

*On this Yom Kippur  
We Pray for Peace for All*

In This Land  
In The Land of Israel  
Throughout the World  
Wherever People Suffer

Entrances to holiness are everywhere.

The possibility of ascent is all the time, always,  
even at unlikely times and through unlikely places.

There is no place on earth without the Presence.

*Lawrence Kushner, CCAR, Mishkan T'filah*

Service compiled by Rabbi Ari Fridkis

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With gratitude to the three-millennia Jewish textual tradition as well as the myriad of gifted, liturgical poetry excerpted from the prayerbooks of the Central Conference of American Rabbis and elsewhere. All remaining passages were written, translated and edited by Rabbi Fridkis and are the author's intellectual property.

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## New Beginnings

## הַתְחָלֹת

*New beginnings are always difficult, the Talmud tells us. Only through resilience and determination can we find a way forward. As Theodore Herzl said: "If you will it, it is no dream."*

### If It Be Your Will

If it be your will  
That I speak no more  
And my voice be still  
As it was before.

I will speak no more.  
I shall abide until  
I am spoken for  
If it be your will.

If it be your will  
That a voice be true  
From this broken hill  
I will sing to you.

2x:  
From this broken hill  
All your praises they shall ring  
If it be your will  
To let me sing.

If it be your will  
If there is a choice  
Let the rivers fill  
Let the hills rejoice.

Let your mercy spill  
On all these burning hearts in hell  
If it be your will  
To make us well.

And draw us near  
And bind us tight  
All your children here  
In their rags of light.

In our rags of light.  
All dressed to kill  
And end this night  
If it be your will (2x).

*Words and Music: Leonard Cohen*

## Vows & Promises נְדָרָנָא וְאַסְרָנָא

*I am a flawed individual. Just like you and every man or woman on the planet. That is what makes us human. According to Midrashic lore, God created another world before our own. But it was destroyed, for the Holy One had forgotten one thing: the ability to change, to do Teshuva - to forgive and be forgiven..*

*As I forgive those who have wronged me,  
may the many I have angered and hurt,  
harmed or wronged,  
be that of body or soul, honor or property,  
whether I was forced or did so willingly,  
deliberately or inadvertently*

*by accident or intent,  
by word or by deed.  
May each understand  
I too am human  
May no person feel guilty  
on my account.*

*Traditional Jewish Confessional, adaptation: AF*

### All the Vows on Our Lips

All the vows on our lips, the burden in our hearts,  
the pent-up regrets about which we brooded and spoke  
through prayers without end on last Atonement Day,  
did not change our way of life, did not bring about deliverance.

From mountains peaks of fervor we fell to old ways at the close of the fast.  
Will You hear our regret? Will You open our prison, release us from habit?  
Will You accept our prayers, forgive our wrongs, though sin again and again?

In moments of weakness, we forget the promises of last Yom Kippur.  
Recall that we easily forget, take only our intent.  
Forgive us, pardon us.

*Zev Falk*

## הדלקת הנרות Lights of Yom Kippur

*As we kindle the Lights of Yom Kippur:*

**ברוך** אתה יי, אלהינו מלך העולם, אשר קדשנו במצותיו,  
וצונו להדליק נר של יום הכיפורים.

Ba-ruch a-ta A-do-nai E-lo-hei-nu Me-lech Ha-o-lam, a-sher  
k'd'sha-nu b'mitz-vo-tav v'tzi-va-nu l'had-lik ner shel Yom  
Ha-Ki-pu-rim.

**Praised** be the Holy One of Light and Life, who is Light and gives Light,  
bringing us vision and warmth with the flames of Yom Kippur.

*For the New Year and on other special occasions:*

**ברוך** אתה יי אלהינו, מלך העולם, שהחיינו וקיימנו והגיענו  
לזמן הזה.

Ba-ruch a-ta A-do-nai E-lo-hei-nu Me-lech Ha-o-lam,  
she-heh-ḥi-ya-nu v'ki-y'ma-nu v'hi-gi-a-nu laz-man ha-zeh.

**Blessed** is the Holy One of Light and Life, for keeping us alive, for giving  
us strength, and for enabling us to be present for this magnificent day!

## Kol Nidre כָּל נִדְרֵי

### The Heavenly Court

By the decree of the heavenly court  
and with the authority of the  
earthly courts,  
with the permission of God  
the Ever-Present, and  
the permission of this congregation,  
we who have ourselves transgressed  
declare it lawful to pray with others.

Those who have wronged either God  
or human beings:  
the keeper of Shabbat who,  
by her silence, allowed gossip  
to flourish among her associates,

consents to pray with the  
supporter of the oppressed who  
neglected his family.  
The one who gave tzedakah but  
cheated at work, consents to pray  
with the one who worked hard  
for Israel but exploited his friend.

Joined in the recognition  
of our own failings  
we pledge to pray  
both for ourselves  
and for the others around us  
who have fallen short.

*B'nai Brith Hillel, On Wings of Awe*

כָּל נִדְרֵי וְאֶסְרֵי וְחֻרְמֵי וְקוֹנָמִי וְכַנּוּיֵי וְקִנּוּסֵי וְשְׁבוּעוֹת,  
דִּנְדְּרָנָא וְדִאֲשְׁתַּבְּעָנָא וְדִאֲחֻרְמָנָא וְדִאֲסָרָנָא עַל נַפְשָׁתָנָא,  
מִיּוֹם כְּפָרִים זֶה עַד יוֹם כְּפָרִים הַבֹּא עָלֵינוּ לְטוֹבָה,  
כְּלַהוֹן אַחֲרֵטָנָא בְּהוֹן, כְּלַהוֹן יְהוֹן שָׂרוֹן, שְׁבִיקִין שְׁבִיתִין,  
בְּטִלִין וּמִבְטָלִין, לֹא שְׁרִירִין וְלֹא קִיּמִין. נִדְרָנָא לֹא נִדְרֵי,  
וְאֶסְרָנָא לֹא אֶסְרֵי, וְשְׁבוּעָתָנָא לֹא שְׁבוּעוֹת.

Kol ni-drei v'e-sa-rei va-cha-ra-mei v'ko-na-mei v'chi-nu-yei  
 v'ki-nu-sei u-sh'vu-ot, di-n'dar-na u-d'ish-ta-ba-na  
 u-d'a-ha-rim-na v'di-a-sar-na al naf-sha-ta-na, mi-yom  
 ki-pu-rim -zeh ad yom ki-pu-rim ha-ba a-lei-nu l'to-va, kul-hon  
 i-ha-rat-na v'hon, kul-hon y'hon sha-ran, sh'vi-kin sh'vi-tin,  
 b'tei-lin u-m'vu-ta-lin, la sh'ri-rin v'la ka-ya-min. Ni-dra-na la  
 ni-drei, v'e-sa-ra-na la e-sa-rei, u-sh'vu-a-ta-na la sh'vu-ot.

