

The Shul of New York
High Holiday Services
5781



Rosh Hashanah Evening
Rosh Hashanah Day
Tashlich
Kol Nidre
Yom Kippur
Yizkor
Mincha/Neilah

The Shul of New York
Erev Rosh HaShanah Service 5781
Rabbi Eva Sax-Bolder



Welcome

Bruchim ha-ba-im! Blessed are you as you enter this sacred space. We are delighted that in these unprecedented times, we can be together. Tonight, after weeks and months of anticipation, we come together on this Shabbat, welcoming in the New Year, Rosh HaShanah 5781.

We have chosen a platform on Zoom that enables us to connect with one another. The bittersweet of these times is that we are not in proximity in our wonderful Angel Orensanz Foundation Shul and yet, we have found a way to be the wonderful community we have always been ~ You, Adam and the band and our Emeritus Rabbi Burt. We welcome those who are joining us from a distance, as well as those who have been living in our Zoom neighborhood these past 6 months.

The High Holy Days are known as The Ten Days of *Teshuvah* (returning to integrity), beginning with Rosh Hashanah and concluding with Yom Kippur. The central focus of Rosh HaShanah is discernment - noticing where one has gone off course and what to do about it. The central focus of Yom Kippur is forgiveness and release. Acknowledging that we can't fully discern and forgive by ourselves, we gather together. A favorite High Holy Day prayer is *Avinu Malkeinu* in which, together, we ask for support to do *teshuvah*, to 'turn and return.'

In addition to our communal prayers, our services are enriched by the magical sounds of our Shul Band. You will also have opportunities for individual reflection. We encourage you to find your own rhythm and the language which will draw you into your personal sacred experience.

May we all be inscribed in the book of life for a
L'shana tova u'metuka, a good and sweet new year.

Sealed with blessings of lovingkindness,

Rabbi Eva

Naming the Sacred

We at the Shul of New York understand that each of us connects in our own unique way to the word God, the Great Source of Creation. How do you relate to the Divine Name, יהוה, corresponding to the English letters “Y-H-V-H?”

Throughout the service, you will notice that we use a variety of names to refer to The Ineffable. When reading the Divine Name, many Jews traditionally have the practice of saying *YHVH*, meaning “my Lord” or “God” when seeing יהוה.

Here are some images that may evoke a more expansive reality for you beyond language: *Ahava Raba*: “The Great Love”; *Schechinah*: “Indwelling Presence”; *Yah* as in *HalleluYah*: “Praise God”; *Havayah*: “Being”. Perhaps you gravitate towards one of these images: The One, The Mystery, Source of Life, Source of Being, Wholly One, Holy One of Blessings, Redeemer, The Compassionate One, Loving One, or Protector of All. We invite you to find a sacred Name(s) that awaken(s) your soul, stretches your imagination and touches your heart.

Ivdu et Hashem B'Simcha

*Ivdu et Hashem b'simcha,
Bo'u l'fanav birnanah,
l'fanav birnanah.*

Serve God with joy, come before God with gladness.

(From Psalm 100)

Hinei Ma Tov

*Hinei ma tov umanaim
Shevet achim gam yachad*

Behold how good and
How pleasant it is

For sisters and brothers to dwell together.

A Kavannah for Rosh HaShanah

In your great mercy, help us, YHVH to embrace Your sacred gift of Rosh Hashanah in love and in joy. May the holiness of this day bring fullness to our faith in You. Help us to gather all those scattered sparks of faith which are lost within ourselves, as your people Israel gather around the world to praise Your name this day.

(Nachman of Bratslav, adapted: Art Green)

Candle Lighting

As we light these candles, we also kindle the lights of our spirits and our hearts. May our observance of Rosh Hashanah bring light into our lives and into the world.

for Rosh HaShanah and Shabbat

Baruch atah YHVH eloheinu melech ha-olam, asher kidshanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat v'Yom HaZikaron.

ברוך אתה יהו"ה אלהינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת ויום הזכרון

Blessed are you, YHVH our God, Source of all Being, who makes us holy with mitzvot and enjoins us to light the lights of Shabbat and the Day of Remembrance.

