



Temple

Beth El

HIGH HOLY

DAYS 2021 | 5782



**Family
Participation**

**HIGH HOLY DAY
MACHZOR**



Family Participation

Service
for the morning of

יום כיפור
Yom Kippur

ברכות השחר Morning Blessings

Hinei Mah Tov

Hineih mah tov u'mah naim, shevet achim gam yachad!

הנה מה טוב

הנה מה טוב ומה נעים
ושבת אחים
גם יחד:

On Yom Kippur, we see that we are strong enough to heal hurts in ourselves and in other people.

We see that when we hurt others, we also hurt ourselves.

We hurt ourselves and others when we say unkind words.

We hurt ourselves and others when we do not treat people fairly.

We hurt ourselves and others when we do not listen to those who try to help us.

We pray to be people who heal ourselves and others. We praise You, Adonai, for showing us the love and goodness in our hearts.



ברכות השחר

Morning Blessings

Morning blessings

ניסים בכל יום

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who has implanted mind and instinct within every living being.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who removes sleep from the eyes, slumber from the eyelids.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who opens the eyes of the blind.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Whose power lifts up the fallen.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who gives strength to the weary.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who makes firm each person's steps.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who provides clothes for the naked.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who has made me to be free.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who brings freedom to the captive.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Ata Adonai, Eloheinu Melech HaOlam,

Who has made me a Jew.

ברכות השחר

Morning Blessings

ברוך אתה יי, אלהינו מלך העולם,
Baruch Ata Adonai, Eloheinu Melech HaOlam,
Who girds our people Israel with strength.

ברוך אתה יי, אלהינו מלך העולם,
Baruch Ata Adonai, Eloheinu Melech HaOlam,
Who crowns Israel with glory.

It is not you alone, or we, or those others who pray. All things pray, all things pour out their souls. The heavens pray, the earth prays, every creature and every living thing prays. In all life, there is longing. Creation is itself a kind of prayer to God. What are the clouds, the rising and setting of the sun, the soft radiance of the moon, and the gentleness of the night? What are the flashes of the human mind and the storms of the human heart? They are all prayers-- the outpouring of boundless longing for God.

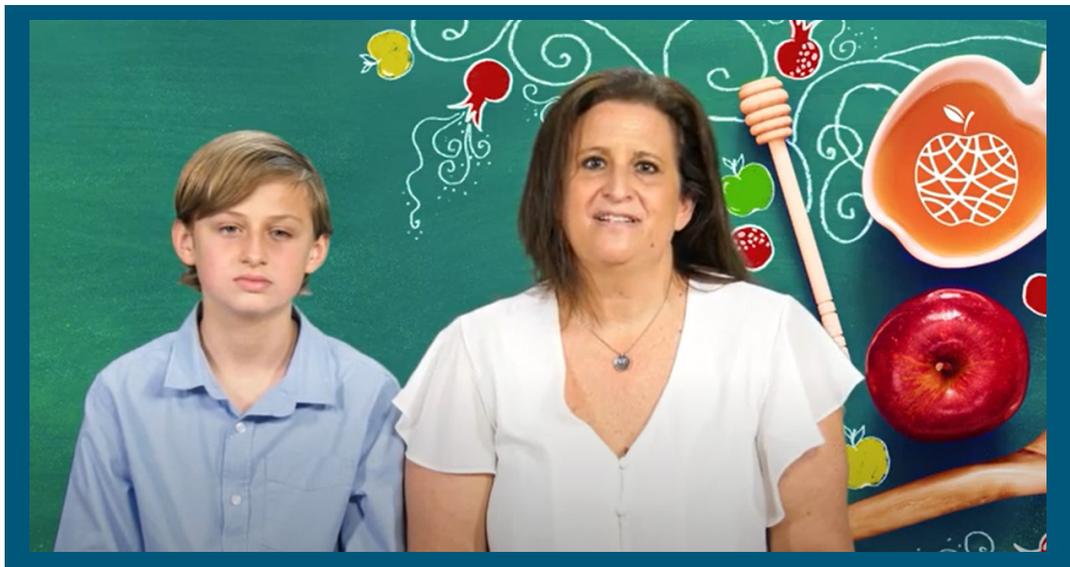
-Micah Joseph Berdichevski

Psalm 150

*Hal'lu Yah! Hal'lu El B'Kodsho, Hal'luhu
Bir'kia Uzo. Hal'luhu Big'vurotav, Hal'luhu
K'rov Gudlo. Hal'luhu B'Teika Shofar, Hal'luhu
B'Neivel V'Chinor. Hal'luhu B'Tof U'Machol,
Hal'luhu B'Minim V'Ugav. Hal'luhu B'Tzil'tzlei
Shama, Hal'luhu B'Tzil'tzlei Teruah. Kol
Han'shemah T'haleil Yah, Hal'lu Yah!*

תהלים קנ

הללויה, הללו אל בקדשו, הללויה ברקיע
עזו. הללויה בגבורתיו, הללויה ברב גדלו.
הללויה בתקע שופר, הללויה בנגבל
וכנור. הללויה בתוף ומחול, הללויה
במנים ועגב. הללויה בצלצלי שמע,
הללויה בצלצלי תרועה. כל הנשמה
תהלל יה הללויה. כל הנשמה תהלל יה
הללויה.



שמע וברכותיה

Shema and Its Blessings

Barchu

ברכו

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:

Barchu Et Adonai, HaM'vorach.
Bless Adonai, The Blessed One.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Baruch Adonai HaM'vorach L'Olam Va-ed.
Blessed is Adonai, The Blessed One, forever and ever.

Yotzeir Or

*Baruch Ata Adonai, Eloheinu Melech HaOlam,
Yotzer Or U-Vorei Choshech, Oseh Shalom,
U-Vorei Et HaKol. HaMe-ir LaAretz
V'Ladarim Aleha B'Rachamim, U-V'Tuvo
M'Chadesh B'Chol Yom Tamid Ma-aseh
V'Reishit. Ma Rabu Ma-asecha Adonai, Kulam
B'Chochma Asita, Mal-ah HaAretz
Kinyanecha. Titbarach Adonai Eloheinu Al
Shevach Ma-aseh Yadecha. V'Al M'Orei Or
She-Asita Y'Fa-arucha Selah. Or Chadash Al
Tziyon Ta-ir, V'Nizkeh Chulanu, M'Heirah
L'Oro. Baruch Ata Adonai, Yotzer HaMe-erot.*

יוצר אור

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר
אֹר, וּבוֹרֵא הַשֶּׁמֶשׁ, עוֹשֵׂה שְׁלוֹם וּבוֹרֵא אֶת
הַכֹּל: הַמְאִיר לְאֶרֶץ וְלַדָּרִים עֲלֶיהָ
בְּרַחֲמִים. וּבְטוֹבוֹ מְחַדֵּשׁ בְּכָל יוֹם תְּמִיד
מַעֲשֵׂה בְּרָאשִׁית: מַה רַבּוּ מַעֲשֵׂיךָ יְיָ. בְּכֹל
בְּחֻמָּה עָשִׂיתָ, מִלְּאֵה הָאָרֶץ קִנְיָנְךָ:
תִּתְבָּרַךְ יְיָ אֱלֹהֵינוּ עַל שִׁבְחַת מַעֲשֵׂה יְדֶיךָ.
וְעַל מְאֹרֵי אֹר שְׁעָשִׂיתָ יִפְאָרוּךְ סֶלָה.
אֹר חָדָשׁ עַל צִיּוֹן תִּמְאִיר, וְנִזְכֶּה כָּלֵנוּ
מִהֲרָה לְאֹרוֹ. בְּרוּךְ אַתָּה יְיָ יוֹצֵר
הַמְאֹרוֹת.

The Soul Tree

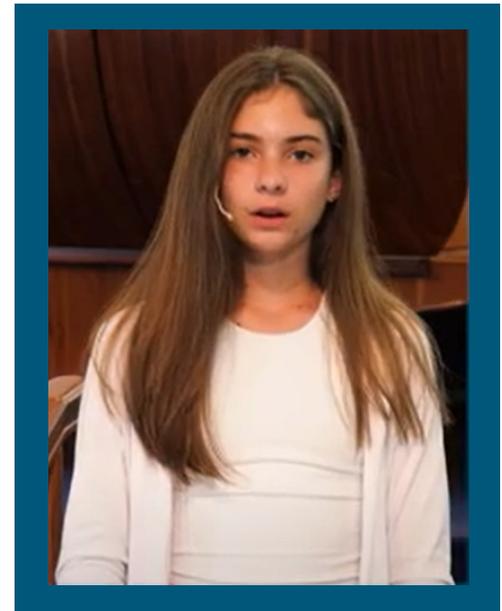
Of all the fruit my mother tried
to feed me I loved only

The imagination fruit. It has no scent
but its taste is so deep it keeps me alive.
I always heard my mother talking in the courtyard

With her neighbors about the soul tree. I tried
to follow its shadows that weren't there and I didn't know
whether it was in heaven or on earth. My mother who never stopped guiding me to
good sleep for my soul's rest

cooked me a story every bedtime: the soul tree grows
 far away in the seventh sphere. My father only smiled to hear
 her imagination baking me lullaby legends of a tree
 big as the world with seventy-seven roots the size of cities.
 one night I heard from her that only a child who is clean

of sin might perhaps on a night when the moon is full
 see the shadow of this tree
 where all souls fly at night
 to rest while we sleep. And if your sleep is restless
 from doing wrong, your soul is lost within itself
 longing for the tree: the Temple of the Holy Heart.



