

סליחות

SELICHOT

Selichot Connection



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## Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

- a** as in father
- ai** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

## Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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# סליחות

## ABOUT SELICHOT

Used each day during the month of Elul and in the days between Rosh Hashanah and Yom Kippur this connection unites us with the Light and with the consciousness of s'lichah, which means forgiveness, and we cleanse ourselves of our past negative actions. The best time to do this connection is between midnight and dawn, for it is during this time when mercy is awakened.

The month of Elul is dedicated to teshuvah, which means to return. We return to ourselves through introspection and to the Light through repentance for any negative actions we may have done. It is not enough to just do this connection, we must also feel repentance for those actions and seek to correct them. The negative actions that we do determine our destiny. Teshuvah is the means through which we can reverse the effects of our negative past actions. It gives us the ability to go back in time and transform the negative into positive. Therefore, we can change history through our thoughts, remove chaos from our lives, and balance the accounts that remain open between ourselves and others.

We know that spiritual transformation is like a garden, we can't simply plant the seeds and expect them to grow. We must also water and tend them. Likewise, we must dedicate time to our transformation.

It is important to remember that the Creator has no need of our prayers, but through them we sense the Light within and our purpose in the world. In order for actions to have an effect in our world and in our lives they must be coupled with the proper/matching intentions. Without intention, kavanah as known by the Kabbalists, our actions are meaningless.

# אשרי

## ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling.

Ashrei yosh'vei veitecha,  
*Happy are those who dwell in Your house,*  
 od y'hal'lucha selah.  
*they will forever praise You.*  
 Ashrei ha-am shekachah lo,  
*Happy the people whose portion is this,*  
 ashrei ha-am she-Adonai Elohav.  
*happy the people for whom Hashem is their Elohim.*  
 T'hilah l'David,  
*A Psalm of David,*  
 Aromimcha Elohai ha-melech,  
*I shall exalt You, my Elohim, the Sovereign,*  
 va-avar'chah shimcha l'olam va-ed.  
*and I shall bless Your name forever and ever.*  
 B'chol yom avar'cheka,  
*I shall bless You every day,*  
 va-ahal'lah shimcha l'olam va-ed.  
*and I shall praise Your name forever and ever.*  
 Gadol Adonai umhulal m'od,  
*Great is Hashem and exceedingly praised,*  
 v'ligdulato ein cheiker.  
*His greatness is unfathomable.*  
 Dor l'dor y'shabach ma-asecha,  
*Generation to generation shall praise Your actions,*  
 ugvurotecha yaqidu.  
*and recount Your mighty deeds.*  
 Hadar k'vod hodecha,  
*The brilliance of Your splendid glory,*  
 v'divrei nifl'otecha asichah.  
*and the wonders of Your acts, I shall speak of.*  
 Ve-ezuz norotecha yomeiru,  
*They shall speak of the might of Your awesome acts,*  
 ugdulat'cha asaprenah.  
*and I shall tell of Your greatness.*  
 Zecher rav tuv'cha yabiyu,  
*They shall remember Your abundant goodness,*  
 v'tzidkat'cha y'raneinu.  
*and Your righteousness they shall joyfully proclaim.*

אֲשֵׁרִי יוֹשְׁבֵי בֵיתְךָ,  
 עוֹד יִהְלְלוּךָ סֵלָה.  
 אֲשֵׁרִי הָעַם שְׂכַנְתָּה לּוֹ,  
 אֲשֵׁרִי הָעַם שְׁיִהוּהוּ אֱלֹהָיו.  
 תִּהְיֶה לְדָוִד,  
 אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,  
 וְאֶבְרַכְתָּה שְׁמֶךָ לְעוֹלָם וָעֶד.  
 בְּכֹל יוֹם אֶבְרַכְךָ,  
 וְאֶהְלַלְתָּה שְׁמֶךָ לְעוֹלָם וָעֶד.  
 גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,  
 וְלִגְדֻלְתּוֹ אֵין חֵקֶר.  
 דּוֹר לְדוֹר יִשְׁבַח מַעֲשֵׂיךָ,  
 וּגְבוּרֹתֶיךָ יִגִּידוּ.  
 הַדָּר כְּבוֹד הוֹדֶךָ,  
 וְדְבָרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.  
 וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ,  
 וּגְדֻלַּתְךָ אֲסַפְּרָנָה.  
 זָכֹר רַב טוֹבְךָ יִבְיָעוּ,  
 וְצִדְקַתְךָ יִרְנְנוּ.

Chanun v'rachum Adonai,  
*Gracious and merciful is Hashem,*  
**erech apayim ugdol chased.**  
*slow to anger and great in kindness.*  
 Tov Adonai lakol,  
*Hashem is good to all,*  
 v'rachamav al kol ma-asav.  
*Your compassion extended to all of Your creatures.*  
 Yoducha Adonai kol ma-asecha,  
*All that You have made shall thank You Hashem,*  
 vachasidecha y'var'chuchah.  
*and Your pious ones shall bless You.*  
 K'vod malchut'cha yomeiru,  
*They shall speak of the glory of Your realm,*  
 ugvurat'cha y'dabeiru.  
*and talk of Your mighty deeds.*  
 L'hodiya livnei ha-adam g'vurotav,  
*Your mighty deeds You make known to all humankind,*  
 uchvod hadar malchuto.  
*and the glory of Your splendid realm.*  
 Malchut'cha malchut kol olamim,  
*Yours is the realm of all worlds,*  
 umemshalt'cha b'chol dor vador.  
*and Your reign extends to each and every generation.*  
 Someich Adonai l'chol hanof'lim,  
*Hashem supports all those who fall,*  
 v'zokeif l'chol hak'fufim.  
*and holds upright all those who are bent over.*  
 Einei chol eilecha y'sabeiru,  
*The eyes of all look hopefully towards You,*  
 v'atah notein lahem  
*and You give them their food*  
 et ochlam b'ito.  
*at its proper time.*

*We concentrate intently and open our hands while reciting the verse Potei-ach פותח*

**Potei-ach et yadecha,**  
*You open Your hand,*  
**umasbiya l'chol chai ratzon.**  
*and satisfy every living thing with its desire.*  
**Tzadik Adonai b'chol d'rachav,**  
*Hashem is righteous in every way,*  
**v'chasid b'chol ma-asav.**  
*and virtuous in all deeds.*  
**Karov Adonai l'chol kor'av,**  
*Hashem is close to all who call,*  
**l'chol asher yikra-uhu ve-emet.**  
*and to all who call in truth.*

חַנוּן וְרַחוּם יְהוָה,  
 אֶרֶךְ אַפַּיִם וְגָדוֹל חַסֵּד.  
 טוֹב יְהוָה לְכֹל,  
 וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.  
 יוֹדוּךָ יְהוָה כָּל מַעֲשֵׂיךָ,  
 וְחַסִּידֶיךָ יְבָרְכוּכָה.  
 כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,  
 וְגִבּוֹרֹתֶיךָ יִדְבְּרוּ.  
 לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ,  
 וְכְבוֹד הַדָּר מַלְכוּתוֹ.  
 מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,  
 וּמִמְשַׁלְתֶּךָ בְּכֹל דּוֹר וָדוֹר.  
 סוֹמֵךְ יְהוָה לְכֹל הַנִּפְלִים,  
 וְזוֹקֵף לְכֹל הַכְּפוּפִים.  
 עֵינֵי כָל אֱלֹהֶיךָ יִשְׁבְּרוּ,  
 וְאַתָּה נוֹתֵן לָהֶם  
 אֶת אֹכְלָם בְּעֵתוֹ.

פּוֹתֵחַ אֶת יָדְךָ,  
 וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן.  
 צַדִּיק יְהוָה בְּכֹל דְּרָכָיו,  
 וְחַסִּיד בְּכָל מַעֲשָׂיו.  
 קָרוֹב יְהוָה לְכָל קוֹרְאָיו,  
 לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.

**R'tzon y'rei-av ya-aseh,**  
*You fill the desires of all who revere You,*  
**v'et shavatam yishma v'yoshi-eim.**  
*You respond to us with the promise of redemption.*  
**Shomeir Adonai et kol ohavav,**  
*Hashem You protect all who love You,*  
**v'eit kol har'sha-im yashmid.**  
*and You destroy all the wicked.*  
**T'hilat Adonai y'dabeir pi,**  
*My lips utter the praise of Hashem,*  
**vivareich kol basar sheim kodsho**  
*and may all flesh praise the holy Name*  
**l'olam va-ed.**  
*for ever and ever.*  
**Va-anachnu n'vareich Yah,**  
*And we shall bless You Eternal One,*  
**mei-atah v'ad olam, hal'lu-Yah.**  
*from this time until eternity, praise Yah.*

רְצוֹן יִרְאוּ יַעֲשֶׂה,  
 וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיִוְשִׁיעֵם.  
 שׁוֹמֵר יְהוָה אֶת כָּל אֹהֲבָיו,  
 וְאֵת כָּל הָרָשָׁעִים יַשְׁמִיד.  
 תְּהִלַּת יְהוָה יִדְבֹר פִּי,  
 וּיְבָרֵךְ כָּל בָּשָׂר שֵׁם קֹדֶשׁוֹ  
 לְעוֹלָם וָעֶד.  
 וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,  
 מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

## חֲצִי קַדִּישׁ CHATZI KADDISH

The Chatzi (Half) Kaddish concludes this section. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

*Recited by the Leader, Everyone says the words in { }.*

**Yitgadal v'yitkadash sh'meih raba.**

*Exalted and sanctified be His great Name.*

**{Amein.}**

*Amen.*

**B'al'ma di v'ra chiruteih,**

*In the world that He has created according to His will,*

**v'yamlich malchuteih,**

*and may He let His sovereignty have dominion,*

**v'yatzmach purkaneih**

*and cause His redemption to sprout*

**vikareiv M'shichei. {Amein.}**

*and bring near the Mashiach. Amen.*

**B'chayeichon uvyomeichon**

*In your lifetime and in your days*

**uvchayei d'chol beit Yisra-eil,**

*and in the lifetime of the entire House of Israel,*

**ba-agala uvizman kariv,**

*speedily and at a time that comes soon,*

**v'imru Amein. {Amein.}**

*and say amen. Amen.*

**{Y'hei sh'meih raba m'varach**

*May His great Name be blessed*

**l'alam ulal'mei al'maya.}**

*forever and for all eternity.*

**Yitbarach v'yishtabach v'yitpa-ar**

*Blessed and praised and glorified*

**v'yitromam v'yitnasei v'yit-hadar**

*and exalted and raised up and honored*

**v'yitaleh v'yit-halal**

*and elevated and lauded*

**sh'meih d'kudsha {b'rich hu},**

*be the Name of the Holy One, blessed is He,*

**l'eila min kol birchata v'shirata**

*beyond more than any blessing and song*

**tushb'chata v'nechemata,**

*praise and consolation*

**da-amiran b'al'ma,**

*that are uttered in the world,*

**v'imru Amein. {Amein.}**

*and say amen. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיִצְמַח פְּרֻקְנֵיהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

# לך הי L'CHA HASHEM

This prayer assists in the cleansing process of our soul by removing all the negative energy that we may have accumulated in the past year.

L'cha Adonai hatzdakah,

*For Yours, Hashem, is righteousness,*

v'lanu boshet hapanim.

*and ours is nothing but shame.*

Mah nit-onein, mah nomar,

*How can we complain, what can we say,*

mah n'dabeir, umah nitz-tadak.

*what can we declare, and how can we be justified?*

Nachp'sah d'racheinu v'nachkorah,

*Let us search our ways and probe them,*

v'nashuvah Eilecha,

*and return to You,*

ki y'min'cha f'shutah l'kabeil shavim. *כי ימינך פשוטה לקבל שבים.*

*for Your right hand is outstretched to accept those who return.*

Lo v'chesed v'lo

*Through Your mercy*

v'ma-asim banu l'fanecha,

*we have come before You,*

k'dalim uchrashim dafaknu d'latcha. *כדלים וכרשים דפקנו דלתיך.*

*like the poor and destitute we knock on Your door.*

D'latcha dafaknu rachum v'chanun,

*At Your door do we knock merciful and gracious One,*

na al t'shiveinu reikam mil'fanecha.

*do not turn us away empty handed from before You.*

Mil'fanecha malkeinu reikam al

*From before You, our Sovereign, empty handed do not*

t'shiveinu, ki atah

*turn us away, for You*

shomei-a t'filah.

*the One Who hears prayer.*

לך ה' הצדקה,

ולנו בִּשְׁתַּת הַפָּנִים.

