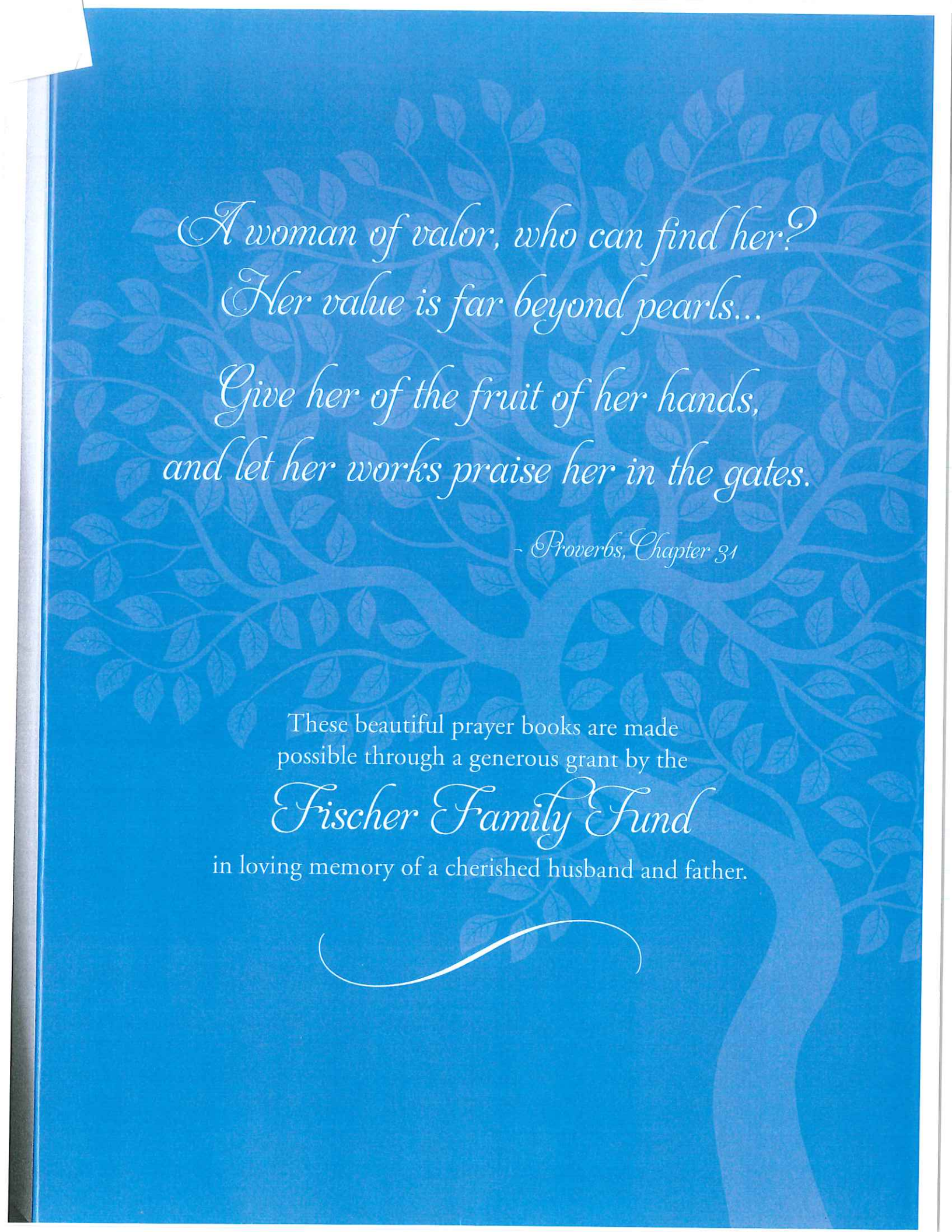


HIGH HOLY DAYS

Prayer
Book



VISTA DEL MAR
CHILD AND FAMILY SERVICES



*A woman of valor, who can find her?
Her value is far beyond pearls...
Give her of the fruit of her hands,
and let her works praise her in the gates.*

- Proverbs, Chapter 31

These beautiful prayer books are made
possible through a generous grant by the

Fischer Family Fund

in loving memory of a cherished husband and father.



Kol Nidrei - Welcome...

"God remains close, even when we become distant." Rabbi Abraham Isaac Kook

Reader:

Lord, be with all who are alone and helpless.
Let them know that they have a friend.
Lord, hear those who speak without being heard.
Let them know that there is someone who understands them.
Lord, heal those who are in pain, who are weak and tired:
Give them hope that they will be well and strong.
Lord, take all who are afraid and give them confidence.
Take all who have been hurt by word or hand and teach them not to hate.
Lord, teach us to love one another.
Give us strength to make this world a place of peace and justice.
Lord, give us the knowledge that You are with us and in us.
Whenever we work for a better life.

...

Lighting the Memorial Candles

"BLESSED ARE YOU WHO HAS given each man a shield of loneliness so that he cannot forget you. You are the truth of loneliness, and only your name addresses it. Strengthen my loneliness that I may be healed in your name, which is beyond all consolations that are uttered on this earth. Only in your name can I stand in the rush of time, only when this loneliness is Yours can I lift my sins toward Your mercy."

From Leonard Cohen's *Book of Mercy*

...

Oh•Seh Shah•Lohm

עוֹשֶׂה שְׁלוֹם

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

*Oh•Seh Shah•Lohm Beem•Roh•Mahv Hoo Yah•Ah•Seh Shah•Lohm
Ah•Lay•Noo Veh•Ahl Kohl Yees•Rah•Ehl Veh•Eem•Roo: Amen.*

May the One who causes peace to reign in the high heavens Let peace descend
on us, on all Israel, and all the world. And let us say: *Amen*.

