

IN MEMORY OF

**MARYANN HERZBERGER GLANTZ**

*. . . an endless inspiration . . .*

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      הַתְּחִלּוֹת

*New beginnings and new directions are always difficult, the Talmud tells us. But humanity's way, nature's way, has always been resilient. If you will it, it is no dream, Theodor Herzl said.*

### As If We Never Said Goodbye

I don't know why I'm frightened?  
I know my way around here,  
The cardboard trees, the painted seas, the sound here.  
Yes, a world to rediscover,  
But I'm not in any hurry,  
And I need a moment.

The whispered conversations  
In overcrowded hallways,  
The atmosphere is thrilling here as always.  
Feel the early morning madness,  
Feel the magic in the making,  
Why, everything's as if we never said goodbye.

I've spent so many mornings  
just trying to resist you,  
I'm trembling now, you can't know how I've missed you.  
Missed the fairytale adventure,  
In this ever-spinning playground,  
We were young together.

I'm coming out of makeup,  
The light's already burning,

Not long until the cameras will start turning.  
And the early morning madness,  
And the magic in the making,  
Yes, everything's as if we never said goodbye.

I don't want to be alone -  
That's all in the past.  
This world's waited long enough -  
I've come home at last!

And this time will be bigger,  
And brighter than we knew it.  
So watch me fly, we all know I can do it!  
Could I stop my hands from shaking?  
Has there ever been a moment,  
With so much to live for?

The whispered conversations,  
In overcrowded hallways,  
So much to say, not just today but always.  
We'll have early morning madness,  
We'll have magic in the making,  
Yes, everything's as if we never said goodbye. (2x)  
We taught the world new ways to dream.

*Words and Music: Don Black, Christopher Hampton,  
Andrew Lloyd Weber, Amy Powers*

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## Hear Our Prayer שְׁמַע קוֹלֵנוּ

שְׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ!

She-ma ko-lei-nu, A-do-nai E-lo-hei-nu, hus v'ra-heim a-lei-nu!

Evening Service

## 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      תקוותנו

*I am a flawed individual. The same as you and every other man or woman on the planet. It's what makes us human. According to Midrashic lore, God created another world before our own. But it needed to be destroyed for the Eternal One had forgotten one thing: the ability to change, to do Teshuva.*

*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*

*We kindle both the Lights of Yom Kippur:*

**בָּרוּךְ** אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם הַכִּיפּוּרִים.

Ba-ruch a-ta A-do-nai E-lo-hei-nu Me-lech Ha-o-lam, a-she-  
ki-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:*

**בָּרוּךְ** אַתָּה יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהַחַיֵּינוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ  
לְזִמַּן הַזֶּה.

Ba-ruch a-ta A-do-nai E-lo-hei-nu Me-lech Ha-o-lam,  
she-he-ḥe-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 extraordinary 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 וְחֲרָמֵי וְקוֹנָמֵי וְכַנּוּיֵי וְקִנּוּסֵי וְשַׁבּוּעוֹת,  
דְּנִדְרָנָא וְדִאֲשַׁתְּבַעְנָא וְדִאֲחֲרַמְנָא וְדִאֲסָרְנָא עַל נַפְשֵׁתָנָא,  
מִיּוֹם כְּפָרִים זֶה עַד יוֹם כְּפָרִים הַבֵּא עָלֵינוּ לְטוֹבָה,  
כְּלַהוֹן אֲחֲרֵטָנָא בְּהוֹן, כְּלַהוֹן יְהוֹן שְׁרוֹן, שְׁבִיקִין שְׁבִיתִין,  
בְּטִלִין וּמְבַטְלִין, לֹא שְׁרִירִין וְלֹא קִימִין. נִדְרָנָא לֹא נִדְרֵי  
וְאֶסְרָנָא לֹא אֶסְרֵי, וְשַׁבּוּעֵתָנָא לֹא שַׁבּוּעוֹת.



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.

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## Our Prayers תפילות לר"ה

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

*Leader:*

בְּרַכּוּ 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 I'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*

## Shema Yisrael שְׁמַע יִשְׂרָאֵל

### ... from the Kingdom of Night

In the barracks, several hundred Jews gathered to celebrate Simḥat 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 Simḥat Torah with such fervor.

*Elie Wiesel, The Jews of Silence*

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:  
בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד.

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-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ.  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם  
לְבִנְיָה, וְדַבַּרְתָּ בָם בְּשַׁבְּתְךָ בְּבֵיתְךָ, וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ,  
וּבְקוּמְךָ. וְקִשַּׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפֹת 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-sher  
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*

תְּפִילָּה: אַבוֹת  
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 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 kawl a-vo-tei-nu? Ei-fo, ei-fo hem ku-lam?  
Mi yi-ten 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 חפר, לחן: שמוליק קראוס

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

## Ashamnu: Confessional אָשָׁמְנוּ

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.

אָשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ דָּפִי. הֶעֵינּוּ, וְהִרְשָׁעְנוּ, וַדָּנוּ,  
חָמְסְנוּ, טַפְּלָנוּ שָׁקֵר. יַעֲצָנוּ רָע, כִּזְבְּנוּ, לָצָנוּ, מְרִדְנוּ, נֶאֱצָנוּ,  
סָרְרָנוּ, עֵינּוּ, פִּשְׁעָנוּ, צָרְרָנוּ, קִשִּׁינוּ עֲרָף. רִשָּׁעָנוּ, שִׁחַתְנוּ,  
תַּעֲבָנוּ, תַּעֲתָעָנוּ.

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, Shihatnu, Tiavnu, Tainu, Titanu.

### We have trespassed;

we have dealt treacherously;  
we have robbed; we have spoken slander;  
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 anger  
 we have **B**roken our bargains  
 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 others as sacrifices  
 we have **P**laced possessions over people  
 we have **Q**uickly turned toward resentment and quietly run from responsibility  
 we have **R**eacted too readily, refused and been reluctant to remember others  
 we have **S**lowly turned toward evil  
 we have **T**wisted the truth too effortlessly  
 we have **U**nnecessarily undertaken too much responsibility  
 we have **V**ehemently violated all kinds of boundaries  
 we have **W**antonly wished the downfall of others  
 we have been e**X**ceedingly 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 we 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*



## 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'Rachel  
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*

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## Remember Us זכרנו לחיים

זכרנו לחיים, מלך חפץ בחיים, וכתבנו בספר החיים!

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 once again this year in the Book of Life!  
Blessed are You, One-That-Is-All, Protector of Abraham,  
Champion of Sarah, the One who remembers all life!

## 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*

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעָה, וּשְׁפָתַי מִדַּבֵּר מִרְמָה.  
 וְלִמְקַלְלֵי נַפְשֵׁי תְּדוּמָה, וְנַפְשֵׁי כְּעֶפֶר לְכֹל תְּהִיָּה.  
 פֶּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.

**E-lo-hai**, n'tzor l'sho-ni mei-ra, u's'fa-tai m'da-ber mir-ma.  
 V'li-m'kal-l'lai 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.

**Avinu Malkeinu אָבִינוּ מַלְכֵנוּ**

**אָבִינוּ מַלְכֵנוּ! שְׁמַע קוֹלֵנוּ.**

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

**Avinu Malkeinu**, hear our prayers!

**אָבִינוּ מַלְכֵנוּ! חָטְאָנוּ לְפָנֶיךָ.**

A-vi-nu mal-kei-nu, ḥa-ta-nu li-fa-ne-cha.

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

**אָבִינוּ מַלְכֵנוּ! חַמּוֹל עָלֵינוּ וְעַל עוֹלָלֵנוּ וְטַפֵּינוּ.**

A-vi-nu mal-kei-nu, ḥa-mol a-lei-nu ve-al o-la-lei-nu ve-ta-pei-nu.

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

**אָבִינוּ מַלְכֵנוּ! כִּלְה דְּבַר וְחָרֵב וְרָעַב מֵעַלְיָנוּ.**

A-vi-nu mal-kei-nu, ka-leh de-ver ve-ḥe-rev ve-ra-av mei-a-lei-nu.

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

\

**אָבִינוּ מַלְכֵנוּ! כִּלְהַ כָּל צָר וּמַשְׁטֵיץ 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! חֲדֵשׁ עָלֵינוּ שָׁנָה טוֹבָה.**

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

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

**אָבִינוּ מַלְכֵנוּ! חַנּוּנוּ וְעֲנֵנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה עִמָּנוּ צְדָקָה  
וְחַסְדֵּנוּ וְהוֹשִׁיעֵנוּ.**

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

A-sei i-ma-nu tze-da-ka va-ḥe-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

*On this rather unique Rosh Hashanah, we are suddenly blessed with a magnificent privilege: removing the Torah from the synagogue Ark - and bringing it into homes all over 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 shall go forth the Torah - and the word of the Holy One  
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.

And like You the flame which burns  
in 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.

## 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-sher ba-ħar 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.