Shehecheyanu

Baruch atah YHVH eloheinu melech ha-olam shehecheyanu v'kiy'manu v'higianu lazman hazeh.

Blessed are You, Eternally Present, our God, giving us life, sustaining us, and bringing us to this sacred moment.

Shalom Aleichem

Sha-lom a-lei-chem,
mal-a-chei ha-sha-reit,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu.

Bar-chu-ni l'sha-lom,
mal-a-chei ha-sha-lom,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu.

Bo-a-chem l'sha-lom,
mal-a-chei ha-sha-lom,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu.

Tsei-t'chem l'sha-lom,
mal-a-chei ha-sha-lom,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu.

Peace be with you
May you come in peace
Bless me in Peace
May your departure be in peace

Ana b'choach

*Ana b'choach g'dulat y'mincha tatir tz'rurah.
Kabeil rinat amcha sag'veinu tahareinu nora.*

Source of Power, with all that's right, untie our tangles.
Receive our song, raise this nation up. Let awe purify.

Lecha Dodi ~ Come Meet the Bride

***Lecha dodi
likrat kallah
pnei shabbat n'kalah.***

Come, My Beloved,
Let us greet the Bride,
And receive Shabbat.

*Shamor v'zachor b'dibur echad
hishmi'anu El ham'yuchad.
YHVH echad ush'mo echad
l'sheim ul'tiferet v'lit'hilah.*

Keep and remember, the word one,
Spoken by God, unique and One,
God is One, God's name is One
And glorious, gracious are God's ways.

*Likrat Shabbat L'chu v'nelchah.
Ki hi m'kor ha-bracha.
M'rosh mikedem n'sucha.
Sof ma'aseh b'machshavah t'hilah.*

Let's go welcome the Shabbat rest,
And deeply drink this fountain blessed.
She is the last day created.
But she redeems all the others.

*Mikdash melech ir m'luchah
kumi tz'I mitoch ha-hafechah Rav
lach shevet b'eimek habacha v'hu
yachamol alaiyich chemlah.*

Majestic City, proudly rear your head.
Come forth, no need to fear.
No need to shed another tear
Just yield and flow in Compassion's grace.

*Bo'i v'shalom ateret ba'lah
gam b'simchah uv'tzaholah
Toch emunei am segulah
Boi challah, Boi challah.*

Come in peace, Crown of Partnership,
Both in joy and in jubilation.
Amidst the faith of treasured people,
Come, oh Bride, Come, oh Bride.

Psalm 92 ~ Good to Give Thanks

*Tov l'hodot l'YHVH u-l'zamer l'shimcha elyon.
L'hagid baboker chasdecha, v'emunat'cha baleilot.*

It's good to give thanks, to sing to God on high,
To speak of Your goodness each morning and Your faith in us each night!

Psalm 93 - Mikolot Mayim Rabim

*Mikolot mayim rabim
Adirim mish'b'rei-yam
Adir bamarom YHVH!*

Above the thunder of the mighty waters,
Truer than the breakers of the sea is YHVH, the most sublime.

The Shema and Blessings

Barchu – Call to Prayer

As we bless the Source of Life, so we are blessed.
And the blessing gives us strength and makes our visions clear;
And the blessing gives us peace, and the courage to dare.
As we bless the Source of Life, so we are blessed. ~ Faith Rogow

Barchu et YHVH ha-mevorach.

בָּרַךְ כֹּה אֶת יְהוָה הַמְּבֹרָךְ

Baruch YHVH ha-mevorach l'olam va-ed.

בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד

Blessed is God, the blessed One.
Blessed is God, the blessed One, now and forever!

Ma'ariv Aravim~ Borei Yom V'Laila

*Borei yom valaila goleil or mipnei choshech v'choshech mipnei or uma'avir
yom umeivi laila umavdil bein yom uvein laila YHVH tz'va'ot sh'mo.*

Creator of day and night, who rolls back light before dark, and dark
before light, who makes day pass away and brings on the night.