V'haeir Einenu

V'Ha-cir Eineinu B'Toratecha V'Dabek Libenu
 B'Mitzvotcha. V'Yached L'Vavenu L'Ahavah
 U-L'yirah Et Sh'mecha. V'Lo Nevosh V'Lo
 Nikaleim V'Lo Nikasheil L'Olam Vaed. Ki
 V'Shem Kodshecha HaGadol V'HaNorah
 Batachnu. Nagila V'Nismecha BiShuatecha. Ki
 El Poel Yeshuot Atah. U-Vanu Vacharta.
 V'Keravtanu L'Shimcha HaGadol Selah
 Be-emet, L'Hodot L'cha U-L'Yachedcha
 B'Ahavah. Baruch Ata Adonai, HaBocher
 B'Amo Yisrael B'Ahavah.

והאר עינינו

והאר עינינו בתורתך. ודבק לבנו
 במצוותיך. ויחד לבבנו לאהבה וליראה
 את שמך. לא נבוש ולא נכלם ולא נפשל
 לעולם ועד: כי בשם קדשך הגדול והנורא
 בטחנו. נגילה ונשמחה בישועתך: כי אל
 פועל ישועות אתה, ובנו בחרת. וקרבתנו
 לשמך הגדול, סלה באמת, להודות לך
 וליוחדך באהבה: ברוך אתה יי, הבוחר
 בעמו ישראל באהבה.

Judaism begins with the commandment:
 Hear, O Israel!
 But what does it really mean to hear?

*The person who attends a concert
 With their mind on business,
 Hears--but does not really hear.*

The person who walks amid the songs of birds
 And thinks only of what they will have for dinner,
 Hears--but does not really hear.



שמע וברכותיה

Shema and Its Blessings

*The person who listens to the words of their friend,
Or spouse or child,
And does not catch the note of urgency:
"Notice me, help me, care about me,"
Hears--but does not really hear.*

*The person who listens to the news
And thinks only of how it will affect business,
Hears--but does not really hear.*

*The person who stifles the sound of conscience
And says, "I have done enough already,"
Hears--but does not really hear.*

*The person who hears the congregation pray around him/her
And does not feel the call to join in,
Hears--but does not really hear.*

*The person who listens to cries for help
And thinks that someone else is being addressed,
Hears--but does not really hear.*

*On this Yom Kippur, O God; God of our Mothers and Fathers,
Sharpen our ability to hear.*

*May we hear the music of the world,
And the infant's cry, and the lover's sigh.*

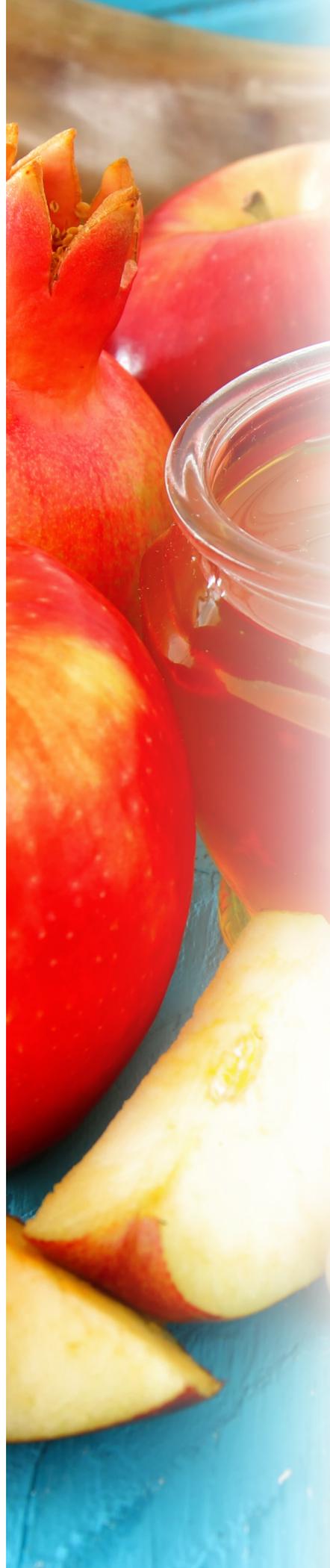
*May we hear the call for help of the lonely soul,
And the sound of the breaking heart.*

*May we hear the words of our friends,
And also their unspoken pleas and dreams.*

*May we hear within ourselves the yearnings
That are struggling for expression.*

May we hear You, O God.

For only if we hear You



שמע וברכותיה

Shema and Its Blessings

Do we have the right to hope
That You will hear us.

*Hear our prayers, O God,
That we may truly hear them too.*

Shema

שמע

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR O ISRAEL: ADONAI IS OUR GOD, ADONAI IS ONE!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch Shem K'vod Malchuto L'Olam Vaed.

Blessed is God's glorious reign for ever and ever.



שמע וברכותיה

Shema and Its Blessings

V'ahavta

V'Ahavta Et Adonai Elohecha B'chol L'vav-cha,
U-V'chol Naf-shecha, U-V'chol M'odecha.
V'hayu HaD'varim HaEleh Asher Anochi
M'Tzavcha Hayom Al L'vavecha. V'Shinantam
L'Vanecha V'Dibarta Bam. B'Shivt'cha
B'Veitecha U-V'lecht'cha VaDerech
U-V'Shochb'cha U-V'Kumecha. U-K'shartam
L'ot Al Yadecha, V'Hayu L'Totafot Bein
Einecha. U'Ch-tavtam Al Mezuzot Beitecha
U-Visharecha.

L'ma-an Tizk'ru V'Asitem Et Kol Mitzvotai,
V-Hi'yitem K'doshim Leiloheichem. Ani Adonai
Eloheichem Asher Hotzeiti Etchem MeiEretz
Mitzrayim, Li-h'yot Lachem Leilohim. Ani
Adonai Eloheichem.

You shall love Adonai, your God, with all your heart, with all your soul, and with all your might. And these words which I command you on this day, shall be in your heart. You shall teach them diligently to your children. You shall speak of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. Bind them as a sign upon your hand; let them be a symbol between your eyes. Write them on the doorposts of your house, and upon your gates.

That you may remember, and do all my commandments, and be holy unto your God. I, Adonai, am your God, who brought you out of the land of Egypt to be your God. I, Adonai, am your God

Love Adonai

Love Adonai your God with all your heart,
With all your soul and with all your mind.
And these words which I command you on this day
Shall be in your heart, shall be in your heart.

Teach them faithfully unto your children;
Speak of them when you sit in your house,
When you walk by the way,
When you lie down, and when you rise.

Bind them for a sign upon your hand
That they may be a symbol between your eyes.
Write them on the doorposts of your house
And upon your gates, and upon your gates.

ואהבת

ואהבת את יי אלהיך, בכל-לבבך
ובכל-נפשך ובכל-מאדך. והיו הדברים
האלה, אשר אנכי מצוך היום, על-לבבך;
ושונתם לבניך, ודברת בם בשבתך
בביתך, ובלקחתך בדרךך ובשכבך ובקומך.
וקשרתם לאות על-ידך, והיו לטטפת בין
עיניך; וכתבתם על מזוזות ביתך ובשעריך:

למען תזכרו ועשיתם את-כל-מצותי,
והייתם קדשים לאלהיכם: אני יי אלהיכם,
אשר הוצאתי אתכם מארץ מצרים,
להיות לכם לאלהים, אני יי אלהיכם:



שמע וברכותיה

Shema and Its Blessings

Mi Chamocha

*Mi Chamocha Ba'Elim Adonai? Mi Kamocha
Ne'edar Ba-Kodesh? Nora T'hilot Oseh Feleh?
Shira Chadasha Shi-b'chu Geulim L'Shimcha Al
S'fat HaYam, Yachad Kulam, Hodu V'Himlichu
V'Amru: Adonai Yimloch L'Olam Vaed.*

*Tzur Yisrael, Kuma B'Ezrat Yisrael, U-F'deh
Chinumecha Yehudah V'Yisrael. Go-aleinu
Adonai Tzevaot Sh'mo, K'dosh Yisrael. Baruch
Ata Adonai, Ga-al Yisrael.*

Who is like You among the gods, Adonai? Who is like You, majestic in holiness, awesome in splendor,
doing wonders?