**All** vows, oaths, and promises which we made to God from last Yom Kippur to this Yom Kippur and were not able to fulfill - may all such vows between ourselves and God be annulled. May they be void and of no effect. May these vows not be considered vows, these oaths not be considered oaths, and these promises not be considered promises.

## Book of Life & Peace    בְּסֵפֶר חַיִּים

בְּסֵפֶר חַיִּים, בְּרָכָה וְשָׁלוֹם וּפְרֻסָּה טוֹבָה, נִזְכֵּר וְנִכְתָּב לְפָנֶיךָ,  
 אֲנַחְנוּ וְכָל עַמּוֹךְ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וְלְשָׁלוֹם.  
 בָּרוּךְ אַתָּה יְיָ, עוֹשֵׂה הַשָּׁלוֹם.

B'se-fer ha-yim, b'ra-cha v'Sha-lom u'far-na-sa to-va,  
 ni-za-cher v'ni-ka-tev l'fa-ne-cha, a-nach-nu v'kaw! am-cha  
 Yis-ra-el, l'ha-yim to-vim u'l'Sha-lom.  
 Ba-ruch a-ta A-do-nai, o-seh ha-Sha-lom

Holy One: remember and inscribe us in the Book of Life, Blessing,  
 Peace and Sustenance, so that we have a life of serenity and safety.  
 Blessed is the Eternal, the Source of Peace.

## Our Prayers תפילות ליום כיפור

*The traditional prayers for Yom Kippur commence here.  
We begin with the Ba-r'chu: the ancient Hebrew Call to Prayer.*

*Leader:*

**בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ!**

*Congregation:*

**בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!**

Ba-r'chu et A-do-nai Ha-M'vo-rach!

Ba-ruch A-do-nai Ha-M'vo-rach l'o-lam va-ed!

**Praise** be the One-That-Is-All, the Blessed One!

Praise be the One-That-Is-All, the Blessed One, now and forever!

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### A Contemporary Psalm

Praise to the One  
who creates a morning panorama  
on the Appalachian peaks that moves us to say:  
Let's walk in the country, let's go to the lake.  
Praise to the One who makes old people young  
by the simple change of weather.  
Praise be the One  
of early Spring and Indian Summers,  
whose magic touch of subtle miracle  
is everywhere.

*Danny Siegel, Contemporary Psalms and Prayers*



## שמע ישראל Shema Yisrael

### ... from the Kingdom of Night

In the barracks, several hundred Jews gathered to celebrate Simhat Torah... But there was no Sefer Torah. So how could they organize the ritual *hakafot* - the traditional processions - without the sacred scrolls? As they were trying to solve the problem, an old man ... Old? The word had no meaning there... An old man noticed a young boy - who was so, so old - standing there, looking on, dreaming. "Do you remember what you learned?" asked the old man. "Yes, I do," replied the young boy. "Really?" said the old man, "you really remember *Shema Yisrael*?" "I remember much more," said the young boy. "*Shema Yisrael* is enough" said the old man. And he lifted the boy from the ground and began dancing with him as if he were the Torah! And all joined in: they all sang and danced and cried. They cried, but they sang with fervor: never before had Jews celebrated Simhat Torah with such fervor.

*Elie Wiesel, The Jews of Silence*

שמע ישראל, יי אלהינו, יי אחד:  
ברוך שם כבוד מלכותו לעולם ועד.

She-ma Yis-ra-el, A-do-nai E-lo-hei-nu, A-do-nai E-had.

Ba-ruch Shem K'vod Mal-chu-to l'o-lam va-ed.

**Hear O Israel:** for us There Is One and only One!

Blessed is the Majestic Unity of an Eternal Universe!

**וְאֶהְבֶּתָּ** אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ.  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְּךָ: וְשָׁנַנְתָּם  
לְבָנֶיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלֶכְתְּךָ בְּדֶרֶךְ, וּבְשֹׁכְבְּךָ,  
וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֶטֶפֶת בֵּין עֵינֶיךָ,  
וְכִתְבָתָם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

V'a-hav-ta et A-do-nai e-lo-he-cha, b'chol l'va-v'cha, u-v'chol naf-  
sh'cha, u-v'chol m'o-de-cha. V'ha-yu ha-d'va-rim ha-ei-leh, a-she-  
a-no-chi m'tza-v'cha ha-yom, al l'va-ve-cha. V'shi-nan-tam l'va-  
ne-cha, v'di-bar-ta bam, b'shiv-t'cha b'vei-te-cha, u-v'lech-t'cha  
va-de-rech, u-v'shoch-b'cha, u-v'ku-me-cha. U-k'shar-tam l'ot al  
ya-de-cha, v'ha-yu l'to-ta-fot bein ei-ne-cha. U-k'tav-tam al  
m'zu-zot bei-te-cha u-vish-a-re-cha.

You shall love the Eternal your God  
with all your heart,  
with all your soul  
and with all your might.  
These words which I command you today  
shall be in your heart.  
You shall teach them to your children.  
You shall speak them when you are at home,  
when you walk by the way,  
when you lie down,  
and when you rise up.  
You shall bind them as a symbol upon your hand,  
and they should be placed right before your eyes.  
You shall write them on the lintels of your house  
and upon your gates.

*Deuteronomy 6: 4-9*

## Shores of Freedom's Sea    מִי כְּמִכָּה

**Not** without suffering  
did we win our way through the deadly waters  
to the shore of refuge and new life.  
The oppressor's fury grows as his grip begins to weaken.  
In his rage he pursues us, even to his own destruction.

In his drowning, part of us is lost as well.  
The remnant sings songs, yet a sadness remains.  
So many must die, slave and master alike,  
before a few can sing.

*CCAR, Gates of Prayer*

*Our lives too are difficult.  
We are pursued by ideals and our imperfections.  
We too must choose between life and death,  
between slavery and freedom.  
We sway between listening for hope  
and succumbing to anguish and despair,  
the death of our spirit.*

But we are not abandoned nor alone.  
We search the distant past and our own days  
and find the courage to enter our struggles,  
to wrestle with the Pharaohs in our hearts  
and those in the world around us,  
and to slowly free ourselves from bondage.  
We are companions who help each other rise from the dust.