Hee•Nay Mah Tohv

הֵנָּה מָה טוֹב

הֵנָּה מָה טוֹב וְמָה נְעִים שֶׁבֵּת אֲחִים גַּם יַחַד.

*Hee•Nay Mah Tohv Oo•Mah Nai•Yeem Sheh•Veht Ah•Heem
Gahm Yah•Hahd.*

How good and how pleasant it is that we sit here together.

...

Mah Toh•Voo

מָה טוֹב

מָה טוֹב אֶהְיֶיךָ יַעֲקֹב מִשְׁכְּנֶיךָ יִשְׂרָאֵל.

*Mah Toh•Voo Oh•Hah•Leh•Hah Yah•Ah•Kohv Meesh•Keh•Noh•Teh•Hah
Yees•Rah•Ehl.*

How lovely are your tents, O Jacob,
Your dwelling places, O Israel!

...

Ark is opened, please rise

Reader:

We gather tonight ten days into New Year. It is Yom Kippur. We have come to pray, to praise, to turn inward, and to re-evaluate our lives and our deeds. We have come to hear Kol Nidre. As its stirring sounds draw near we think back to the year gone by.

Congregation:

*At what did we aim?
How did we stumble?
What did we take
What did we give?
To what were we blind?*

Reader:

Last year's confession came easily to the lips.
Will this year's come from deeper within our hearts?

Congregation:

O Hope of Israel:

In our weakness, give us strength.

In our blindness, be our guide.

When we falter, hold our hand.

Ark is closed.

We remain standing until after the candles have been kindled.

...

Kindling the Festival Lights

הדלקת נרות

Reader:

Praised be Adonai our God, Ruler of the Universe, who makes us holy in the Mitzvot of lighting candles, whose light can burn the darkness out of our souls, and warm the self within us to which we seek return,

Congregation:

Amen.

ברוך אתה יהוה אלהינו מלך העולם, אשר קדשנו במצוותיו וצונו
להדליק נר של נשבת ושל יום הכיפורים.

Bah•RooH Ah•Tah Ah•Doh•Nai, Eh•Loh•Hay•Noo Meh•LehH Hah•Oh•Lahm,

Ah•Shayr Keed•Shah•Noo Beh•Meetz•Voh•Tahv Veh•Tzee•Vah•Noo

Leh•Hahd•Leek Nayr Shehl (on Shabbat add: *Shah•Baht V'Shehl*)

Yohm Hah•Kee•Poo•Reem.

Please be seated

Reader:

Kol Nidre is the prayer of people not free to make their own decisions, people forced to say what they do not mean. In repeating this prayer, we identify with the agony of our forbearers who had to say 'yes' when they meant 'no.' Kol Nidre is also a confession; we are all transgressors, all exiles from the Highest we know, all in need for what we may yet do, we ask pardon: for rash words, broken pledges, insincere assurances, and foolish promises, may we find forgiveness.

עברות שביין אדם למקום, יום הכיפורים מכפר.
עברות שביין אדם לחברו, אין יום הכיפורים מכפר עד שירצה את חברו.

Congregation:

For transgressions against God, the Day of Atonement atones, but for transgressions of one human being against another, the Day of Atonement does not atone until they have made peace with one another.

Reader:

In sight of God and of the congregation, no matter how far some of us may have transgressed by departing from our people and our heritage, we pray as one on this Night of Repentance.

Congregation:

Heart of all life, from this Day of Atonement to the next- may we reach it in peace- all Israel makes these vows: to turn from sin and wrongdoing, and to walk in the way of Your Torah, the path of justice and righteousness. Yet we know our weakness- how prone we are to fail: release us from these vows we have made but not kept. We have come to seek pardon and forgiveness.

...

Ark is opened.

Please Rise

All Vows - Kol Nidrei

כָּל נִדְרֵי

כָּל נִדְרֵי, וְאֶסְרֵי, וְשְׁבוּעֵי, וְחִרְמֵי, וְקוֹנָמֵי, וְקוֹנִסֵי, וְכִנּוּיֵי, דְּנִדְרָנָא, וְדִאֲשְׁתַּבְעָנָא, וְדִאֲחִרְמָנָא, וְדִאֲסָרְנָא עַל נַפְשֵׁתָנָא. מִיּוֹם כְּפוּרִים [שְׁעָבַר עַד יוֹם כְּפוּרִים זֶה, וּמִיּוֹם כְּפוּרִים] זֶה עַד יוֹם כְּפוּרִים הָבָא עָלֵינוּ לְטוֹבָה. בְּבִלְהוֹן אֲחִירְטָנָא בְּהוֹן. בְּלָהוֹן יְהוֹן שְׁרוֹן, שְׁבִיקוֹן, שְׁבִיתוֹן, בְּטָלִין וּמַבְטָלִין, לֹא שְׁרִירִין, וְלֹא קִיּוּמִין. נִדְרָנָא לֹא נִדְרֵי, וְאֶסְרָנָא לֹא אֶסְרֵי, וְשְׁבוּעָתָנָא לֹא שְׁבוּעוֹת.

Congregation:

(All vows, bonds, devotions, promises, obligations, penalties and oaths, wherewith we have vowed, sworn devoted, and bound ourselves, from this Day of Atonement to the next Day of Atonement- may it come to us for good- all these we repent us of them. They shall be absolved, released, annulled, made void and of no effect; they shall not be binding nor shall they have any power. Our vows shall not be vows; our bonds shall not be bonds; and our oaths shall not be oaths.)

All the promises I deny... the labels I affix... the vanities I cherish.....the image I project
the shell that shields me... from changing who I am... the vow that stops me ...
from being something more... the bonds that tie me... to last year's former self
These I now relinquish...

From this Yom Kippur... to next

וְנִסְלַח לְכָל-עַדְת בְּנֵי יִשְׂרָאֵל וְלִגְר הַגֵּר הַגֵּר בְּתוֹכְכֶם, לְכָל הָעָם בְּשָׁגְגָה.