With new song, inspired, the redeemed people praised Your name at the sea shore; in unison the
offered thanks and proclaimed your sovereignty; and they said, "Adonai will reign for ever and ever!"

O Rock of Israel, come to Israel's help. Fulfill your promise of redemption for Judah and Israel. Our
Redeemer is Adonai, the God of Hosts, the Holy One of Israel. Blessed is Adonai, the Redeemer of
Israel.

מי כמכה

מי כמכה באלים יי, מי כמכה נאדר
בקדש, נורא תהילת, עשה פלא: שירה
קדשה שבחו גאולים לשמך על שפת
הים, יחד בלם הודו והמליכו ואמרו: יי
ימלך לעולם ועד:

צור ישראל, קומה בעזרת ישראל, ופדה
כנאמך יהודה וישראל. גאלנו יי צבאות
שמו, קדוש ישראל. ברוך אתה יי גאל
ישראל:



תפילה

The Amidah

אֲדַנִּי שִׁפְתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, Sefatai Tiftach, U-Fi Yagid Tehilatecha

Adonai, open my lips, that my mouth may declare Your praise.

Avot V'Imahot

*Baruch Ata Adonai, Eloheinu V'elohei Avoteinu
V'Imoteinu. Elohei Avraham, Elohei Yitzchak
V'Elohei Ya'akov. Elohei Sarah, Elohei Rivkah,
Elohei Leah, V'Elohei Rachel. Ha-El HaGadol
HaGibor V'Ha-Norah El Elyon. Gomel
Chasadim Tovim, V'Koneh HaKol V'Zocher
Chasdei Avot V'Imahot. U-Mei-vi G'ulah
Li-V'nei V'neihem L'ma-an Sh'mo B'Ahavah.*

*Zochreinu L'Chayim, Melech Chafeitz
Ba'Chayim, U'Chotveinu B'Sefer Ha-Chayim
L'ma'ancha Elohim Chayim.*

*Melech Ozer U'Moshia U'Magen. Baruch Ata
Adonai, Magen Avraham V'Ezrat Sarah.*

אבות ואמהות

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ יְיָ אֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי לֵאָה וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכּוֹל, וְזוֹכֵר חֲסָדֵי אֲבוֹת
וְאִמּוֹת, וְיִמְבִּיא גְּאוּלָּה לְבָנֵי בְּנֵיהֶם לְמַעַן
שְׁמוֹ בְּאַהֲבָה:

זְכַרְנוּ לְחַיִּים, מְלֶכֶךְ חַפֵּץ בְּחַיִּים, וְכַתְּבָנוּ
בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן: בְּרוּךְ אַתָּה יי, מְגַן
אַבְרָהָם וְעֵזֶרֶת שָׂרָה:

Blessed are You, Adonai our God, God of our Fathers and Mothers. God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Leah, and God of Rachel; great, mighty, and awesome God -- God Supreme.

Source of all life, Your ways are ways of love. You remember the devotion of our ancestors, and in love bring redemption to their children's children for the sake of Your name.

You are our Ruler and our Helper, our Savior and our Shield. Blessed are you, Adonai, Shield of Abraham, Help of Sarah.



תפילה

The Amidah

G'vurot

Ata Gibor L'Olam Adonai, M'Chayei HaKol
Ata, Rav L'Hoshi-a.
M'Chal-kel Chayim B'Chesed, M'Chayei HaKol
B'Rachamim Rabim, Someich Noflim, V'Rofeh
Cholim, U'Matir Asurim, U-M'kayem
Emunato, Li-Sheinei Afar, Mi Chamocha Ba'al
Gevurot U'Mi Domeh Lach, Melech Mei-mit
U-M'Chayei U'Matz-miach Yeshuah.
Mi Chamocha Av Ha-Rachamim, Zocheir
Y'tzurav L'chayim B'rachamim.
V'Ne-eman Ata L'Ha-chayot HaKol. Baruch
Ata Adonai, M'Chayei HaKol.

גבורות

אתה גבור לעולם אדוני, מהייה הכל אתה,
רב להושיע:
מכלל חיים בחסד, מחייה הכל ברחמים
רבים, סומך נופלים, ורופא חולים, ומתיר
אסורים, ומקים אמונתו לישגי 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:

You are mighty forever, my God, You give life to everything, great is your power to save.

You bring down dew.

God sustains the living with kindness, brings life to all with great mercy, supports the fallen, heals the sick, frees the captive, and keeps faith with those who sleep in the dust. Who is like you, Source of Might, and who may be compared to You, Ruler who ordains the cycle of life and death and is the source of our salvation.

Who is like You, Source of Mercy? In compassion You remember Your creations for life.

Faithfully, You renew life in all. Blessed are You, Adonai, who brings life to all.

Unetaneh Tokef

Unetaneh tokef k'dushat hayom ki hu norah
v'ayom.

ונתנה טוקף

ונתנה תוקף קדשת היום כי הוא נורה ואים.

Let us recall the sacred power of this day, for it is awesome and solemn.

Let us ask ourselves hard questions
For this is the time for truth.

How much time did we waste
In the year that is now gone?

Did we fill our days with life
Or were they dull and empty?

Was there love inside our home
Or was the affectionate word left unsaid?

תפילה

The Amidah

Was there a real companionship with our children
Or was there a living together and growing apart?

*Were we a help to our partners
Or did we take them for granted?*

How was it with our friends:
Were we there when they needed us or not?

*The kind deed: did we perform it or postpone it?
The unnecessary gibe: did we say it or hold it back?*

Did we live by false values?
Did we deceive others?
Did we deceive ourselves?

*Were we sensitive to the rights and feelings
Of those who worked for us?*

Did we acquire only possessions
Or did we acquire new insights as well?

*Did we fear what others would say
And keep quiet when we should have spoken out?*

Did we mind only our business
Or did we feel the heartbreak of others?

*Did we live right,
And if not,
Then have we learned, and will we change?*



B'rosh Hashanah

*B'Rosh HaShanah Yikateivun U'V'Yom Tzom
Kippur Yeichateimun.*

בראש השנה

בראש השנה יכתבון וביום צום כפור
יכתמונ.

תפילה

The Amidah

When we really begin a new year it is decided,

And when we actually repent it is determined;

Who shall be truly alive and who shall merely exist;

Who shall be happy and who shall be miserable;

Who shall attain fulfillment in their day and who shall not attain fulfillment in their day;

Who shall be tormented by the fire of ambition and who shall be overcome by the waters of failure;

B'rosh Hashanah

*B'Rosh HaShanah Yikateivun U'V'Yom Tzom
Kippur Yeichateimun.*

בראש השנה

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן וּבַיּוֹם צוֹם כְּפוּר
יִחְתְּמוּן.

Who shall be pierced by the sharp sword of envy and who shall be torn by the wild beast of resentment;

Who shall hunger for companionship and who shall thirst for approval;

Who shall be shattered by the earthquake of social change and who shall be plagued by the pressures of conformity;

Who shall be strangled by insecurity and who shall be stoned into submission;

Who shall be content and who shall wander in search of satisfaction;

Who shall be serene and who shall be distraught;

B'rosh Hashanah

*B'Rosh HaShanah Yikateivun U'V'Yom Tzom
Kippur Yeichateimun.*

בראש השנה

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן וּבַיּוֹם צוֹם כְּפוּר
יִחְתְּמוּן.

תפילה

The Amidah

Who shall be at ease and who shall be afflicted with anxiety;

Who shall be poor in their own eyes and who shall be rich in tranquility;

Who shall be brought low with futility and who shall be exalted through achievement.

But repentance, prayer, and good deeds have the power to change the character of our lives.

Let us resolve to repent, to pray, and to do good deeds so that we may begin a truly new year.

B'rosh Hashanah

*B'Rosh HaShanah Yikateivun U'V'Yom Tzom
Kippur Yeichateimun.*

בראש השנה

בְּרֹאשׁ הַשָּׁנָה יִקְתְּבוּן וּבַיּוֹם צוֹם כְּפוּר
יִחְתַּמּוּן.



תפילה

The Amidah

Kedushah

N'Kadesh Et Shimcha BaOlam, K'Shem
SheMakdishim Oto Bi-Sh'mei Marom,
KaKatuv Al-Yad N'Viecha: V'Kara Zeh El Zeh
V'Amar.

