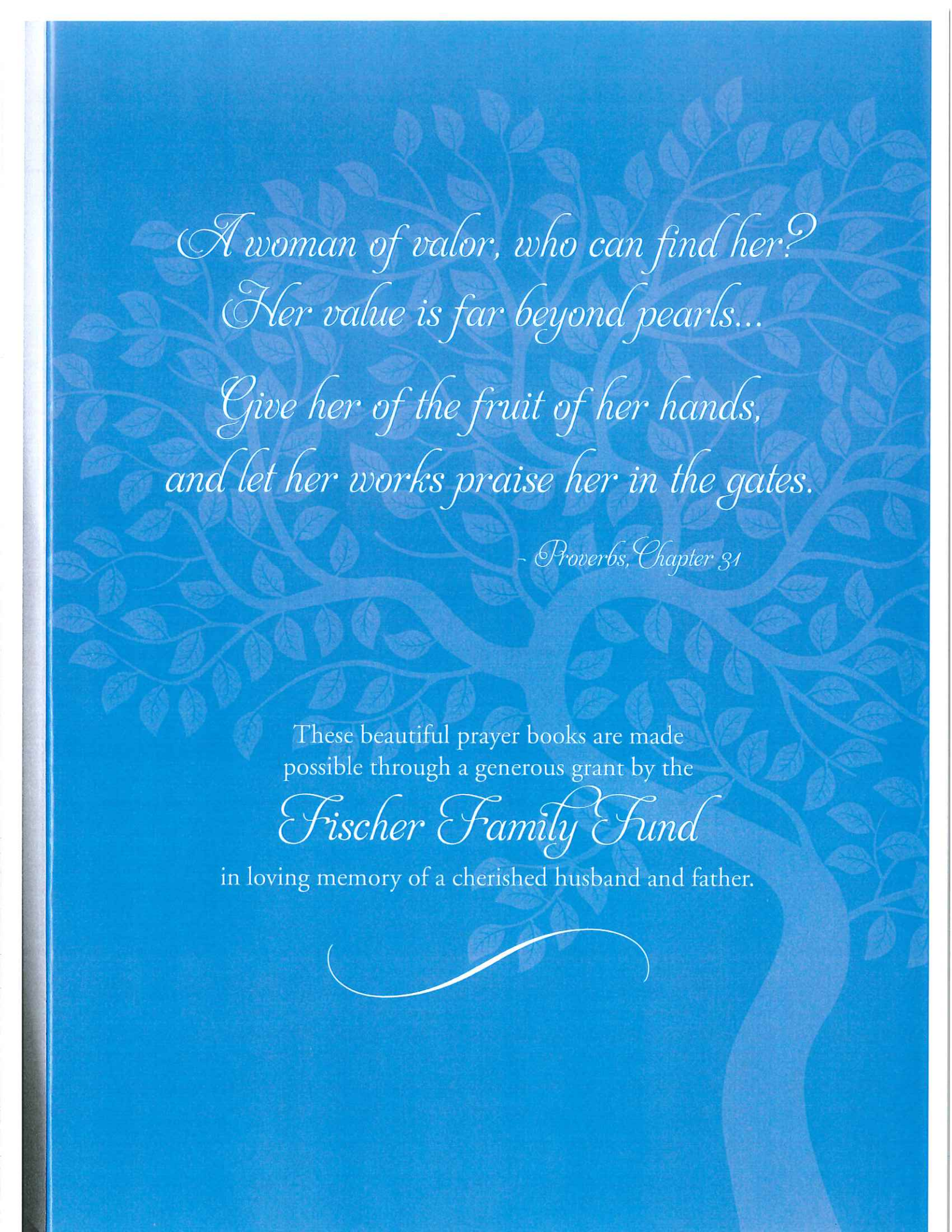


HIGH HOLY DAYS

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.



Erev Rosh HaShannah ~ Welcome

The Holy One, blessed be God, said to Israel: 'My children, present me a single opening of repentance, small like the eye of a needle, and I will open for you entrances through which wagons and carriages can pass.'" Shir Hashirim Rabbah 5:3

...

Oh•Seh Shah•Lohm

עוֹשֶׂה שְׁלוֹם

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאֶמְרוּ 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

הֵיטֵב מָה טוֹב

הֵיטֵב מָה טוֹב וְיָמָּה נְעִים שְׁבֵת אַחִים 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.

Reader:

On this day may we see the world in a new light.

On this day may we add new spirit to our lives.

On this day may we taste a new time of peace.

May we rest from desire for gain, ambition for things.

May we raise our eyes to look beyond time and space toward eternity.

O may we come to see the world in a new light.

As it is written:

Congregation:

Let a new light shine upon Zion, and may it be our blessing to see its splendor.