*Rabbi Burt Jacobson, adapted*

*From Egypt, the house of bondage, we were delivered.  
At Sinai, amid peels of thunder, we bound ourselves to the Torah.  
Inspired by prophets and instructed by sages,  
we survived oppression and exile,  
time and again overcoming the forces that would destroy us.*

After the long nights,  
after the days and years when our ashes blackened the sky,  
it remains our privilege to bear witness to this Exodus,  
and to keep alive in both light and dark ages  
the vision of a world redeemed.

CCAR, Gates of Prayer

*From age to age the tale has been told,  
how Moses and Miriam brought us forth from Egypt.  
Commanding staff and timbrel,  
they led us out from slavery to freedom  
and from narrow-mindedness to Torah.  
So we too raise our voices together in song,  
just as yesterday, the Children of Israel sang  
at the shores of freedom's sea:*

מי כְּמֹכָה בְּאֵלִים יְיָ? מִי כְּמֹכָה נֶאֱדָר בְּקֹדֶשׁ?  
נֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא?

מְלֻכּוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה  
”זֶה אֱלֹהֵינוּ” עָנוּ וְאָמְרוּ: ”יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!”

Mi kha-mo-cha ba-ei-lim A-do-nai! Mi ka-mo-cha ne-dar  
ba-ko-desh! No-ra t'hi-lot o-seh fe-leh!

Mal-chu-t'cha ra-u va-ne-cha, bo-kei-a yam lif-nei Mo-she.  
"Zeh Ei-li!" a-nu v'am-ru: "A-do-nai yim-loch l'o-lam va-ed!"

Who is like You, Eternal One, among the gods who are worshipped?  
Who is like You, filled with goodness?  
Awesome in splendor, doing wonders?

In their escape from the sea, Your children saw Your Awesome Might.  
"This is my God!" they cried: "The Eternal shall reign for ever and ever!"

**Standing** at the parted shores of history  
we still believe what we were taught  
before ever we stood at Sinai's foot:

that wherever we go, it is eternally Egypt,  
that there is a better place, a promised land;  
that the winding way to that promise  
passes through the wilderness.

That there is no way to get from here to there  
except by joining hands, marching  
together.

*Michael Walzer, adapted, CCAR, Mishkan T'filah*

## A Night of Peace    הַשְׁכִּיבָנוּ

**הַשְׁכִּיבָנוּ** יי אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידָנוּ מִלְּכָנוּ לְחַיִּים. וּפְרוֹשׁ  
עָלֵינוּ סִכַּת שְׁלוֹמְךָ. וְתִקְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ  
לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדָּנוּ, וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחָרָב, וְרָעָב  
וְיָגוֹן, וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵנוּ. וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ. כִּי  
אֵל שׁוֹמְרָנוּ וּמַצִּילָנוּ אַתָּה. כִּי אֵל מְלֶךְ חַנוּן וְרַחוּם אַתָּה. וְשִׁמּוֹר  
צִאתָנוּ וּבּוֹאָנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. וּפְרוֹשׁ עָלֵינוּ  
סִכַּת שְׁלוֹמְךָ. בְּרוּךְ אַתָּה יי, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ, וְעַל כָּל  
עַמּוֹ יִשְׂרָאֵל, וְעַל יְרוּשָׁלָּיִם.

**הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם . . .**

Hash-ki-vei-nu A-do-nai E-lo-hei-nu I'Sha-lom.

v'ha-a-mi-dei-nu Mal-kei-nu I'Ha-yim.

U'fros a-lei-nu Su-kat Sh'lo-me-cha.

Ba-ruch a-ta A-do-nai, ha-po-reis Su-kat Sha-lom a-lei-nu,

v'al kaw-l a-mo Yis-ra-el, v'al Y'ru-sha-la-yim.

*Words: Traditional; Music: Danny Maseng*

**הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם . . .**

Hash-ki-vei-nu A-do-nai E-lo-hei-nu I'Sha-lom.

v'ha-a-mi-dei-nu Mal-kei-nu I'Ha-yim.

Spread the shelter of your peace over us.

Guide us in wisdom, compassion and trust.

Save us for the sake of your Name.

Shield us from hatred, sorrow and pain

*Hebrew Words: Traditional; Music & Translation: Dan Nichols*

**הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם . . .**

Hash-ki-vei-nu A-do-nai E-lo-hei-nu I'Sha-lom.

v'ha-a-mi-dei-nu Mal-kei-nu, I'Ha-yim.

U-fros a-lei-nu Su-kat Sh'lo-me-cha, Amen.

Shelter us beneath your 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, wrong from right, Amen.

*Words: Traditional; Music & Translation: Steve Brodsky, L. Jonas, Yoshi Zweiback*

## תפילה: אבות Tefila: Blessings of Our Ancestors

**איפה הם כל אבותינו? Where is Abraham?**

איפה אבינו? איפה, איפה אברהם?  
איפה אברהם אבינו, ירחם על בנו יצחק?  
איפה הוא יוסף אחינו? איפה בן פורת יוסף?  
איפה הוא יוסף אחינו, שילחם לי חלומות?  
איפה היא רחל אמנו? איפה, איפה היא רחל?  
איפה היא רחל אמנו, שתזיל הרבה דמעות?  
איפה הוא משה רבנו? איפה, איפה הוא משה?  
איפה הוא משה רבנו, שיתן את הלוחות?  
אלהו נביאינו? אלהו הנביא?  
אלהו נביאינו, לנו השלום יביא!  
איפה הם כל אבותינו? איפה, איפה הם כולם?  
מי יתן ויברכנו - בזכותם ריבון עולם?

Ei-fo Av-ra-ham a-vi-nu? Ei-fo, ei-fo Av-ra-ham?  
Ei-fo Av-ra-ham a-vi-nu, y'ra-hem al b'no Yitz-hak?

Ei-fo hu Yo-sef a-hei-nu? Ei-fo ben po-rat Yo-sef?  
Ei-fo hu Yo-sef a-hei-nu, sheh-yih-lom li ho-lo-mot?

Ei-fo hi Ra-hel i-mei-nu? Ei-fo, ei-fo hi Ra-hel?  
Ei-fo hi Ra-hel i-mei-nu, sheh-ta-zil har-bei d'ma-ot?

Ei-fo hu Mo-she ra-bei-nu? Ei-fo, ei-fo hu Mo-she?  
Ei-fo hu Mo-she ra-bei-nu, sheh-yi-ten et ha-lu-hot?