מַה נִּתְאוּנָן, מַה נֹאמֵר,

מַה נְדַבֵּר, וּמַה נְצַטְדֵּק.

נַחֲפֹשֶׂה דְרַכֵּינוּ וְנַחֲקֹרָה,

וְנָשׁוּבָה אֵלֶיךָ,

כִּי יְמִינְךָ פְּשׁוּטָה לְקַבֵּל שָׁבִים.

לֹא בְחֶסֶד וְלֹא

בְּמַעֲשֵׂים בָּאֲנּוּ לְפָנֶיךָ,

כְּדָלִים וְכָרְשִׁים דְּפָקְנוּ דְלַתֵּיךָ.

דְלַתֵּיךָ דְּפָקְנוּ רַחוּם וְחַנוּן,

נָא אַל תְּשִׁיבֵנוּ רִיקָם מִלְּפָנֶיךָ.

מִלְּפָנֶיךָ מִלְּכָנוּ רִיקָם אַל

תְּשִׁיבֵנוּ, כִּי אַתָּה

שׁוֹמֵעַ תְּפִלָּה.



*Everyone says the following line and it is repeated by the Leader.*

סְלַח לָנוּ אָבִינוּ, כִּי בְרוּב אֲוִלְתָּנוּ שָׁגִינוּ,  
מַחֵל לָנוּ מַלְכֵנוּ, כִּי רַבּוּ עֲוֹנֵינוּ.

S'lach lanu avinu, ki v'rov ivalteinu shaginu,  
m'chal lanu malkeinu, ki rabu avoneinu.

*Forgive us our Father, for in the abundance of our folly we have erred,  
pardon us, our Sovereign, for our iniquities are many.*

## סליחות S'LICHOT

Through the following verses, which include the Thirteen Attributes, we connect to the energy of forgiveness, which is the meaning of the word s'lichot.

Eloheinu v'Eilohei avoteinu,  
*Our Elohim and Elohim of our ancestors,*  
eich niftach peh l'fanecha,  
*how can we open our mouth before You,*  
dar m'tuchim,  
*Who dwells in the outstretched universe,*  
b'eilu fanim nishpoch sichim,  
*in what manner may we pour out our supplications,*  
ga-alnu n'tivotecha  
*we despised Your paths*  
hay'sharim v'han'chochim,  
*which are honest and straightforward,*  
davaknu v'to-eivot  
*we adhered to abominations*  
uvma-asim z'nuchim.  
*and despicable deeds.*  
Halachnu acharei masot  
*We went after visions*  
shav umaduchim,  
*of uselessness and deception,*  
v'hikshinu oref v'hei-aznu m'tzachim,  
*we obstinately made our necks stiff and our faces brazen,*  
za-amat b'shelanu beit  
*You raged on our account and the House*  
mishk'not mivtachim,  
*of Your Dwelling in security,*  
charav ufas rei-ach nichochim.  
*was destroyed and the satisfying aroma vanished.*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
אֵיךְ נִפְתַּח פֶּה לְפָנֶיךָ,  
דָּר מִתּוֹחִים,  
בְּאֵלוּ פָנִים נִשְׁפָּךְ שִׁיחִים,  
גָּעַלְנוּ נְתִיבוֹתֶיךָ  
הֵי־שָׂרִים וְהֵנְכַחִים,  
דָּבַקְנוּ בְּתוֹעֵבוֹת  
וּבְמַעֲשֵׂים זְנוּחִים.  
הִלְכְנוּ אַחֲרֵי מַשְׁאוֹת  
שָׁוָא וּמַדּוּחִים,  
וְהִקְשִׁינוּ עֶרְף וְהֵעֲזָנוּ מְצַחִים,  
זַעַמַת בְּשִׁלְנוּ בַּיִת  
מִשְׁכַּנּוֹת מִבְּטָחִים,  
חָרַב וּפֶסַח רֵיחַ נִיחוּחִים.

## Toradu v'tultalu

*Driven out and forced to wander*

kohanim m'shuchim,

*were the anointed Kohanim,*

yod'ei eirech olot uzvachim,

*who knew how to arrange burnt-offerings and sacrifices,*

kamah yisartanu al y'dei

*how You chastised us at the hands*

tzirim ushluchim,

*of ambassadors and messengers,*

lo hikshavnu lishmo-a l'mochichim.

*we were not attentive to listen to those who rebuked us.*

Mei-az v'ad atah anachnu nidachim,

*From then until now we have been driven into exile,*

neheragim v'nishchatim v'nitbachim,

*slain and slaughtered and butchered,*

soradnu m'tei m'at bein

*we have survived as a people who were but few among*

kotzim k'suchim,

*thorns that were cut,*

eineinu chalot b'li m'tzo r'vachim.

*while our eyes yearn for (You) without finding relief.*

Por'chei am'cha

*Those who crushingly enslave Your people,*

asher labelil shochachim,

*who bow down to idols,*

tzefer va-erev lamah matzlichim,

*from morning to evening why do they succeed,*

kamim l'mulach n'atzot shochachim,

*they rise up against You and speak blasphemy,*

r'tzutzim, bamah atem bot'chim.

*you who are crushed in what do you trust.*

Shochein ad v'kadosh,

*O You Who dwells forever and Who is holy,*

tz'feih b'elbon anuchim,

*behold the shame of those who sigh,*

t'muchim alecha uvcha mutachim,

*who depend on You and who to You are stitched together,*

b'nora-ot y'min'cha

*by the awesome deeds of Your right hand*

nivashei-a lintzachim,

*may we be redeemed forever,*

ki al rachamecha harabim

*for upon Your abundant mercy*

anu v'tuchim.

*do we put our trust.*

טָרְדוּ וְטִלְטְלוּ  
כֹהֲנִים מְשֻׁחִים,  
יֹדְעֵי עֶרְךָ עֹלוֹת וְזִבְחִים,  
כַּמָּה יִסְרְתָנוּ עַל יְדֵי  
צִירִים וְשְׁלוּחִים,  
לֹא הִקְשַׁבְנוּ לְשִׁמְעַ לְמוֹכִיחִים.  
מֵאִז וְעַד עַתָּה אֲנַחְנוּ נִדְחִים,  
נִהָרְגִים וְנִשְׁחָטִים וְנִטְבָּחִים,  
שֶׁרְדָנוּ מִתֵּי מַעַט בֵּין  
קוֹצִים כְּסוּחִים,  
עֵינֵינוּ כָלוֹת בְּלִי מִצָּא רֹחִים.  
פּוֹרְכֵי עֲמֻךָ  
אֲשֶׁר לַיֵּל שׁוֹחֲחִים,  
צָפֹר וְעָרַב לָמָּה מִצְלִיחִים,  
קָמִים לְמוֹלֶךְ נִאֲצוֹת שׁוֹחֲחִים,  
רְצוּצִים, בַּמָּה אַתֶּם בּוֹטְחִים.  
שׁוֹכֵן עַד וְקָדוֹשׁ,  
צִפֵּה בְּעֶלְבוֹן אֲנוּחִים,  
תְּמוּכִים עָלֶיךָ וּבְךָ מִתְאַחִים,  
בְּנוֹרָאוֹת יְמִינֶךָ  
נִוְשָׁע לְנִצָּחִים,  
כִּי עַל רַחֲמֶיךָ הָרַבִּים  
אָנוּ כְּטוֹחִים.

Ki al rachamecha harabim

for upon Your abundant mercy

anu v'tuchim,

do we put our trust,

v'al tzidkotecha anu nishanim,

and upon Your righteousness do we rely,

v'lis-lichotecha anu m'kavim,

and for Your forgiveness do we hope,

v'lishu-at'cha anu m'tzapim.

and for Your salvation do we eagerly await.

Atah hu melech,

You are the Sovereign,

oheiv tz'dakot mikedem,

Who loves righteousness since the beginning of time,

ma-avir avonot amo,

Who overlooks the iniquities of Your people,

umeisir chatot y'rei-av.

and removes the misdeeds of those Who revere You.

Koreit b'rit larishonim,

You established a covenant with the ancestors,

umkayeim sh'vu-ah la-acharonim.

and fulfills Your oath to the descendants.

Atah hu,

You are the One,

sheyaradta ba-anan k'vodecha

Who descended in the cloud of Your glory

al har sinai,

upon Mount Sinai,

v'hereita darchei tuv'cha

and You showed the ways of Your goodness

l'Mosheh avdecha.

to Moses Your servant.

V'archot chasadecha gilita lo,

The paths of Your kindness You revealed to him,

v'hodato ki atah

and You let him know that You are

Eil rachum v'chanun,

the Almighty One Who is compassionate and gracious,

erech apayim v'rav chesed

slow to anger and abundant in kindness

umarbeh l'heitiv,

Who is abundantly beneficent,

umanhig et kol ha-olam

and Who guides all the world

kulo b'midat harachamim.

in its entirety with the Attribute of Mercy.

V'chein katuv,

And so it is written,

כִּי עַל רַחֲמֶיךָ הַרְבִּים

אָנוּ בְטוֹחִים,

וְעַל צְדָקוֹתֶיךָ אָנוּ נִשְׁעָנִים,

וְלִסְלִיחוֹתֶיךָ אָנוּ מְקוּיִם,

וְלִישׁוּעָתְךָ אָנוּ מְצַפִּים.

אַתָּה הוּא מֶלֶךְ,

אוֹהֵב צְדָקוֹת מִקֶּדֶם,

מֵעֵבִיר עֲוֹנוֹת עִמּוֹ,

וּמִסִּיר חַטָּאת יְרֵאָיו.

כּוֹרֵת בְּרִית לְרֵאשׁוֹנִים,

וּמְקַיֵּם שְׁבוּעָה לְאַחֲרוֹנִים.

אַתָּה הוּא,

שֶׁיָרַדְתָּ בְּעַנַן כְּבוֹדְךָ

עַל הַר סִינַי,

וְהִרְאִיתָ דְרָכֵי טוֹבְךָ

לְמֹשֶׁה עַבְדְּךָ.

וְאַרְחוֹת חַסְדֶּיךָ גִלִּיתָ לוֹ,

וְהוֹדַעְתָּו כִּי אַתָּה

אֵל רַחוּם וְחַנּוּן,

אָרֶךְ אַפַּיִם וְרַב חֶסֶד

וּמְרַבֵּה לְהֵיטִיב,

וּמְנַהִיג אֶת כָּל הָעוֹלָם

כְּלוֹ בְּמִדַּת הַרַחֲמִים.

וְכֵן כָּתוּב,

**Vayomer ani a-avir***And He said, I shall cause to pass***kol tuvi al panecha,***all My goodness before your face,***v'karati v'sheim Adonai l'fanecha,***and I shall call out with the Name of Hashem before you,***v'chanoti et asher achon,***I shall show favor to whomever I choose to show favor,***v'richamti et asher aracheim.***and I shall show mercy to whomever I choose to show mercy.*

וַיֹּאמֶר אֲנִי אֶעֱבִיר  
 כָּל טוֹבֵי עַל פְּנֵיךָ,  
 וְקָרָאתִי בְשֵׁם יְהוָה לְפָנֶיךָ,  
 וְחָנַתִּי אֶת אֲשֶׁר אֲחֹן,  
 וְרַחַמְתִּי אֶת אֲשֶׁר אֲרַחֵם.

*We stand as we recite the following:***Eil erech apayim atah,***Almighty One, You are slow to anger,***uva-al harachamim nikreita,***and You are called the Ruler of mercy,***v'derech t'shuvah horeita.***and You have taught the way of return.***G'dulat rachamecha vachasadecha,***The greatness of Your mercy and Your kindness,***tizkor hayom uvchol yom***may You remember this day and every day***l'zera y'didecha.***for the offspring of Your beloved ones.***Teifen eileinu b'rachamim,***Turn to us in Your mercy,***ki atah hu ba-al harachamim.***for You are the Ruler of mercy.***B'tachanun uvit-filah panecha***With supplication and prayer Your Presence***n'kadeim, k'hodata***we approach, in the manner that You made known***le-anav mikedem.***to the humble one [Moses] in ancient times.***Meicharon ap'cha shuv,***From the fierceness of Your anger turn back,***k'mo v'Torat'cha katov.***as it is written in Your Torah.***Uvtzeil k'nafecha necheseh v'nitlonan,***In the shadow of Your wings may we find shelter and dwell,***k'yom vayeired Adonai be-anan.***as on the day when Hashem descended in a cloud.***Ta-avor al pesha v'timcheh asham,***Overlook wrongdoing and erase guilt,***k'yom vayit-yatzeiv imo sham.***as on the day when You stood with him [Moses].*

אֵל אֶרֶךְ אַפַּיִם אַתָּה,  
 וּבַעַל הַרְחָמִים נִקְרָאתָ,  
 וְדֶרֶךְ תְּשׁוּבָה הוֹרִיתָ.  
 גְּדֻלַּת רַחֲמֶיךָ וַחֲסָדֶיךָ,  
 תִּזְכֹּר הַיּוֹם וּבְכָל יוֹם  
 לְזֶרַע יְדִידֶיךָ.  
 תִּפְּן אֵלֵינוּ בְּרַחֲמִים,  
 כִּי אַתָּה הוּא בַּעַל הַרְחָמִים.  
 בְּתַחֲנוּן וּבְתַפִּלָּה פְּנֵיךָ  
 נִקְדָּם, כְּהוֹדַעְתָּ  
 לְעַנּוּ מִקְדָּם.  
 מִחֲרוֹן אַפֶּיךָ שׁוּב,  
 כְּמוֹ בְּתוֹרַתְךָ כָּתוּב.  
 וּבַצֵּל כְּנַפֶּיךָ נַחֲסֶה וְנִתְלוֹנָן,  
 כִּיּוֹם וַיֵּרֵד יְהוָה בְּעָנָן.  
 תַּעֲבוֹר עַל פְּשָׁע וְתִמְחָה אֶשָּׁם,  
 כִּיּוֹם וַיִּתְיַצֵּב עִמּוֹ שָׁם.