Kadosh, Kadosh, Kadosh, Adonai Tzevaot
M'Lo Chol-HaAretz K'Vodo.

Adir Adireinu Adonai Adoneinu Ma Adir
Shimcha B'Chol Ha-Aretz!

Baruch K'vod Adonai, Mim-komo.

Echad Hu Eloheinu, Hu Avinu, Hu Malkeinu Hu
Moshieinu V'Hu Yashmienu B'rachamav
L'Einei Kol Chai.

Ani Adonai Eloheichem!

Yimloch Adonai L'Olam, Elohayich Tzion,
L'Dor VaDor. Halleluyah!

L'Dor Vador Nagid Godlecha, U-L'Netzach
N'Tzachim Kedushatcha Nakdish,
V'Shivchacha Eloheinu, MiPinu Lo Yamush
L'Olam Vaed. Baruch Ata Adonai, HaMelech
HaKadosh.

קדושה

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, כְּשֵׁם שְׁמִקְדִּישִׁים
אוֹתוֹ בְּשֵׁמֵי מְרוֹם, כְּכַתּוּב עַל־יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְיָ צְבָאוֹת, מְלֵא
כְּלֵהָאָרֶץ כְּבוֹדוֹ.

אֲדִיר אֲדִירָנוּ יְיָ אֲדוֹנֵינוּ מִה אֲדִיר שְׁמֶךָ
בְּכֹל־הָאָרֶץ!

בְּרוּךְ כְּבוֹד יְיָ, מִמְּקוֹמוֹ.

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ, הוּא מְלֻכְנוּ,
הוּא מוֹשִׁיעֵנו וְהוּא יִשְׁמִיעֵנו בְּרַחֲמָיו לְעֵינֵי
כָּל־חַי.

”אֲנִי יְיָ אֱלֹהֵיכֶם!”

יִמְלֹךְ יְיָ לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדוֹר וָדוֹר,
הַלְלוּיָהּ.

לְדוֹר וָדוֹר נָגִיד גְּדֻלָּךְ וְלִנְצַח נְצָחִים
קְדֻשָּׁתְךָ נְקַדִּישׁ, וְשִׁבְּחֶךָ אֱלֹהֵינוּ מִפִּינוּ לֹא
יִמוּשׁ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמְּלֹךְ
הַקְּדוֹשׁ.

To all generations we will make known Your greatness, and to all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed is Adonai, the Holy Sovereign.



תפילה

The Amidah

Ya'aleh V'Yavo

Eloheinu V'Eilohei Avoteinu V'Imoteinu,
Ya'aleh V'Yavo, V'Yizakeir Zichroneinu
V'Zichron Kol Amcha Beit Yisrael L'fanecha,
L'Tovah L'Chein U'L'Chesed U'L'Rachamim,
L'Chayim U'L'Shalom, B'Yom HaKippurim
Haze.

Zochreinu Adonai Eloheinu, Bo L'Tovah. Amen.
U'Fokdeinu Vo L'Vrachah. Amen.
V'Hoshieinu Vo L'Chayim. Amen.

יעלה ויבוא

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, יַעֲלֶה
וַיָּבֵא, וַיִּזְכֹּר זְכוֹרֹנֵנוּ וְזְכוֹרֹן כָּל עַמּוֹךְ בֵּית
יִשְׂרָאֵל לְפָנֶיךָ, לְטוֹבָה לְחַן וּלְחֶסֶד
וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם הַכִּפּוּרִים
הַזֶּה.

זְכוֹרֵנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה. אָמֵן.
וּפְקֻדֵנוּ בּוֹ לְבִרְכָה. אָמֵן.
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. אָמֵן.

Our God and God of all ages, be mindful of Your people Israel on this Day of Remembrance, and renew us in love and compassion, goodness, life, and peace.

This day remember us for well-being. Amen.

This day remember us with Your nearness. Amen.

This day help us to live. Amen.



תפילה

The Amidah

Some Old Thoughts for the New Year

Others can live without us, but we cannot live without others.

We cannot be happy unless we are useful.

It is great to be loved, it is even greater to love.

When we improve ourselves, we make a most vital contribution to the improvement of humanity.

In morals as in mathematics, a straight line is the shortest distance between two points.

We may declare time to be an enemy, when in fact time is our most faithful friend.

How do you spend yours?

It is no less important to cultivate the ability to forget than it is to develop the power to remember.

The true measure of a person's size is his ability to make others feel large.

The indispensable requirement for mastering life is mastering ourselves.

We learn to live when we learn to give.

-Rabbi Sidney Greenberg

Priestly Blessing

*Eloheinu V'Eilohai Avoteinu V'Imoteinu,
Barcheinu Va'Brachah HaMeshu-leshet
HaK'tuvah BaTorah:*

*Y'varechecha Adonai V'Yishmarecha.
Ken Yihi Ratzon.*

*Ya'eir Adonai Panav Eilecha ViChuneka.
Ken Yihi Ratzon.*

*Yisa Adonai Panav Eilecha V'Yaseim L'cha Shalom.
Ken Yihi Ratzon.*

ברכת הכהנים

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, בְּרַכְנוּ
בְּבִרְכַּת הַמְּשֻׁלֶּשֶׁת הַכְּתוּבָה בַּתּוֹרָה:

יְבָרֶכְךָ יי וְיִשְׁמְרֶךָ.

כֵּן יְהִי רָצוֹן

יָאֵר יי פְּנֵיו אֵלֶיךָ וַיְחַנֶּךָ.

כֵּן יְהִי רָצוֹן

יֵשֵׁא יי פְּנֵיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם.

כֵּן יְהִי רָצוֹן

Our God and God of all generations, bless us with the threefold benediction of the Torah:

May God bless you and keep you.

Be this God's will!

May the light of God's face shine upon you and be gracious to you.

Be this God's will!

May God give you favor and peace.

Be this God's will!

תפילה

The Amidah

Sim Shalom

*Sim Shalom Tova U-V'racha, Chen VaChesed
V'Rachamim, Aleinu V'Al Kol Yisrael Amecha.
Barcheinu, Avinu, Kulanu K'Echad, B'Or
Panecha, Ki B'Or Panecha Natata Lanu,
Adonai Eloheinu, Torat Chayim V'Ahavat
Chesed, U-Tzedakah, U-V'racha, V'Rachamim
V'Chayim V'Shalom. V'Tov B'Enecha L'Varech
Et Amcha Yisrael, B'Chol Et, U-V'Chol Sha-ah
BiSh'lomecha. B'sefer Chayim, B'rachah
V'Shalom, U'Farnasah Tovah, Niza-cheir
V'Nika-teiv L'fanecha, Anachnu V'Kol Amcha
Beit Yisrael, L'Chayim Tovim U'L'Shalom.
Baruch Ata Adonai, HaMevarech Et Amo
Yisrael BaShalom.*