Reader:

Knowingly or not, the whole community of Israel and all who live among them have sinned; let them be forgiven.

סָלַח נָא לַעֲוֹן הָעָם הַזֶּה כְּגִדְל חֶסֶדְךָ, וְכַאֲשֶׁר נִשְׁאַתָּ לָעָם הַזֶּה מִמִּצְרַיִם וְעַד הַנֵּה.

Congregation:

As, in Your love, You have been patient with this people from the time You led us out of Egypt to the present day, so, in Your great love, may You forgive Your people now.

וַיֹּמַר יְיָ: "סָלַחְתִּי כְּדִבְרְךָ."

Reader:

And the Eternal said: "I have pardoned in response to your plea."

...

Responsively:

What is the difference between a good person and an evil person? There is some goodness even in the worst. And is there a person who has not sinned? There is not. So what makes one person good and another evil?

An evil person refuses to change. An evil person might do wrong, and know it, and yet persist in those evil ways.

There is no sadder confession than, "I know I am doing wrong, but it is too late now to change." This is to surrender to despair.

The High Holy days come with a great gift- the opportunity to begin again. None of us have sunk so low that we cannot rise up again.

...

Sheh•Heh•Heh•Yah•Noo

שֶׁהֶחֱיֵנוּ

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֶחֱיֵנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*Bah•RooH Ah•Tah Ah•Doh•Nai, Eh•Loh•Hay•Noo Meh•LehH Hah•Oh•Lahm,
Sheh•Heh•Heh•Yah•Noo Veh•Kee•Yeh•Mah•Noo Veh•Hee•Gee•Ah•Noo
Lahz•Mahn Hah•Zeh.*

You are praised, Adonai our God, through whose rule the world coheres, through whom we live and are sustained, and to whose time for atonement we have come once more.

The ark is closed.
You may be seated.

...

Bar·Hoo

בָּרְכוּ

Please Rise

Reader:

בָּרְכוּ אֶת יְהוָה הַמְבָרֵךְ:

Bar·Hoo Eht Ah·Doh·Nai Hahm'Voh·RahH !

Praised the Eternal, to whom our praise is due!

Congregation:

בָּרוּךְ יְהוָה הַמְבָרֵךְ לְעוֹלָם וָעֶד:

Bah·RooH Ah·Doh·Nai Hahm'Voh·RahH Leh·Oh·Lahm Vah·Ehd !

Praised be the Eternal, to whom our praise is due, now and forever!

Creation:

יוצר אור

We thank you, O God, for this new day, for morning sun and evening star, for flowering trees, for the rain and the cool breeze, for the turning seasons, and for all Your wonderful creation.

God's Love:

אהבת עולם

Help us, O God, to cherish the truths our ancestors taught. In Your love You have given us our Torah to guide us through life. Teach us to understand it and to fulfill its truths with love.

בָּרוּךְ אַתָּה יְהוָה אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Bah·RooH Ah·Tah Ah·Doh·Nai Oh·Hayv Ah·Moh Yees·Rah·Ehl.

We proclaim that You are One and that Your creative power unites world to world and heart to heart.

Sheh•Mah

שִׁמְעֵ

שִׁמְעֵ יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

בלחש - בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד:

Sheh•Mah Yees•Rah•Ehl Ah•Doh•Nai Eh•Loh•Hay•Noo, Ah•Doh•Nai Eh•Hahd.

(softly) Bah•RooH Shaym K'Vohd Mahl•Hoo•Toh Leh•Oh•Lahm Vah•Ehd.

Hear, O Israel, Adonai is our God, Adonai is One.

Praised be the Name whose realm reflects glory forever and ever.

Veh•Ah•Hahv•Tah

וְאֶהְבֶּתְּ

וְאֶהְבֶּתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל לִבְבְּךָ וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ:
וְהָיוּ חֲדָבְרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצֹוֶה חַיִּים עַל לִבְבְּךָ:
וְשִׁנְנֶתָם לְבָנֶיךָ וְדִבְרֶתָ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֻתְךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ:
וּכְתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:...

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי וְהִיִּיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִמִּצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה
אֱלֹהֵיכֶם.

הש"ץ חוזר ואומר:

יְהוָה אֱלֹהֵיכֶם אֶמֶת:

Veh•Ah•Hahv•Tah Eht Ah•Doh•Nai Eh•Loh•Heh•Hah, B'Hohl Leh•Vahv•Hah,

OoV'Hohl Nahf•Sheh•Hah, OoV'Hohl Meh•Oh•Deh•Hah.

Veh•Hah•Yoo Hahd•Vah•Reem Hah•Ay•Leh, Ah•Shayr Ah•Noh•Hee

Meh•Tzahv•Hah Hah•Yohm, Ahl Leh•Vah•Veh•Hah.

Veh•Shee•Nahn•Tahm Leh•Vah•Neh•Hah, Veh•Dee•Bar•Tah Bahm

Beh•Sheev•Teh•Hah

Beh•Vay•Teh•Hah, Oov•Leh•H•Teh•Hah Vah•Deh•Reh•H, Oov•Shoh•H•Beh•Hah,

Oov•Koo•Meh•Hah.

Ook•Shar•Tahm Leh•Oht Ahl Yah•Deh•Hah, Veh•Hah•Yoo Leh•Toh•Tah•Foht

Bayn Ay•Neh•Hah, Oo•H•Tahv•Tahm Ahl Meh•Zoo•Zoht Bay•Teh•Hah

Oo•Vee•Shah•Reh•Hah...