Ta-azin shavateinu v'takshiv

*Give heed to our cry and hear*

menu ma-amar,

*from us our declaration,*

k'yom vayikra v'sheim Adonai,

*as on the day You called out with the name of Hashem,*

v'sham ne-emar:

*and there it was said:*

תִּאֲזִין שׁוֹעֲתֵנוּ וְתִקְשִׁיב

מִנּוּ מֵאִמַּר,

כִּיּוֹם וַיִּקְרָא בְּשֵׁם יְהוָה,

וְשָׁם נֶאֱמַר:

*Everyone recites the following verse, then it is repeated by the Leader:*

וַיַּעֲבֹר יְהוָה עַל פְּנֵי וַיִּקְרָא:

Vaya-avor Adonai al panav vayikra:

*And Hashem passed before [Moses'] face and proclaimed:*

*Everyone chants together:*

יְהוָה, יְהוָה,

Adonai, Adonai,

*Hashem, Hashem,*

אֵל, רַחוּם, וְחַנוּן, אֶרֶךְ

<sup>1)</sup>Eil, <sup>2)</sup>rachum, <sup>3)</sup>v'chanun, <sup>4)</sup>erech

*Almighty One, compassionate, and gracious, slow*

אִפַּיִם, וְרַב חֶסֶד,

<sup>5)</sup>apayim, <sup>6)</sup>v'rav chesed,

*to anger, and abundant in kindness,*

וְאֵמֶת,

<sup>7)</sup>ve-emet,

*and truth,*

נֹצֵר חֶסֶד לְאַלְפִים,

<sup>8)</sup>notzeir chesed <sup>9)</sup>la-alafim,

*preserver of kindness for thousands of generations,*

נֹשֵׂא עוֹן, וּפֹשֵׁעַ, וְחַטָּאָה, וְנִקְיָה.

<sup>10)</sup>noseih avon, <sup>11)</sup>vafesha, <sup>12)</sup>v'chata-ah, <sup>13)</sup>v'nakeih.

*Forgiver of iniquity, willful wrongdoing, and error, and who absolves.*

*Everyone recites together:*

וְסָלַחְתָּ לְעוֹנֵינוּ וְלַחַטָּאתֵנוּ וְנַחֲלָתֵנוּ.

V'salachta la-avoneinu ulchatateinu unchaltanu.

*May You forgive our iniquities and our wrongdoings and make us Your heritage.*

S'lach lanu avinu ki chatanu,  
 Forgive us our Father for we have erred,  
 m'chal lanu malkeinu ki fashanu.  
 pardon us our Sovereign for we have willfully erred.  
 Ki atah Adonai tov v'salach,  
 For You Hashem are good and forgiving,  
 v'rav chesed l'chol kor'echa.  
 and abundantly kind to all who call upon You.

סִלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ,  
 מַחֵל לָנוּ מַלְכֵנוּ כִּי פָשַׁעְנוּ.  
 כִּי אַתָּה אֲדֹנָי טוֹב וְסָלַח,  
 וְרַב חֶסֶד לְכֹל קוֹרְאֶיךָ.

*Everyone says the following verse and then it is repeated by the Leader.*

סִלַח נָא לַעֲוֹן הָעָם הַזֶּה כַּגְּדֹל חַסְדְּךָ,  
 וְכַאֲשֶׁר נִשְׁאַתָּה לָעָם הַזֶּה מִמִּצְרַיִם וְעַד הַנְּהַה.  
 וְשֵׁם נֶאֱמַר:

S'lach na la-avon ha-am hazeh k'godel chasdecha,  
 v'cha-asher nasatah la-am hazeh mimitzrayim v'ad heinah.  
 V'sham ne-emar:

*Forgive please the iniquity of this people according to the greatness of Your kindness,  
 just as You have forgiven this people from Egypt until now.  
 And there it was said:*

*Everyone together:*

וַיֹּאמֶר יְהוָה סִלַחְתִּי כְּדַבְרְךָ.  
 Vayomer Adonai salachti kidvarecha.  
 And Hashem said, I have forgiven according to your word.

Chateih Elohai ozn'cha ushma,  
 Incline, my Elohim, Your ear, and listen,  
 p'dach einecha ureih shom'moteinu,  
 open Your eyes and see our desolation,  
 v'ha-ir asher  
 and that of the city of which  
 nikra shimcha aleha,  
 Your Name is proclaimed upon,  
 ki lo al tzidkoteinu anachnu  
 for not because of our righteousness do we  
 mapilim tachanuneinu l'fanecha,  
 cast our supplications before You,  
 ki al rachamecha harabim.  
 but because of Your compassion which is abundant.  
 Adonai sh'ma-ah, Adonai s'lachah,  
 Adonai heed, Adonai forgive,  
 Adonai hakshivah, va-aseih al  
 Adonai be attentive, and act do not

הִטָּה אֱלֹהֵי אֲזִנְךָ וּשְׁמַע,  
 פָּקַח עֵינֶיךָ וּרְאֵה שִׁמְמֹתֵינוּ,  
 וְהָעִיר אֲשֶׁר  
 נִקְרָא שִׁמְךָ עָלֶיהָ,  
 כִּי לֹא עַל צְדִקְתֵּנוּ אֲנַחְנוּ  
 מִפִּילִים תַּחֲנוּנֵינוּ לְפָנֶיךָ,  
 כִּי עַל רַחֲמֶיךָ הָרַבִּים.  
 אֲדֹנָי שְׁמַעָה, אֲדֹנָי סִלַּחָה,  
 אֲדֹנָי הַקְּשִׁיבָה, וַעֲשֵׂה אֵל

t'achar, l'ma-ancha Elohai,  
*delay, for Your sake my Elohim,*  
 ki shimcha nikra al  
*for Your Name is proclaimed upon*  
 ir'cha v'al amecha.  
*upon Your City and upon your people.*

תֵּאַחַר, לְמַעַן אֱלֹהֵי,  
 כִּי שִׁמְךָ נִקְרָא עַל  
 עִירְךָ וְעַל עַמֶּךָ.

Al tizkar lanu avonot rishonim,  
*Do not recall iniquities of the ancients against us,*  
 maheir y'kad'munu rachamecha,  
*may Your mercies swiftly advance to meet us,*  
 ki dalonu m'od.  
*for we have greatly become impoverished.*  
 Chatot n'ureinu ufsha-einu  
*The misdeeds of our youth and our iniquities*  
 al tizkor,  
*remember not,*  
 k'chasd'cha z'char lanu atah,  
*that worthy of Your kindness may You remember for us,*  
 l'ma-an tuv'cha Adonai.  
*for the sake of Your goodness Hashem.*

אַל תִּזְכֹּר לָנוּ עֲוֹנוֹת רִאשׁוֹנִים,  
 מִהֵר יִקְדָּמוּנוּ רַחֲמֶיךָ,  
 כִּי דַלּוֹנוּ מְאֹד.  
 חַטֹּאת נַעוּרֵינוּ וּפְשָׁעֵינוּ  
 אַל תִּזְכֹּר,  
 כְּחַסְדֶּךָ זָכֹר לָנוּ אַתָּה,  
 לְמַעַן טוֹבֶךָ יְהוָה.

## זְכוֹר רַחֲמֶיךָ

### Z'CHOR RACHAMECHA

These verses follow three themes: a plea that Creator remember the covenant made to our Patriarchs and their offspring, a plea to end our current exile and bring about the Final Redemption, and a plea for forgiveness.

Z'chor rachamecha Adonai vachasadecha,  
*Remember Your mercies Hashem and Your kindnesses,*  
 ki mei-olam heimah.  
*for they are eternal.*

Zochreinu Adonai birtzon amecha,  
*Remember us Hashem when You show favor to Your people,*  
 pakdeinu bishu-atecha.  
*recall us with Your salvation.*

Z'chor adat'cha kanita kedem,  
*Remember Your congregation which You acquired long ago,*  
 ga-alta sheivet nachalatecha,  
*You redeemed the tribe of Your heritage,*  
 har Tziyon zeh shachanta bo.  
*the mountain of Zion where You rested Your Presence there.*

Z'chor Adonai chibat Y'rushalayim,  
*Remember Hashem the affection of Jerusalem,*

זְכוֹר רַחֲמֶיךָ יְהוָה וַחֲסָדֶיךָ,  
 כִּי מֵעוֹלָם הֵמָּה.  
 זָכְרָנוּ יְהוָה בְּרִצּוֹן עֲמֶךָ,  
 פָּקְדָנוּ בִישׁוּעָתֶךָ.  
 זָכֹר עֲדַתְךָ קָנִיתָ קֶדֶם,  
 גָּאַלְתָּ שֵׁבֶט נַחֲלָתֶךָ,  
 הַר צִיּוֹן זֶה שָׁכַנְתָּ בוֹ.  
 זָכֹר יְהוָה חֶבֶת יְרוּשָׁלַיִם,

ahavat Tziyon al tishkach lanetzach.

*the love of Zion do not forget forever.*

Z'chor Adonai livnei edom

*Remember Hashem to repay the offspring of Edom*

eit yom Y'rushalayim,

*the day of Jerusalem,*

ha-om'rim aru aru

*to repay those who say: Destroy! Destroy!*

ad haysod bah.

*the very foundation of it.*

Atah takum t'racheim Tziyon,

*You will arise and show mercy to Zion,*

ki eit l'chen'nah, ki va mo-eid.

*for the time to favor her, the appointed time will come.*

Z'chor l'Avraham l'Yitzchak

*Remember for Abraham for Isaac*

ul-Yisra-eil avadecha,

*and for Israel Your servants,*

asher nishbata lahem bach,

*that You swore to them by Your Being,*

vat'dabeir aleihem: Arbeh et

*and You said to them: I shall increase your*

zarachem k'choch'vei hashamayim,

*offspring like the stars of the heavens,*

v'chol ha-aretz hazot asher

*and all of this land of which*

amarti etein l'zarachem,

*I spoke I will give to your offspring,*

v'nachalu l'olam.

*and they will inherit it forever.*

Z'chor la-avadecha l'Avraham

*Remember Your servants of Abraham*

l'Yitzchak ul-Ya-akov,

*of Isaac and of Jacob,*

al teifen el k'shi ha-am hazeh

*do not pay attention to the stubbornness of this people*

v'el risho v'el chatato.

*to its wickedness and to its misdeeds.*

אֶהֱבֵת צִיּוֹן אֶל תִּשְׁכַּח לְנֶצַח.

זְכוֹר יְהוָה לְבְנֵי אֲדוֹם

אֶת יוֹם יְרוּשָׁלַיִם,

הָאוֹמְרִים עָרוּ עָרוּ

עַד הַיְסוּד בָּהּ.

אֲתָה תִקְוֶם תִּרְחַם צִיּוֹן,

כִּי עֵת לְחֻנָּה, כִּי בָּא מוֹעֵד.

זְכוֹר לְאַבְרָהָם לְיִצְחָק

וּלְיִשְׂרָאֵל עֲבָדֶיךָ,

אֲשֶׁר נִשְׁבַּעְתָּ לָהֶם בְּךָ,

וַתִּדְבַר אֲלֵהֶם: אַרְבֵּה אֶת

זַרְעֲכֶם כְּכוֹכְבֵי הַשָּׁמַיִם,

וְכֹל הָאָרֶץ הַזֹּאת אֲשֶׁר

אָמַרְתִּי אֶתֵּן לְזַרְעֲכֶם,

וְנָחְלוּ לְעוֹלָם.