Ahavat Olam: An Unending Love Rabbi Rami Shapiro

Ahavat olam beit Yisrael amecha ahavta

*Ve'ahavatcha al tasir mimenu le'olamim.
Baruch atah YHVH oheiv amo Yisrael.*

Your love will never depart from us as long as worlds endure.
Blessed are You, YHVH, who loves Your people Israel.

We are loved by an unending love.

We are embraced by arms that find us even when we are hidden from ourselves.
We are touched by fingers that soothe us even when we are too proud for soothing.
We are counseled by voices that guide us even when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us even in the midst of a fall.
We are urged on by eyes that meet us even when we are too weak for meeting.

We are loved by an unending love.

Embraced, touched, soothed and counseled. . .
Ours are the arms, the fingers, the voices; Ours are the hands, the eyes, the smiles.
We are loved by an unending love. ~ Rabbi Rami Shapiro

Sh'ma: Listen

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma Yisrael YHVH eloheinu YHVH echad

Baruch shem k'vod malchuto l'olam va-ed.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Hear, O Israel, YHVH is our God, YHVH is One!

Through Time and Space, Your glory shines, Majestic One!

V'Ahavta: And You Will Love

*V'ahavta et YHVH elohecha -
b'chol l'vav'cha
u-v'chol nafsh'cha u-v'chol m'odecha,
V'ha-yu ha-d'varim ha-eileh
asher anochi m'tzav'cha ha-yom
al levavecha.
V'shinantam l'vanecha
v'dibarta bam b'shivt'cha b'veitecha
u-v'lecht'cha va-derech u-
v'shoch'b'cha u-v'kumecha.
U-k'shartam l'ot al ya-decha
v'ha-yu l'totafot bein einecha.
U-ch'tav-tam al-m'zuzot beit-echa
u-vi-sharecha.*

Love YHVH your God
with your whole heart,
your whole being and all that you do.
Take to heart these instructions
with which I charge you this day.
Impress them upon your children and
Recite them when you stay at home,
When you are away, dream and
awake. Create practices to remind you
to dedicate to love all you do with your
hands and conceive with your mind.
Inscribe them on the doorposts of your
House and on your gates.

~Deuteronomy 6:4-9

*L'mah'ahn tizk'ru
 Va'ahseetiem et kol mitzvotai
 vi-hi'yitem k'doshim laylohaychem.
 Ani YHVH Eloheichem
 Asher otsaytee etchem
 Mai'eretz mitsrayim
 Li'hi'yot lachem lay-loheem
 Ani YHVH Elohachem.
 YHVH ELOHAYCHEM EMET.*

This way you will be mindful
 To actualize my directions for
 becoming Dedicated to your God;
 To be aware that I AM YAH Who is
 your God, Who is the one who freed
 you from oppression in order to guide
 you.
 I am YAH who is your God.
 THAT IS THE TRUTH!

Redemption: Ga'al Yisrael: Mi Chamocha

All this is true and trustworthy, our experience of this world:
 Our lives are difficult, we are pursued by our ideals and our imperfections.
 We must choose between life and death, between slavery and freedom.
 Between listening for hope, and succumbing to anguish and despair, the death of our
 spirit.

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

From age to age the tale has been told,
 How Moses and Miriam led us forth from Egypt.
 The deed of liberation is answered with joyous song.
 A moment of celebration that lingers and uplifts us in the midst of our days.

Who is like You, among the gods, YHVH?

Who is like You, awesome and doing wonders?

Your children saw your majesty, splitting the sea before Moses and Miriam.

“This is our G-d” they cried, “YHVH will reign through all space and time.”

And it is said: YHVH has saved the people of Jacob and redeems the weak from the
 mighty. Blessed are You, YHVH, who redeems Israel.

***Mi chamochah b'eilim YHVH.
 Mi kamochah ne-dar bakodesh.
 Nora t'hilot oseh feleh.***

*Malchut'cha ra-u va-necha bokei-a yam lifnei Moshe u-Miriam.
 Zeh eili anu, v'amru: Havayah yimloch l'olam va-eid.
 Baruch atah YHVH, ga-al yisra-eil.*

Hashkiveinu: Spread Over us a Shelter of Peace

Hashkiveinu YHVH Elohainu l'shalom

Ufros aleinu sukkat sh'lomecha. . .

