בָּנוּ מַעֲשִׂים  
עֲשֵׂי עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ

Imeynu mekoreynu honinu va'aninu ki eyn banu ma'asim  
Asi imanu tzedakah vahessed vehoshi'inu

Our Divine parent, you who transcend us, be gracious with us and respond to us, for  
we have no deeds to justify us; deal with us in righteousness and love, and save us now.

## Unetoneh Tokef Highlights

בְּרֹאשׁ הַשָּׁנָה יִכְתָּבוּן וּבְיוֹם כְּפֹר יִחְתָּמוּן

Berosh hashanah yikatevun, uveyom tzom kippur yechatemun...

On Rosh Hashanah it is written, on Yom Kippur it is sealed...

Who will dwell peacefully and who will be detained?

Who will be separated and who will be reunited?

Who will become incarcerated and who will be pardoned?

Who will shelter safely and who will be exposed?

Who will be casualties of climate change and who will make sacrifice to stop it?

Who will believe in lies and who will deny the truth?

Who will demand moral leadership and who will give up in cynical despair?

Who will hate their neighbors and who will create community?

וּתְשׁוּבָה וּתְפִלָּה וּצְדָקָה מְעַבְרִין אֶת רֹעַ הַגְּזֵרָה

U'teshuvah u'tefilah, utzedakah ma'avirin et ro'ah heg'zerah

But repentance, prayer and giving lift the 'evil decree'

Let our values, our love, and our hunger for justice transform what may yet be written. May we accept what is beyond our control with grace.

Let Repair, Prayer and Giving mend our broken hearts  
as we join together to work for a better year.

Who by Fire by Leonard Cohen

And who by fire, who by water,  
who in the sunshine, who in the night time,  
who by high ordeal, who by common trial,  
who in your merry merry month of may,  
who by very slow decay  
and who shall I say is calling?

And who in her lonely slip, who by barbiturate,  
who in these realms of love, who by something blunt,  
and who by avalanche, who by powder,  
who for his greed, who for his hunger,  
and who shall I say is calling?

And who by brave assent, who by accident,  
who in solitude, who in this mirror,  
who by his lady's command, who by his own hand,  
who in mortal chains, who in power,  
and who shall I say is calling?

## Vidui - Confession

ה' מִי־גֹוֹר בְּאֶהְלֶךְ מִי־יִשְׁכֵּן בְּהַר קִדְשֶׁךָ: הוֹלֵךְ תְּמִים וּפְעֵל צְדָק  
וְדֹבֵר אֱמֶת בְּלִבּוֹ:

Adonai, who may sojourn in Your tent? Who may dwell on Your holy mountain? The one who walks in simplicity, who enacts justice, and in their heart speaks the truth.

*(Psalm 15:1-2)*

וְצָרִיךְ לְהִתְנַדְּדוֹת בְּשִׁפְתֵיךְ וְלוֹמַר עֲנִינּוֹת אֱלֹהִים שֶׁגָּמַר בְּלִבּוֹ

It is essential to confess by spoken words of the lips, so that all which he concluded in his heart shall be formed in speech.

*(Mishneh Torah Hilchot Teshuvah 2:2)*

Not everything that is faced can be changed,  
but nothing can be changed until it is faced.

(James Baldwin)

אֲשַׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ דָּפִי. הֶעָוִינוּ, וְהִרְשַׁעְנוּ, זָדְנוּ, חָמְסְנוּ, טָפְלְנוּ  
שָׁקַר. יַעֲצֵנוּ רָע, כִּזְבְּנוּ, לָצְנוּ, מָרַדְנוּ, נֶאֱצְנוּ, סָרַרְנוּ, עָוִינוּ, פָּשַׁעְנוּ, צָרַרְנוּ,  
קִשְׁיֵנוּ עָרַף. רָשַׁעְנוּ, שָׁחַתְנוּ, תַּעֲבַבְנוּ, תַּעֲיִנוּ, תַּעֲתָעְנוּ.

Ashamnu. Bagadnu. Gazalnu. Dibarnu dofi.

He'evinu. Vehirshanu. Zadnu. Hamasnu.