זְכוֹר לְעֲבָדֶיךָ לְאַבְרָהָם

לְיִצְחָק וּלְיַעֲקֹב,

אֶל תִּפְּן אֶל קְשֵׁי הָעָם הַזֶּה

וְאֶל רִשְׁעוֹ וְאֶל חַטָּאתוֹ.

*Everyone says the following line and it is repeated by the Leader.*

אֶל נָא תִשֵּׁת עָלֵינוּ חַטָּאת,

אֲשֶׁר נוֹאֲלָנוּ וְאֲשֶׁר חָטָאנוּ.

Al na tasheit aleinu chatat,  
asher no-alnu va-asher chatanu.

*Please do not place upon us guilt for our misdeeds,  
in that we have acted foolishly and in that we have done negative deeds.*



Everyone says the following line and it is repeated by the Leader.

חַטָּאנוּ צוֹרְנוּ, סְלַח לָנוּ יוֹצֵרְנוּ.  
Chatanu tzureinu, s'lach lanu yotz'reinu.

We have missed the mark our Rock, forgive us our Maker.

Z'chor lanu b'rit avot

Remember for us the covenant of the Patriarchs

ka-asher amarta:

as You said:

V'zacharti et b'rit Ya-akov,

And I will remember My covenant with Jacob,

v'af et b'rit Yitzchak,

and also My covenant with Isaac,

v'af et b'rit Avraham ezkor,

and also My covenant with Abraham I will remember,

v'ha-aretz ezkor.

and the Land I will remember.

Z'chor lanu b'rit rishonim

Remember for us the covenant of the ancient ones

ka-asher amarta:

as You said:

V'zacharti lahem b'rit rishonim,

And I will remember for them the covenant of the ancients,

asher hotzeiti otam mei-eretz

that I took them out from the land

mitzrayim l'einei hagoyim lihyot

of Egypt in the very sight of the nations to be

lahem Leilohim, ani Adonai.

to them Elohim, I am Hashem.

Aseih imanu k'mah

Do with us as

shehivtachtanu: V'af gam zot

You promised us: And despite all this

bih-yotam b'eretz oy'veihem,

when they will be in the land of their enemies,

lo m'astim v'lo

I will not despise them nor

g'al-tim l'chalotam,

abhor them to destroy them,

l'hafir b'rit itam,

to annul My covenant with them,

ki ani Adonai Eloheihem.

for I am Hashem their Elohim.

Himatzei lanu b'vakashateinu,

Be accessible to us in our quest,

k'mah shekatuv:

as it is written:

זְכוֹר לָנוּ בְרִית אֲבוֹת

כַּאֲשֶׁר אָמַרְתָּ:

וְזָכַרְתִּי אֶת בְּרִיתִי יַעֲקֹב,

וְאֵף אֶת בְּרִיתִי יִצְחָק,

וְאֵף אֶת בְּרִיתִי אַבְרָהָם אֶזְכֹּר,

וְהָאָרֶץ אֶזְכֹּר.

זְכוֹר לָנוּ בְרִית רִאשׁוֹנִים

כַּאֲשֶׁר אָמַרְתָּ:

וְזָכַרְתִּי לָהֶם בְּרִית רִאשׁוֹנִים,

אֲשֶׁר הוֹצֵאתִי אֹתָם מֵאֶרֶץ

מִצְרַיִם לְעֵינֵי הַגּוֹיִם לְהִיּוֹת

לָהֶם לְאֱלֹהִים, אֲנִי יְהוָה.

עֲשֵׂה עִמָּנוּ כְּמָה

שֶׁהִבְטַחְתָּנוּ: וְאֵף גַּם זֹאת

בְּהִיּוֹתָם בְּאֶרֶץ אִי־בֵיהֶם,

לֹא מְאַסְתִּים וְלֹא

גַּעַלְתִּים לְכַלְתֶּם,

לְהַפֵּר בְּרִיתִי אִתְּם,

כִּי אֲנִי יְהוָה אֱלֹהֵיהֶם.

הַמָּצֵא לָנוּ בְּבִקְשָׁתָנוּ,

כְּמָה שֶׁכָּתוּב:

Uvikashtem misham et Adonai

*And you will seek from there Hashem*

Elohecha umatzata,

*your Elohim and you will find Him,*

ki tidr'shenu b'chol l'av'cha

*when you search Him out with all your heart*

uvchol nafshecha.

*and with all your soul.*

Mol et l'avveinu l'ahavah

*Circumcise our hearts to love*

et sh'mecha,

*Your Name,*

k'mah shekatuv:

*as it is written:*

Umol Adonai Elohecha et l'av'cha,

*And Hashem your Elohim will circumcise your heart,*

v'et l'av zarecha,

*and the heart of your offspring,*

l'ahavah et Adonai Elohecha

*to love Hashem your Elohim*

b'chol l'av'cha uvchol nafsh'cha

*with all your heart and with all your soul*

l'ma-an chayecha.

*so that you may live.*

Z'rok aleinu mayim

*Pour upon us water*

t'horim v'tahareinu,

*that is pure and purify us,*

k'mah shekatuv:

*as it is written:*

V'zarkti aleichem mayim

*And I shall pour upon you water*

t'horim ut-hartem,

*that is pure and you will become pure,*

mikol tumoteichem umikol

*from all your contaminations and from all*

giluleichem ataheir etchem.

*your abominations I will purify you.*

M'cheih f'sha-einu ka-av v'che-anan,

*Wipe away our misdeeds like a mist and like a cloud,*

k'mah shekatuv:

*as it is written:*

Machiti ka-av p'sha-echa,

*I have wiped away like a mist your willful misdeeds,*

v'che-anan chatotecha,

*and like a cloud your transgressions,*

shuvah eilai ki g'alticha.

*return to Me for I have redeemed you.*

וּבְקַשְׁתֶּם מִשָּׁם אֶת יְהוָה

אֱלֹהֵיךָ וּמְצֵאתָ,

כִּי תִדְרְשֵׁנוּ בְּכֹל לְבַבְךָ

וּבְכֹל נַפְשֶׁךָ.

מוֹל אֶת לְבַבְנוּ לְאַהֲבָה

אֶת שְׁמֶךָ,

כְּמָה שְׁכָתוּב:

וּמֹל יְהוָה אֱלֹהֵיךָ אֶת לְבַבְךָ,

וְאֶת לְבַב זְרַעְךָ,

לְאַהֲבָה אֶת יְהוָה אֱלֹהֵיךָ

בְּכֹל לְבַבְךָ וּבְכֹל נַפְשֶׁךָ

לְמַעַן חַיֶּיךָ.

זְרוּק עָלֵינוּ מַיִם

טְהוֹרִים וְטַהַרְנוּ,

כְּמָה שְׁכָתוּב:

וְזָרְקְתִי עֲלֵיכֶם מַיִם

טְהוֹרִים וְטַהַרְתֶּם,

מִכֹּל טַמְאוֹתֵיכֶם וּמִכֹּל

גְלוּלֵיכֶם אֲטַהֵר אֶתְכֶם.

מַחֵה פְשָׁעֵינוּ כַּעַב וְכַעֲנָן,

כְּמָה שְׁכָתוּב:

מַחִיתִי כַּעַב פְּשָׁעֶיךָ,

וְכַעֲנָן חַטֹּאתֶיךָ,

שׁוּבָה אֵלַי כִּי גִאֲלִתִּיךָ.

M'cheih f'sha-einu l'ma-ancha,  
Wipe away our misdeeds for Your sake,  
ka-asher amarta:

as You said:

Anochi anochi hu

I only I am the One

mocheh f'sha-echa l'ma-ani,  
Who wipes away your willful misdeeds for My sake,  
v'chatotecha lo ezkor.

and your transgressions I shall not recall.

Halbein chata-einu kashleg

Whiten our misdeeds like snow

v'chatzemer, k'mah shekatuv:

and like wool, as it is written:

L'chu na v'nivach'chah,

Come now let us reason together,

yomar Adonai, im yihyu chata-eichem

says Hashem, though your misdeeds be

kashanim, kashleg yalbinu,

like scarlet, like snow they will be whitened,

im yadimu chatola,

though they may be red as crimson,

katzemer yihyu.

they will become like white wool.

Racheim aleinu v'al tashchiteinu,

Have mercy on us and do not destroy us,

k'mah shekatuv:

as it is written:

Ki Eil rachum Adonai Elohecha,

For a merciful Almighty One is Hashem your Elohim,

lo yarp'cha v'lo yashchitecha,

Who will not relinquish you or destroy you,

v'lo yishkach et b'rit avotecha

nor forget the covenant with your ancestors

asher nishba lahem.

which He swore to them.

Kabeitz nidacheinu,

Gather our dispersed ones,

k'mah shekatuv:

as it is written:

Im yihyeh nidachacha

If your dispersed will be

biktzeih hashamayim,

at the ends of the heavens,

misham y'kabetzcha Adonai Elohecha,

from there Hashem your Elohim will gather you in,

umisham yikachecha.

and from there He will take you.

מַחֶה פְּשָׁעֵינוּ לְמַעַנְךָ,

כַּאֲשֶׁר אָמַרְתָּ:

אֲנֹכִי אֲנֹכִי הוּא

מַחֶה פְּשָׁעֶיךָ לְמַעַנִּי,

וְחַטָּאתֶיךָ לֹא אֶזְכֹּר.

הַלְבֵּן חַטָּאֵינוּ כַּשֶּׁלֶג

וְכֶצֶמֶר, כְּמַה שְׁכָתוּב:

לְכוּ נָא וְנִוְכַחְהָ,

יֹאמֵר יְהוָה, אִם יִהְיוּ חַטָּאֵיכֶם

כַּשָּׁנִים, כַּשֶּׁלֶג יִלְבֵּינוּ,

אִם יֵאָדִימוּ כַתּוּלָע,

כֶּצֶמֶר יִהְיוּ.

רַחֵם עָלֵינוּ וְאַל תִּשְׁחִיתֵנוּ,

כְּמַה שְׁכָתוּב:

כִּי אֵל רַחוּם יְהוָה אֱלֹהֶיךָ,

לֹא יִרְפֹּךְ וְלֹא יִשְׁחִיתֶךָ,

וְלֹא יִשְׁכַּח אֶת בְּרִית אֲבוֹתֶיךָ

אֲשֶׁר נִשְׁבַּע לָהֶם.

קִבֵּץ נִדְחֵינוּ,

כְּמַה שְׁכָתוּב:

אִם יִהְיֶה נִדְחָךְ

בְּקִצֵּה הַשָּׁמַיִם,

מִשָּׁם יִקְבֹּצְךָ יְהוָה אֱלֹהֶיךָ,

וּמִשָּׁם יִקָּחֶךָ.

Hasheiv sh'vuteinu v'rachameinu,  
Bring back our return and have mercy on us,  
k'mah shekatuv:

as it is written:

V'shav Adonai Elohecha

Then bring back with Hashem your Elohim

et sh'vut'cha v'richamecha,

your return and He will have mercy upon you,

v'shav v'kibetzcha mikol ha-amim

and He will once again gather you in from all the peoples

asher hefitz'cha

that scattered you

Adonai Elohecha shamah.

has Hashem your Elohim thereto.

T'vi-einu el har kodshecha,

Bring us to Your holy mountain,

v'sam'cheinu b'veit t'filatecha,

and make us rejoice in Your House of Prayer,

k'mah shekatuv:

as it is written:

Vahavi-otim el har kodshi,

And I will bring them to My holy mountain,

v'simachtim b'veit t'filati,

and I will make them rejoice in My House of Prayer,

oloteihem v'zivcheihem l'ratzon

their burnt-offerings and their feast-offerings will find favor

al mizb'chi,

upon My Altar,

ki veiti beit t'filah yikarei

for My House shall be called a House of Prayer

l'chol ha-amim.

for all the nations.

הַשִּׁב שְׁבוּתֵנוּ וְרַחֲמֵנוּ,  
כְּמַה שְׁכָתוּב:  
וְשָׁב יְהוָה אֱלֹהֶיךָ  
אֶת שְׁבוּתֶךָ וְרַחֲמֶךָ,  
וְשָׁב וְקִבְּצֶךָ מִכָּל הָעַמִּים  
אֲשֶׁר הִפִּיצֶךָ  
יְהוָה אֱלֹהֶיךָ שָׁמָּה.  
תְּבִיאֵנוּ אֶל הַר קֹדֶשְׁךָ,  
וְשִׂמְחָנוּ בְּבֵית תְּפִלָּתֶךָ,  
כְּמַה שְׁכָתוּב:  
וְהִבִּיאֹתִים אֶל הַר קֹדֶשִׁי,  
וְשִׂמַּחְתִּים בְּבֵית תְּפִלָּתִי,  
עוֹלוֹתֵיהֶם וְזִבְחֵיהֶם לְרָצוֹן  
עַל מִזְבְּחִי,  
כִּי בֵיתִי בֵּית תְּפִלָּה יִקָּרָא  
לְכֹל הָעַמִּים.