E-li-ya-hu n'vi-ei-nu? E-li-ya-hu ha-na-vi?  
E-li-ya-hu n'vi-ei-nu? La-nu ha-sha-lom ya-vi!.

Ei-fo hem kaw! a-vo-tei-nu? Ei-fo, ei-fo hem ku-lam?  
Mi yi-tein v'y'var-chei-nu, b'z'chu-tam Ri-bon O-lam?

Where is Abraham our father? Where is Abraham: his son Isaac needs his love?  
Where is Joseph our brother? Where is Joseph who will help us dream?  
Where is Rachel our mother? Where is Rachel to warm us with her tears?  
Where is Moses our teacher? Where is Moses to bring us the Torah of goodness?  
And Elijah our prophet? Elijah the prophet who will finally bring us peace?  
Where are all our fathers and mothers? We need them so to bless us now!

מילים: חיים דפר, לחן: שמוליק קראוס

Words: Haim Hefer; Music: Shmulik Krauss; English Translation: AF



## Remember Us זְכֹרֵנוּ לַחַיִּים

זְכֹרֵנוּ לַחַיִּים, מֶלֶךְ חַפֵּץ בַּחַיִּים, וְכֹתֵבנוּ בְּסֵפֶר הַחַיִּים!

Zoch-rei-nu l'ha-yim, Me-lech ha-feitz ba-ha-yim,  
v'kot-vei-nu b'se-fer ha-ha-yim!

**Remember** us for life, Majestic Creator and Giver of Life:  
Inscribe us this year once again in the Book of Life!  
Blessed are You, One-That-Is-All, Protector of Abraham,  
Champion of Sarah, the One who remembers all life!

---

### If I Had Known

If I had known.  
What troubles you were bearing,  
What griefs were in the silence of your face,  
I would have been more gentle and more caring,  
And tried to give you gladness for a space.  
I would have brought more warmth into the place.  
If I had known.

If I had known.  
What thoughts despairing drew you -  
Why do we never understand?  
I would have lent a little friendship to you,  
And slipped my hand within your lonely hand,  
And made you stay more pleasant in the land,  
If I had known.

*Author Unknown*

## For Healing מי שברך

Mi sheh-bei-rach A-vo-tei-nu, Avraham, Yitzhak v'Ya'akov  
 Mi sheh-bei-rach I-mo-tei-nu, Sarah, Rivka, Leah v'Raḥel  
 May the One who blessed our Mothers,  
 May the One who blessed our Fathers,  
 Hear our prayer, hear our prayer,  
 hear our prayer, hear our prayer . . . and bless us as well.

Bless us with the power of Your healing,  
 Bless us with the power of Your hope.  
 May our hearts be filled with understanding  
 and strengthened by the power of Your love.

*Words and Music: Lisa Levine*

## Book of Life & Peace בספר חיים

**בספר חיים, ברכה ושלום ופרנסה טובה, נזכר ונכתב לפניך,  
 אנחנו וכל עמך בית ישראל, לחיים טובים ולשלום.  
 ברוך אתה יי, עושה השלום.**

B'se-fer ḥa-yim, b'ra-cha v'Sha-lom u'far-na-sa to-va,  
 ni-za-cher v'ni-ka-tev l'fa-ne-cha, a-nach-nu v'kaw! am-cha  
 Yis-ra-el, l'ḥa-yim to-vim u'l'Sha-lom.  
 Ba-ruch a-ta A-do-nai, o-seh ha-Sha-lom

Holy One: remember and inscribe us in the Book of Life, Blessing,  
 Peace and Sustenance, so that we have a life of serenity and safety.  
 Blessed is the Eternal, the Source of Peace.

Evening | Morning

## Prayers of the Heart פְּוֹנוֹת הַלֵּב

**In** this moment of silent communication  
a still, small voice beckons me:  
to pursue my life's work with full attention  
though no eye is upon me;  
to be gentle in the face of ingratitude,  
even when slander distorts my nobler impulses;  
to meet the end of the day with the certainty  
that I've used my gifts well and with dignity.  
Like my ancestors who entered the sea not knowing,  
let me become even braver,  
facing life's trials with distinction.  
May I live on in deeds that bless others,  
and offer the heritage of a good name.

*CCAR, Mishkan T'filah*

אֱלֹהִי, נִצּוֹר לְשׁוֹנִי מִרָע, וּשְׁפָתִי מִדִּבֵּר מִרְמָה.  
וּלְמַקְלָלִי נִפְשֵׁי תִדּוּם, וְנִפְשֵׁי כְּעֶפֶר לְכָל תְּהִיָּה.  
פֶּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נִפְשִׁי.

E-lo-hai, n'tzor l'sho-ni mei-ra, u's'fa-tai m'da-ber mir-ma.  
V'li-m'kal-l'ai naf-shi ti-dom, v'naf-shi k'a-far la-kol t'hi-yeh.  
P'tah li-bi b'To-ra-te-cha, u-v'Mitz-vo-te-cha tir-dof naf-shi.

**My** God, guard my tongue from evil and my lips from words of deceit.  
Help me stay quiet in the face of derision, humble in the presence of all.  
Open my heart to your Torah and may Your Teachings engage my soul.

## Ashamnu: Confessional אֲשַׁמְנוּ

Our God and God of our mothers and fathers, may our prayers come before You: do not ignore our pleas! We are neither so brazen nor so stubborn as to declare that we are righteous and have not sinned; for, indeed, we have sinned.

אֲשַׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ דָּפִי. הֶעֱוִינוּ, וְהִרְשַׁעְנוּ, וַיְדַנּוּ  
חֲמִסְנוּ, טָפְלוּ שָׁקֶר. יַעֲצֵנוּ רַע, כְּזָבְנוּ, לָצָנוּ, מִרְדְּנוּ, נֶאֱצָנוּ,  
סָרְדְנוּ, עֵוִינוּ, פִּשְׁעֵנוּ, צָרְדְנוּ, קִשְׁיֵנוּ עָרְף. רִשְׁעֵנוּ, שִׁחַתְנוּ,  
תַּעֲבָנוּ, תַּעֲוִינוּ, תַּעֲתֵעֵנוּ.

Ashamnu, Bagadnu, Gazalnu, Dibarnu dofi.  
Hevinu, V'hirshanu, Zadnu, Hamasnu, Tafalnu sheker.  
Yatznu ra, Kizavnu, Latznu, Maradnu, Niatznu,  
Sararnu, Avinu, Pashanu, Tzararnu, Kishinu oref.  
Rashanu, Shiḥatnu, Tiavnu, Tainu, Titanu.