Shalom. . . Let there be Peace. . . Saalam

Help us to lie down in peace, YHVH our God, and to arise again to life. Spread over the world Your sheltering peace. Direct us with Your guidance and save us. Protect and keep us from enmity, illness, violence, want, and sorrow. Remove envy and recrimination from us. Shelter us in the shadow of Your wings, for You are a protecting, redeeming God. You are God, our source of grace and mercy. Guard our going out and our coming in, for life and for peace, now and forever. Spread your sheltering peace over us. Blessed are you, YHVH, who spreads a shelter of peace over all your people.

V'Sham'ru: Observing Shabbat

V'sham'ru v'nei Yisrael et ha'Shabbat,

La'asot et HaShabbat I'dorotahm b'rit olam.

Bainee u-vayn b'nay Yisrael ot hi l-olam.

Ki Sheishet yamim ahsah YHVH, et Hashamayim v-et ha'aretz.

U-vayom ha-sh'vi'I Shabbat vah-yinafash.

The people Israel shall observe Shabbat, to maintain it as an everlasting covenant throughout all generations. It is a sign between Me and the people Israel forever, that in six days YHVH made the heavens and the earth, and on the seventh day God ceased from work and rested. ~Exodus 31: 16-17

Sound the Shofar on the New Moon

Tiku va-chodesh shofar

Ba-keseh l'yom changainu

Ki chock l'yisrael hu

Mishpat lailohay Ya'acov.

Sound the Shofar on the new moon

On the day of our celebration when it is hidden

It is a statute for Israel

A decree of Jacob's God. ~psalm 91:4

Chatzi Kaddish: The Short Kaddish

*Yitgadal v'yitkadash sh'mei rabah. **Amen.***
Be'alma div'ra chirutei v'yamlich malchutei.
B'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael.
*Ba'agala uvizman kariv v'imru **Amen.***
Yehei shmei rabah m'vorach l'olam ul'almei almaya.
Yitbarach v'yishtabah v'yitpa'ar v'yitromam v'yitnaseh.
*V'yithadar v'yitaleh v'yithalal shmeh d'kudsha **brich hu.***
L'eila u-l'eila min kol birchata v'shirata, tushb'chata
*v'nechemata, d'amiran b'alma, v'imru **Amen.***

Magnified and sanctified!
 May God's Great Name fill the world God created.
 May God's splendor be seen in the world in your life, in your days, in the
 life of all Israel. Quickly and soon! And let us say, Amen.
 Forever may the Great Name be blessed!
 Blessed and praised! Splendid and supreme!
 May the holy Name, Bless God, be praised,
 far beyond all the blessings and songs, comforts
 and consolations, that can be offered in this world. And let us say: Amen.



Amidah~ Personal Prayers

Below are 2 variations of the Amidah for meditation. Feel free to pray the words of the text that resonate for you, or attune to the words of your heart.

YHVH sefatai tiftach ufi yagid tehilatecha.

Open my lips, Beloved One, and let my mouth declare Your praise

#1: Excerpted from the Traditional

~ Avot v'Imahot: connections with our Ancestors both Biblical and personal.

Baruch atah YHVH Eloheinu
v'Elohei avoteinu v'imoteinu,
elohei Avraham, elohei
Yitzchak, elohei Ya'akov,
elohei Sarah, elohei Rivkah,
elohei Leah, v'elohei Rachel.
Ha'el hagadol hagibor v'hanora
Eil elyon, gomeil chasadim
tovim v'koneh hakol v'zocheir
chasei avot v'imahot, umeivi
go'el livnei veneihem lema'an
shemo b'ahavah.
Zochreinu lechayim melech
chafeitz bachayim, vekotveinu
beseifer ha-chayyim le
ma'ancha Elohim chayyim.
Melech ozeir u-moshia umagen.
Baruch Atah YHVH,
magein Avraham v'ezrat Sarah.