שְׁמַע קוֹלֵנוּ

SH'MA KOLEINU

With these verses we call out to our Creator with a longing desire to return to the Light.

*Each verse is recited by the Leader, then repeated by Everyone.*

שְׁמַע קוֹלֵנוּ, יְהוָה אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,  
וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ.

Sh'ma koleinu, Adonai Eloheinu, chus v'racheim aleinu,  
v'kabeil b'rachamim uvratzon et t'filateinu.

Hear our voice, Hashem our Elohim, have pity and compassion on us,  
and accept with compassion and favor our prayer.

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנִשׁוּבָה, חֲדַשׁ יָמֵינוּ כְּקֶדֶם.

Hashiveinu Adonai Eilecha v'nashuvah, chadeish yameinu k'kedem.

*Bring us back to You Hashem and we shall return, renew our days as of old.*

אַל תִּשְׁלִיכֵנוּ מִלְּפָנֶיךָ, וְרוּחַ קֹדְשְׁךָ אַל תִּקַּח מִמֶּנּוּ.

Al tashlicheinu mil'fanecha, v'ruach kodsh'cha al tikach mimenu.

*Do not cast us away from Your Presence, and the Spirit of Your Holiness do not take from us.*

אַל תִּשְׁלִיכֵנוּ לְעֵת זְקֵנָה, כְּכֹלֹת כֹּחֵנוּ אַל תַּעֲזֹבֵנוּ.

Al tashlicheinu l'eit ziknah, kichlot kocheinu al ta-azveinu.

*Do not cast us away in time of old age, do not forsake us when our strength fails.*

אַל תַּעֲזֹבֵנוּ יְהוָה, אֱלֹהֵינוּ אַל תִּרְחַק מִמֶּנּוּ.

Al ta-azveinu Adonai, Eloheinu al tirschak mimenu.

*Do not forsake us Hashem, our Elohim be not distant from us.*

*Everyone continues together:*

Aseh imanu ot l'tovah,

*Display for us a sign for good,*

v'yiru soneinu v'yeivoshu,

*so that our enemies may see it and be ashamed,*

ki atah Adonai

*for You Hashem*

azartanu v'nichamtanu.

*will have helped us and consoled us.*

Amareinu ha-azinah Adonai,

*Hear our words Hashem,*

binah hagigeinu.

*understand our thoughts.*

Yih-yu l'ratzon imrei finu

*May they find favor, the utterance of our mouth*

v'hegyon libeinu l'fanecha,

*and the meditation of our heart, before You,*

Adonai tzureinu v'go-aleinu.

*Hashem our rock and our redeemer.*

Ki l'cha Adonai hochalnu,

*Because for You Hashem do we wait,*

atah ta-aneh, Adonai Eloheinu.

*You will answer, Hashem our Elohim.*

עֲשֵׂה עִמָּנוּ אוֹת לְטוֹבָה,

וְיִרְאוּ שׁוֹנְאֵינוּ וְיִבְשׁוּ,

כִּי אַתָּה יְהוָה

עֲזַרְתָּנוּ וְנִחַמְתָּנוּ.

אָמַרְנוּ הֶאֱזִינָה יְהוָה,

בִּינָה הֶגִיגָנוּ.

יְהִיוּ לְרָצוֹן אָמַרְי פִּינוּ

וְהֶגִיוֹן לְבָנוּ לְפָנֶיךָ,

יְהוָה צוּרֵנוּ וְגוֹאֲלֵנוּ.

כִּי לָךְ יְהוָה הוֹחֵלָנוּ,

אַתָּה תַעֲנֶנָּה, אֲדַנִּי אֱלֹהֵינוּ.

## וּדְוִי VIDUI

During S'lichot we should recognize our short-comings and wrong choices so that we can get closer to the Light.

*Stand with head and body slightly bowed.*

**Ana Adonai Eloheinu**  
*We beseech You Hashem our Elohim*  
**v'Eilohei avoteinu,**  
*and Elohim of our ancestors,*  
**tavo l'fanecha t'filateinu,**  
*may our prayer come before You,*  
**v'al tit-alam mitchineinu,**  
*and do not disregard our plea,*  
**she-ein anu azei fanim**  
*for we are not arrogant*  
**uk-shei gref,**  
*and stiff necked,*  
**lomar l'fanecha Adonai Eloheinu**  
*to say before You Hashem our Elohim*  
**v'Eilohei avoteinu,**  
*and Elohim of our ancestors,*  
**tzadikim anachnu v'lo chatanu,**  
*that we are righteous and did nothing negative,*  
**aval anachnu**  
*for we have transgressed, we*  
**va-avoteinu chatanu.**  
*and our ancestors have done negative things.*

אָנָּא יְהוָה אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ,  
 וְאַל תִּתְעַלֵּם מִתְחִנָּתֵנוּ,  
 שֶׁאֵין אָנוּ עֲזֵי פָנִים  
 וְקָשִׁי עֲרָף,  
 לֹאמַר לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 צְדִיקִים אֲנַחְנוּ וְלֹא חַטָּאנוּ,  
 אֲבָל אֲנַחְנוּ  
 וְאֲבוֹתֵינוּ חַטָּאנוּ.

*Strike the left side of the chest with the right fist while reciting each word that begins with a red letter.*

**Ashamnu, bagadnu, gazalnu,**  
*We have been guilty, we have betrayed, we have stolen,*  
**dibarnu dofi.**  
*we have spoken slander.*  
**He-evinu, v'hirshanu, zadnu,**  
*We have done iniquity, we caused wickedness, we transgressed,*  
**chamasnu, tafalnu sheker.**  
*we have extorted, we have made false accusations.*  
**Ya-atznu ra, kizavnu, latznu,**  
*We have given bad advice, we have deceived, we have scorned,*  
**maradnu, ni-atznu, sararnu,**  
*we have rebelled, we have blasphemed, we have strayed,*  
**avinu, pashanu, tzararnu,**  
*we've been iniquitous, we've done misdeeds, we've bound up,*  
**kishinu gref.**  
*we have stiffened our necks.*

אָשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ,  
 דִּבַּרְנוּ דּוֹפִי.  
 הִעֵוִינוּ, וְהִרְשָׁעְנוּ, זָדְנוּ,  
 חָמַסְנוּ, טָפַלְנוּ שֶׁקֶר.  
 יַעֲצֵנוּ רָע, כִּזְבְּנוּ, לָצְנוּ,  
 מָרַדְנוּ, נִאֲצְנוּ, סָרַרְנוּ,  
 עֵוִינוּ, פָּשַׁעְנוּ, צָרַרְנוּ,  
 קִשִּׁינוּ עֲרָף.

**Rashanu, shichatnu,**  
*We have been wicked, we have been corrupt,*  
**ti-avnu, ta-inu, titanu.**

*we have detested, we have gone astray, we have cheated.*

**Sarnu mimitzvotecha umimishpatecha,**  
*We have turned away from Your commandments and Your laws,*  
**hatovim, v'lo shavah lanu.**

*that are good, and it was not worthwhile for us.*

**V'atah tzadik al kol**

*And You are righteous in all*

**haba aleinu,**

*that has come upon us,*

**ki emet asita**

*for truthfully have You acted,*

**va-anachnu hirshanu.**

*while we have acted wickedly.*

**רָשָׁעֵנוּ, שִׁחַתְנוּ,**

**תֵּעֲבָנוּ, תָּעִינוּ, תִּעַתְעָנוּ.**

**סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמִּשְׁפָּטֶיךָ,**

**הַטּוֹבִים, וְלֹא שָׁוָה לָנוּ.**

**וְאַתָּה צַדִּיק עַל כָּל**

**הַבָּא עָלֵינוּ,**

**כִּי אֱמֶת עָשִׂיתָ**

**וְאַנַּחְנוּ הִרְשָׁעָנוּ.**

## עֲשֵׂה לְמַעַן

### ASEIH L'MA-AN

These verses in this prayer follow the order of the Hebrew alphabet. Kabbalah teaches that this is significant because it connects us to the spiritual energy of Creation, which brings renewal to our lives.

**Eil rachum sh'mecha,**  
*Almighty One Who is Merciful is Your Name,*

**Eil chanun sh'mecha,**  
*Almighty One Who is Gracious is Your Name,*

**banu nikra sh'mecha,**  
*upon us is Your Name proclaimed,*

**Adonai aseih l'ma-an sh'mecha.**  
*Hashem, act for the sake of Your Name.*

**Aseih l'ma-an amitach.**  
*Act for the sake of Your truth.*

**Aseih l'ma-an b'ritach.**  
*Act for the sake of Your covenant.*

**Aseih l'ma-an godtach v'tifartach.**  
*Act for the sake of Your greatness and splendor.*

**Aseih l'ma-an datach.**  
*Act for the sake of Your law.*

**Aseih l'ma-an hodach.**  
*Act for the sake of Your glory.*

**Aseih l'ma-an vi-udach.**  
*Act for the sake of Your assembly.*

**Aseih l'ma-an zichrach.**  
*Act for the sake of Your remembrance.*

**אֵל רַחוּם שְׁמֶךָ,**

**אֵל חַנוּן שְׁמֶךָ,**

**בָּנוּ נִקְרָא שְׁמֶךָ,**

**יְהוָה עֲשֵׂה לְמַעַן שְׁמֶךָ.**

**עֲשֵׂה לְמַעַן אֱמִתְךָ.**

**עֲשֵׂה לְמַעַן בְּרִיתְךָ.**

**עֲשֵׂה לְמַעַן גְּדֻלַּתְךָ וְתִפְאֶרֶתְךָ.**

**עֲשֵׂה לְמַעַן דָּתְךָ.**

**עֲשֵׂה לְמַעַן הוֹדְךָ.**

**עֲשֵׂה לְמַעַן וְעוֹדְךָ.**

**עֲשֵׂה לְמַעַן זְכוֹרְךָ.**

**Aseih I'ma-an chasdach.**

*Act for the sake of Your kindness.*

**Aseih I'ma-an tuvach.**

*Act for the sake of Your goodness.*

**Aseih I'ma-an yichudach.**

*Act for the sake of Your Oneness.*

**Aseih I'ma-an k'vodach.**

*Act for the sake of Your honor.*

**Aseih I'ma-an limudach.**

*Act for the sake of Your students.*

**Aseih I'ma-an malchutach.**

*Act for the sake of Your sovereignty.*

**Aseih I'ma-an nitz-chak.**

*Act for the sake of Your eternity.*

**Aseih I'ma-an sodach.**

*Act for the sake of Your secret revealed to those in awe of You.*

**Aseih I'ma-an uzach.**

*Act for the sake of Your power.*

**Aseih I'ma-an p'eirach.**

*Act for the sake of Your glory.*

**Aseih I'ma-an tzidkatch.**

*Act for the sake of Your righteousness.*

**Aseih I'ma-an k'dushatch.**

*Act for the sake of Your holiness.*

**Aseih I'ma-an rachamanutach.**

*Act for the sake of Your abundant mercy.*

**Aseih I'ma-an Sh'chinatch.**

*Act for the sake of Your Sh'chinah (Divine Presence).*

**Aseih I'ma-an Toratch.**

*Act for the sake of Your Torah.*

**Aseih I'ma-an ohavecha**

*Act for the sake of those who loved you*

**shoch'nei afar.**

*who rest in the dust.*

**Aseih I'ma-an Avraham**

*Act for the sake of Abraham,*

**Yitzchak v'Ya-akov.**

*Isaac, and Jacob.*

**Aseih I'ma-an Moshe v'Aharon.**

*Act for the sake of Moses and Aaron.*

**Aseih I'ma-an David uShlomoh.**

*Act for the sake of David and Solomon.*

**Aseih I'ma-an Y'rushalayim**

*Act for the sake of Jerusalem*

**ir kodshecha.**

*the city of Your holiness.*

**Aseih I'ma-an Tziyon**

*Act for the sake of Zion*

עֲשֵׂה לְמַעַן חַסְדְּךָ.

עֲשֵׂה לְמַעַן טוֹבְךָ.

עֲשֵׂה לְמַעַן יְחִוּדְךָ.

עֲשֵׂה לְמַעַן כְּבוֹדְךָ.