### We have trespassed;

we have dealt treacherously;  
we have spoken slander; we have robbed;  
we have acted perversely; we have done wrong;  
we have acted presumptuously; we have counseled evil;  
we have spoken falsehood; we have scoffed; we have revolted;  
we have blasphemed; we have rebelled; we have committed iniquity;  
we have transgressed; we have oppressed; we have been stiff-necked;  
we have done evil; we have dealt corruptly; we have committed abomination;  
we have gone astray; we have led others astray. *Traditional*

**Ashamnu: From A to Z . . . And Again**

*Of these things we are guilty:*

We have **A**nswered in **a**nger  
we have **B**roken our **b**argains  
we have **C**ontrolled others, but not ourselves  
we have **D**oubted our instincts  
we have **E**nforced our will gratuitously  
we have **F**reely wasted an abundance of resources  
we have **G**iven too haughtily  
we have **H**ated too gladly  
we have **I**ntruded too frequently  
we have **J**udged too hastily  
we have **K**ept far too many grudges  
we have **L**ied about so many things  
we have **M**anipulated needlessly  
we have **N**eedlessly capitulated  
we have **O**ffered up **o**thers as sacrifices  
we have **P**laced **p**ossessions over **p**eople  
we have **Q**uickly turned toward **r**esentment and quietly **r**un from **r**esponsibility  
we have **R**eacted too **r**easily, **r**efused and been **r**eluctant to **r**emember others  
we have **S**lowly turned toward evil  
we have **T**wisted **t**he **t**ru~~t~~h too **e**ffortlessly  
we have **U**nnecessarily **u**ndertaken too much responsibility  
we have **V**ehemently violated all kinds of boundaries  
we have **W**antonly **w**ished the downfall of others  
we have been **e**Xceedingly greedy  
we have frequently said **Y**es when we needed to say no  
we have far too frequently been **Z**ealous when we might have been patient

. . .

**We** have **A**cquiesced when we might have **A**bstained. . .

**We** have **C**riticized nearly everything when we might instead  
have **C**orrected ourselves. . .

**We** have **W**aited to change our lives even though **w**e wanted to,  
and **w**asted far too many opportunities for love and kindness. . .

**We** have lacked **Z**eal to create a better world for ourselves,  
for our children, and for future generations.

**. . . and we are clearly poorer for *all* of it.**

*Ari Fridkis*

## Hear Our Prayers שְׁמַע קוֹלֵנוּ

שְׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,  
 וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ.  
 אֵל תְּשַׁלֵּכֵנוּ מִלִּפְנֵיךָ, וְרוּחַ קֹדֶשְׁךָ אֵל תִּקַּח מִמֶּנּוּ.  
 אֵל תְּשַׁלֵּכֵנוּ לַעֲת זְקֵנָה, בְּכָלוֹת כֹּחֵנוּ אֵל תַּעֲזֹבֵנוּ.  
 אֵל תַּעֲזֹבֵנוּ, יְיָ אֱלֹהֵינוּ, אֵל תִּרְחַק מִמֶּנּוּ.  
 כִּי אַתָּה יְיָ עֲזָרְתָנוּ וְנִחַמְתָּנוּ.  
 כִּי לָךְ יְיָ הוֹחֵלֵנוּ, אַתָּה תַּעֲנֶה, אֲדֹנֵי אֱלֹהֵינוּ.

She-ma ko-lei-nu, A-do-nai E-lo-hei-nu, ḥus v'ra-ḥem a-lei-nu,  
 v'ka-bail t'fi-la-tei-nu.

**Hear** our voice, O Holy One:  
 Have compassion upon us  
 and receive our earnest prayers,  
 the contrition of our souls.

We consider our words: become conscious of our innermost thoughts.  
 Help us find the winding road to our return to our True Selves.

Do not cast us away from Your Presence.  
 Do not take from us the Holy Spirit.  
 Do not cast us away when we are old,  
 As our strength diminishes.  
 Do not abandon us, O One-That-Is-All.  
 Do not let all that is Holy within us be lost.  
 Be our Strength and our Consolation.  
 Upon You, O Holy One, do we depend.  
 Answer our prayers, O One-That-Is-All!

### **Book of Life: Uncertainty**

I wanted a perfect ending,  
So I sat down to write the book  
with the ending in place before  
there ever was an ending.  
Now I've learned the hard way,  
that some poems don't rhyme,  
and some stories don't have  
a clear beginning, middle and end.  
Like my life, this book has ambiguity.  
Like my life, this book is about  
not knowing, having to change,  
taking the moment and making the  
best of it, without knowing  
what's going to happen next.

*Gilda Radner, It's Always Something*

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**This** is an hour of change.  
Within it we stand uncertain on the border of light.  
Shall we draw back or cross over?  
Where shall our hearts turn?

This is *the* moment of change,  
and within it, we stand quietly, on the border of light.  
What lies before us?

*Shall we draw back,  
my brother or sister,  
or cross over?*

*Leah Goldberg, adapted, CCAR, Mishkan T'fila*

## אָבִינוּ מַלְכֵנוּ Avinu Malkeinu

אָבִינוּ מַלְכֵנוּ! שְׁמַע קוֹלֵנוּ.

A-vi-nu mal-kei-nu, she-ma ko-lei-nu.

**Avinu Malkeinu**, hear our prayers!

אָבִינוּ מַלְכֵנוּ! חַטָּאנוּ לְפָנֶיךָ.

A-vi-nu mal-kei-nu, ha-ta-nu l'fa-ne-cha.

**Avinu Malkeinu**, we have sinned before You!

אָבִינוּ מַלְכֵנוּ! חַמּוֹל עָלֵינוּ וְעַל עוֹלָלֵנוּ וְטַפֵּנוּ.

A-vi-nu mal-kei-nu, ha-mol a-lei-nu v'al o-la-lei-nu v'ta-pei-nu.

**Avinu Malkeinu**, have compassion upon us and upon our children.

אָבִינוּ מַלְכֵנוּ! כִּלֵּה דֶבֶר וְחָרֵב וְרָעָב מֵעַלְיָנוּ.

A-vi-nu mal-kei-nu, ka-leh de-ver v'he-rev v'ra-av mei-a-lei-nu.

**Avinu Malkeinu**, bring an end to sickness, war and famine.



אָבִינוּ מַלְכֵנוּ! כֵּלָה כָּל צָר וּמַשְׁטֵין מֵעַלֵינוּ.

