



VISTA DEL MAR
A COMMUNITY OF SERVICES

Vista's Holiday High-Lights Prayer Booklet

**An Interactive High Holiday Service
via Zoom
for friends near and far**

in
partnership
with

**The Jewish
FEDERATION**
OF GREATER LOS ANGELES
JewishLA.org

THE ROSALINDE AND ARTHUR
GILBERT FOUNDATION

THE **FOUNDATION**
JEWISH COMMUNITY FOUNDATION
LOS ANGELES

Mah Toh•Voo

מה טוב

מה טוב אלהיך יעקב משכנותיך ישראל.

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!

...

Oh•Seh Shah•Lohm

עושה שלום

עושה שלום במרומינו הוא יעשה שלום עלינו ועל כל ישראל ואמרו אמן:

*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*.

...

Sheh•Mah

שמע

שמע ישראל יהוה אלהינו יהוה אחד:

בלחש - ברוך שם כבוד מלכותו לעולם ועד:

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.

...

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.

...

Ah.Mee.Dah
תפילה – עמידה

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

Ah.Doh.Nai Seh.Fah.Tai Teef.TahH Oo.Fee Yah.Geed Teh.Hee.Lah.Teh.Hah

- Moment of Silent Prayer -

Ah.Vee.Noo Mahl.Kay.Noo

אָבִינוּ מֶלְכֵנוּ
All rise.

אָבִינוּ מֶלְכֵנוּ. שְׁמַע קוֹלֵנוּ:

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

אָבִינוּ מֶלְכֵנוּ. חָטְאָנוּ לְפָנֶיךָ:

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

אָבִינוּ מֶלְכֵנוּ. חַמּוּל עָלֵינוּ וְעַל עוֹלָלֵינוּ וְטַפֵּנוּ:

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

אָבִינוּ מֶלְכֵנוּ. כַּלֵּה דָבָר וְחָרֵב וְרָעָב מֵעַלֵּינוּ:

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

אָבִינוּ מֶלְכֵנוּ. כַּלֵּה כָּל צָר וּמַשְׁטִין מֵעַלֵּינוּ:

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

אָבִינוּ מֶלְכֵנוּ. כָּתֹבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים:

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

אָבִינוּ מֶלְכֵנוּ. הַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה:

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

אָבִינוּ מֶלְכֵנוּ. מִלֵּא יְדֵינוּ מִבְּרָכוֹתֶיךָ:

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

...

Mee Sheh·Bay·RahH - Prayer for Healing

מי שִׁבְרָךְ

מי שִׁבְרָךְ אֲבוֹתֵינוּ מְקוֹר 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 שִׁבְרָךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאַמוֹתֵינוּ

*Mee·Sheh·Bay·RahH Ee·Moh·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.

...

Shofar Service

Reader:

May it be Your will, our God, and God of our fathers and mothers, that the notes of the Shofar which we are about to sound reach all the way up to Your glorious throne and intercede for us, so that You forgive us all our wrongs. Praised are You, source of compassion.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְשִׁמּוֹעַ קוֹל שׁוֹפָר.

*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 Leesh·Moh·Ah Kohl Shoh·Far.*

Shofar Calls: *Teh·Kee·Ah, Sheh·Vah·Reem·Troo·Ah, Teh·Kee·Ah
Teh·Kee·Ah, Sheh·Vah·Reem, Teh·Kee·Ah,
Teh·Kee·Ah, Troo·Ah, Teh·Kee·Ah.*

...

עברות שביין אדם למקום, יום הכפורים מכפר.
עברות שביין אדם לחברו, אין יום הכפורים 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:

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.

Please Rise

All Vows - Kol Nidrei

כל נדרי

כל נדרי, ואסרי, ושבועי, וחרמי, וקונמי, וקנוסי, וכנויי, דנדרנא, ודאשתבענא, ודאחרמנא, ודאסרנא על נפשתינא.
מיום כפורים [שעבר עד יום כפורים זה, ומיום כפורים זה עד יום כפורים הבא עלינו לטובה. בכלהון אחרטנא בהון. בלהון
יהון שרון, שביקין, שביתין, בטלין ומבטלין, לא שרירין, ולא קימין. נדרנא לא נדרי, ואסרנא לא אסרי, ושבועתנא
לא שבועות.

Translation

(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.)

ונסלח לכל-עדת בני ישראל ולגר הגר בתוכם, לכל העם בשגגה.

Rabbi

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

סלח נא לעון העם הזה בגדל חסדך, וכאשר נשאת לעם הזה ממצרים ועד הנה.

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.

ויומר יי: "סלחתי כדברך."

Rabbi:

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

Our Sins

For the sin which we have committed by hardening our hearts,
Fearful of showing compassion lest others think of us as weaklings.

For the sin which we have committed by denying and lying,
Because we do not have the fortitude to acknowledge the truth.

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.*

ועל כלם, אלוה סליחות, סלח-לנו, מכל-לנו, בפר לנו...