עֲשֵׂה לְמַעַן לְמוֹדְךָ.

עֲשֵׂה לְמַעַן מַלְכוּתְךָ.

עֲשֵׂה לְמַעַן נִצְחָךָ.

עֲשֵׂה לְמַעַן סוּדְךָ.

עֲשֵׂה לְמַעַן עֲזָךָ.

עֲשֵׂה לְמַעַן פְּאָרְךָ.

עֲשֵׂה לְמַעַן צְדִקְתְּךָ.

עֲשֵׂה לְמַעַן קְדוּשַׁתְּךָ.

עֲשֵׂה לְמַעַן רַחֲמָנוּתְךָ.

עֲשֵׂה לְמַעַן שְׂכִינַתְךָ.

עֲשֵׂה לְמַעַן תּוֹרַתְךָ.

עֲשֵׂה לְמַעַן אוֹהֲבֶיךָ

שׁוֹכְנֵי עָפָר.

עֲשֵׂה לְמַעַן אַבְרָהָם

יִצְחָק וְיַעֲקֹב.

עֲשֵׂה לְמַעַן מֹשֶׁה וְאַהֲרֹן.

עֲשֵׂה לְמַעַן דָּוִד וְשְׁלֹמֹה.

עֲשֵׂה לְמַעַן יְרוּשָׁלַיִם

עִיר קְדוֹשְׁךָ.

עֲשֵׂה לְמַעַן צִיּוֹן



**mishkan k'vodecha.**

*the abode of Your glory.*

**Aseih l'ma-an shim'mot heichalecha.**

*Act for the sake of the desolation of Your Temple.*

**Aseih l'ma-an harisut mizb'checha.**

*Act for the sake of the devastation of Your Altar.*

**Aseih l'ma-an harugim al**

*Act for the sake of those killed for*

**sheim kodshecha.**

*Your holy Name.*

**Aseih l'ma-an t'vuchim**

*Act for the sake of those slaughtered*

**al yichudecha.**

*for Your Oneness.*

**Aseih l'ma-an ba-ei va-eish**

*Act for the sake of those who entered fire*

**uvamayim al kidush sh'mecha.**

*and water for the sanctification of Your Name.*

**Aseih l'ma-an yon'kei**

*Act for the sake of infants nursing*

**shadayim shelo chat'u.**

*at the breast who did not commit negative deeds.*

**Aseih l'ma-an g'mulei chalav**

*Act for the sake of the babies weaned from milk*

**shelo fash'u.**

*who did not transgress.*

**Aseih l'ma-an tinokot**

*Act for the sake of young children*

**shel beit raban.**

*at their teachers' school.*

**Aseih l'ma-an im lo l'ma-aneinu.**

*Act for the sake of if not for our sake.*

**Aseih l'ma-ancha v'hoshi-einu.**

*Act for Your sake and save us.*

מְשַׁכֵּן כְּבוֹדְךָ.

עֲשֵׂה לְמַעַן שְׁמֹמֹת הַיְכָלְךָ.

עֲשֵׂה לְמַעַן הַרְיִסוֹת מִזְבֵּיִךָ.

עֲשֵׂה לְמַעַן הַרוּגִים עַל

שֵׁם קֹדְשְׁךָ.

עֲשֵׂה לְמַעַן טְבוּחִים

עַל יְחִוּדְךָ.

עֲשֵׂה לְמַעַן בָּאֵי בָּאֵשׁ

וּבַמַּיִם עַל קְדוּשַׁת שְׁמֶךָ.

עֲשֵׂה לְמַעַן יוֹנְקֵי

שָׁדַיִם שֶׁלֹּא חָטְאוּ.

עֲשֵׂה לְמַעַן גְּמוּלֵי חֶלֶב

שֶׁלֹּא פָשְׁעוּ.

עֲשֵׂה לְמַעַן תִּינוּקוֹת

שֶׁל בֵּית רַבֵּן.

עֲשֵׂה לְמַעַן אִם לֹא לְמַעַנְנוּ.

עֲשֵׂה לְמַעַן וְהוֹשִׁיעֵנוּ.



## ANEINU

The verses of this prayer ask the Creator to answer us and relate to humility which assist in quieting our ego nature, which is what prevents the Light from flowing into our lives.

**Aneinu Adonai aneinu.**

*Answer us, Hashem, answer us.*

**Aneinu Eloheinu aneinu.**

*Answer us, our Elohim, answer us.*

**Aneinu avinu aneinu.**

*Answer us, our Father, answer us.*

**Aneinu bor'einu aneinu.**

*Answer us, our Creator, answer us.*

**Aneinu go-aleinu aneinu.**

*Answer us, our Redeemer, answer us.*

**Aneinu dor'sheinu aneinu.**

*Answer us, You who search us out, answer us.*

**Aneinu ha-Eil hane-eman aneinu.**

*Answer us, the One who is faithful, answer us.*

**Aneinu vatik v'chamid aneinu.**

*Answer us, steadfast and kind One, answer us.*

**Aneinu zach v'yashar aneinu.**

*Answer us, pure and upright One, answer us.*

**Aneinu chai v'kayam aneinu.**

*Answer us, living and enduring One, answer us.*

**Aneinu tov umeitiv aneinu.**

*Answer us, good and beneficent One, answer us.*

**Aneinu yodei-a yetzer aneinu.**

*Answer us, Knower of inclinations, answer us.*

**Aneinu koveish k'asim aneinu.**

*Answer us, Suppressor of wrath, answer us.*

**Aneinu loveish tz'dakot aneinu.**

*Answer us, Donner of righteousness, answer us.*

**Aneinu melech malchei ham'lachim**

*Answer us, Sovereign over sovereigns,*

**aneinu.**

*answer us.*

**Aneinu nora v'nisgav aneinu.**

*Answer us, awesome and powerful One, answer us.*

**Aneinu solei-ach umocheil aneinu.**

*Answer us, You who forgives and pardons, answer us.*

**Aneinu oneh b'eit tzarah aneinu.**

*Answer us, You who answers in time of distress, answer us.*

**Aneinu podeh umatzil aneinu.**

*Answer us, Redeemer and Rescuer, answer us.*

אֲנֵינוּ יְהוָה אֲנֵינוּ.

אֲנֵינוּ אֱלֹהֵינוּ אֲנֵינוּ.

אֲנֵינוּ אָבוּנוּ אֲנֵינוּ.

אֲנֵינוּ בּוֹרְאֵנוּ אֲנֵינוּ.

אֲנֵינוּ גּוֹאֲלֵנוּ אֲנֵינוּ.

אֲנֵינוּ דוֹרְשֵׁנוּ אֲנֵינוּ.

אֲנֵינוּ הָאֵל הַנֶּאֱמָן אֲנֵינוּ.

אֲנֵינוּ וְתִיק וְחָסִיד אֲנֵינוּ.

אֲנֵינוּ זָךְ וְיָשָׁר אֲנֵינוּ.

אֲנֵינוּ חַי וְקַיִם אֲנֵינוּ.

אֲנֵינוּ טוֹב וְיָמֵטִיב אֲנֵינוּ.

אֲנֵינוּ יוֹדֵעַ יֵצֵר אֲנֵינוּ.

אֲנֵינוּ כּוֹבֵשׁ כְּעֵסִים אֲנֵינוּ.

אֲנֵינוּ לּוֹבֵשׁ צְדָקוֹת אֲנֵינוּ.

אֲנֵינוּ מִלֶּךְ מַלְכֵי הַמַּלְכִּים

אֲנֵינוּ.

אֲנֵינוּ נוֹרָא וְנִשְׁגָּב אֲנֵינוּ.

אֲנֵינוּ סוֹלֵחַ וְמוֹחֵל אֲנֵינוּ.

אֲנֵינוּ עוֹנֶה בְּעֵת צָרָה אֲנֵינוּ.

אֲנֵינוּ פּוֹדֶה וּמַצִּיל אֲנֵינוּ.

**Aneinu tzadik v'yashar aneinu.**

*Answer us, righteous and up-right One, answer us.*

**Aneinu karov l'kor'av aneinu.**

*Answer us, You Who are close to those who call upon You, answer us.*

**Aneinu shomei-a el evyonim aneinu.**

*Answer us, You who listens to the destitute, answer us.*

**Aneinu tomeich t'mimim aneinu.**

*Answer us, You who supports the wholesome, answer us.*

**Aneinu Elohei avoteinu aneinu.**

*Answer us, Elohim of our ancestors, answer us.*

**Aneinu Elohei Avraham aneinu.**

*Answer us, Elohim of Abraham, answer us.*

**Aneinu pachad Yitzchak aneinu.**

*Answer us, Awesome One of Isaac, answer us.*

**Aneinu avir Ya-akov aneinu.**

*Answer us, Mighty One of Jacob, answer us.*

**Aneinu magein David aneinu.**

*Answer us, Sheild of David, answer us.*

**Aneinu ezrat hash'vatim aneinu.**

*Answer us, Helper of the tribes, answer us.*

**Aneinu misgav imahot aneinu.**

*Answer us, Stronghold of the Matriarchs, answer us.*

**Aneinu oneh b'eit ratzon aneinu.**

*Answer us, You who answers in a time of favor, answer us.*

**Aneinu rachum v'chanun aneinu.**

*Answer us, merciful and gracious One, answer us.*

**Mi she-anah l'Avraham avinu**

*May the One who answered Abraham our father*

**b'har hamoriyah hu ya-aneinu.**

*on Mount Moriah, also answer us.*

**Mi she-anah l'Yitzchak b'no**

*May the One who answered Isaac his son*

**k'shene-ekad al gabei hamizbei-ach**

*when he was bound on top of the altar,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Ya-akov b'veit eil**

*May the One who answered Jacob in Beth El,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Yoseif**

*May the One who answered Joseph*

**b'veit ha-asurim hu ya-aneinu.**

*in the prison, also answer us.*

**Mi she-anah la-avoteinu**

*May the One who answered our ancestors*

**al yam suf hu ya-aneinu.**

*at the Red Sea, also answer us.*

עֲנֵנוּ צַדִּיק וַיֶּשֶׁר עֲנֵנוּ.

עֲנֵנוּ קָרוֹב לְקוֹרְאֵינוּ עֲנֵנוּ.

עֲנֵנוּ שׁוֹמֵעַ אֶל אֲבִיוֹנִים עֲנֵנוּ.

עֲנֵנוּ תוֹמֵךְ תְּמִימִים עֲנֵנוּ.

עֲנֵנוּ אֱלֹהֵי אֲבוֹתֵינוּ עֲנֵנוּ.

עֲנֵנוּ אֱלֹהֵי אַבְרָהָם עֲנֵנוּ.

עֲנֵנוּ פַּחַד יִצְחָק עֲנֵנוּ.

עֲנֵנוּ אַבִּיר יַעֲקֹב עֲנֵנוּ.

עֲנֵנוּ מָגֵן דָּוִד עֲנֵנוּ.

עֲנֵנוּ עֲזֶרֶת הַשְּׁבָטִים עֲנֵנוּ.

עֲנֵנוּ מְשֹׁבֵב אֲמָהוֹת עֲנֵנוּ.

עֲנֵנוּ עוֹנֶה בְּעֵת רָצוֹן עֲנֵנוּ.

עֲנֵנוּ רַחוּם וְחַנוּן עֲנֵנוּ.

מִי שֶׁעָנָה לְאַבְרָהָם אָבִינוּ

בְּהַר הַמֹּרְיָה הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיִצְחָק בְּנוֹ

כְּשֶׁנֶּעְקַד עַל גִּבֵּי הַמִּזְבֵּחַ

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיַעֲקֹב בְּבֵית אֵל

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיוֹסֵף

בְּבֵית הָאֲסוּרִים הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְאַבוֹתֵינוּ

עַל יַם סוּף הוּא יַעֲנֵנוּ.