A-vi-nu mal-kei-nu, ka-leh kawl tzar u'mas-tin mei-a-lei-nu.

**Avinu Malkeinu**, bring an end to all oppression and evil.

אָבִינוּ מַלְכֵנוּ! חַיֵּד שָׁנָה טוֹבָה.

A-vi-nu mal-kei-nu, ha-deish a-lei-nu sha-na tov-va.

**Avinu Malkeinu**, bless us with a good new year.

אָבִינוּ מַלְכֵנוּ! חֲנֻנוּ וְעֲנֵנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה עִמָּנוּ צְדָקָה  
וְחֶסֶד וְהוֹשִׁיעֵנוּ.

A-vi-nu mal-kei-nu, ha-nei-nu va-nei-nu (2x)  
ki ein ba-nu ma-a-sim.

A-sei i-ma-nu tze-da-ka va-he-sed (2x)  
v'ho-shi-ei-nu.

**Avinu Malkeinu**, be gracious to us, answer us, even when we have little merit. Treat us generously and with kindness, and be our help!

## Torah תּוֹרָה

*Once again, on this “unprecedented” Yom Kippur, we are blessed with a magnificent privilege: taking the Torah from the Holy Ark, and bringing it into Jewish homes around the world!*

**As** You taught Torah  
to those whose names I bear,  
teach me Torah, too.  
Its mystery beckons,  
yet I struggle with its truth.

You meant Torah for me:  
did You mean the struggle for me, too?  
Don't let me struggle alone!  
Help me to understand,  
to be wise, to listen, to know.  
Lead me into the mystery. . .

*Richard Levy, CCAR, Mishkan T'filah*

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*The Torah is taken from the ark:*

**כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה, וּדְבַר יְיָ מִירוּשָׁלַיִם.**

Ki mi-tzi-yon te-tzei To-rah, u-d'var A-do-nai Mei-ru-sha-la-yim.

**From** out of Zion hall go forth the Torah - and the word of the One-Who-Is-All  
from Jerusalem.

**Like** the flame  
which rests atop the Holy Ark -  
a symbol of the Great Light  
in the wilderness -  
this Torah too is forever.

Like this Sanctuary,  
in the inner recesses of our hearts  
You have set the ways of justice,  
love and peace  
They too are forever.

Like You at Bush Unconsumed -  
the flame which burns within us  
may flicker, but can never be spent.

That flame and this Torah  
were once Yours.  
Now they are ours!  
This Torah is Everything!  
And everything is in it.

AF

## Torah Blessings בְּרָכוֹת לַתּוֹרָה

*Before the Reading of the Torah:*

**בְּרָכוּ אֶת יְיָ הַמְּבֹרָךְ!**  
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!  
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,  
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Ba-r'chu et A-do-nai ha-m'vo-rach!  
Ba-ruch A-do-nai ha-m'vo-rach l'o-lam va-ed!  
Ba-ruch a-ta A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam,  
a-sheer ba-har ba-nu mi-kol ha-a-mim, v'na-tan la-nu et To-ra-to.  
Ba-ruch a-ta A-do-nai, no-tein Ha-To-rah.

**Praise** the Blessed One!  
Praised be the Blessed One now and forever!  
Praise be to You, One-Who-Is-All, Majestic of the Universe,  
who has chosen and blessed us with this Torah  
Praise be to You, One-Who-Is-All, Giver of the Torah.

## Deuteronomy 29-30 בְּרִשִּׁית כ"ט-ל

אתם נִצְבִּים הַיּוֹם כֻּלְכֶם לִפְנֵי יְהוָה אֱלֹהֵיכֶם  
רֹאשֵׁיכֶם שְׂבָטֵיכֶם זָקְנֵיכֶם וּשְׂטָרֵיכֶם כָּל אִישׁ  
יִשְׂרָאֵל טַפְכֶם נְשֵׁיכֶם וְגֵרְךָ אֲשֶׁר בִּקְרִב מִזִּמְנֶיךָ  
מִזִּמְטָב עַד עֲצִיר עַד שָׂאֵב מִימֶיךָ לַעֲבֹר בְּבֵרִית יְהוָה  
אֱלֹהֶיךָ וּבִאֲלֹתָיו אֲשֶׁר יְהוָה אֱלֹהֶיךָ כָּרַת עִמָּךְ הַיּוֹם

כִּי הַמִּצְוָה הַזֹּאת אֲשֶׁר אֲנִי מִצְוֶה הַיּוֹם לֹא  
נִפְלְאת הִיא מִמָּךְ וְלֹא רִזְקָה הִיא לֹא בִשְׁמַיִם הִיא  
לֵאמֹר מִי יַעֲלֶה לָנוּ הַשְׁמִימָה וִיקְחֶזָּה לָנוּ וְיִשְׁמַעְנוּ  
אֹתָהּ וְנַעֲשֶׂנָּה וְלֹא מֵעֵבֶר לִים הִיא לֵאמֹר מִי יַעֲבֹר  
לָנוּ אֶל עֵבֶר הַיָּם וִיקְחֶזָּה לָנוּ וְיִשְׁמַעְנוּ אֹתָהּ  
וְנַעֲשֶׂנָּה כִּי קָרוֹב אֵלֶיךָ הַדְּבָר מְאֹד בְּפִיךָ  
וּבִלְבָבְךָ לַעֲשׂוֹתָהּ רָאָה נָתַתִּי לִפְנֶיךָ הַיּוֹם אֶת  
הַחַיִּים וְאֶת הַטֹּוב וְאֶת הַמּוֹת וְאֶת הָרָע  
הָעֹדֶתִי בְכֶם הַיּוֹם אֶת הַשְׁמִימִים וְאֶת הָאָרֶץ הַחַיִּים  
וְהַמּוֹת נָתַתִּי לִפְנֶיךָ הַבְּרָכָה וְהַקְּלָלָה וּבִזְרָת  
בִּזְיִים לְמַעַן תִּזְחֶיָּה אֹתָהּ וְזָרַעְךָ

**Deuteronomy 29**

9 Each of you stand here today, before the Eternal your God: heads of your tribes, your elders, and the leaders of the entire House of Israel. 10 Your little ones, your wives, and the stranger in your midst. From the hewer of wood to the carrier of water. 11 Thus you shall enter into this covenant with the Eternal your God - and take this vow which God confirms with you today.