Morning Service

## Deuteronomy 29-30 בְּרֵשִׁית כ"ט-ל

אתם זָצַבִּים הַיּוֹם כֻּלְכֶם לִפְנֵי יְהוָה אֱלֹהֵיכֶם  
 ראשֵׁיכֶם שְׂבֻטֵיכֶם זְקֵנֵיכֶם וְשִׁטְרֵיכֶם כֹּל אִישׁ  
 יִשְׂרָאֵל טַפְּכֶם זְשִׁיכֶם וְגֵרְךָ אֲשֶׁר בִּקְרַב מִזִּזְנִיךָ  
 מִזִּזְטָב עֲצִיךָ עַד שְׂאֵב מִימֶיךָ לְעִבְרֶךָ בְּבְרִית יְהוָה  
 אֱלֹהֶיךָ וּבְאַלְתֵּי אֲשֶׁר יְהוָה אֱלֹהֶיךָ כָּרַת עִמָּךְ הַיּוֹם

כִּי הַמִּצְוָה הַזֹּאת אֲשֶׁר אֲנִי מִצְוֶה הַיּוֹם לֹא  
 גְּפֹלֶאת הוּא מִמֶּךָ וְלֹא רִזְזָקָה הוּא לֹא בְשֵׁמִים הוּא  
 לֵאמֹר מִי יַעֲלֶה לָנוּ הַשְׁמִימָה וַיִּקְוֶה לָנוּ וַיִּשְׁמַעְנוּ  
 אֶתְּהָ וְנַעֲשֶׂנָה וְלֹא מֵעֵבֶר לִים הוּא לֵאמֹר מִי יַעֲבֹר  
 לָנוּ אֶל עֵבֶר הַיָּם וַיִּקְוֶה לָנוּ וַיִּשְׁמַעְנוּ אֶתְּהָ  
 וְנַעֲשֶׂנָה כִּי קָרוֹב אֵלֶיךָ הַדָּבָר מֵאֵד בְּפִיךָ  
 וּבִלְבָבְךָ לַעֲשׂוֹתוֹ רֵאָה גְּתַתִּי לִפְנֵיךָ הַיּוֹם אֶת  
 הַזִּזִּים וְאֶת הַטּוֹב וְאֶת הַמּוֹת וְאֶת הָרַע  
 הַעֲדַתִּי בְכֶם הַיּוֹם אֶת הַשְׁמִים וְאֶת הָאָרֶץ הַזִּזִּים  
 וְהַמּוֹת גְּתַתִּי לִפְנֵיךָ הַבְּרָכָה וְהַקְּלָלָה וּבִזְזָרְתָּ  
 בַּזִּזִּים לְמַעַן תִּזְחֶיָה אֶתְּהָ וְזָרַעַךָ

**Deuteronomy 29**

9 Ye are standing this day all of you before the LORD your God: your heads, your tribes, your elders, and your officers, even all the men of Israel, 10 your little ones, your wives, and thy stranger that is in the midst of thy camp, from the hewer of thy wood unto the drawer of thy water; 11 that thou shouldest enter into the covenant of the LORD thy God--and into His oath--which the LORD thy God maketh with thee this day.

**Deuteronomy 30**

11 For this commandment which I command thee this day, it is not too hard for thee, neither is it far off. 12 It is not in heaven, that thou shouldest say: 'Who shall go up for us to heaven, and bring it unto us, and make us to hear it, that we may do it?' 13 Neither is it beyond the sea, that thou shouldest say: 'Who shall go over the sea for us, and bring it unto us, and make us to hear it, that we may do it?' 14 But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it. 15 See, I have set before thee this day life and good, and death and evil.

19 I call heaven and earth to witness against you this day, that I have set before thee life and death, the blessing and the curse; therefore choose life, that thou mayest live, thou and thy seed; 20 to love the LORD thy God, to hearken to His voice, and to cleave unto Him; for that is thy life, and the length of thy days; that thou mayest dwell in the land which the LORD swore unto thy fathers, to Abraham, to Isaac, and to Jacob, to give them.

*After the Reading:*

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



## Day of Judgement יום הדין

**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!

**וּבְשׁוֹפָר גָּדוֹל יִתְקַע! וְקוֹל דְּמָמָה דַּקָּה יִשְׁמַע!**

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

**הַיּוֹם הַזֶּה יוֹם הַדִּין!**

**Today is the Day of Judgement!**

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

**כְּבִקְרַת רוּעָה עָדְרוּ, מֵעֲבִיר צֹאנוּ תַחַת שִׁבְטוֹ.**

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!