**Mi she-anah l'Mosheh b'choreiv**

*May the One who answered Moses in Horeb,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Aharon bamachtah**

*May the One who answered Aaron with the fire-pan,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Fin'chas b'kumo**

*May the One who answered Pinchas when he arose*

**mitoch ha-eidah hu ya-aneinu.**

*from amid the congregation, also answer us.*

**Mi she-anah l'Hoshu-a bagilgul**

*May the One who answered Joshua in Gilgul,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Shmu-eil bamitzpah**

*May the One who answered Samuel in Mizpah,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'David uShlomoh**

*May the One who answered David and Solomon*

**v'no Birushalayim hu ya-aneinu.**

*his son in Jerusalem, also answer us.*

**Mi she-anah l'Eliyahu**

*May the One who answered Elijah*

**b'har hakarmel hu ya-aneinu.**

*on Mount Carmel, also answer us.*

**Mi she-anah l'Elisha biricho**

*May the One who answered Elisha in Jericho,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Yonah bimei hadagah**

*May the One who answered Jonah in the bowels of the fish,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Hizkiyahu melech**

*May the One who answered Hezekiah Sovereign*

**Y'hudah b'chalyo hu ya-aneinu.**

*of Judah in his illness, also answer us.*

**Mi she-anah la-Chananyah Misha-eil**

*May the One who answered Hananiah, Mishael,*

**va-Azaryah b'toch kivshan ha-eish**

*and Azariah inside the furnace of fire,*

**hu ya-aneinu.**

*also answer us.*

**Mi she-anah l'Daniyeil b'gov**

*May the One who answered Daniel in the den*

מִי שֶׁעָנָה לְמֹשֶׁה בְּחֹרֵב

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְאַהֲרֹן בַּמַּחְתָּה

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְפִינְחָס בְּקוּמוֹ

מִתּוֹךְ הָעֵדָה הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיֵהוֹשֻׁעַ בְּגִלְגָל

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְשָׁמוּאֵל בַּמִּצְפָּה

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְדָוִד וְשְׁלֹמֹה

בְּנוֹ בִירוּשָׁלַיִם הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְאֵלִיָּהוּ

בְּהַר הַכַּרְמֶל הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְאֵלִישָׁע בִּירִיחוֹ

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיוֹנָה בְּמַעַי הַדָּגָה

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְחִזְקִיָּהוּ מֶלֶךְ

יְהוּדָה בְּחָלְיוֹ הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְחַנְנִיָּה מִשָּׂאֵל

וְעִזְרִיָּה בְּתוֹךְ כִּבְשַׁן הָאֵשׁ

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְדַנְיָאֵל בְּגוֹב

ha-arayot hu ya-aneinu.

*of the lions, also answer us.*

Mi she-anah l'Mord'chai v'Esther

*May the One who answered Mordechai and Esther*

b'shushan habirah hu ya-aneinu.

*in Shushan the capital, also answer us.*

Mi she-anah l'Ezra bagolah

*May the One who answered Ezra in the exile,*

hu ya-aneinu.

*also answer us.*

Mi she-anah l'chol hatzadikim

*May the One who answered all the righteous*

v'hachasidim v'hat'mimim

*and the devout and the wholesome*

v'haysharim hu ya-aneinu.

*and the upright, also answer us.*

Rachamana d'anei la-aniei aneinan.

*Merciful One who answers the poor, answer us.*

Rachamana d'anei lit-virei

*Merciful One who answers those of broken*

liba aneinan.

*hearts, answer us.*

Rachamana d'anei l'makichei

*Merciful One who answers those of crushed*

rucha aneinan.

*spirit, answer us.*

Rachamana aneinan.

*Merciful One answer us!*

Rachamana chus.

*Merciful One have pity!*

Rachamana p'rok.

*Merciful One redeem!*

Rachamana sh'ziv.

*Merciful One save!*

Rachamana r'cham alan,

*Merciful One have mercy on us,*

hashta ba-agala uvizman kariv.

*now, swiftly and speedily may it come.*

הַאֲרִיּוֹת הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְמֹרְדֵכַי וְאֶסְתֵּר

בְּשׁוּשַׁן הַבִּירָה הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְעֶזְרָא בַּגּוֹלָה

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְכֹל הַצַּדִּיקִים

וְהַחֲסִידִים וְהַתְּמִימִים

וְהַיֹּשָׁרִים הוּא יַעֲנֵנוּ.

רַחֲמָנָא דְעָנִי לְעָנִי עֲנִינָן.

רַחֲמָנָא דְעָנִי לְתַבִּירִי

לְבָא עֲנִינָן.

רַחֲמָנָא דְעָנִי לְמַכִּיכִי

רוּחָא עֲנִינָן.

רַחֲמָנָא עֲנִינָן.

רַחֲמָנָא חוּס.

רַחֲמָנָא פְּרוּק.

רַחֲמָנָא שְׂזִיב.

רַחֲמָנָא רַחֵם עָלָן,

הַשְׁתָּא בְּעֵגְלָא וּבְזִמָּן קָרִיב.

# אתאנו לחלות

## ATANU L'CHALOT

A vital step in removing negativity is to confront it. Through this prayer we face our own negativity.

**Atanu l'chalot fanecha,**

*We have come to pray before You,*

**ki chesed v'emet y'kadmu fanecha.**

*for kindness and truth go before You.*

**Na al t'visheinu,**

*Please do not bring us to shame,*

**na al t'shivenu reikam mil'fanecha.**

*please do not turn us away empty handed from before You.*

**S'lach lanu ushlach lanu**

*Forgive us and send us*

**y'shu-ah v'rachamim mim'onecha.**

*salvation and compassion from Your dwelling place.*

**Atanu l'vakeish mim'cha kaparah,**

*We have come to ask absolution from You,*

**ayom v'nora,**

*O feared and awesome One,*

**misgav l'itot batzarah.**

*strength in times of distress.*

**T'chayenu, t'chaneinu,**

*Give us life, grant us grace,*

**uvshimcha nikra.**

*and we shall call out Your Name.*

**S'lach lanu ushlach lanu**

*Forgive us and send us*

**y'shu-ah v'rachamim mim'onecha.**

*salvation and compassion from Your dwelling place.*

אתאנו לחלות פניך,

כי חסד ואמת יקדמו פניך.

נא אל תבישנו,

נא אל תשיבנו ריקם מלפניך.

סלח לנו ושלח לנו

ישועה ורחמים ממעונך.

אתאנו לבקש ממך כפרה,

איום ונורא,

משגב לעתות בצרה.

תחיינו, תחננו,

ובשמך נקרא.

סלח לנו ושלח לנו

ישועה ורחמים ממעונך.

# שלש עשרה מדות

## THIRTEEN ATTRIBUTES

The Thirteen Attributes reflect the thirteen different aspects of our relationship with the Creator. They also allow forgiveness to take place, through which our souls are purified.

*We stand as we recite the following:*

**Eil melech yosheiv**

*Almighty One, Sovereign who sits*

**al kisei rachamim,**

*upon the throne of mercy,*

**mit-naheig bachasidut,**

*who acts with kindness,*

**mocheil avonot amo,**

*who pardons the negative deeds of Your people,*

**ma-avir rishon rishon,**

*who removes them one by one,*

**mar-beh m'chilah l'chata-im,**

*who abundantly grants pardon to those who do negative deeds,*

**uslichah l'fosh'im,**

*and forgiveness to transgressors,*

**oseh tz'dakot im**

*who performs acts of generosity with*

**kol basar varu-ach,**

*all beings of flesh and spirit,*

**lo ch'ra-atam tigmol.**

*not in accordance with thier wickedness do You repay them.*

**Eil, horeita lanu lomar**

*Almighty One, You taught us to recite*

**sh'losh esreih,**

*the Thirteen Attributes,*

**z'chor lanu hayom b'rit**

*remember for us today the covenant*

**sh'losh esreih, k'mo shehodata**

*of the Thirteen Attributes, as You made known*

**le-anav mikedem,**

*to the humble one (Moses) in ancient times,*

**k'mo shekatuv,**

*as it is written,*

**Vayeired Adonai be-anan,**

*And Hashem descended in a cloud,*

**vayit-yatzeiv imo sham,**

*and stood with him there,*

**vayikra v'sheim Adonai.**

*and called out with the Name of Hashem.*

אֵל מֶלֶךְ יוֹשֵׁב  
עַל כִּסֵּא רַחֲמִים,  
מִתְנַהֵג בְּחַסִּידוֹת,  
מוֹחֵל עֲוֹנוֹת עַמּוֹ,  
מַעֲבִיר רֵאשׁוֹן רֵאשׁוֹן,  
מַרְבֵּה מְחִילָה לְחַטָּאִים,  
וְסֹלִיחָה לְפוֹשְׁעִים,  
עוֹשֶׂה צְדָקוֹת עִם  
כָּל בָּשָׂר וָרוּחַ,  
לֹא כְרַעַתָּם תִּגְמֹל.  
אֵל, הוֹרִיתָ לָנוּ לומר  
שְׁלֹשׁ עֶשְׂרֵה,  
זְכוֹר לָנוּ הַיּוֹם בְּרִית  
שְׁלֹשׁ עֶשְׂרֵה, כְּמוֹ שֶׁהוֹדַעְתָּ  
לְעַנּוֹ מִקֶּדֶם,  
כְּמוֹ שֶׁכָּתוּב,  
וַיֵּרֵד יְהוָה בְּעָנָן,  
וַיִּתְיַצֵּב עִמּוֹ שָׁם,  
וַיִּקְרָא בְשֵׁם יְהוָה.

*Everyone recites the following verse, then it is repeated by the Leader:*

וַיַּעֲבֹר יְהוָה עַל פְּנֵי וַיִּקְרָא:

Vaya-avor Adonai al panav vayikra:

And Hashem passed before [Moses'] face and proclaimed:

*Everyone chants together:*

יהוה, יהוה,

Adonai, Adonai,

Hashem, Hashem,

אֵל, רַחוּם, וְחַנוּן, אֶרֶךְ

<sup>1)</sup>Eil, <sup>2)</sup>rachum, <sup>3)</sup>v'chanun, <sup>4)</sup>erech

Almighty One, compassionate, and gracious, slow

אֲפַיִם, וְרַב חֶסֶד,

<sup>5)</sup>apayim, <sup>6)</sup>v'rav chesed,

to anger, and abundant in kindness,

וְאֵמֶת,

<sup>7)</sup>ve-emet,

and truth,

נֹצֵר חֶסֶד לְאַלְפִים,

<sup>8)</sup>notzeir chesed <sup>9)</sup>la-alafim,

preserver of kindness for thousands of generations,

נֹשֵׂא עוֹן, וּפֹשֵׁעַ, וְחַטָּאָה, וְנִקְיָה.

<sup>10)</sup>noseih avon, <sup>11)</sup>vafesha, <sup>12)</sup>v'chata-ah, <sup>13)</sup>v'nakeih.

Forgiver of iniquity, willful wrongdoing, and error, and who absolves.

*Everyone recites together:*

וְסַלַּחְתָּ לְעוֹנֵינוּ וּלְחַטָּאתֵינוּ וְנַחֲלָתָנוּ.

V'salachta la-avoneinu ulchatateinu unchaltanu.

May You forgive our iniquities and our wrongdoings and make us Your heritage.



# זְפִילַת אֲפִים

## PUTTING DOWN THE HEAD

This series of blessings is recited with the head down and resting on the left arm while seated. This act is based on the actions of Moses, Aaron, and Joshua, who would cast themselves down before the Creator when they were distressed.

**Vayomer David el Gad,**

*And David said to Gad,*

**tzar li m'od,**

*I am exceedingly distressed,*

**nip'lah na v'yad Adonai,**

*Let us fall now into the hand of Hashem,*

**ki rabim rachamav,**

*for Whose mercies are abundant,*

**uvyad adam al epolah.**

*but into human hands let me not fall.*

**Rachum v'chanun, chatati l'fanecha,**

*O merciful and gracious One, I have transgressed before You,*

**Adonai malei rachamim,**

*Hashem Who is full of mercy,*

**racheim alai v'kabeil tachnunai.**

*have mercy on me and accept my supplications.*

**Adonai al b'ap'cha tochicheini,**

*Hashem in Your anger do not rebuke me,*

**v'al bachamat'cha t'yas'reini.**

*nor in Your wrath chastise me.*

**Chaneini Adonai ki umlal ani,**

*Be gracious to me Hashem for I am feeble,*

**r'fa-eini Adonai,**

*heal me Hashem,*

**ki nivchalu atzamai.**

*for my bones shudder with fright.*

**V'nafshi nivchalah m'od,**

*And my soul is utterly frightened,*

**v'atah Adonai ad matai.**

*and You Hashem until when?*

**Shuvah Adonai chal'tzah nafshi,**

*Desist Hashem, release my soul,*

**hoshi-eini l'ma-an chasdecha.**

*save me for the sake of Your mercy.*

**Ki ein bamavet zichrecha,**

*For in death there is no mention of You,*

**bishol mi yodeh lach.**

*who in the grave will praise You?*

וַיֹּאמֶר דָּוִד אֶל גַּד,

צָר לִי מְאֹד,

נִפְלֵה נָא בְיַד יְהוָה,

כִּי רַבִּים רַחֲמָיו,

וּבְיַד אָדָם אַל אֶפְלֵה.

רַחוּם וְחַנוּן, חָטָאתִי לְפָנֶיךָ,

יְהוָה מָלֵא רַחֲמִים,

רַחֵם עָלַי וְקַבֵּל תַּחֲנוּנָי.