**Deuteronomy 30**

11 The Commandment I enjoin upon you today is neither too hard nor far away. 12 It is not in heaven, that you might say: "Who shall go up to heaven and bring it down? Who will tell us to listen, that we will observe it?" 13 Neither is this Covenant beyond the sea, that you might say: "Who shall cross the sea and and bring it to us, make us listen, so we observe it?" 14 No - this Word is nigh unto you; it is there in your minds and hearts, that you shall observe it. 15 Thus I have set before you both life and goodness, death and evil.

19 I call heaven and earth to be my witness: I have set before you life and death, blessing and curse. Therefore you shall choose life, that you and your children shall live and prosper - 20 and love the Eternal your God, hearkening to This Voice. Thus you shall cleave unto the Eternal, for your life and the length of your days issue from this Torah. And so you may dwell in the land that the Eternal swore unto your ancestors: unto Abraham, Isaac, and Jacob.

*After the Reading:*

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

Ba-ruch a-ta A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam, a-she-  
na-tan la-nu To-rat e-met, v'ha-yei o-lam na-ta b'to-chei-nu.  
Ba-ruch a-ta A-do-nai, no-tein Ha-To-rah.

**Praise** be to You, One-That-Is-All, Majestic of the Universe, who has given us this Torah of truth, implanting within us eternal life. Praise be to You, One-That-Is-All, Giver of the Torah.

## יום הדין Day of Judgement

**Let** us proclaim the sacred power of this day:  
 It is awesome and full of dread!  
 For on this day You reign  
 as Judge and Arbiter,  
 Counsel and Witness.  
 You write and you seal,  
 You record and recount.  
 You remember deeds long forgotten.  
 You open the book of our days,  
 and what is written there proclaims itself,  
 for it bears the signature of every human being!

**ובשופר גדול יתקע! וקול דממה דקה ישמע!**

The great Shofar is sounded! A still, small voice is heard!  
 The angels, gripped by fear and trembling, declare in awe:

**הנה יום הדין!**

Today is the Day of Judgement!

For even the hosts of heaven are judged, as all who dwell on earth.

**בבקרת רועה עדרו, מעביר צאנו תחת שבטו.**

As the shepherd seeks out his flock, and makes the sheep pass under his staff,  
 so do You muster and number and consider every soul,  
 setting the bounds of every creature's life, and decreeing its destiny!

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן, וּבְיוֹם צוֹם כְּפוּר יִחְתְּמוּן.  
כַּמָּה יַעֲבִרוּן, וְכַמָּה יִבְרָאוּן. מִי יִחְיֶה, וּמִי יָמוּת.  
...  
מִי יַעֲנִי, וּמִי יַעֲשֶׂה: מִי יִשְׁכַּל, וּמִי יָרוּם.

On Rosh Hashanah it is written, on Yom Kippur it is sealed.  
How many shall pass, how many come to be. Who shall live and who shall die.  
...  
Who shall be poor, who wealthy? Who shall be humbled and who exalted.

## Who By Fire

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

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

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

*Words and Music: Leonard Cohen*

## Pandemic

What if you thought of it  
as the Jews consider the Sabbath -  
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,

on trying to make the world  
different than it is.

Sing. Pray. Touch only those  
to whom you commit your life.

Center down.

And when your soul has become still,  
reach out with your heart.

Know that we are connected in ways  
that are terrifying and beautiful.

(You could hardly deny it now.)

Know that our lives  
are in one another's hands.  
Surely that has come clear.

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love -  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

*Rev Lynn Ungar, UUC  
March 11, 2020*

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The days will run together  
and stream into years  
as rivers freeze and burn  
and I ask myself and you:  
Which of our visions will claim us?

Which will we claim?  
How will we go on living?  
How will we touch?  
What will we know?

What will we say to one another?

*Adrienne Rich*



## עלינו הגדול The Great Aleinu

עלינו לשבח לאדון הכל, לתת גדלה ליוצר בראשית.  
 שהוא נוטה שמים ויסד ארץ, ומושב יקרו בשמים ממעל,  
 ושכינת עזו בגבהי מרומים, הוא אלהינו אין עוד.  
 ואנחנו כורעים ומשתחוים ומודים, לפני מלך מלכי המלכים,  
 הקדוש ברוך הוא.

A-lei-nu l'sha-bei-ah la-A-don Ha-Kol, la-teit g'du-la l'Yo-tzer  
 B'rei-shit. She-hu no-teh sha-ma-yim v'yo-sed a-retz,  
 u-mo-shav y'ka-ro ba-sha-ma-yim mi-ma-al, u-sh'chi-nat u-zo  
 b'gav-hei m'ro-mim, hu E-lo-hei-nu, ein od.

Va-a-nah-nu ko-rim, u-mish-ta-ha-vim u-mo-dim, lif-nei  
 Me-lech, Mal-chei Ha-M'la-chim, Ha-Ka-dosh Ba-ruch Hu.

**Let** us praise the Sovereign of the Universe, and proclaim the greatness of the Creator of All: who spread out the Heavens and contracted the matter that became Earth; who dwells throughout the Universe and whose Divine Presence is felt everywhere; the One on High is everything

Mindful of this privilege, we lower our heads in humility and bow in awe and thanksgiving before the Holy and Blessed One, Sovereign over All!

We pray with all our hearts: let violence be gone; let human evil give way to goodness, let war, destruction and pain come to an end, and hunger be no more. Then all at last shall live in freedom.

O Source of life, may we, created in Your image, embrace one another in friendship and joy. May all become one family and Your compassion be established throughout the earth. Then the word of Your prophet will be fulfilled: "The Eternal One shall reign for ever and ever!"

וְנֵאמַר, יְהִיָּה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד,  
וּשְׁמוֹ אֶחָד:

V'ne-e-mar v'ha-ya A-do-nai l'Me-lech al kawl ha-a-retz,  
ba-yom ha-hu y'hi-yeh A-do-nai E-ḥad, u-Sh'mo E-ḥad.

For it is has been told: "The Eternal One shall reign over all the earth. And on that day, O One-That-Is-All, You shall be One and Only One!"

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## Remembrances זְכוֹרוֹנוֹת

### Meditation Before Kaddish

When we are dead,  
and people weep for us and grieve,  
let it be because we touched their lives with  
beauty and simplicity.

Let is not be said  
that life was good to us,  
but rather that we were good to life.