Tafalnu shaker. Ya'atznu ra. Kizavnu. Latznu.

Maradnu. Ni'atznu. Sararnu. Avinu.

Pashanu. Tzararnu. Kishinu oref. Rashanu

Shihatnu. Ti'avnu. Ta'inu. Titanu.

We have acted wrongly, we have been untrue,  
and we have gained unlawfully and have defamed.

We have harmed others, we have wrought injustice,  
we have zealously transgressed, and we have hurt and have told lies.

We have improperly advised and we have covered up the truth.

And we have laughed in scorn.

We have misused responsibility and have neglected others.

We have stubbornly rebelled.

We have offended, we have perverted justice,  
we have stirred up enmity and we have kept ourselves from change.

We have reached out to evil, we have shamelessly corrupted  
and have treated others with disdain.

Yes, we have thrown ourselves off course and we have tempted and misled.

Renewal Ashamnu (from the Aquarian Minyan mahzor)

Who are we? We're light and truth and infinite wisdom, eternal goodness.  
Yet we've abused, we've betrayed, we've been cruel, yes, we've destroyed.

At our core we're light and truth and infinite wisdom, eternal goodness.  
Yet we've embittered, we have falsified, we have gossiped, yes, we have  
hated.

Our real being is light and truth and infinite wisdom, eternal goodness.  
Yet we've insulted, we have jeered, we have killed, yes, we have lied.

Sweep it out! Throw it out! Wipe it out! Yes, Clean it all out!

Who are we? We're light and truth and infinite wisdom, eternal goodness.  
Yet we have mocked, we've neglected, we've oppressed, we have  
perverted.

At our core, we're light and truth and infinite wisdom, eternal goodness.  
Yet we have quarreled, we've been racist, we have stolen,  
yes, we've transgressed.

Our real being is light and truth and infinite wisdom, eternal goodness.  
Yet we've been unkind, we've been violent, we've been wicked,  
we've been xenophobic.

Sweep it out! Throw it out! Wipe it out! Yes, Clean it all out!

## Al Chet

For the sins we have committed before You...  
through unsustainable living  
through neglecting, blaming, and mistreating our loved ones  
in becoming numb to human suffering  
in our complacency  
by failing to examine our privilege  
by closing our hearts and hands to those in need  
by judging others harshly  
through tolerating in ourselves what we condemn in others  
by giving in to despair  
by believing lies and denying truth  
through selfishness and greed, violence and hatred  
by failing to care for the Earth and future generations

What are the mistakes, regrets, and bad habits you aspire to change?

Speak them aloud or write them down.

## V'al Kulam

וְעַל כָּל־אֲשֶׁר סָלַחְתָּ לָנוּ מִחַל לָנוּ כָּפַר לָנוּ  
V'al kulam elo'ah s'lah<sub>h</sub>ot, s'lah<sub>h</sub> lanu, m'hal<sub>h</sub> lanu, kaper lanu

And for all of them, O God of forgiveness, forgive us, pardon us, help us atone

## Adon Haselihot

חָטְאָנוּ לְפָנֶיךָ יְיָ רַחֵם עָלֵינוּ  
Hatanu lefaneha<sub>h</sub> rahem aleynu  
We have sinned before You, have compassion on us

## Yizkor

Gesher Tzar Me'od - Narrow Bridge

כָּל-הָעוֹלָם כִּלּוֹ גֶשֶׁר צָר מְאֹד  
וְהַעֲקָר לֹא לִפְחֵד כָּלֵל

Kol Ha'Olam Kulo Gesher Tzar Me'od  
Veha'ikar Lo Lefached Klal

The whole wide world is just a narrow bridge  
And above all is not to fear at all

Esa Einaí -- Psalm 121

אֶשָּׂא עֵינַי אֶל-הַהָרִים מֵאֵין לָבֵא עֲזָרִי: עֲזָרִי מֵעַם ה' עֲשֵׂה שָׁמַיִם וָאָרֶץ:

Esa einaí meayín yavo ezrí. Ezrí me'im Adonai oseh shamayim va'aretz

I lift my eyes up to the mountains, from where, oh from where does my help  
come?