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

...

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.

....

Yeez•Kohr - Rememberance

זכור

'The Last Butterfly'

by Pavel Friedman, April 6th, 1942 (Poem by a child who died in the Holocaust)

The last, the very last.
So richly, brightly, dazzlingly yellow.
Perhaps if the sun's tears would sing
against a white stone...

Such, such a yellow.
It's carried lightly way up high.
It went away I'm sure because it
wished to kiss the world good-bye.

For seven weeks I've lived in here.
Penned up inside this ghetto.
But I have found my people here.
The dandelions call to me
And the white chestnut candles in
the court.
Only I never saw another butterfly.

That butterfly was the last one.
Butterflies don't live in here
anymore.

...

The Passing of Family Members and Friends

We thank You, O Eternal, for the gift of memory which unites life with life. We remember all our beloved who have gone to their eternal rest. We think of the days when they were with us and we rejoiced in the blessing of their companionship and affection.

We remember with sorrow those whom death has taken from our midst during the past year _____. Taking these dear ones into our hearts with all our beloved, we recall them now with reverence.

...

Silent Reflection

THE LOSS OF A PARENT: The distance between us lengthens; yet somehow we grow closer. Your life is completed; your joys and sorrows chapters in a closed book, but memories of you are with me, showing me better my own life. Your time for sacrifice is over; your time of sharing is past, no longer either confusion or clarity, anger or laughter; yet a part of you is in me, there to live my whole life through.

THE LOSS OF A CHILD: The order of things is reversed, turned inside out; I am here and you are not; I continue my unfolding life, but yours is completed, silent. Yet, you remain in my heart full of promise unfulfilled, remembered moving through the portion of life given you, your image in my heart somehow unaging, even though I age myself. Surely, as long as I live, part of you shall live with me.

THE LOSS OF A LOVED ONE: It was better when you were here, better when we could share. Now I walk our familiar ways expecting to see you, forgetful of what is; I cannot but sigh when I remember. There remains a place in me emptied by your loss, only partly filled by your memory. It is better to share, harder to be alone; part of you will stay with me, hand in hand, still sharing.

THE LOSS OF A SPOUSE: In the spiritual gifts of marriage, the giving and receiving of life, lie the strengths from which many new life is built. One lives with all of one's past. Nothing and no one ever completely dies. It is not necessary or desirable to forget. Remembering adds richness to all our remaining years.

יִזְכֹּר אֱלֹהִים נַשְׁמוֹת יְקָרֵי _____ שֶׁהָלְכוּ לְעוֹלָמָם. תְּהִינָה נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצִרּוֹר הַחַיִּים וְתִהְיֶי
מְנוּחָתָם כְּבוֹד. שְׁבַע שְׁמֵחוֹת אֶת פְּגִידָה, נְעִימוֹת בִּימִינֶךָ נְצַח. וְנֹאמַר אָמֵן:

May God remember forever my dear ones _____ who have gone to their eternal rest. May they be at one with the One who is life eternal. May the beauty of their lives shine for evermore, and may my life always bring honor to their memory.

...

Kah·Deesh Yah·Tohm - Mourner's Kaddish

קדיש יתום

יתגדל ויתקדש שמה רבא. אמן:
בעלמא די ברא כרעויה וימליך מלכותה בחייכון וביומיכון ובחיי דכל בית ישראל
בעגלא ובזמן קריב. ואמרו אמן:
יהא שמה רבא מברך לעלם ולעלמי עלמא:
יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתגדר ויתעלה ויתחלל שמה דקדשא בריך הוא. לעלא
(בעש"ת לעלא מפל) מן כל ברבא ושירתא תשבחתא ונחמתא
דאמירן בעלמא. ואמרו אמן:
יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל. ואמרו אמן:
עושה שלום (בעש"ת השלום) במרומיו 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.*

...

Ah·Vee·Noo Mahl·Kay·Noo

אָבִינוּ מַלְכֵנוּ

אָבִינוּ מַלְכֵנוּ. 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.*

...

Final Sounding of the Shofar

תְּקִיעַה גְּדוּלָּה

Teh·Kee·Ah Geh·Doh·Lah

...

לְשָׁנָה הַבָּאָה בִּירוּשָׁלַיִם:

Leh·Shah·Nah Hah·Bah·Ah Vee·Yeh·Roo·Shah·Lai·Yeem

Next year in Jerusalem!!!

...

Prayer for a Safe Journey

תְּפִילַת הַדֶּרֶךְ

Together:

May we be blessed as we go on our way

May we be guided in peace

May we be blessed with health and joy

May this be our blessing, AMEN.

AMEN, AMEN, may this be our blessing AMEN (2x)

May we be sheltered by the wings of peace

May we be kept in safety and in love

May grace and compassion find their way to every soul

May this be our blessing, AMEN

AMEN, AMEN, may this be our blessing AMEN (2x)