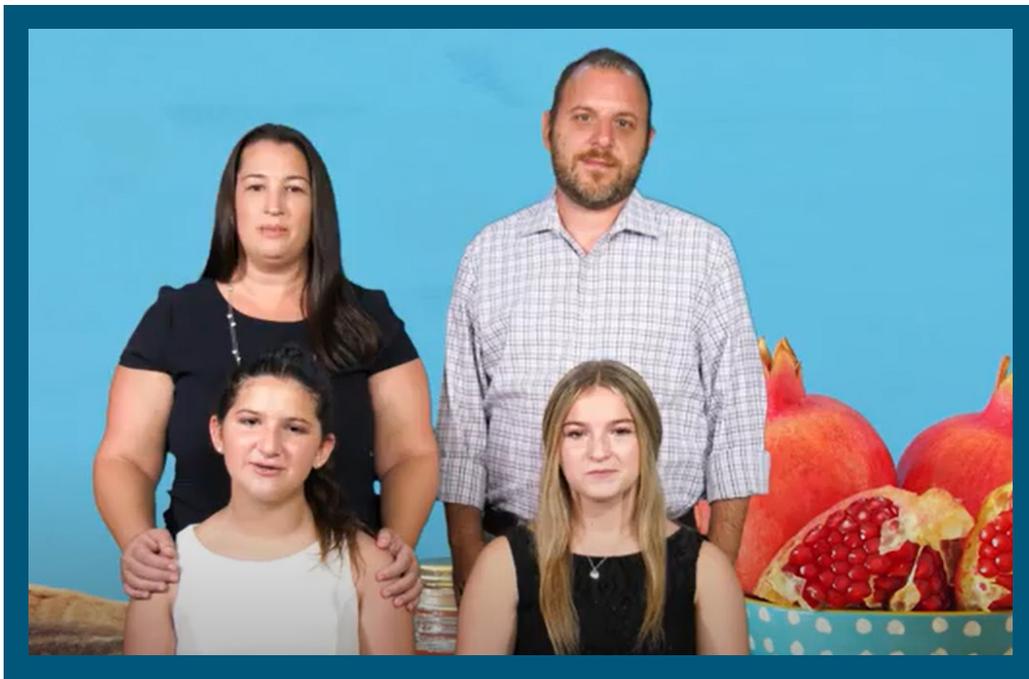
ברכת שלום

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד
וְרַחֲמִים, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.
בְּרַכְנוּ, אָבִינוּ, כָּלֵנוּ כְּאַחַד בְּאוֹר פְּנִיךָ, כִּי
בְאוֹר פְּנִיךָ נִתַּתְּ לָנוּ, יְיָ אֱלֹהֵינוּ, תּוֹרַת
חַיִּים וְאַהֲבַת חֶסֶד, וְצִדְקָה וּבְרָכָה וְרַחֲמִים
וְחַיִּים וְשְׁלוֹם, וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ
יִשְׂרָאֵל בְּכֹל עֵת וּבְכֹל שְׁעָה בְּשְׁלוֹמְךָ.
בְּסֵפֶר חַיִּים, בְּרָכָה וְשְׁלוֹם, וּפְרֻנְסָה טוֹבָה,
נִזְכָּר וְנִכְתָּב לְפָנֶיךָ, אֲנַחְנוּ וְכָל עַמְּךָ בֵּית
יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשְׁלוֹם. בְּרוּךְ אַתָּה
יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Grant peace, well-being and blessing, grace, kindness and compassion, to us and all who feel awe for your name. Bless us, our Source, all together as one, with the light of Your presence; for with Your light You have given us, Adonai our God, a Torah of life, love of kindness, justice and blessing, compassion, life, and peace. May it be good in your sight to bless your people Israel and all peoples with peace.

Remember and write us into the Book of Life, Blessing, and Peace, Good Success, us and all of Your People Israel, for good life and peace.

Blessed are You, Adonai, who blesses the people Israel with peace.



וידוי Confession

Tavo L'Fanecha

Eloheinu V'Elohei Avoteinu V'Imoteinu, Tavo
L'Fanecha T'Filateinu, V'Al Titaleim
Mit'chinateinu, Sh'ein Anu Azei Fanim U'Kshei
Oref, Lomar L'Fanecha, Adonai Eloheinu
V'Elohei Avoteinu V'Imoteinu, Tzadikim
Anachnu V'Lo Chatanu, Aval Anachnu
Chatanu.

תבוא לפניך

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, תָּבֹא
לְפָנֶיךָ תְּפִלָּתֵנוּ, וְאַל תִּתְעַלֵּם מִתְחַנְּנֵנוּ,
שֶׁאִין אָנוּ עֲוֵי פָּנִים וְקָשֵׁי עֲרָף, לֹא־מֵר
לְפָנֶיךָ, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ, צְדִיקִים אֲנַחְנוּ וְלֹא הִטָּאנוּ, אֲבָל
אֲנַחְנוּ הִטָּאנוּ.

O God and God of our fathers and mothers, let our prayers reach You. Do not ignore our pleas, for we are not so conceited and stubborn to say before You, Adonai our God, that we are perfect and have not sinned. We admit: we have sinned, we have transgressed, we have gone astray.

All year long we have been making choices. We had to choose who would be our friends and who would not. We had to choose what to eat, what would occupy our time, what to say, and what to do. We made many choices, but not every choice was a good one.

At times, we said the wrong thing. We did not mean for our words to hurt, but they hurt nonetheless. At times, we even spoke words in anger. Perhaps we wanted to take those words back. But, once we had spoken them, they could not be changed.

For a few moments, think to yourself: “What did I do that might have hurt someone? A friend, family member, or myself?”

Ashamnu

Ashamnu, Bagadnu, Gazalnu, Dibarnu Dofi.
He'evinu, V'Hirshanu, Zadnu, Chamasnu,
Tafalnu Shakeir. Ya'atznu Ra, Kizavnu, Latznu,
Maradnu, Ni'atznu. Sararnu, Avinu, Pashanu,
Tzararnu, Kishinu Oreif. Rashanu, Shichatnu,
Ti-avnu, Ta-inu, Ti-tanu.

אשמונו

אֲשָׁמנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ דָּפִי. הֶעֱוִינוּ,
וְהִרְשָׁעְנוּ, וְזָדְנוּ, חָמַסְנוּ, טָפַלְנוּ שָׂקֵר. יַעֲצֵנוּ
רָע, כִּזְבְּנוּ, לָצַנוּ, מָרַדְנוּ, נֶאֱצַנוּ. סָרְרְנוּ.
עִוִּינוּ, פָּשַׁעְנוּ, צָרַרְנוּ, קִשִּׁינוּ עֲרָף. רִשָּׁעְנוּ.
שָׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲיֵנוּ. תַּעֲתָעְנוּ.

We have all made mistakes in the last year. Together we confess the variety of transgressions that we have committed:

Arrogance, Bigotry, Cheating, Deceit, Egotism, Flattery, Greed, Hatred, Injustice, Jealousy, Grudges, Lying, Meanness, Narrow-mindedness, Obnoxiousness, Possessiveness, Quitting learning after Bar or Bat Mitzvah, Ratting on others, Selfishness, Teasing, Violence, Weakness of will, Xenophobia, Yielding to temptation, Showing Zeal for bad causes.

וידוי

Confession

Today it is time to question ourselves about our behavior in the past year.

Was I honest in what I did or did I cheat others or myself?

Did I give enough or was I too selfish?

Was I kind enough or was I cruel or thoughtless too much of the time?

Did I show my family how important they are to me or did I take them for granted?

Did I respect my teachers and other students or did I think only of myself?

Did I help welcome new people at school or did I make them feel excluded?

Did I help around the house or did I expect others to do things for me?

We begin to heal ourselves on Yom Kippur when we remember and say out loud things we are sorry we have done. We say we are sorry together because not one of us is perfect. Everyone does wrong, sometimes on purpose, sometimes without thinking. When we do not do what the Torah commands, we call the wrong: *al cheit*.

We speak of our cheit and say to God, “**Al Cheit shechetanu l’fanecha**, for the wrong we did, we are sorry.”

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ...

Al cheit shechatanu l’fanecha...

For saying harsh words,
we are sorry.

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ...

Al cheit shechatanu l’fanecha...

For using fists instead of using words when we feel hurt,
we are sorry.

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ...

Al cheit shechatanu l’fanecha...

For not sharing,
we are sorry.

וידוי

Confession

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ...

Al cheit shechatanu l'fanecha...

For not listening to those who have tried to help us,
we are sorry.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ...

Al cheit shechatanu l'fanecha...

For doing wrong even though we knew the right thing to do,
we are sorry.

V'al Kulam

*V'al Kulam Elohah S'lichot, S'lach Lanu, M'chal
Lanu Kapeir Lanu.*

ועל כולם

וְעַל כְּלָם, אֱלֹהֵי סְלִיחוֹת, סְלַח־לָנוּ,
מַחֲל־לָנוּ, כִּפְּר־לָנוּ.

For all these sins, O God of Mercy, forgive us, pardon us, grant us atonement!

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ...

Al cheit shechatanu l'fanecha...

For making excuses about our behavior,
we are sorry.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ...

Al cheit shechatanu l'fanecha...

For using our words to lie and cheat,
we are sorry.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ...

Al cheit shechatanu l'fanecha...

For thinking of ourselves before we think of others,
we are sorry.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ...

Al cheit shechatanu l'fanecha...

For the misdeeds we did intentionally,
we are sorry.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ...

Al cheit shechatanu l'fanecha...

For the misdeeds we did by accident,
we are sorry.

וידוי Confession

V'al Kulam

*V'al Kulam Elohad S'lichot, S'lach Lanu, M'chal
Lanu Kapeir Lanu.*

ועל כולם

ועל כלם, אלוהי סליחות, סלח-לנו,
מחל-לנו, כפר-לנו.

For all these sins, O God of Mercy, forgive us, pardon us, grant us atonement!

Turn to your parents, grandparents, friends, brothers, sisters – whoever is sitting beside you. Now, repeat after me – looking at each other, saying to each other:

Selichah,

Selichah,

I am sorry.

I am sorry.

For anything I might have said that hurt you, I am sorry.

For anything I might have said that hurt you, I am sorry.

For anything I might have done that hurt you, I am sorry.

For anything I might have done that hurt you, I am sorry.

For anything I forgot to do that I should have done, I am sorry.

For anything I forgot to do that I should have done, I am sorry.

Selichah – Please forgive me.

Selichah - Please forgive me.