Kindling the Festival Lights

Reader: **הדלקת נרות**

Creator of beginnings, as You created the world on this day, uniting fragments into a universe, so help unite our hearts and the hearts of all Jews to serve You. Illumine our lives with the light of Your Torah, for by Your light do we see light. Grant us this year a glimpse of the light of redemption, the light of healing and of peace.

Congregation:

Amen.

ברוך אתה יהוה אלהינו מלך העולם. אשר קדשנו במצותיו וצונו
להדליק נר של [שבת ושל] יום טוב.

*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 Tohv.*

...

Sheh•Heh•Heh•Yah•Noo

שהחינו

ברוך אתה יהוה אלהינו מלך העולם,
שהחינו וקיימנו והגיענו לזמן הזה.

*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.*

Reader:

You are praised, Adonai our God, Master of the universe, who has commanded us to light these candles, through which we touch the holiness of the New Year. Praised be the One who has sustained us in life through this joyous day, enabling us to share the miracle of our people's life through these lights.

Responsively:

To everything there is a season,
And an appointed time for every purpose
Under Heaven.

Now is the time for turning.

The leaves are beginning to turn
From green to red and orange.

*The birds are beginning to turn
And are heading once more towards the South.*

The animals are beginning to turn
To storing their food for the winter.
*For leaves, birds and animals
Turning comes instinctively.
But for us, turning does not come so simply.*

It takes an act of will
For us to make a turn.

*It means breaking with old habits
It means admitting that we have been wrong
And that is never easy.*

It means losing face;
It means starting all over again,
And this is always painful.

*It means saying: "I am sorry."
It means admitting that we have the ability to change,
And this is always embarrassing.*

These things are terribly hard to do.
But unless we turn, we will be trapped forever
In yesterday's ways.

God, help us turn-

From callousness to sensitivity,
From hostility to love,

*From pettiness to purpose,
From envy to contentment.*

From carelessness to discipline,
From fear to faith.

*Turn us around, O Eternal, and bring us back towards You.
Revive our lives, as at the beginning.*

And turn us towards each other, O God.
For in isolation there is no life.

Congregation:

*May it be your will, Eternal our God, God of all generations, that the coming year brings us
and the whole House of Israel life and peace, joy and exaltation, redemption and comfort;
and let us say Amen.*

...

Responsively:

Out of all the world, take this forest.

Out of all the forest, take this tree.

Out of all the tree, take this branch.

Out of all the branch, take this leaf.

And on this leaf that is like no other...

Observe this drop of rain that is like no other.

And in this single drop, observe the reflection...

Of leaves, of branches, of the entire tree,

Of the forest of all the world.

Then only will you see the stars beyond the light of day.

...

Congregation:

On this Holy Day of Rosh Hashanah

We, too, shall pray.

Music shall fill our ears, words come from our lips,

And love from our hearts.

We shall pray, and we shall think.

Think about ourselves, the people around us,

And the world God created.

For us to care for.

Reader:

*May it be Your will, Eternal our God, God of all generations, that the year _____ bring us
and the whole House of Israel, life and peace, joy and exaltation, redemption and comfort;
And let us say: Amen.*

Bar·Hoo

בָּרְכוּ

Please Rise

Reader:

בָּרְכוּ אֶת יְהוָה הַמְּבָרָךְ:

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

Praised the Eternal, to whom our praise is due!

Congregation:

בְּרוּךְ יְהוָה הַמְּבָרָךְ 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!

...

Sheh·Mah

שִׁמַּע

שִׁמַּע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

בלחש - בְּרוּךְ שֵׁם כְּבוֹד מְלָכּוּתוֹ 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

וְאֶהְיֶה

וְאֶהְיֶה אֵת יְהוָה אֱלֹהֵיךָ בְּכָל לְבָבְךָ וּבְכָל נַפְשְׁךָ וּבְכָל מַאֲדְךָ:

וְהָיָה חֵדְ בְּרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצֹנֶה הַיּוֹם עַל לְבָבְךָ:

וְשִׁנְתָּם לְבָנֶיךָ וְדִבְרֶת בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ וְהָיוּ לְטִטְפֹּת בֵּין עֵינֶיךָ:

וּכְתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:...

למען תזכרו ועשיתם את כל מצותי והייתם קדשים לאלהיכם:
אני יהוה אלהיכם אשר הוצאתי אתכם מארץ מצרים להיות לכם לאלהים אני יהוה אלהיכם.
חש"ץ חזר ואומר:
יהוה אלהיכם אמת:

*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.

Responsively:

Judaism begins with the declaration:
'Shema Yisrael... Hear O Israel...'
But what does it truly mean to hear?

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

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

*The person who listens to the words of friends,
Spouse or children,
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 the stock market,
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 cantor pray
And does not feel the call to join,
Hears- but does not really hear.