My help comes from the One maker of Heaven and Earth.

Eli Eli

אֵלֵי אֵלֵי שְׁלֵא יִגְמַר לְעוֹלָם  
הַחֹל וְהַיָּם רִשׁ רִשׁ שֶׁל הַמַּיִם בְּרַק הַשָּׁמַיִם תִּפְלַת הָאָדָם  
Eli Eli shelo yigamer l'olam

Hachol v'hayam, rish rush shel hamayim berak hashamayim, tefilat ha'adam

My God, My God, I pray that these things never end:  
The sand and the sea, the rush of the waters, the crash of the heavens,  
the prayer of the heart

## We Remember Them

In the rising of the sun and its  
going down,  
*We remember them.*

In the blowing of the wind and in  
the chill of winter,  
*We remember them.*

In the opening buds and in the  
rebirth of spring,  
*We remember them.*

In the blueness of the sky and in  
the warmth of summer,  
*We remember them.*

In the rustling of leaves and in the  
beauty of autumn,  
*We remember them.*

In the beginning of the year and  
when it ends,  
*We remember them.*

When we are weary and in need of  
strength,  
*We will remember them.*

When we are lost and are sick of  
heart,  
*We will remember them.*

When we have joys we yearn to  
share,  
*We will remember them.*

So long as we live, they too shall  
live,  
For they are now a part of us,  
*As we remember them.*

## Ne'ilah

Open for us the gates,  
In the hour of the closing of the gates,  
For the day is passing away.  
The day is turning away,  
The sun is returning to set.  
May we now come into your gates,  
We pray, gentle God, we pray.  
Forgive us, we pray.  
Pardon us now, we pray.  
Have compassion for us, we pray.  
Have mercy, we pray.  
Let us atone now, we pray.  
Help us conquer our wrongs, we pray.

El Norah Alilah

אֵל נּוֹרָא עֲלִילָה הַמְצֵא לָנוּ מְחִילָה בְּשַׁעַת הַנְּעִילָה  
El Nora Alilah, Hamtzei lanu mechilah bisha'at hane'ilah

God of great deeds, Awesome One, pardon our wrongs in this hour of closing gates!

Kí Anu Amecha

כִּי אָנוּ עַמְּךָ וְאַתָּה אֱלֹהֵינוּ. אָנוּ בְּנֵיךָ וְאַתָּה אָבִינוּ: אָנוּ עַבְדֶּיךָ וְאַתָּה  
אֲדוֹנֵנוּ. אָנוּ קְהֵלְךָ וְאַתָּה חֻלְקֵנוּ: אָנוּ נַחֲלֶתְךָ וְאַתָּה גּוֹרְלֵנוּ. אָנוּ צִאֲנֶךָ  
וְאַתָּה רוֹעֵנוּ: אָנוּ כְרֵמְךָ וְאַתָּה נוֹטְרֵנוּ. אָנוּ פְּעֻלֶתְךָ וְאַתָּה יוֹצְרֵנוּ: אָנוּ  
רְעִיתְךָ וְאַתָּה דוֹדֵנוּ. אָנוּ סִגְלֶתְךָ וְאַתָּה אֱלֹהֵינוּ. אָנוּ עַמְּךָ וְאַתָּה מַלְכֵנוּ:  
אָנוּ מֵאֲמִירֶיךָ וְאַתָּה מֵאֲמִירֵנוּ

Kí anu ame<sub>h</sub>a, v'atah eloheynu; anu vane<sub>h</sub>a v'atah avínu  
Anu avade<sub>h</sub>a, v'atah adoneínu; anu k'halecha, v'atah helkeínu.  
Anu nahalatecha, v'atah goraleínu; anu tzone<sub>h</sub>a, v'atah roeí-nu.  
Anu harme<sub>h</sub>a, v'atah not'reínu; anu f'ulate<sub>h</sub>a, v'atah yotz'reínu.  
Anu rayate<sub>h</sub>a, v'atah dodeínu; anu s'gulate<sub>h</sub>a, v'atah k'roveínu.  
Anu ame<sub>h</sub>a, v'atah malkeínu; anu ma-amire<sub>h</sub>a, v'atah ma-amireínu.