From deep inside, from our heart of hearts, with all the love we have to offer, let us say to one another:

Salachti – I forgive you.

Salachti – I forgive you.

For all the wrongs, the ones we say out loud
and those we know in our hearts,
forgive us, God. Help us to do better.

V'al Kulam

*V'al Kulam Elohad S'lichot, S'lach Lanu, M'chal
Lanu Kapeir Lanu.*

ועל כולם

ועל כלם, אלוהי סליחות, סלח-לנו,
מחל-לנו, כפר-לנו.

For all these sins, O God of Mercy, forgive us, pardon us, grant us atonement!

וידוי Confession

Sh'ma Koleinu

*Sh'ma Koleinu, Adonai Eloheinu, Chus
V'Racheim Aleinu, V'Kabeil B'rachamim,
Uv'Ratzon Et T'filateinu.*

Ki El Shomea T'fillot V'Tachanunim Ata.

*Hashiveinu Adoni Eilecha, V'nashuva. Chadeish
Yameinu K'kedem.*

שמע קולינו

שְׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,
וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ.

כִּי אֵל שׁוֹמֵעַ תְּפִלוֹת וְתַחֲנוּנִים אַתָּה,

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה, חַדֵּשׁ יָמֵינוּ
כְּקֵדֶם.

Hear our voice, Adonai our God, have compassion on us, and with that compassion hear our prayer,
For you are a God who listens to prayers and pleas.

Help us return to You, Adonai our God, then truly we shall return. Renew our days as in the past.



סדר קריאת התורה

Service of the Reading of Torah

Avinu Malkeinu, make me a better child. Help me to understand my parents, and to treat them with love and kindness.

Help me never to laugh at my children's mistakes or say hurtful things when they displease me. May I never punish them for my own satisfaction or to show my power.

Help me to understand that parents make mistakes too. May I never say or do things just to hurt them.

Let me not teach my child to steal. Guide me hour by hour, that I might show by all I say and do that honesty produces happiness.

Let me not learn to lie. Guide me hour by hour, that I might be truthful with my parents – both about my actions and about my feelings.

Reduce, I pray, the mean-ness in me. And when I am out of sorts, help me, God, to hold my tongue. May I ever be mindful that they are children and that I should not expect of them the wisdom of adults.

May I try to speak clearly to my parents, even when I am angry, and to help them to understand how hard it sometimes is to be a child. And may I also understand how hard it must sometimes be to be a parent.

Let me not rob them of the opportunity to grow and to make decisions for themselves.

Help me to listen to their advice, and to hear their love and caring that comes with it.

Bless me with the generosity to grant them all their reasonable requests, and the courage to deny them what I know will cause them harm.

Help me to accept my parents' decisions, which may at times seem unfair, but come only from their love and concern for me.

Help me to be just and fair and kind.

Help me to be just and fair and kind.

So that I will be worthy of my children's love and respect.

So that I will be worthy of my parents' love and respect.

Amen.

Amen.

סדר קריאת התורה

Service of the Reading of Torah

Avinu Malkeinu

Avinu Malkeinu, Sh'ma Koleinu.
Avinu Malkeinu, Chatanu L'fanecha.
Avinu Malkeinu, Chamol Aleinu, V'Al
Ola-leinu V'Tapeinu.
Avinu Malkeinu, Kalei Dever V'Cherev V'Ra'av
Mei-Aleinu.
Avinu Malkeinu, Kalei Kol Tzar U'Mastin
Mei-Aleinu.
Avinu Malkeinu, Kotveinu B'Sefer Chayim
Tovim.
Avinu Malkeinu, Choneinu Va'Aneinu, Ki Ayn
Banu Ma'asim, Aseh Imanu Tzedakah
Va'Chesed V'Hoshieinu.

אבינו מלכינו

אָבִינוּ מַלְכֵנוּ, שְׁמַע קוֹלֵנוּ,
אָבִינוּ מַלְכֵנוּ, חַטָּאנוּ לְפָנֶיךָ.
אָבִינוּ מַלְכֵנוּ, חַמּוֹל עָלֵינוּ וְעַל עוֹלָלֵינוּ
וְטַפְּנוּ.
אָבִינוּ מַלְכֵנוּ, כְּלֵה דְבַר וְחָרֵב וְרָעַב
מֵעָלֵינוּ.
אָבִינוּ מַלְכֵנוּ, כְּלֵה כָּל צָר וּמִשְׁטֵיץ מֵעָלֵינוּ.
אָבִינוּ מַלְכֵנוּ, כְּתַבְנוּ בְּסֵפֶר הַיָּמִים טוֹבִים.
אָבִינוּ מַלְכֵנוּ, חִדַּשׁ עָלֵינוּ שָׁנָה טוֹבָה.
אָבִינוּ מַלְכֵנוּ, חַנּוּן וְעֲנֻנּוּ, כִּי אֵין בָּנוּ
מַעֲשִׂים, עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד
וְהוֹשִׁיעֵנוּ.

Avinu Malkeinu, hear our voice.

Avinu Malkeinu, we have sinned against You.

Avinu Malkeinu, have compassion on us and on our children.

Avinu Malkeinu, make an end to sickness, war, and famine.

Avinu Malkeinu, make an end to all oppression.

Avinu Malkeinu, inscribe us for blessing in the Book of Life.

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

Avinu Malkeinu, be gracious and answer us, even when we have little merit;

treat us generously and with kindness, and be our help.

Adonai, Adonai

Adonai, Adonai, El, Rachum, V'Chanun, Erech
Apayim, V'Rav Cheded, V'Emet. Notzeir Chesed
La'Alafim, Noseh Avon, VaFesha, V'Chata'ah,
V'Nakeih.

יְי, יי

יְי, יי, אֵל, רַחוּם, וְחַנּוּן, אַרְךָ אַפַּיִם, וְרַב
חֶסֶד, וְאֵמֶת, נֹצֵר חֶסֶד לְאַלְפִים, נֹשֵׂא עוֹן,
וּפֹשֵׁעַ, וְחַטָּאָה, וְנִקְיָה.

Adonai, Adonai, God is merciful and gracious, endlessly patient, loving and true, showing mercy to thousands, forgiving iniquity, transgression, and sin, and granting pardon.

סדר קריאת התורה

Service of the Reading of Torah

Removing the Torah from the Ark

כי מציון תצא תורה, ודבר יי מירושלים.
Ki Mi'Tzion Teitzei Torah, U'Dvar Adonai Mi'Y'rushalayim.

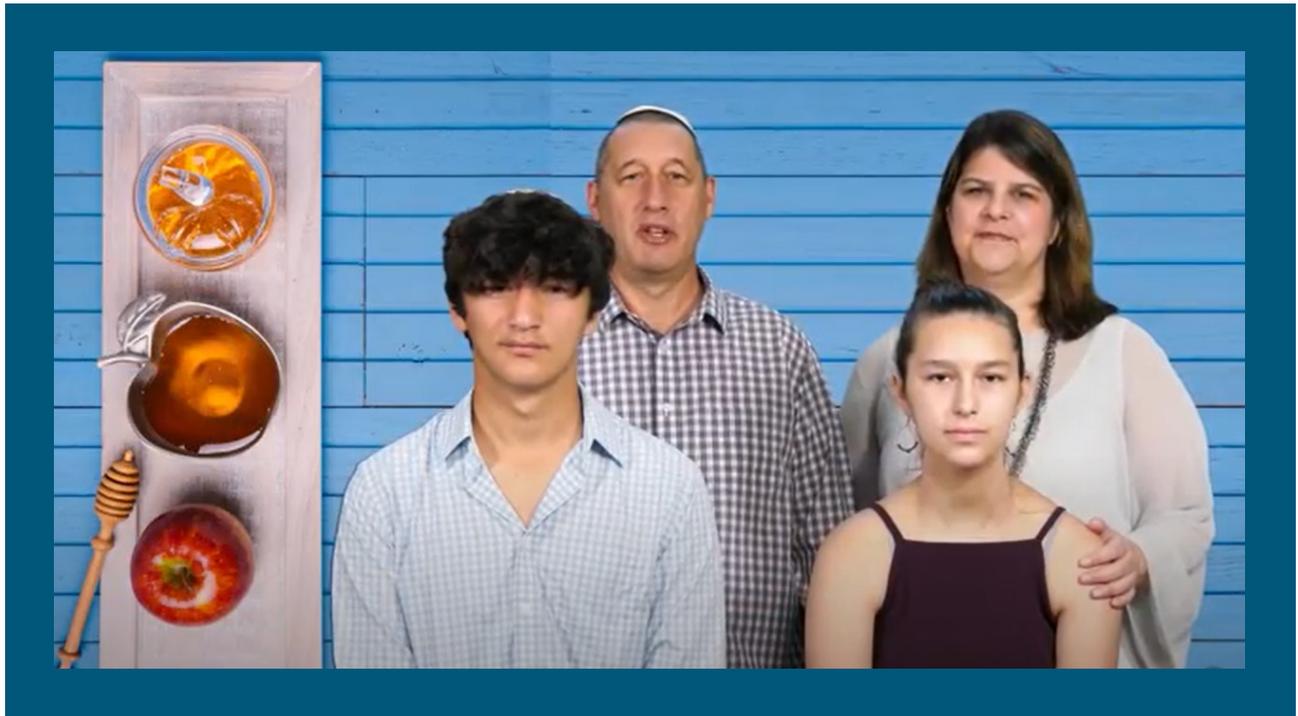
ברוך שנתן תורה לעמו ישראל בקדשותו.
Baruch SheNatan Torah, L'Amo Yisrael BiK'dushato.