*The person who listens to the rabbi's sermon
Agrees, but thinks that someone else is being addressed
Hears- but does not really hear.*

The person who hears the Shofar sound
And does not feel the need to change their ways,
Hears- but does not really hear.

*As the new year begins, O God,
Strengthen our ability to hear.*

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.*

**And may we hear You, Adonai,
For only if we hear You do we have the right
To pray that You will hear us.**

Mee Hah•Moh•Hah

מִי כְמֹכָה

מִי כְמֹכָה בְּאֵלִים יְהוָה. מִי כְמֹכָה נֶאֱדָר בְּקִדְשׁ. נוֹרָא תְהִלָּת. עֲשֵׂה פִלָּא:

*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?**

מַלְכוּתְךָ רָאוּ בְּנֵיךָ. בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה. זֶה אֱלֹהֵי עַמּוֹ. וְאָמְרוּ:

*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.'

וְנִאֲמַר: כִּי כָדָה יְהוָה אֶת יַעֲקֹב. וַיַּצֵּל מִיַּד חֲזָק מִמֶּנּוּ:
בְּרוּךְ אַתָּה יְהוָה. גֹּאֲלֵי יִשְׂרָאֵל:

*Veh•Neh•Eh•Mar: Kee Fah•Dah Ah•Doh•Nai Eht Yah•Ah•Kohv. Oog•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 מִלְּכָנוּ לַחַיִּים.
וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ. 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

תְּפִלָּה - עֲמִידָה

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

Ah•Doh•Nai Seh•Fah•Tai Teef•TahH Oo•Fee Yah•Geed Teh•Hee•Lah•Teh•Hah
Eternal God, Open up my lips so my mouth may declare Your glory.

Ah•Voht - אָבוֹת

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 עֲלִיוֹן. גּוֹמֵל חֲסִדִּים טוֹבִים. וְזוֹכֵר חֲסִדֵּי אֲבוֹת.
וּמְבִיא גּוֹאֵל לִבְנֵי 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.*

בעשׂי'ת זְכַרְנוּ לַחַיִּים. מְלֶךְ חַפֵּץ בַּחַיִּים. וְכַתְּבָנוּ 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.*

מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יְהוָה. מֶגֶן אַבְרָהָם וְעִזְרַת שָׂרָה :
*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 וּמוֹתִיר אֲסוּרִים.
 וּמַקְיֵם אֲמוּנָתוֹ לִישְׁנֵי עָפָר. מִי כְמוֹד בַּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ.
 מְלֶךְ מִמִּית וּמַחֲיָה וּמַצְמִיחַ יְשׁוּעָה:
 מִי כְמוֹד אֵב הַרְחֵמִים. זֹכֵר יְצוּרֵינוּ לַחַיִּים בְּרַחֲמִים:
 וְנִאֲמָן אַתָּה לְהַחְיֹת מֵתִים:
 בְּרוּךְ אַתָּה יְהוָה. מַחֲיָה 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.*

Reader:

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 וְהַלְלוּךָ, סֶלָה. בְּרוּךְ אַתָּה יי, הַמֶּלֶךְ 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

The Holiness of this Day

Reader:

May this day add meaning to our lives. Let the Shofar's sound awaken the voice of
conscience, our common worship unite us in love, our memories of slavery implore us to
help the oppressed.

Congregation:

*Our God and God of all ages, be mindful of Your people Israel on this Day of Remembrance,
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.

Reader:

You transcend our deepest thought and elude the keenest eye, yet all who dwell on Earth may find You. Every creature's form proclaims Your glory, for all that breathes is one creation, children of a single kingdom. Thus it was written of old: 'The Eternal God of Israel is the Sovereign whose dominion extends to all creation.'

Congregation:

Praised be the Power that makes for freedom, that blesses the House of Israel and the Day of Remembrance.

Shah•Lohm Rahv

שְׁלוֹם רַב

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מְלִיךְ אֲדוֹן לְכָל הַשְּׁלוֹם. וְטוֹב יִהְיֶה בְּעֵינֶיךָ
לְבָרְכֵנוּ וּלְבָרֶךְ אֶת כָּל עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשִׁלּוֹמְךָ.
בְּסֶפֶר חַיִּים בְּרַכָּה וְשִׁלוֹם. וּפְרִנָּסָה טוֹבָה, נִזְכָּר וְנִפְתָּח לְפָנֶיךָ, אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשִׁלוֹם:
בְּרוּךְ אַתָּה יְהוָה, עֹשֶׂה הַשְּׁלוֹם:

*Shah•Lohm Rahv Ahl Yees•Rah•Ehl Ahm•Hah Tah•Seem Leh•Oh•Lahm Kee Ah•Tah Hoo
Meh•LehH Ah•Dohn Leh•Hohl Hah•Shah•Lohm.*

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:

Intolerance lies at the core of evil.
Not the intolerance that results
from any threat or danger.
But intolerance of another being who dares to exist.
Intolerance without cause.
It is so deep within us,
because every human being secretly desires
the entire universe to himself.
Our only way out is to learn
compassion without cause.
To care for each other
simply because that 'other' exists.