Blessed are you, YHVH our God
And God of our ancestors
God of Abraham, God
of Isaac and God of Jacob;
God of Sarah, God of Rebecca,
God of Leah and God of Rachel.
The great, mighty and awesome One,
You on high, doing deeds of lovingkindness
Who is the Source of all, remembering
the steadfast love of our ancestors,
Who lovingly brings redemption to their
Children's children for Your name's sake.
Remember us for life,
Creator Who delights in life,
And inscribe us in the book of life
For Your own sake, O Source of Life.
Ruler, helper redeemer and protector,
Blessed are You YHVH,
Abraham's shield and Sarah's strength.

~ Gevurot: G'd's strength: we thank God who keeps us alive

Atah gibor l'olam YHVH,
mechayeh meitim atah rav
l'hoshia. Morid ha-tal.
Mechalkel chayyim b'chesed,
m'chayeh meitim b'rachamim
rabim, somech noflim, v'rofeh
cholim, umatir asurim,
um'kayem emunato lishenei

You are our Eternal strength, YHVH.
Your saving power gives life that transcends
Death. You bring the dew of the field.
You sustain the living with kindness.
In your great mercy, You bestow eternal
life. You support the fallen, heal the sick,
and free the captive. You keep faith with
us beyond life and death. There is none like
You, our source of Strength, the ruler of life and

*Mi chamocha ba'al
Gevurot u-mi domeh lach?
Melech meimit u-m-chayeh
Umatzmiach yeshuah.
Mi chamocha av harachaman,
zocheir yetzurav l'chayyim
b'rachamim. V'ne'eman atah
le'ha-chayot meitim.
Baruch atah YHVH,
mechayeh hameitim.*

death, the source of our redemption. Who is like you, Source of mercy? Who mercifully remembers Your creatures for Life?

Our faith is with You, the One Who brings Eternal life. Blessed are You, YHVH, Who gives life which Transcends death.

~ **Kidushat Hashem:** *God is holy; we ask God to strengthen our awe and amazement.*

*Atah kadosh v'simcha kadosh
U'kedoshim b'chol yom yehalelucha
Sela.*

You are holy, and Your name is holy, and holy ones praise You always, *Selah!*

~ **Kidushat Hayom:** *Sanctifying this day.*

*Atah v'toretanu im kol ha'amim
Ahav'ta otanu v'ratzitat banu
V'romam'tanu mikol naleshonot
Lkidashtanu bemitzvoticha
Vparavetanu malkanu la'avodatecha,
V'shimcha hagadol v'hakadosh
Aleinu kara/ta.*

You have delighted in us among all of the peoples, loving us, desiring us, elevating us and sanctifying us with mitzvot, drawing us near to serve You, that Your great holy Presence Might be known to us.

~ **Avodah:** *May our prayers be acceptable, may God receive our words with love.*

*R'tzei Yah Eloheinu, b'am'cha
Yisrael u'vit'filatam, v'ahavah
T'kaveil u't'hi l'ratzon tamid
Avodat Yisrael amecha.*

May it be Your will, Source of Life, that You accept our rest and take pleasure in our prayers. Accept the service of our hearts and our lips, which we offer in love. May the offerings of Our hearts always bring You joy in Your people.

~ **Hoda'ah:** *Gratitude for the many blessings of each day.*

*Modim anachnu lach,
L'olam vaed, tzur chayeinu, magen
Yish'einu, atah hu l'dor v'dor nodeh
Lach un'sapeir tehilatecha, al chayeinu
Ha'mesurim b'yadecha, v'al nishmoteinu
Hap'kudot lach, v'al nisecha shb'chol yom
Imanu, v'al nif'loteicha v'tovoteicha
Sheb'chol eit, erev vavoker v'tzaharim.
Hatov ki lo chalu rachmecha,
v'ham'racheim
Ki lo tamu chasadecha
mei'ilam kivinu lach.*

We are grateful before You, that You are the rock of our lives, the shield of our salvation; To You, only You, from generation to generation we sing praises. For our lives which are in Your keeping; for our souls of which You take daily account; for all of the miracles which You perform for us, and all of the wonders and goodness which You bring forth in every era and in every day, evening and morning and afternoon; for the goodness of Your compassion; for all of these things we could never thank You enough.