*Leh•Mah•Ahn Teez•Keh•Roo Vah•Ah•See•Tehm Eht Kohl Meetz•Voh•Tai,
 Vee•Heh•Yee•Tehm Keh•Doh•Sheem Lay•Loh•Hay•Hehm.
 Ah•Nee Ah•Doh•Nai Eh•Loh•Hay•Hehm Ah•Shayr Hoh•Tzay•Tee Eht•Hehm
 May•Ay•Rehtz Meetz•Rah•Yeem Lee•H'Yoht Lah•Hehm Lay•Loh•Heem,
 Ah•Nee Ah•Doh•Nai Eh•Loh•Hay•Hehm
 (Hazan repeats) Ah•Doh•Nai Eh•Loh•Hay•Hehm Eh•Meht*

And thou shall love Adonai thy God, with all of thy heart
 With all thy soul and with all of thy might.
 And all these words, which I command of you this day,
 Shall be in thy heart...
 That you may remember and do all of my commandments
 and be holy unto your God.

Mee Hah•Moh•Hah
 מִי כְמוֹהָ

מִי כְמוֹהָ בָּאֱלִים יְהוָה, מִי כְמוֹהָ נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִלָּתוֹ, עֹשֶׂה פִלְאִי:

*Mee Hah•Moh•Hah Bah•Ay•Leem Ah•Doh•Nai
 Mee Kah•Moh•Hah Neh•Eh•Dar Bah•Koh•Dehsh
 Noh•Rah Teh•Hee•Loht Oh•Seh Feh•Leh*

Who is like You, Eternal, compared to the powers humans worship?
 Who is like You, awesome in holiness, great in praises, doing wonders?

מִלְכוּתְךָ רָאוי בְּנִידָה, בּוֹקֵעַ יָם לִפְנֵי מִשְׁחָה. זֶה אֱלֹהֵי עַמּוֹ. וְאֶמְרוּ:

*Mahl•Hoot•Hah Rah•Oo Vah•Neh•Hah. Boh•Kay•Ah Yahm
 Leef•Nay Moh•Sheh.
 Zeh Ay•Lee Ah•Noo. Veh•Ahm•Roo:*

Your children beheld Your reign
 When you split the sea before Moses.
 'This is My God!' They responded, and said:
 'The Eternal will reign forever and ever!'
 And it was said that Adonai ransomed Jacob and
 Redeemed us from a hand stronger than our own.

יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד:
Ah•Doh•Nai Yeem•LohH Leh•Oh•Lahm Vah•Ehd.

'God will reign forever and ever.'

וְנֹאמַר: כִּי פָדָה יְהוָה אֶת יַעֲקֹב. וַיִּגְאֻלוּ מִיַּד חֹזֶק מִמֶּנּוּ;
בְּרוּךְ אַתָּה יְהוָה, גֹּאֵל יִשְׂרָאֵל:

*Veh•Neh•Eh•Mar: Kee Fah•Dah Ah•Doh•Nai Eht Yah•Ah•Kohv.
Oo•Goh•Ah•Loh Mee•Yahd Hah•Zahk Mee•Meh•Noo.
Bah•RooH Ah•Tah Ah•Doh•Nai, Gah•Ahl Yees•Rah•Ehl.*

O God, as You have redeemed Israel from powers of oppression,
liberate all who are persecuted, Be praised, Redeemer of Israel.

...

Hahsh•Kee•Vay•Noo - Our Prayer at Evening הַשְׁכִּיבֵנוּ

הַשְׁכִּיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם. וְהַעֲמִידֵנוּ מִלְּכֵנוּ לַחַיִּים.
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ. אָמֵן

*Hahsh•Kee•Vay•Noo Ah•Doh•Nai Eh•Loh•Hay•Noo Leh•Shah•Lohm,
Veh•Hah•Ah•Mee•Day•Noo Mahl•Kay•Noo Leh•Hah•Yeem,
Oo•Frohs Ah•Lay•Noo Soo•Kaht Sheh•Loh•Meh•Hah:
Ah•Mehn.*

Shelter us beneath Thy wings, O Adonai.
Guard us from all harmful things, O Adonai.

Keep us safe throughout the night, 'til we wake with morning's light.
Teach us, God, right from wrong, Amen.

Responsively:

May we lie down this night in peace, and rise up to life renewed.
May night spread over us a shelter of peace, of quiet and calm, the blessing of
rest.

*There will come a time when morning will bring no word of war or famine or
anguish; there will come a day of happiness, of contentment and peace.*

Praised be the source of joy within us, for the night and its rest, for the promise
of peace.

...

Ah.Mee.Dah

תפילה - עמידה

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Ah•Doh•Nai Seh•Fah•Tai Teef•TahH Oo•Fee Yah•Geed

Teh•Hee•Lah•Teh•Hah

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

אָבוֹת - Ah•Voht

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. אֱלֹהֵי אַבְרָהָם. אֱלֹהֵי יִצְחָק. וְאֱלֹהֵי יַעֲקֹב.
אֱלֹהֵי שְׂרָה וְאֱלֹהֵי רַבֵּקָה אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֶלְיוֹן. גּוֹמֵל חֲסִדִּים טוֹבִים. וְקוֹנֵה הַכֹּל. וְזוֹכֵר חֲסִדֵי
אֲבוֹת. וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

Bah•RooH Ah•Tah Ah•Doh•Nai,

Eh•Loh•Hay•Noo Vay•Loh•Hay Ah•Voh•Tay•Noo Veh•Ee•Moh•Tay•Noo,

Eh•Loh•Hay Ahv•Rah•Hahm, Eh•Loh•Hay Yeetz•Hahk, Vay•Loh•Hay

Yah•Ah•Kohv,

Eh•Loh•Hay Sah•Rah, Eh•Loh•Hay Reef•Kah, Eh•Loh•Hay Rah•Hayl

Vay•Loh•Hay Lay•Yah.