- Rabbi Menachem Mendle

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, חָטְאֵנוּ 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, בְּלֵה דָבָר וְחָרֵב וְרָעָב מֵעָלֵינוּ:

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

אָבִינוּ מִלְכֵנוּ, בְּלֵה 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 גִידֵנוּ מִבְּרִכּוֹתֶיךָ:

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

מי שְׁבִירָה

מי שְׁבִירָה אֲמוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאַבוֹתֵינוּ

*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.

מי שְׁבִירָה אֲבוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאַמוֹתֵינוּ

*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.

...

Kiddush

קדוּשָׁה

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

*Bah·RooH Ah·Tah Ah·Doh·Nai, Eh·Loh·Hay·Noo Meh·LehH Hah·Oh·Lahm, BohRay
Peh·Ree Hah·Gah·Fehn.*

Praised are You, Eternal our God, Master of the Universe,
Who creates the fruit of the vine.

Reader:

Praised are You, Eternal our God, Master of the Universe, who has chosen and distinguished us by sanctifying our lives with Your commandments. Lovingly have You given us this Day of Remembrance, a day for Shofar sound, a day for holy assembly and for recalling our freedom from slavery in Egypt. Praised are You, Eternal our God, Master of the Universe, who sanctifies the people Israel and the Day of Remembrance.

Ah·Lay·Noo עֲלֵינוּ

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.

עֲלֵינוּ לְשִׁבְחָהּ לְאֶדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית, שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ
כְּמִשְׁפָּחוֹת הָאֲדָמָה. שְׁלֹא שָׁם חָלְקָנוּ בָּהֶם, וְגוֹרְלָנוּ כָּכָל הַמּוֹנִם.

*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.*

וְאַנְחֵנוּ 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 נוֹטֶה שָׁמַיִם וְיוֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל וּשְׁכִינֵת עָזוֹ בְּגִבְהֵי מְרוֹמַיִם.
הוּא אֱלֹהֵינוּ אֵין עוֹד. אֶמֶת מַלְכֵנוּ אָפֶס זִילְתוֹ, כְּפָתוּב בְּתוֹרָתוֹ:
וְיָדַעַת הַיּוֹם וְהַשַּׁבָּת אֶל לִבָּבָהּ. כִּי יְהוָה הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל וְעַל הָאֶרֶץ מִתַּחַת. אֵין עוֹד...

וְנִאֲמַר, וְהִיא יְהוָה לְמֶלֶךְ עַל כָּל הָאֶרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד וְשִׁמוֹ 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 פחייכון ובימיכון ובחיי דכל בית ישראל
בעגלא ובזמן קריב. ואמרו אמן:
יהא שמה רבא מברך לעלם ולעלמי עלמאי:
יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתחדר ויתעלה ויתחלל שמה דקדשא בריך הוא.
(בעשי"ת לעלא מכל) לעלא מן כל ברכתא ושירתא תשבחתא ונחמיתא
דאמין בעלמא. ואמרו אמן:
יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל. ואמרו אמן:
עושה שלום (בעשי"ת השלום) במרומו 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 Ool·Ay·Lah Mee·Kohl
Beer·Hah·Tah Veh·Shee·Rah·Tah, Toosh·Beh·Hah·Tah Veh·Neh·Heh·Mah·Tah
Dah·Ah·Mee·Rahn Beh·Ahl·Mah Veh·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

לְדוֹר וָדוֹר

לְדוֹר וָדוֹר נְגִיד גְּדֻלָּהּ וְלִנְצַח נְצָחִים קְדוּשָׁתְךָ נְקִדֵּשׁ. וְשִׁבְחְךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד...
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקְדוֹשׁ:

*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...*

We declare Your greatness through all generations, hallow Your holiness to all eternity.
Your praise will never leave our lips, for You are God and Sovereign, great and holy.
Praised are You, Adonai, Holy God.

Sources:

Gates of Repentance, CCAR • Gates of Prayer, CCAR • Gates of Prayer for Shabbat, CCAR • Day of Atonement, Stephen S. Wise Temple, Los Angeles, California • Tikkun HaNefesh, Temple Akiba, Los Angeles, California • The Days of Awe, Temple Israel of Hollywood, Los Angeles, California • Wilshire Boulevard Temple Camps Siddur, Wilshire Boulevard Temple, Los Angeles, California • Gates of Understanding II, CCAR • selected poems and readings from the residents of Vista Del Mar, Los Angeles, California