For we are your people and you are our God,  
We are your children and you are our source,  
We are your servants and you are our sovereign,  
We are your community and you are our portion,  
We are your possession and you are our fate,  
We are your sheep, you are our shepherd,  
We are your vineyard, and you are our keeper,  
We are your creation, and you are our fashioner,  
We are your loved ones and you are our beloved,  
We are your treasure and you are our kin,  
We are your people and you are our ruler,  
We are your faithful and you are our source of faith!

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:  
Shemah yisra'el adonay eloheynu adonay had  
Listen, Israel: The Eternal is our God, The Eternal One Alone!

*We chant three times:*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:  
Baru**h** shem kavod ma**h**uto le'olam va'ed  
Blessed be the glorious name of God's reígn forever!

*We chant seven times:*

יְיָ הוּא הָאֱלֹהִים  
Adonay hu ha'elohim  
The Eternal One is God!

תְּקִיעַת גְּדוּלָה  
Tekiyah Gedolah



## Havdalah

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch atah Adonai Eloheynu melech ha'olam borei p'ri hagafen

Blessed are You Adonai our God, whose Presence fills the universe,  
creator of the fruit of the vine.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוֹרֵי הָאֵשׁ.

Baruch atah Adonai eloheinu melech ha'olam, borei m'orei ha'eish

Blessed are You Adonai our God, whose Presence fills the universe,  
creator of the light of fire.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחוֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין  
יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה. בְּרוּךְ אַתָּה יי, הַמְבַדִּיל  
בֵּין קֹדֶשׁ לְחוֹל.

Baruch atah Adonai, eloheinu melech ha'olam, hamavdil bein kodesh l'chol,  
bein or l'choshech, bein yisra'eil la'amim, bein yom hashvii l'sheishet y'mei  
hama-aseh. Baruch atah Adonai, hamavdil bein kodesh l'chol.

Blessed are You Adonai our God, whose Presence fills the universe, the One who  
separates between the sacred and the mundane, between light and darkness, between  
Israel and other peoples, between the seventh day and the six days of the workweek.

Blessed are You Adonai, who separates between the holy and the mundane.

Eliyahu Hanavi Eliyahu Hatishbi, Eliyahu (x3) HaGiladi

Bimherah beyameynu yavo elenu

Im Mashiach ben David (x2)

Elijah the prophet, the Tishbite from Gilad, come speedily to us hailing better days.

## Sacred Texts

### Genesis 21:9-21 (with Hebrew 14-17)

... יד וישכם אברהם | בבקר ויקח לחם וחמת מים ויתן אל הגר שם  
על שכמה ואת הילד וישלחה ותלך ותתע במדבר באר שבע: טו ויכלו המים  
מן החמת ותשלך את הילד תחת אחד השיחים: טז ותלך ותשב לה מנגד  
הרחק כמטחי קשת כי אמרה אל-ארה במות הילד ותשב מנגד ותשא  
את קלה ותבך: יז וישמע אלהים את קול הנער ויקרא מלאך אלהים |  
אל-הגר מן השמים ויאמר לה מה-לך הגר אל-תיראי כי-שמע אלהים  
אל-קול הנער באשר הוא-שם:

(9) Sarah saw the son whom Hagar the Egyptian had borne to Abraham “playing”. (10) She said to Abraham, Cast out that slave-woman and her son, for the son of that slave shall not share in the inheritance with my son Isaac.) The matter distressed Abraham greatly, for it concerned a son of his. (12) But God said to Abraham, Do not be distressed over the boy or your slave; whatever Sarah tells you, do as she says, for it is through Isaac that offspring shall be continued for you. (13) As for the son of the slave-woman, I will make a nation of him, too, for he is your seed. (14) Early next morning Abraham took some bread and a skin of water, and gave them to Hagar. He placed them over her shoulder, together with the child, and sent her away. And she wandered about in the wilderness of Beer-sheba. (15) When the water was gone from the skin, she left the child under one of the bushes, (16) and went and sat down at a distance, a bowshot away; for she thought, Let me not look on as the child dies. And sitting thus afar, she burst into tears. (17) God heard the cry of the boy, and an angel of God called to Hagar from heaven and said to her, What troubles you, Hagar? Fear not, for God has heeded the cry of the boy where he is. (18) Come, lift up the boy and hold him by the hand, for I will make a great nation of him. (19) Then God opened her eyes and she saw a well of water. She went and filled the skin with water, and let the boy drink. (20) God was with the boy and he grew up; he dwelt in the wilderness and became a bowman. (21) He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