*CCAR, Mishkan T'filah for the House of Mourning*

**יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךָ**  
**מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֶגְלָא**  
**וּבְזֶמַּן קָרִיב וְאָמְרוּ אָמֵן.**  
**יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.**  
**יְתַבְּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה**  
**וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא לְעֵלָא מְכַל בְּרַכְתָּא וְשִׁירָתָא.**  
**תְּשַׁבְּחָתָא וְנִחַמְתָּא, דְאָמִירֵן בְּעֶלְמָא, וְאָמְרוּ אָמֵן.**  
**יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ**  
**אָמֵן.**  
**עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,**  
**וְאָמְרוּ אָמֵן.**

Yit-ga-dal v'yit-ka-dash Sh'mei Ra-ba. B'al-ma di-v'ra chi-r'u-  
 tei, v'yam-lich Mal-chu-tei b'cha-yei-chon u-v'yo-mei-chon u-  
 v'cha-yei d'kaw! beit Yis-ra-el, ba-a-ga-la u-vi-z'man ka-riv,  
 v'i-m'ru: A-men.

Y'hei Sh'mei Ra-ba m'va-rach l'o-lam u-l'al-mei al-ma-ya.

Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'yit-ro-mam v'yit-na-sei  
 v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'Ku-d'sha b'rich Hu,  
 l'ei-la min kaw! bir-cha-ta v'shi-ra-ta, tush-b'cha-ta v'ne-heh-  
 ma-ta, da-a-mi-ran b'al-ma, v'i-m'ru: A-men.

Y'hei Sh'la-ma Ra-ba min sh'ma-ya v'ha-yim a-lei-nu v'al kaw!  
 Yis-ra-el, v'i-m'ru: A-men.

O-seh sha-lom bim-ro-mav hu ya-a-seh sha-lom a-lei-nu v'al  
 kaw! Yis-ra-el, v'i-m'ru: A-men.

## יש כוכבים There Are Stars Up Above

יש כוכבים שאורם מגיע ארצה  
רק כאשר הם עצמם אבדו ואינם.

יש אנשים שזיו זכרם מאיר  
כאשר הם עצמם יותר בתוכנו.

אורות אלה המבהיקים בחשכת הליל.  
הם שמראים לאדם את אורות הדרך.

Yesh ko-cha-vim she-o-ram ma-gi-a ar-tzah.  
Rak ka-a-sheer heim atz-mam av-du v'ei-nam.

Yesh a-na-shim sheh-ziv zich-ram mei-ir.  
Ka-a-sheer heim atz-mam ei-nam od b'to-chei-nu.

O-rot ei-leh ha-mav-hi-kim b'hesh-kat ha-la-yil.  
Hem, hem, she-ma-rim la-a-dam et ha-de-rech.

There are stars up above,  
so far away we only see their light  
long, long after the star itself is gone.

And so it is with people that we loved:  
their memories keep shining ever brightly,  
though their time with us is done.

But the stars that light up the darkest night,  
these are the lights that guide us.  
As we live our days, these are the ways we remember.

*Hebrew Words: Hannah Senesh. English Words and Melody: Jeff Klepper*

**How** can we give thanks when we remember Treblinka? When we remember the Six Million. And now the nearly Six Million Covid-Deaths! Only silence speaks loudly enough for our millions who were marched into the abyss.

We have been where we did not find You, O Hidden One! Yet even there, even there, our people sang:

אני מעמין - Ani Ma-amin: I believe in redemption. And they sang again:

ואג ניט קיינמאל, אז דו גייסט דעם לעצמן וועג

Never say you walk the final road!

And even then, this deathless people was renewing itself, its life.

Whose faith is equal to this people's? Whose will to live? The storm ends. In the sky, a rainbow signals hope and new life. Again, and yet again, there is a song to sing.

*CCAR, Gates of Prayer*

## Hatikvah התקווה

עוד לא אבדה תקותנו,  
התקווה בת שנות אלפים,  
להיות עם חפשי בארצנו,  
ארץ ציון וירושלים.

כל עוד בלבב פנימה  
נפש יהודי הומיה,  
ולפאתי מזרח, קדימה,  
עין לציון צופיה.

Kol od ba-lei-vav p'ni-ma  
Ne-fesh Y'hu-di ho-mi-ya,  
U-l'fa-tei miz-rah ka-di-ma,  
A-yin l'Tzi-yon tzo-fi-ya.

Od lo av-da tik-va-tei-nu,  
Ha-tik-va bat sh'not al-pa-yim,  
Lih'yot am hof-shi bei-ar-tzei-nu,  
B'e-retz Tzi-yon vi-ru-sha-la-yim.

**Still** beating within the recesses  
of our people's heart is a mighty yearning:  
to turn our hearts Eastward,  
toward our ancient homeland of Zion.

And still we have not abandoned  
that hope of two millennia:  
To be a free people in our own land,  
the abode of Zion and Jerusalem

מילים: נפתלי הרץ אמבר, לחן: עתיק

*Words: Naftali Hertz Imber, Music: 16th Century; Translation: AF*

**We** are not so arrogant as to pretend  
that the trial of our lives  
does not reveal our flaws.  
We know ourselves,  
in this moment of prayer,  
to have failed  
the ones we love and the other:  
the stranger,  
again and again.  
We know how often  
we did not bring to the surface  
the hidden goodness within.  
Where we have achieved,  
we are grateful;  
where we have failed,  
we ask forgiveness.  
Remember how exposed we are  
to the chances and terrors of life.  
We were afraid.  
We sometimes chose to fail  
And we ask:

Turn our thoughts from the hurt to its remedy.  
Free us of the torments of guilt.

Forgiven, we shall then forgive others.  
Limited, we shall learn to understand  
our limitations.

Imperfect, we shall learn to understand  
our imperfections.

Failing, we shall learn to understand failure.

Renewed and encouraged,

we shall strive to be like

those who came before us: human.

Sinners sometimes, yet a blessing . . .

*CCAR, Gates of Repentance, adapted*

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## Blessing of the Ancient Priests of Israel

Thus the Priests blessed the congregation of Israel arrayed before them:

**יְבָרְכֶךָ יְהוָה, וַיֵּשׁ מְרָךְ.**

May the Eternal One bless you!

**יְאֵר יְהוָה פָּנָיו אֵלֶיךָ, וַיִּזְנוֹךְ.**

May the light of God's presence shine upon you and be good to you!

**יֵשֵׁא יְהוָה פָּנָיו אֵלֶיךָ, וַיֵּשֶׁם לָךְ שְׁלוֹם.**

May the Eternal look upon you and grant you Shalom: Peace!

*Numbers 8:24-26*

# The Temple of Universal Judaism

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A URJ: Union for Reform Judaism Congregation  
TUJ-TorahNYC.org

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