Hah•Ehl Hah•Gah•Dohl Hah•Gee•Bor Veh•Hah•Noh•Rah El El•Yohn,

Goh•Mayl Hah•Sah•Deem Toh•Veem, Veh•Koh•Nay Hah•Kohl,

Veh•Zoh•Hayr Hahs•Day Ah•Voht Vay•Ee•Mah•Hoht,

Oo•May•Vee Goh•Ehl Leev•Nay Veh•Nay•Hehm

Leh•Mah•Ahn Sheh•Moh Beh•Ah•Hah•Vah.

בְּעֵשִׂית זְכָרְנוּ לַחַיִּים. מְלֶכֶךְ חַפֵּץ בַּחַיִּים. וְכֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים. לְמַעַן אֱלֹהִים חַיִּים:

ZohH•Ray•Noo Leh•Hah•Yeem, Meh•LehH Hah•Faytz Bah•Hah•Yeem,

Veh•Haht•Vay•Noo Beh•Say•Fayr Hah•Hah•Yeem,

Leh•Mah•Ahn•Hah Eh•Loh•Heem Hah•Yeem.

מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יְהוָה. מֶגֶן אַבְרָהָם וְעִזְרַת שְׂרָה:

Meh•LehH Oh•Zayr Oo•Moh•Shee•Ah Oo•Mah•Gayn,

Bah•RooH Ah•Tah Ah•Doh•Nai, Mah•Gayn Ahv•Rah•Hahm Veh•Ehz•Raht

Sah•Rah.

גְּבוּרוֹת - Geh•Voo•Roht

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי. מַחֲיָה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ:
מְכַלְכֵּל חַיִּים בְּחֶסֶד. מַחֲיָה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים. וְרוֹפֵא חוֹלִים וּמַתִּיר

אֲסוּרִים. וּמִקֵּיִם אֲמוֹנָתוֹ לִישָׁנֵי עֶפֶר. מִי כְמוֹד בְּעַל גְּבוּרֹת וּמִי דוֹמָה לָךְ.
 מְלֶךְ מִמִּית וּמַחְיָה וּמַצְמִיחַ לְשׁוּעָה:
 מִי כְמוֹד אֵב הַרְחָמִים. זֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים:
 וְנֶאֱמָן אֶתְּךָ לְהַחְיֹת מֵתִים:
 בְּרוּךְ אַתָּה יְהוָה. מְחַיֶּה הַמֵּתִים:

*Ah•Tah Gee•Bohr Leh•Oh•Lahm Ah•Doh•Nai,
 Meh•Hah•Yay May•Teem Ah•Tah Rahv Leh•Hoh•Shee•Yah.
 Meh•Hahl•Kayl Hah•Yeem Beh•Heh•Sehd
 Meh•Hah•Yay May•Teem Beh•Rah•Hah•Meem Rah•Beem,
 Soh•MehH Nohf•Leem, Veh•Roh•Fay Hoh•Leem, Oo•Mah•Teer
 Ah•Soo•Reem,
 Oo•Meh•Kah•Yaym Eh•Moo•Nah•Toh Lee•Sheh•Nay Ah•Far.
 Mee•Hah Moh•Hah Bah•Ahl Geh•Voo•Roht, Oo•Mee Doh•Meh LahH,
 Meh•LehH May•Meet Oo•Meh Hah•Yay Oo•Mahtz•Mee•AhH Yeh•Shoo•Ah,
 Veh•Neh•Eh•Mahn Ah•Tah Leh•Hah•Hah•Yoht May•Teem
 Bah•RooH Ah•Tah Ah•Doh•Nai, Meh•Hah•Yay Hah•May•Teem.*

We pray we might encounter
 The Power whose gift is life,
 Who quickens those who have forgotten
 How to live on earth.

We pray for love that will encompass us
 For no reason save that we are human,

For the love through which defeated souls may blossom
 Into persons able to determine their own lives.

We pray to stand upright, we have fallen
 To be healed, we sufferers of the sickness of our kind;
 We pray that we might break bonds that keep us from ourselves.

We pray that we might walk within the garden of a life of purpose.

Touched by the Power of the world,
 Touching the meaning of the earth.

Praised be the God whose gift is life,
 Who quickens those who have forgotten how to live on earth.

God's Holiness

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וּקְדוּשִׁים בְּכָל יוֹם יְהִלְלוּךָ, סְלָה.
 בְּרוּךְ אַתָּה יְיָ, הַמְּלֶךְ הַקָּדוֹשׁ.

*Ah•Tah Kah•Dohsh Veh•Sheem•Hah Kah•Dohsh OoK'Doh•Sheem Beh•Hohl
 Yohm Yeh•Hah•Leh•Loo•Hah Seh•Lah. Bah•RooH Ah•Tah Ah•Doh•Nai,
 Hah•Meh•LehH Hah•Kah•Dohsh.*

You are Holy, and Your name is Holy, and those who strive to be holy declare
Your glory day by day. Blessed are You, Holy Sovereign.

All are seated

Reader:

In this solemn hour, O God, we draw near to You; may the observance of this Day of Atonement help us to remember Israel's sacred heritage. Teach us to build our lives on the abiding foundations of Your law; open our eyes to the goodness of life and its sacred opportunities for service.

Congregation:

Satisfy us with Your goodness, and gladden us with Your salvation. Purify our hearts that we may serve You in truth. For You, O God, and Your word endures forever. Blessed is the Eternal, who sanctifies Israel and the Day of Atonement.

Congregation:

*Our God and God of all ages, be mindful of Your people Israel on this Day of Atonement, and renew in us love and compassion, goodness, life and peace.
This day remember us for well-being. Amen.
This day bless us with Your nearness. Amen.
This day help us to live. Amen.*

...

Seem Shah.Lohm
שִׁים שְׁלוֹם

Seem Seem Seem Shah.Lohm

Seem Seem Seem Shah.Lohm

Seem Seem Seem Shah.Lohm Toh.Vah Oov.Rah.Hah

...