~ **Shalom:** *May God bless us with peace and with wholeness.*

*Shalom rav al Yisrael amcha
tasim le'olam, ki atah hu melech
adon l'chol hashalom. V'tov
b'einecha levarech et amcha
Yisrael, b'chol eit u'vchol sha'ah
bishlomecha. B'sefer chayyim, bracha
v'shalom, ufarnasah tovah,
n'zacher v'nikatev l'fanecha,
anachnu v'chol amcha beit
Yisrael, l'chayyim tovim u'l'shalom.
Baruch atah, YHVH, oseh ha-shalom.*

May there be abundant peace for Israel Your People, always; for You are the sovereign of peace. Let it be good in Your eyes to bless Your people Israel, in every time and in every hour, with your peace.

In the book of life, blessing and peace, and of making a good living, may we be remembered and written before You: Us, and all of Your people in our many communities, For a good life and for peace. Blessed are You, YHVH, Maker of Peace.

#2. The Tetragrammaton, God's four-letter name, is the most holy of all God's names. By concentrating and meditating upon God's name, we turn our minds to the highest within us and beyond us.

׀ *The moment before inhaling.*

the point of existence which first emerged from nothingness.

⌌ *The universe into which God's healing flows.*

We inhale and receive God's blessing.

⌋ *Lungs filled with breath.*

God reaches toward us from heaven to earth.

⌌ *We exhale, dedicating ourselves to bringing blessing into creation.*

With every breath, we experience God reaching out to us in partnership.



Amidah for Rosh HaShanah

*We rise to speak,
 a web of bodies aligned like notes of music.
 Bless what brought us through the sea and the fire,
 to reach out and pull each other along,
 to strive to find a way through.
 We rise to utter ourselves in every breath, against the constrictions of fear,
 to know ourselves, born out of rock and desert.
 We reach back through two hundred arches of hips,
 long dust, carrying their memories inside us to live again in our life,
 Isaac and Rebecca, Rachel, Jacob, Leah.
 We say words shaped by ancient use like steps worn into rock.
 Bless what stirs us to compassion,
 what shows our face in the face of a stranger.
 Bless what teaches us that whatsoever we clutch shrivels,
 but what we give goes off in the world
 carrying bread to people not yet born.
 Bless what forces us to invent goodness every morning,
 and what never frees us from the cost of knowledge,
 which is to act on what we know,
 again, and again, and again.
 All living things are one and holy, let us remember
 as we eat, as we work, as we walk and drive.
 We must act out justice and mercy and healing
 as the sun rises and as the sun sets,
 as the moon rises and the stars wheel above us.
 We must repair goodness.
 We will try to repair the world given to us to hand on.
 Holy is the foot that walks toward mercy.
 Praise the light that shines before us, through us, after us. Amen*

~Marge Piercy

Sanctuary

~Ps. 19:14, Gospel, Ex. 25:8

*May the words of my mouth And
the meditations of my heart
Be acceptable to You, God,
My Rock and my Redeemer.*

*Oh Lord, prepare me to be a Sanctuary
Pure and holy, tried and true,
And with thanksgiving, I'll be a living
Sanctuary for You.*

*V'asu li mikdash
V'shochanti b'tocham
V'anachnu n'varech Yah
Me'atah v'ad olam.*

Meditation after Prayer

*Elohai n'tzor l'shoni mera usfatai m'daber mirmah
v'limkallelai nafshi tidom v'nafshi ke'afar l'kol tihiyeh.
Petach libi ba-Toratecha, uv'mitzvotcha tirdof nafshi.*

God, keep my tongue from evil and my lips from speaking deceit. Before those who slander me, I will hold my tongue; I will practice humility. Open my heart to Your Torah and connect my heart to Your mitzvot.

Oseh Shalom~ Bring Peace Down

*Oseh shalom bimromav, hu ya'aseh shalom aleinu
v'al kol Yisrael, v'al kol yoshvei tevel, v'imru Amen.*

May the One who makes peace in the high heavens make peace for us, for all Israel, and for all who dwell on earth. And let us say: Amen.