שמע ישראל, יי אלהינו, יי אחד:
Sh'ma Yisrael Adonai Eloheinu Adonai Echad:

אחד אלהינו, גדול אדנינו, קדוש שמו
Echad Eloheinu, Gadol Adoneinu, Kadosh Sh'mo.

*L'cha Adonai HaGedulah V'HaGevurah
V'HaTiferet V'HaNetzach V'HaHod, Ki Chol
BaShamayim U-Va' Aretz, L'cha Adonai
HaMamlacha V'HaMitnasei L'Chol L'Rosh.*

לך יי הגדלה והגבורה והתפארת והניצח
וההוד, כי כל בשמים ובארץ, לך יי
הממלכה והמתנשא לכל לראש.



סדר קריאת התורה

Service of the Reading of Torah

Torah Blessings

ברכות התורה

(Before The Reading)

Barchu Et Adonai HaM'vorach
Baruch Adonai HaM'vorach L'Olam Vaed.
Baruch Ata Adonai, Eloheinu Melech HaOlam,
Asher Bachar Banu MiKol Ha'amim, V'Natan
Lanu Et Torato.
Baruch Ata Adonai, Notein HaTorah.

בְּרַכּוּ אֶת־יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
בָּחַר־בָּנוּ מִכָּל הָעַמִּים וְנָתַן־לָנוּ
אֶת־תּוֹרָתוֹ.
בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה.

Bless Adonai, who is Blessed.

Blessed is Adonai, who is Blessed for ever.

Blessed are You, Adonai our God, Ruler of the Universe, who has chosen us from all peoples by giving us the Torah. Blessed are You Adonai, Giver of the Torah.

Deuteronomy 29

You stand this day, all of you, before Adonai your God—the heads of your tribes, your elders and officers, every one in Israel, men, women, and children, and the strangers in your camp, from the one who chops your wood to the one who draws your water—to enter into the sworn covenant which the Adonai your God makes with you this day, in order to establish you henceforth as the people whose only God is Adonai, as you had been promised, and as God had sworn to Abraham, Isaac and Jacob. And it is not with you alone that I make this sworn covenant: I make it with those who are standing here with us today before Adonai our God, and equally with all who are not here with us today.

דברים כט

אַתֶּם נֹצְבִים הַיּוֹם כְּלָכֶם לִפְנֵי יְהוָה
אֱלֹהֵיכֶם רְאִשֵׁיכֶם שְׂבִיטֵיכֶם זְקֵנֵיכֶם
וְשֹׁמְרֵיכֶם כָּל אִישׁ יִשְׂרָאֵל: טַפְּכֶם
נְשִׂיכֶם וְגֵרְךָ אֲשֶׁר בְּקִרְבְּךָ מִחֲנֹךָ מִחֹטֵב
עֵצֶיךָ עַד שֹׂאֵב מִיַּמֶּיךָ: לְעִבְרְךָ בְּבְרִית
יְהוָה אֱלֹהֶיךָ וּבְאֵלֹתָי אֲשֶׁר יְהוָה אֱלֹהֶיךָ
כָּרַת עִמָּךְ הַיּוֹם: לְמַעַן תְּקִים־אֶת־ךָ הַיּוֹם
| לֹא לְעַם וְהוּא יְהִי־לְךָ לְאֱלֹהִים כְּאֲשֶׁר
דִּבַּרְתָּךְ וּכְאֲשֶׁר נִשְׁבַּע לְאַבְרָהָם
לְאַבְרָהָם לְיִצְחָק וְלְיַעֲקֹב: וְלֹא אֶתְכֶם
לְבַדְכֶם אֲנֹכִי כָרַת אֶת־הַבְּרִית הַזֹּאת
וְאֶת־הָאֱלֹהִים הַזֹּאת: כִּי אֶת־אֲשֶׁר יִשְׁנֹו
פֹּה עִמָּנוּ עִמְד הַיּוֹם לִפְנֵי יְהוָה אֱלֹהֵינוּ
וְאֵת אֲשֶׁר אֵינָנוּ פֹּה עִמָּנוּ הַיּוֹם:

סדר קריאת התורה

Service of the Reading of Torah

Deuteronomy 30

For this commandment which I command you, this day is not too hard for you, nor too remote. It is not in heaven, that you should say: 'Who will go up for us to heaven and bring it down to us, that we may do it?' Nor is it beyond the sea for us and bring it over to us, that we may do it?' No, it is very near to you, in your mouth and in your heart, and you can do it.

See, I have set before you this day life and good, or death and evil. For I command you this day to love Adonai, to walk in the ways and to keep the commandments, laws, and teachings of your God, that you may live and increase, and that Adonai your God may bless you in the land that you are about to occupy. But if your heart turns away and you do not listen, but let yourself be lured away to worship other gods, and serve them, I warn you now that you will perish: you will not live long in the land which you are crossing the Jordan to enter and inherit.

I call heaven and earth to witness against you this day that I have set before you life or death, blessing or curse; choose life, that you and your descendants may live—by loving Adonai your God, listening to God's voice, and holding fast to the One who is your life and the length of your days. Then you shall endure in the land which God promised to your fathers, to Abraham, Isaac and Jacob.

דברים ל

כִּי תִמְצְוֶה הַיּוֹם אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם
לֹא־נִפְלְאוֹת הוּא מִמֶּנִּי וְלֹא־רְחֹקָה
הוּא: לֹא בַשָּׁמַיִם הוּא לֵאמֹר מִי
יַעֲלֶה־לָּנוּ הַשָּׁמַיְמָה וְיִקַּח־לָּנוּ וְיִשְׁמַעֵנוּ
אֶת־ה' וְנַעֲשֶׂנּוּהָ: וְלֹא־מֵעַבֵּר לַיָּם הוּא
לֵאמֹר מִי יַעֲבֹר־לָּנוּ אֶל־עַבְרַת הַיָּם וְיִקַּח־ה'
לָּנוּ וְיִשְׁמַעֵנוּ אֶת־ה' וְנַעֲשֶׂנּוּהָ: כִּי־קְרוֹב
אֵלַיִךְ תְּדַבֵּר מֵאֵד בְּפִיךָ וּבְלִבְבְּךָ
לַעֲשׂוֹתוֹ:

רָאה נָתַתִּי לְפָנֶיךָ הַיּוֹם אֶת־הַחַיִּים
וְאֶת־הַטּוֹב וְאֶת־הַמָּוֶת וְאֶת־הָרָע: אֲשֶׁר
אֲנִי מְצַוְךָ הַיּוֹם לְאַהֲבָה אֶת־יְהוָה
אֱלֹהֶיךָ לְלַכֵּת בְּדַרְכָּיו וּלְשַׁמֵּר מִצְוֹתָיו
וְחֻקָּתָיו וּמִשְׁפָּטָיו וְחַיִּיתָ וּרְבִיתָ וּבִרְכָה
יְהוָה אֱלֹהֶיךָ בְּאֶרֶץ אֲשֶׁר־אַתָּה
בֹּא־שָׂמָה לְרִשְׁתָּהּ: וְאִם־יִפְנֶה לְבַבְךָ
וְלֹא תִשְׁמַע וְנִדְחֶה וְהִשְׁתַּחֲוִיתָ לְאֱלֹהִים
אֲחֵרִים וְעַבַּדְתָּם: הִגַּדְתִּי לָכֶם הַיּוֹם כִּי
אֲבֹד תֵּאבְדוּן לֹא־תֵאָרִיכוּ יָמִים
עַל־הָאָדָמָה אֲשֶׁר אַתָּה עֹבֵר
אֶת־הַיַּרְדֵּן לְבֹא שָׂמָה לְרִשְׁתָּהּ:

הַעֲדֹתִי בְכֶם הַיּוֹם אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ הַחַיִּים וְהַמָּוֶת נָתַתִּי לְפָנֶיךָ
הַבְּרָכָה וְהַקְּלָלָה וּבַחֲרַתְּ בַּחַיִּים לְמַעַן
תִּחְיֶה אִתָּה וְזָרַעְךָ: לְאַהֲבָה אֶת־יְהוָה
אֱלֹהֶיךָ לְשִׁמְעַת בְּקִלּוֹ וּלְדַבְּקָה־בּוֹ כִּי הוּא
חַיִּיךָ וְאַרְךָ יָמֶיךָ לְשִׁבְתָּ עַל־הָאָדָמָה
אֲשֶׁר נִשְׁפַּע יְהוָה לְאַבְרָהָם לְיִצְחָק
וְלַיַּעֲקֹב לְתֵת לָהֶם:

סדר קריאת התורה

Service of the Reading of Torah

(After The Reading)

*Baruch Ata Adonai, Eloheinu Melech HaOlam,
Asher Natan Lanu Torat Emet, V'Chayei Olam
Nata B'Tocheinu.
Baruch Ata Adonai, Notein HaTorah.*

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

Blessed are You, Adonai our God, Ruler of the Universe, who has given us a Torah of truth, implanting within us eternal life. Blessed are You, Adonai, Giver of the Torah.