Reader:

Everyone has been given free will. If we wish to turn to the good way and be righteous, we have the power to do so; and if we wish to turn to the evil way and be wicked, we are free to do that. Everyone is capable of being righteous like Moses or wicked like Cain, learned or ignorant, merciful or cruel, mean or generous. Nobody forces us, or decides for us, or pulls us in one direction or the other; but we ourselves, each by our own volition, chooses the path we wish.

Reader:

Now we join together for confession of our wrongs, asking God to pardon us for sins we may not even be aware we've done, sins which in the company we keep may even be considered virtues. To join in this confession is to join our values to the word of God's commands, to forsake- even for just the day of Yom Kippur- that world of looser values we inhabit all the year. To join in this confession is to say: words matter, words can hurt; reputations matter, gossip hurts; too much small talk wastes time we could spend exploring Torah with each other, exploring other insights, sharing feelings. To join in this confession says: our actions matter- not only do they touch the lives of other people, but the smallest thing we do is witnessed by the eyes of God. Before that God, let us join as one community to acknowledge what we've done.

We take a moment of silent meditation

Please rise

Confession of Sin

Our God, God of our mothers and fathers, grant that our prayers may reach You. Do not be deaf to our pleas, for we are not so arrogant and stiff-necked as to say before You, Eternal our God, and God of all ages, we are perfect and have not sinned; rather we do confess; we have gone astray, we have sinned, we have transgressed.

(It is customary to make the right hand into a fist and place it over the left chest, then upon hearing or saying the words 'For the sin' one lightly beats their own chest once.)

Ahl Hayt - Our Sins
על חטא

For the sin which we have committed by spurning parents and teachers,

Fearful that acceptance of their guidance and authority implies a lessening of our own worth.

For the sin which we have committed by wronging our neighbors.

Regarding them as tools to be used or strangers to be ignored, rather than fellow-creatures,

For the sin which we have committed by envy,

Minimizing our own blessings while exaggerating the good fortune of others,

For the sin which we have committed by hardening our hearts,

Fearful of showing compassion lest others think of us as weaklings.

V'al kulam... *for all these sins, whether committed inadvertently or with intent;
may we seek forgiveness and may we be forgiven.*

וְעַל כָּלֵם, אֱלוֹהֵי סְלִיחוֹת , סִלַּח-לָנוּ, מְכַל-לָנוּ, בִּפְּרָ לָנוּ...

*Veh·Ahl Koo·Lahm, Eh·Loh·Hah Seh·Lee·Hoht, Seh·LahH Lah·Noo, Meh·Hahl
Lah·Noo, Kah·Payr Lah·Noo!*

For the sin which we have committed by denying and lying,

Because we do not have the fortitude to acknowledge the truth.

For the sin which we have committed by bribery,

*Trying to get special favors for ourselves, or our children, regardless of the law or
the common good.*

For the sin which we have committed by slander and tale-bearing,

*Building up our own importance by belittling others and showing off how much
we know about them.*

*For the sin which we have committed by elevating love for dollar over love for
family.*

*For the sin of callousness in the face of human suffering and hunger; and the sin
of separating ourselves from the community.*

V'al kulam... *for all these sins, whether committed inadvertently or with intent;
may we seek forgiveness and may we be forgiven.*

וְעַל כָּלֵם, אֱלוֹהֵי סְלִיחוֹת , סִלַּח-לָנוּ, מְכַל-לָנוּ, בִּפְּרָ לָנוּ...

*Veh·Ahl Koo·Lahm, Eh·Loh·Hah Seh·Lee·Hoht, Seh·LahH Lah·Noo, Meh·Hahl
Lah·Noo, Kah·Payr Lah·Noo!*

For the sin we have committed by confining Jewish life to the synagogue.

For the sin we have committed by not continuing to educate ourselves in Torah.

For the sin of mouthing words like 'Justice' and 'Peace' but failing to carry them
out either as individuals or as a congregation.
*For all these sins, and for those who are certain that nothing on this list includes
them, we seek forgiveness, we seek atonement.*

V'al kulam... *for all these sins, whether committed inadvertently or with intent;
may we seek forgiveness and may we be forgiven.*

וְעַל כָּל־אֵלֶּה, אֲלוֹהַּ סְלִיחוֹת, סְלַח-לָנוּ, מְכַל-לָנוּ, כִּפּוּר לָנוּ...

*Veh•Ahl Koo•Lahm, Eh•Loh•Hah Seh•Lee•Hoht, Seh•LahH Lah•Noo, Meh•Hahl
Lah•Noo, Kah•Payr Lah•Noo!*

Please be seated

...

Prayer for Forgiveness

Responsively:

Sheh•Mah Koh•Lay•Noo - Hear our voice, Adonai our God, have compassion
upon us, and with that compassion accept our prayer.

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

Help us, O God, as parents help their children;
Help us to be like You, as much as we can.

*Help us learn to love, and always have a cheerful word for others. Help us to grow
in goodness and understanding. Help us to learn to forgive those who wrong us,
and never to harm our children.*

We seek today to come close to You, O God.
We have learned that You are with us always.
You are so close that we cannot ever see You.
But we can find You.

*We find You in the faces of our children,
We find You in the teachings of our parents,
We find You in the wonder of this institution.
We find You, Adonai our God, in moments of solitude and community.*

...
Ah·Vee·Noo Mahl·Kay·Noo

אָבִינוּ מִלְכֵנוּ

All rise.

The Ark is opened.

אָבִינוּ מִלְכֵנוּ, שְׁמַע קוֹלֵנוּ:

Ah·Vee·Noo Mahl·Kay·Noo, hear our voice.