יְהוָה אֵל בְּאַפְךָ תּוֹכִיחַנִי,

וְאֵל בְּחַמְתְּךָ תִּסְרְנֵנִי.

חַנּוּנֵי יְהוָה כִּי אֶמְלֵל אֲנִי,

רַפְּאֵנִי יְהוָה,

כִּי נִבְהָלוּ עַצְמֵי.

וּנְפֹשֵׁי נִבְהָלָה מְאֹד,

וְאַתָּה יְהוָה עַד מָתַי.

שׁוּבָה יְהוָה חַלְצָה נַפְשִׁי,

הוֹשִׁיעֵנִי לְמַעַן חַסְדְּךָ.

כִּי אֵין בַּמָּוֶת זְכָרְךָ,

בְּשָׂאוֹל מִי יוֹדֵה לָךְ.

**Yagati v'anchati,**  
*I am wearied with my sigh,*  
**as-cheh v'chol lailah mitati,**  
*I drench my bed every night,*  
**b'dimati arsi amseh.**  
*I soak my couch with my tears.*  
**Ash'shah mika-as eini,**  
*Dimmed because of fury is my eye,*  
**at'kah b'chol tzor'rai.**  
*aged by all my tormentors.*  
**Suru mimeni kol po-alei aven,**  
*Depart from me all evil-doers,*  
**ki shama Adonai kol bichyi.**  
*for Hashem has heard the sound of my weeping.*  
**Shama Adonai t'chinati,**  
*Hashem has heard my plea,*  
**Adonai t'filati yikach.**  
*Hashem will accept my prayer.*  
**Yeivoshu v'yibahalu m'od kol oy'vai,**  
*Let all my enemies be utterly shamed and counfounded,*  
**yashuvu yeivoshu ra-a.**  
*may they regret and be shamed in an instant.*

יִגְעָתִי בְּאַנְחָתִי,  
 אֲשַׁחָה בְּכֹל לַיְלָה מִטָּתִי,  
 בְּדִמְעָתִי עַרְשֵׁי אֲמֶסֶה.  
 עֲשֵׂשָׁה מִכַּעַס עֵינַי,  
 עֲתָקָה בְּכֹל צוֹרָרַי.  
 סוּרוּ מִמֶּנִּי כֹל פְּעֻלֵי אָוֶן,  
 כִּי שָׁמַע יְהוָה קוֹל בְּכִי.  
 שָׁמַע יְהוָה תְּחִנָּתִי,  
 יְהוָה תִּפְלָתִי יִקַּח.  
 יִבְשׁוּ וְיִבְהָלוּ מְאֹד כָּל אֹיְבָי,  
 יָשׁוּבוּ יִבְשׁוּ רָגַע.

## שומר ישראל

### SHOMEIR YISRA-EIL

When we choose to transform our ego nature, we arouse the Creator's mercy and energy of protection over us.

**Shomeir Yisra-eil,**  
*O Guardian of Israel,*  
**sh'mor sh'eirit Yisra-eil,**  
*safeguard the remnant of Israel,*  
**v'al yovad Yisra-eil,**  
*and let not Israel be destroyed,*  
**ha-om'rim sh'ma Yisra-eil.**  
*those who proclaim: Hear O Israel.*

**Shomeir go-i echad,**  
*O Guardian of the nation that is unique,*  
**sh'mor sh'eirit am echad,**  
*safeguard the remnant of the people that is unique,*  
**v'al yovad go-i echad,**  
*and let not the nation that is unique be destroyed,*  
**ham'yachadim shimcha,**  
*those who proclaim the Oneness of Your Name,*

שׁוֹמֵר יִשְׂרָאֵל,  
 שְׁמֹר שְׂאֵרֵי יִשְׂרָאֵל,  
 וְאַל יֹאבֵד יִשְׂרָאֵל,  
 הַאֲוֹמְרִים שְׁמַע יִשְׂרָאֵל.

שׁוֹמֵר גּוֹי אֶחָד,  
 שְׁמֹר שְׂאֵרֵי עַם אֶחָד,  
 וְאַל יֹאבֵד גּוֹי אֶחָד,  
 הַמְּיַחֲדִים שִׁמְךָ,

**Adonai Eloheinu Adonai echad.**

*Hashem our Elohim, Hashem is One.*

**Shomeir go-i kadosh,**

*O Guardian of the nation that is holy,*

**sh'mor sh'eirit am kadosh,**

*safeguard the remnant of the people that is holy,*

**v'al yovad go-i kadosh,**

*and let not the nation that is holy be destroyed,*

**ham'shal'shim b'shalosh**

*those who proclaim three times the threefold*

**k'dushot l'kadosh.**

*sanctifications to the Holy One.*

**Mitratzeh b'rachamim**

*You Who become favorable through compassion*

**umitpayeis b'tachanunim,**

*and Who become conciliatory through supplications,*

**hitratzeih v'hitpayeis l'dor ani,**

*be favorable and conciliatory to the generation that is poor,*

**ki ein ozeir.**

*for their is no helper.*

**Avinu malkeinu,**

*Our Creator our Sovereign,*

**chaneinu va-aneinu,**

*be gracious with us and answer us,*

**ki ein banu ma-asim,**

*though we have no deeds which are worthy,*

**aseih imanu tz'dakah**

*treat us with charity*

**vachessed v'hoshi-einu.**

*and kindness and save us.*

יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

שׁוֹמֵר גּוֹי קָדוֹשׁ,

שְׁמֹר שְׂאֵרֵי עַם קָדוֹשׁ,

וְאַל יֵאבֵד גּוֹי קָדוֹשׁ,

הַמְשַׁלְּשִׁים בְּשָׁלֹשׁ

קְדוּשׁוֹת לְקָדוֹשׁ.

מִתְרַצֶּה בְּרַחֲמִים

וּמִתְפַּיֵס בְּתַחֲנוּנִים,

הַתְרַצֶּה וְהַתְפַּיֵס לְדוֹר עָנִי,

כִּי אֵין עוֹזֵר.

אָבִינוּ מַלְכֵנוּ,

חַנּוּנוּ וְעֲנֵנוּ,

כִּי אֵין בָּנוּ מַעֲשִׂים,

עֲשֵׂה עִמָּנוּ צְדָקָה

וְחַסֵּד וְהוֹשִׁיעֵנוּ.

# ואנחנו לא נדע מה נעשה

## VA-ANACHNU LO NEIDA MAH NA-ASEH

After having prayed in every possible manner: sitting, standing, and bowing down "we know not what we should do." We now plead to the Creator to hear us and have mercy upon us.

*We stand after the reciting the first line.*

Va-anachnu lo neida mah na-aseh,

*We know not what we should do,*

ki alecha eineinu.

*therefore our eyes are upon You.*

Z'chor rachamecha Adonai vachasadecha,

*Remember Your mercies Hashem and Your kindnesses,*

ki mei-olam heimah.

*for they are eternal.*

Y'hi chasd'cha Adonai aleinu,

*May Your kindness Hashem be upon us,*

ka-asher yichalnu lach.

*just as we awaited You.*

Al tizkar lanu

*Do not recall against us*

avonot rishonim,

*the misdeeds of the ancients,*

maheir y'kad'munu rachamecha,

*swiftly may Your mercies advance to meet us,*

ki dalonu m'od.

*for we have become greatly impoverished.*

Chaneinu Adonai chaneinu,

*Favor us Hashem favor us,*

ki rav savanu vuz.

*for we are fully sated with contempt.*

B'rogez racheim tizkor.

*Amid wrath You should remember to be merciful.*

Ki hu yada yitzreinu,

*For You knew our nature,*

zachur ki afar anachnu.

*remember that we are but dust.*

Azreinu Elohei yisheinu al

*Assist us O Elohim of our salvation for*

d'var k'vod sh'mecha,

*the sake of the glory of Your Name,*

v'hatzileinu v'kapeir al

*rescue us and grant atonement for*

chatoteinu l'ma-an sh'mecha.

*our misdeeds for the sake of Your Name.*

וְאֵנְחֵנוּ לֹא נִדְעַ מַה נַּעֲשֶׂה,

כִּי עָלֶיךָ עֵינֵינוּ.

זְכוֹר רַחֲמֶיךָ יְהוָה וְחַסְדֶיךָ,

כִּי מֵעוֹלָם הֵמָּה.

יְהִי חַסְדֶךָ יְהוָה עָלֵינוּ,

כַּאֲשֶׁר יִחַלְנוּ לָךְ.

אַל תִּזְכֹּר לָנוּ

עֲוֹנוֹת רִאשׁוֹנִים,

מִהֵר יִקְדְּמוּנוּ רַחֲמֶיךָ,

כִּי דָלוּנוּ מְאֹד.

חַנְּנוּ יְהוָה חַנְּנוּ,

כִּי רַב שָׂבַעְנוּ בּוֹז.

בְּלִגְז רַחֵם תִּזְכֹּר.

כִּי הוּא יָדַע יִצְרָנוּ,

זְכוֹר כִּי עָפָר אֲנַחְנוּ.

עֲזָרְנוּ אֱלֹהֵי יִשְׁעֵנוּ עַל

דְּבַר כְּבוֹד שְׁמֶךָ,

וְהִצִּילְנוּ וְכִפֵּר עַל

חַטֹּאתֵינוּ לְמַעַן שְׁמֶךָ.

# קדיש שלם

## KADDISH SHALEIM

The Ari revealed that the Full Kaddish has the power of twice Light. One of them is the Light within us all. The second Light is known as "Or Makif" or "surrounding Light". The Kaddish Shaleim is the tool which links these two Lights together.

*Recited by the Leader, Everyone says the words in { }.*

Yitgadal v'yitkadash sh'meih raba.

*Exalted and sanctified be His great Name.*

{Amein.}

*Amen.*

B'al'ma di v'ra chiruteih,

*In the world that He has created according to His will,*

v'yamlich malchuteih,

*and may He let His sovereignty have dominion,*

v'yatzmach purkaneih

*and cause His redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In your lifetime and in your days*

uvchayei d'chol beit Yisra-eil,

*and in the lifetime of the entire House of Israel,*

ba-agala uvizman kariv,

*speedily and at a time that comes soon,*

v'imru Amein. {Amein.}

*and say amen. Amen.*

{Y'hei sh'meih raba m'varach

*May His great Name be blessed*

l'alam ulal'mei al'maya.}

*forever and for all eternity.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and praised and glorified*

v'yitromam v'yitnasei v'yit-hadar

*and exalted and raised up and honored*

v'yitaleh v'yit-halal

*and elevated and lauded*

sh'meih d'kudsha {b'rich hu},

*be the Name of the Holy One, blessed is He,*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיִצְמַח פְּרֻקָנֵהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ אֱלֹהֵי רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרֻמֵּם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

**l'eila min kol birchata v'shirata**  
*beyond more than any blessing and song*  
**tushb'chata v'nechemata,**  
*praise and consolation*  
**da-amiran b'al'ma,**  
*that are uttered in the world,*  
**v'imru Amein. {Amein.}**  
*and say amen. Amen.*

**Titkabeil tz'lot'hon uva-ut'hon**  
*May the prayers and supplications be accepted*  
**d'chol beit Yisra-eil kadam**  
*of the entire House of Israel before*  
**avuhon di vishmaya,**  
*their Father Who is in heaven,*  
**v'imru Amein. {Amein.}**  
*and say amen. Amen.*

**Y'hei sh'lama raba min sh'maya,**  
*May there be abundant peace from heaven,*  
**v'chayim tovim aleinu,**  
*and good life upon us,*  
**v'al kol Yisra-eil,**  
*and upon all Israel,*  
**v'imru Amein. {Amein.}**  
*and say amen. Amen.*

לְעֵלָא מִן כָּל בִּרְכָתָא  
וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא,  
דְּאִמְרִין בְּעֵלְמָא,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
דְּכָל בֵּית יִשְׂרָאֵל קְדָם  
אָבוּהוֹן דִּי בְּשָׁמַיָא,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,  
וְחַיִּים טוֹבִים עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

*Take three steps back.*

*Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,*

*bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.*

*Remain in place for a few moments, then take three steps forward.*

**Oseh shalom bimromav,**  
*May the One Who makes peace in the heavens,*  
**hu ya-aseh shalom aleinu,**  
*may He make peace upon us,*  
**v'al kol Yisra-eil v'al kol ha-olam,**  
*and upon all Israel and upon all the world,*  
**v'imru ameин. {Amein.}**  
*and say amen. Amen.*

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,  
וְאִמְרוּ אָמֵן. {אָמֵן.}