Returning the Torah to the Ark

הכנסת התורה

*V'Zot HaTorah Asher Sam Moshe Lifnei B'nai
Yisrael, Al-Pi Adonai B'Yad-Moshe.*

וְזֹאת הַתּוֹרָה אֲשֶׁר־שָׂם מֹשֶׁה לִפְנֵי בְנֵי
יִשְׂרָאֵל, עַל־פִּי יְיָ בְּיַד־מֹשֶׁה.

And this is the Torah that Moses placed before the Children of Israel, according to the word of God through the hand of Moses.

*Etz-Chayim Hi L'Machazikim Bah,
V'Tomcheha M'UShar. D'racheha
Darchei-Noam, V'Chol Netivoteha Shalom.
Hashivenu Adonai Elecha, V'Nashuva. Chadesh
Yameinu K'Kedem.*

עֵץ־חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתוֹמְכֶיהָ
מֵאֲשֶׁר. דְּרָכֶיהָ דְרָכֵי־נְעָם, וְכָל־נְתִיבוֹתֶיהָ
שְׁלוֹם. הַשִּׁיבֵנוּ יְיָ אֵלֵינוּ, וְנִשׁוּבָה. חֲדָשׁ
יָמֵינוּ כְּקֵדֶם.

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. Help us to return to You, Adonai; then truly shall we return. Renew our days as in the past.

Tree of Life

It is a tree of life to them that hold fast to it
And all of its supporters are happy.

Shalom Shalom.

Etz-Chayim Hi L'Machazikim Bah, V'Tomcheha M'UShar.

סדר קריאת התורה

Service of the Reading of Torah

Mi Shebeirach

Mi Shebeirach Avoteinu
M'kor HaBracha L'Imoteinu
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.

Mi Shebeirach Imoteinu
M'kor HaBracha L'Avoteinu
Bless those in need of healing
With *Refuah Sh'leima*
The renewal of body,
The renewal of spirit,
And let us say, Amen.



עלינו וקדיש יתום

Aleinu and Mourner's Kaddish

Aleinu

*Aleinu L'Shabei-ach La'Adon HaKol, LaTet
G'dulah L'Yotzer B'Reishit, She-lo Asanu
K'Goyei Ha'Aratzot, V'Lo Samanu
K'Mishpachot Ha'Adamah, She-lo Sam
Chelkeinu Ka-Hem V'Goraleinu K'Chol
HaMonam.
Va'Anachnu Korim U'Mishtachavim
U'Modim, Lifnei Melech Malchei Hamlachim,
HaKadosh Baruch Hu.*

עלינו

*עֲלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה
לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי
הָאֲרָצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה,
שֶׁלֹּא שָׁם חִלְקֵנוּ כִּהֵם, וְגִרְלָנוּ כְּכֹל הַמּוֹנֵם:
וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֶי
מֶלֶךְ, מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.*

We must praise the Sovereign of all, the Maker of heaven and earth, who has set us apart from the other families of earth, giving us a destiny unique among the nations.

We therefore bow in awe and thanksgiving before God, The Holy One of Blessing.

O God and God of our ancestors, grant us of Your spirit, that we may be cleansed of the jealousy and hatred, the pride and smallness which sour life and poison happiness.

May the New Year bring to all people and to all nations the ability to live justly and walk humbly with You. May our hearts be open with generosity, and our hands ready with kindness.

May the words of our mouth and the meditations of our heart find expression in our lives day by day, that we may bridge the gap between our conscience and our conduct, between what we believe and what we do.

May all our aspirations for good soon be fulfilled.

Shana Tova.

*V'Ne-emar, V'Hayah Adonai L'Melech Al Kol
Ha-Aretz, Bayom HaHu Yih-yeh Adonai Echad,
U-Sh'mo Echad.*

*וְנֵאמָר, וְהָיָה יי' לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם
הַהוּא יִהְיֶה יי' אֶחָד, וּשְׁמוֹ אֶחָד:*

And it is said: Adonai will be the Ruler over all the world -- on that day Adonai will be one and God's name will be one.

עלינו וקדיש יתום

Aleinu and Mourner's Kaddish

Kaddish

Yitgadal V'Yitkadash Sh'mei Raba. B'Alma
Di-V'ra Chirutei V'Yamlich Malchutei
B'Chayeichon U-V'Yomeichon U-V'Chayei
D'Chol-Beit Yisrael, Ba-agala U-Vi-z'man
Kariv V'Imru Amen.
Y'Hei Sh'mei Raba M'Vorach L'Olam
U-L'Almei Almaya.
Yitbarach V'Yishtabach V'Yitpa-ar
V'Yitromam V'Yitnasei, V'Yithadar V'Yitaleh
V'Yithalal Sh'mei D'Kud-sha B'rich Hu. L'Eila
Min Kol Birchata V'Shirata, Tushb'chata
V'Nechemata Da-Amiran B'Alma V'Imru
Amen.
Y'Hei Sh'lama Raba Min Sh'maya V'Chayim
Aleinu V'Al Kol Yisrael V'Imru Amen.
Oseh Shalom Bimromav Hu Ya-aseh Shalom,
Aleinu V'Al Kol Yisrael V'Imru Amen.

Chazak

We have come from near and far
To raise our voice in song,
And the more we join in the refrain,
The more we feel strong.

Chazak, chazak, v'nit chazeik.

There is a power in this place and time,
It shapes the rest of our lives,
For when we return each year we find
A truth we can't deny.

Be strong, let us strengthen one another.
Be strong, let us celebrate our lives.
Be strong, let us strengthen one another.
Chazak, chazak, v'nit chazeik.
Chazak, chazak, v'nit chazeik.

קדיש יתום

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי
בְּרָא כְרֵעוּתָהּ, וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא
וּבְזֶמַן קָרִיב וְאָמְרוּ אָמֵן:
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי
עָלְמֵינָא:
יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא לְעֵלְמָא מִן כָּל בְּרַכְתָּא
וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמְרִין
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:
עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵינוּ הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

As we sing we link ourselves,
To those who came before,
And we're one with all those yet to
come,
Our strength it will endure.

Be strong, let us strengthen one another.
Be strong, let us celebrate our lives.
Be strong, let us strengthen one another.
Chazak, chazak.

Be strong, let us strengthen one another.
Be strong, let us celebrate our lives.
Be strong, let us strengthen one another.
Chazak, chazak, v'nit chazeik.



גמר חתימה

טובה!

G'mar Chatima Tova!

May you be sealed in
the Book of Life!

Sources

Gates of Repentance, CCAR Press

Gates of Repentance for Young People, CCAR Press

High Holy Day Family Services, Har Sinai Congregation, Owings Mills, Maryland

High Holy Day Prayerbook: A Creative Liturgy for Families, Temple Emanu-El, Livingston, NJ

Kol Haneshamah: Mahzor Leyamim Nora'im, Reconstructionist Press

New Year, New You: A Rosh Hashanah & Yom Kippur Program Guide, USY

Mahzor Hadeish Yameinu: Renew Our Days, a Prayer-Cycle for the High Holy Days, Congregation
Dorshei Emet, Quebec, Canada

Mishkan HaNefesh Drafts, CCAR Press

Mishkan T'filah: A Reform Siddur, CCAR Press

Moments of Transcendence, edited by Rabbi Dov Peretz Elkins

Yom Kippur Readings, edited by Rabbi Dov Peretz Elkins