אָבִינוּ מִלְכֵנוּ, חָטֵאנוּ לְפָנֶיךָ:

Ah·Vee·Noo Mahl·Kay·Noo, we have done wrong before You.

אָבִינוּ מִלְכֵנוּ, חַמּוּל עָלֵינוּ וְעַל עוֹלָלֵינוּ וְטַפֵּנוּ:

Ah·Vee·Noo Mahl·Kay·Noo, have compassion on us and on our families.

אָבִינוּ מִלְכֵנוּ, כַּלֶּה דָּבָר וְחָרֵב וְרָעָב מֵעָלֵינוּ:

Ah·Vee·Noo Mahl·Kay·Noo, make an end to sickness, war and famine.

אָבִינוּ מִלְכֵנוּ, כַּלֶּה כָּל צָר וּמַשְׁטִין מֵעָלֵינוּ:

Ah·Vee·Noo Mahl·Kay·Noo, make an end to all oppression.

אָבִינוּ מִלְכֵנוּ, כְּתִבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים:

Ah·Vee·Noo Mahl·Kay·Noo, inscribe us for blessing in the Book of Life.

אָבִינוּ מִלְכֵנוּ, חֲדָשׁ עָלֵינוּ שָׁנָה טוֹבָה:

Ah·Vee·Noo Mahl·Kay·Noo, let the new year be a good year for us.

אָבִינוּ מִלְכֵנוּ, מִלֵּא יְדֵינוּ מִבְּרָכּוֹתֶיךָ:

Ah·Vee·Noo Mahl·Kay·Noo, fill your people, Israel, with strength and blessing.

...

אָבִינוּ מִלְכֵנוּ, חַנּוּנוּ וְעֲנָנוּ כִּי אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:

Ah·Vee·Noo Mahl·Kay·Noo Hah·Nay·Noo Vah·Ah·Nay·Noo Kee Ayn Bah·Noo

Mah·Ah·Seem Ah·Say Ee·Mah·Noo Tzeh·Dah·Kah Vah·Heh·Sehd

Veh·Hoh·Shee·Ay·Noo.

*Ah·Vee·Noo Mahl·Kay·Noo, be gracious and answer us, for we have little merit.
Treat us generously and with kindness and be our help.*

Mee Sheh·Bay·RahH - Prayer for Healing

מִי שְׁפִירָה

מִי שְׁפִירָה אֲמוּנָתֵינוּ מִקּוֹר הַבְּרָכָה לְאַבוּנָתֵינוּ

*Mee·Sheh·Bay·RahH Ee·Moh·Tay·Noo Mah·Kohr
Hah·Beh'Rah·Hah Lah·Ah·Voh·Tay·Noo*

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 שְׁפִירָה אֲמוּנָתֵינוּ מִקּוֹר הַבְּרָכָה לְאַמוּנָתֵינוּ

*Mee·Sheh·Bay·RahH Ah·Voh·Tay·Noo Mah·Kohr
Hah·Beh'Rah·Hah Lah·Ee·Moh·Tay·Noo*

Bless those in need of healing
with *refu'ah shlemah*
The renewal of body, the renewal of spirit,
And let us say: Amen.

...

Reader:

If the hopes that we have shared here are not to have been shared in vain, we must not leave our words here in our seats, neatly folded in our books. Our words must leave with us, go streaming out the doors of this New Year with us, accompany us as we walk on the road, when we sit in our houses, when we lie down and when we rise up. They must emblazon the door-posts of our house, and seal themselves into our hands and before our eyes, that the world might remember the words it has so long forgotten, and form from them a new song which all might sing in celebration of the world we all desire. Before that hope, before the God who is the substance of that hope, let us bow the head and bend the knee in the holy spaces of our prayer.

Ah·Lay·Noo

עֲלֵינוּ

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית, שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה. שֶׁלֹּא שָׁם חִלְקֵנוּ כִּהֵם, וְגוֹרְלֵנוּ כְּכֹל הַמוֹנֵם.

Ah·Lay·Noo Leh·Shah·Bay·AhH Lah·Ah·Dohn Hah·Kohl, Lah·Tayt Geh·Doo·Lah
Leh·Yoh·Tzayr Beh·Ray·Sheet, Sheh·Loh Ah·Sah·Noo Keh·Goh·Yay
Hah·Ah·Rah·Tzoht
Veh·Loh Sah·Mah·Noo Keh·Meesh·Peh·Hoht Hah·Ah·Dah·Mah. Sheh·Loh
Sahm Hehl·Kay·Noo Kah·Hehm, Veh·Goh·Rah·Lay·Noo Keh·Hol
Hah·Moh·Nahm.

וְאֶנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקְדוֹשׁ בְּרוּךְ הוּא.

Veh·Ah·NahH·Noo Koh·Reem Oo·Meesh·Ta·Hah·Veem Oo·Moh·Deem, Leef·Nay
Meh·LehH Mahl·Hay Hahm·Lah·Heem Hah·Kah·Dohsh Bah·RooH Hoo....

שֶׁהוּא נוֹטָה שָׁמַיִם וְיוֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל, וְשֹׁכֵנִית עִזּוֹ בְּגִבְהֵי מְרוֹמִים.

הוּא אֱלֹהֵינוּ אֵין עוֹד. אֲמַת מַלְכֵנוּ אֶפֶס זוּלָתוֹ, בְּכַתוּב בְּתוֹרָתוֹ:
וַיִּדְעֶת הַיּוֹם וְהַשַּׁבָּת אֶל לְבָבָהּ. כִּי יְהוָה הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל וְעַל הָאָרֶץ
מִתְנַחֵת. אֵין עוֹד...