Leviticus 16:29-34 (with Hebrew 31-34)

לא שִׁבֹת שַׁבְּתוֹן הִיא לָכֶם וְעִנִּיתֶם אֶת־נַפְשׁוֹתֵיכֶם חֲקֵת עוֹלָם: לֵב וְכִפֹּר הַכֹּהֵן  
אֲשֶׁר־יִמְשַׁח אֹתוֹ וְאֲשֶׁר יִמְלֵא אֶת־יָדוֹ לְכַהֵן תִּנְחַת אָבִיו וְלִבָּשׁ אֶת־בְּגָדֵי הַבֹּד  
בְּגָדֵי הַקֹּדֶשׁ: לֵג וְכִפֹּר אֶת־מִקְדָּשׁ הַקֹּדֶשׁ וְאֶת־אֹהֶל מוֹעֵד וְאֶת־הַמִּזְבֵּחַ יִכַּפֵּר  
וְעַל הַכֹּהֲנִים וְעַל־כָּל־עַם הַקֹּהֵל יִכַּפֵּר: לֵד וְהִיְתָה־זֹאת לָכֶם לְחֻקֵּת עוֹלָם לְכִפֹּר  
עַל־בְּנֵי יִשְׂרָאֵל מִכָּל־חַטָּאתָם אַחַת בְּשָׁנָה וְלַעֲשׂ כַּאֲשֶׁר צִוָּה ה' אֶת־מֹשֶׁה:

(29) And this shall be to you a law for all time: In the seventh month, on the tenth day of the month, you shall practice self-denial; and you shall do no manner of work, neither the citizen nor the alien who resides among you.

(30) For on this day atonement shall be made for you to cleanse you of all your sins; you shall be clean before Adonai. (31) It shall be a sabbath of complete rest for you, and you shall practice self-denial; it is a law for all

time. (32) The priest who has been anointed and ordained to serve as priest in place of his father shall make expiation. He shall put on the linen vestments, the sacral vestments. (33) He shall purge the innermost Shrine;

he shall purge the Tent of Meeting and the altar; and he shall make expiation for the priests and for all the people of the congregation. (34)

This shall be to you a law for all time: to make atonement for the Israelites for all their sins once a year. And Moses did as Adonai had commanded

him.

Isaiah 58:5-10 (Hebrew 3-10)

... ג למה צמנו ולא ראית ענינו נפשנו ולא תדע הן ביום צמכם תמצאו חפץ  
וכל עציביכם תנגשו: ד הן לריב ומצה תצומו ולהכות באגרף רשע לא תצומו  
כיום להשמיע במרום קולכם: ה הכזה יהיה צום אבחרהו יום ענות אדם נפשו  
הלכו באגמו ראשו ושק ואפר יציע הלזה תקרא צום ויום רצון לה: ו הלוא  
זה צום אבחרהו פתח חרצבות רשע התר אגדות מוטה ושלח רצוצים חפשים  
וכל מוטה תנתקו: ז הלוא פרס לרעב לחמד ועניים מרודים תביא בית  
כיתראה ערם וכסיתו ומבשרך לא תתעלם: ח אז יבקע פשח אורך וארכתך  
מהרה תצמח והלך לפליך צדקך כבוד ה' יאספך: ט אז תקרא וה' יענה תשוב  
ויאמר הנני אם תסיר מתוכך מוטה שלח אצבע ודבר און: י ותפק לרעב  
נפשך ונפש נענה תשביע וזרח בחשך אורך ואפלתך כצהרים:

(5) Is such the fast I desire, A day for men to starve their bodies? Is it bowing the head like a bulrush And lying in sackcloth and ashes? Do you call that a fast, A day when Adonai is favorable? (6) No, this is the fast I desire: To unlock fetters of wickedness, And untie the cords of the yoke To let the oppressed go free; To break off every yoke. (7) It is to share your bread with the hungry, And to take the wretched poor into your home; When you see the naked, to clothe him, And not to ignore your own kin. (8) Then shall your light burst through like the dawn And your healing spring up quickly; Your Vindicator shall march before you, The Presence of Adonai shall be your rear guard. (9) Then, when you call, Adonai will answer; When you cry, He will say: Here I am. If you banish the yoke from your midst, The menacing hand, and evil speech, (10) And you offer your compassion to the hungry And satisfy the famished creature Then shall your light shine in darkness, And your gloom shall be like noonday.

## Contemporary Songs

### Rise by Mikey Pauker

Compassionate eyes,  
can rip your soul from your seams.  
There's people lying down  
with no water to drink.  
This is a crazy taste of reality.

Our love dies.  
Our love breathes.  
Our love dies.  
Our love breathes.

(Refrain)

We gotta rise up! Ohhhh  
We gotta stand up tall.  
Don't let this world  
lock you out of your soul.  
We gotta rise up! Ohhhh  
We gotta stand up tall  
Don't let this world  
Lock you out  
Of your soul

Open your eyes to the sight  
A million blessings disguised in daylight.  
The darkness in the world is real,  
have right action stand on your feet.  
No matter what path we choose,  
we keep on circling the fractured moon.  
All one people, stand up and unite!  
Everything is sacred! Everyone is  
sacred

(Refrain)

When we look inside  
and we see this ember,  
we know this light inside is our love.  
When we look inside  
and we see this ember,  
We know this light inside is from JAH!  
We're imitating stars  
that move across and shimmer,  
we know this light inside is our love.  
When we look inside and polish the  
mirror,  
we know this light inside is our love.

(Refrain)

We gotta rise up ohhhh!!!  
We gotta stand up tall  
Don't let this world  
lock you out of your soul  
Gotta rise up ohhh  
We gotta stand up tall  
Don't let this world  
Lock you out  
Don't let this world  
Lock you out.  
Don't let this world  
Lock you out, of your heart.

We Are Safe by Mikey Pauker & Shiva Baum

I wish I knew then what I do now.  
I'd go back and tell myself, that I am worth it.  
Maybe my gift was to slow down.  
Casting ripples of change as the currents arrange with grace.  
We Are Safe. We Are Safe.  
I wish we knew then what I do now.  
I'd tell myself that we were perfect.  
We were just kids and overwhelmed.  
And all the while deep inside we had the music.  
We are caving into love.  
We'll sustain.  
We were made for these time child.  
Once again.  
We Are Safe. We Are Safe. We Are Safe. We Are Safe.  
Who cast our plans to sea?  
We were living this fantasy.  
Reality atrophy.  
Let's Celebrate these scars.  
We're not many worlds apart. (open breathe)  
Help me find the words to call you into me.  
We Are Safe.  
We Are Safe. We Are Safe. We Are Safe. We Are Safe.

## More Love by Billy Jonas

I've been wandering and I don't understand.  
Stumbling around blind and thirsty towards some promised land.  
But I remember once a whispering in my ears,  
"Everything you do from your heart, will surely echo here."  
So dance and sing that tune  
pour my water on the ground  
and watch as the roses bloom.

### CHORUS:

Did you put more love in the world today?  
More love on your way to the setting sun,  
there is only one measure, when you can honestly say:  
I put more love.

I remember when we had to leave our home,  
middle of the night, running scared,  
we were so alone.  
But we were grateful for the little that we had.  
cherishing the gifts and the care from every hand.  
Over time we came to see,  
there's a simple path that leads to true prosperity

### CHORUS

שִׁמוּ שִׁמוּ אֶהְבַּתְכֶם בְּעוֹלָם  
Simu simu ahavatchem ba'olam