בְּרֵאשׁ הַשָּׁנָה יִכְתְּבוּן, וּבְיוֹם צוֹם כְּפוּר יִחְתְּמוּן.  
 כַּמֶּה יַעֲבְרוּן, וְכַמֶּה יִבְרָאוּן. מִי יִחְיֶה, וּמִי יָמוּת.  
 ...  
 מִי יַעֲנִי, וּמִי יַעֲשֶׂר: מִי יִשְׁפֹּל, 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*

### **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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**Matter** is never destroyed, only transformed.  
So, too, can the soul evolve higher and higher:  
from instinct to inspiration, haughtiness to holiness,  
selfishness to service; from individualism to union,  
to join with the Soul of Souls, the Infinite One.

*Allan S. Maller, CCAR, Mishkan T'filah*

## On Spirits' Wings כְּנֶפֶי רוּחַ

**בֶּן-אָדָם:**

עֵלָה לְמַעְלָה עֵלָה (3x)  
בֶּן-אָדָם, עֵלָה לְמַעְלָה עֵלָה!

כִּי כַח עֵז לְךָ,  
יֵשׁ לְךָ כְּנֶפֶי רוּחַ (2x), כְּנֶפֶי נְשָׁרִים אֲבִירִים!

אַל תִּבְחַשׁ בָּם: פֶּן יִבְחָשׁוּ לְךָ,  
דְּרוֹשׁ אוֹתָם, דְּרוֹשׁ בֶּן-אָדָם, וְיִמְצְאוּ לְךָ מִיָּד!

### **Ben-A-dam:**

A-lei l'ma-la, a-lei, (3x)

Ben A-dam, a-lei l'ma-la, a-lei!

Ki ko-ach az l'cha,

Yesh l'cha kan-fei ru-ach (2x), kan-fei n'sha-rim a-bi-rim!

Al t'ka-hesh bam: pen y'ka-ha-shu l'cha,

D'rosh o-tam, d'rosh Ben A-dam, v'yi-matz-u l'cha mi-yad!

Raise yourself up, O Son of Man, arise! You have been blessed with  
great strength, with Spirits' Wings, to soar, majestic as an eagle!

Do not forsake your wings – lest they lose sight of you!

Reach for your wings – and they will find you!

*Words: Rav Kook; Music: Avigail Uziel-Amar; English Translation: AF*

## **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*

## The Great Aleinu עֲלֵינוּ הַגְּדוֹל

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.  
 שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מְמַעַל,  
 וְשֹׁכֵן עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד.  
 וְאֵנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנָי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,  
 הַקְּדוֹשׁ בְּרוּךְ הוּא.

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!"

Evening & Morning

וְנֹאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד,  
וְשְׁמוֹ 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-had, u-Sh'mo E-had.

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*

## There Are Stars Up Above יש פוכבים

יש פוכבים 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-she heim atz-mam av-du v'ei-nam.

Yesh a-na-shim sha-ziv zich-ram mei-ir.  
Ka-a-she 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*



**וַיִּתְגַּדַּל** וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ, וַיִּמְלִיךְ  
מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֶגְלָא  
וּבְזֶמַן קָרִיב וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעֵלְמֵי עֵלְמַיָּא.  
יְתַבְרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה  
וַיִּתְהַלָּל שְׁמֵהּ דְקָדְשָׁא בְרִיךְ הוּא לְעֵלָא מְכַל בְּרַכְתָּא וְשִׁירְתָּא.  
תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמִירָן בְּעֶלְמָא, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ  
אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה 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'chol 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 kawl bir-cha-ta v'shi-ra-ta, tush-b'cha-ta v'ne-che-  
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 kawl  
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  
kawl Yis-ra-el, v'i-m'ru: A-men.

**How** can we give thanks when we remember Treblinka? 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:

זאג נים 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*

## Shelter Us    הַשְּׁכִיבֵנוּ

הַשְּׁכִיבֵנוּ יי אֱלֹהֵינוּ לְשָׁלוֹם,  
וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים,  
וּפְרוֹשׁ עֲלֵינוּ סִכַּת שְׁלוֹמְךָ.

**Hash-ki-vei-nu** A-do-nai E-lo-hei-nu, l'shalom.

V'ha-a-mi-dei-nu Mal-kei-nu, l'chaim.

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: Steve Brodsky, L. Jonas, Yoshi Zweiback*

**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*

## Benediction of the Ancient Priesthood **יְבָרְכֶךָ**

Then the Priests blessed the entire congregation of Israel arrayed before them:

**יְבָרְכֶךָ יְהוָה, וַיִּשְׂמְרֶךָ.**

May the Eternal One bless you!

**יָאֵר יְהוָה פְּנֵי אֱלֹהֶיךָ, וַיִּזְעַדְךָ.**

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

**יֵשׂא יְהוָה פְּנֵי אֱלֹהֶיךָ, וַיִּשֶׂם לְךָ שְׁלוֹם.**

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

*Numbers 8:24-26*