וְנֹאמַר. וְהִיא יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ. בַּיּוֹם הַהוּא יִהְיֶה יְהוָה אֶחָד וְשִׁמּוֹ אֶחָד:

Veh·Neh·Eh·Mar Veh·Hah·Yah Ah·Doh·Nai Leh·Meh·LehH Ahl Kohl
Hah·Ah·Rehtz, Bah·Yohm Hah·Hoo, Yee·Yeh Ah·Doh·Nai Eh·Hahd,
Oo·Sheh·Moh Eh·Hahd.

Reader:

May the time not be distant, O God, when Your name shall be worshipped, when despair shall disappear. We pray that the day be not far off when corruption and evil shall give way to integrity and goodness, when the many kinds of humans dwelling on the earth shall recognize not their differences but their unity, that each people may in its unique manner work to bring Your loving-goodness into the world.

Kah.Deesh Yah.Tohm - Mourner's Kaddish

קדיש יתום

יתגדל ויתקדש שמה רבא. אמן:
בעלמא די ברא כרעותה ונמליד מלכותה בנאיכון וביומיכון ובחיי דכל בית ישראל
בעגלא ובזמן קריב. ואמרו אמן:
יהא שמה רבא מברך לעלם ולעלמי עלמאי:
יתברך וישתבח ויתפאד ויתרומם ויתנשא ויתחדר ויתעלה ויתהלל שמה דקדשא
ברוך הוא. לעלא (בעשי"ת לעלא מפל) מן כל ברכתא ושירתא תשבחתא ונחמתא
דאמירן בעלמא. ואמרו אמן:
יהא שלמא רבא מן שמאי וחיים עלינו ועל כל ישראל. ואמרו אמן:
עושה שלום (בעשי"ת השלום) במרומי הוא יעשה שלום עלינו ועל כל ישראל ואמרו
אמן:

Mourners:

*Yeet-Gah-Dahl Veh-Yeet-Kah-Dahsh Sheh-May Rah-Bah.
Beh-Ahl-Mah DeeV'rah Hee-Roo-Tay, Veh-Yahm-LeeH Mahl-Hoo-Tay
Beh-Hah-Yay-Hohn Oov-Yoh-May-Hohn Oov-Hah-Yay Deh-Hohl Bayt
Yees-Rah-Ehl, Bah-Ah-Gah-Lah Oo-Veez-Mahn Kah-Reev, Veh-Eem-Roo: Amen.*

Congregation and Mourners:

*Yeh-Hay Sheh-May Rah-Bah Meh-Voh-RahH Leh-Oh-Lahm
Ool-Ahl-May Ahl-Mai-Yah.*

Mourners:

*Yeet-Bah-RahH Veh-Yeesh-Tah-BahH Veh-Yeet-Pah-Ahr Veh-Yeet-Roh-Mahm
Veh-Yeet-Nah-Say Veh-Yeet-Hah-Dar Veh-Yeet-Ah-Leh Veh-Yeet-Hah-Lahl
Sheh-May Deh-Kood' Shah, B'Ree-Hoo Leh-Ay-Lah (Ool-Ay-Lah Mee-Kohl)
MeenKohl
Beer-Hah-Tah Veh-Shee-Rah-Tah, Toosh-Beh-Hah-TahVeh-Neh-Heh-Mah-Tah
Dah-Ah-Mee-Rahn Beh-Ahl-MahVeh-Eem-Roo: Amen.
Yeh-Hay Sh'Lah-Mah Rah-Bah Meen Sheh-Mai-Yah, Veh-Hah-Yeem
Ah-Lay-Noo Veh-Ahl-Kohl Yees-Rah-Ehl Veh-Eem-Roo: Amen.
Oh-Seh Shah-Lohm Beem-Roh-Mahv Hoo Yah-Ah-Seh Shah-Lohm
Ah-Lay-Noo Veh-Ahl Kohl Yees-Rah-Ehl Veh-Eem-Roo: Amen.*

Let the glory of God be extolled, let God's great name be hallowed in the world
whose creation God willed. May God rule in our own day, in our own lives,
and in the life of all Israel, and let us say: Amen.

Let God's great name be praised forever and ever. Beyond all praises, songs, and
adorations that we can utter is the Holy One, the Blessed One, Whom yet we
glorify, honor and exalt. And let us say: Amen. For us and for all Israel,
May the blessing of peace and the promise of life come true, and let us say:
Amen.

May the One who causes peace to reign in the high heavens Let peace descend
on us, on all Israel, and all the world. And let us say: *Amen*.

May the Source of peace send peace to all who mourn,
and comfort to all who are bereaved.

Amen.

Please be seated

Peace to You:

Because of my sisters and friends
Because of my brothers and friends
Please let me ask, please let me say
Peace to you (REPEAT)

This is the house, the house of the One
I wish the best for you

...

L'Dohr Vah•Dohr - From Generation to Generation

לְדוֹר וָדוֹר

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ וְלִנְצַח נְצָחִים קִדְשְׁתֶּךָ נְקֻדָּשׁ. וְשִׁבְחֶךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ
לְעוֹלָם וָעֶד...
בְּרוּךְ אַתָּה יְיָ הָאֵל הַקְּדוֹשׁ:

*Leh•Dohr Vah•Dohr Nah•Geed Gahd•Leh•Hah Oo•Leh•Neh•TzahH
Neh•Tzah•Heem Keh•Doo•Sheht•Hah Nahk•Deesh.*

*Veh•Sheev•Hah•Hah Eh•Loh•Hay•Noo Mee•Pee•Noo Loh Yah•Moosh
Leh•Oh•Lahm Vah•Ehd...*

Bah•RooH Ah•Tah Ah•Doh•Nai Hah•Ehl Hah•Kah•Dohsh...

From generation to generation we shall relate Your greatness and for infinite
eternities we shall proclaim Your holiness. Your praise, our God, shall not leave
our mouth forever and ever, for You O God, are a great and holy Ruler.

Blessed are You, AhDohNai, the Holy God.

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