B'sefer Chayyim~ In the Book of Life

*B'sefer chayyim, bracha v'shalom, ufarnasah tovah,
N'zacher v'nikatev l'fanecha, anachnu v'chol amcha beit
Yisrael, l'chayyim tovim u'l'shalom.*

In the book of life, blessing and peace and of making a good living, may we be remembered, may we be written before You, Holy One. All of us and all Your people beit Yisrael for life and for goodness, for life and for goodness and for shalom.

Mishebeirach: Prayers for healing

*Mi shebeirach avoteinu, Avraham, Yitzchak, v'Yaakov,
v'imoteinu, Sarah, Rivkah, Rachel, v'Leah,
Hu y'vareich et cholei hanefesh, cholei haruach,
v'cholei haguf. haKadosh baruch Hu,
yihiyeh imahem ushmar lahem.
Chazeik et yadam b'ometz-lev b'chol yom,
B'toch shaar kol hacholim hashta
baagala uvizman kariv; v'nomar: Amen.*

May the One who blessed our ancestors: Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless those in need of healing of body, mind, and spirit. May God's compassion be upon them and watch over them. May they find strength, comfort and courage in each day, along with all who are ill, now and forevermore. And let us say:
Amen.

Aleinu

*Aleinu l'shabe'ach la'adon hakol,
latet gedulah l'yotzer breshit. Shelo
asanu k'goyei ha'aratzot, v'lo
samanu k'mishpachot ha-adamah.
Shelo sam chelkenu kahem,
v'goralenu k'chol hamonam.*

*Va-anachnu korim,
umishtachavim u-modim, lifnei
melech malchei ham'lachim,
hakadosh baruch hu.
Shehu noteh shamayim
v'yosed aretz, u-moshav
yekaro bashamayim mima'al,
uschinat uzo b'gavveh
meromim. Hu eloheinu, ein od.
Kakatu b'toratecha, YHVH
yimloch leolam vaed. **
V'ne-emar, v'haya YHVH l'melech
al kol ha-aretz. Bayom hahu
yihyeh YHVH echad. Ushmo echad.
Ein Od!*

Ve'Hasheivota

***Ve-hasheivota el l'vavecha,
Ki YHVH, hu ha'elohim.*

It is up to us to praise the Source of all, to exalt the Creator of all. We are made for God like all nations. We are placed here for God like all humanity.

We bow low and pay homage to thank the Holy One, blessed is God. God sets out the heavens and establishes the earth.

As it is written in God's sacred teaching: "You shall know this day and place upon your heart that YHVH is God in Heaven above and earth below; There is none else."

Then shall your realm be established on earth, and the word of Your prophet fulfilled: YHVH will reign forever and ever. On that day, YHVH shall be One, and God's name shall be One." There is nothing else!

*You shall return to your hearts, for
The Awesome and Loving One is God.*

Mourner's Kaddish

Yitgadal v'yitkadash, shmeh rabah.
B'alma divra chiruteh, v'yamlich malchuteh
b'chayyeichon u'v'yomeichon u'vchayyei d'chol beit Yisrael.
*Ba'agala u-vizman kariv v'imru **Amen.***
Y'hei sh'mei raba m'varakh l'olam ol'almey almaya.
Yitbarach v'yishtabach, v'yitpa'ar v'yit-romam v'yit-naseh.
V'yithadar v'yitaleh v'yithallal shmeh d'kud'sha b'rich hu.
L'eyla u'leyla min kol birchata v'shirata,
*tushbechata v'nechemata, damiran b'alma, v'imru **Amen.***
Y'hei shlama raba min shemaya v'chayyim tovim aleinu
*v'al kol Yisrael, v'imru **Amen.** Oseh shalom bimromav,*
hu ya'aseh shalom, aleinu v'al kol yisrael,
*v'al kol yoshvei tevel, v'imru **Amen.***

Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen. Forever may the Great Name be blessed! Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, beyond all the blessings and songs, comforts and consolations that can be offered in this world. And let us say: Amen.

May our prayers, and the prayers of the entire community, be accepted before You, our Parent. May there be peace and life, great peace and life from heaven above for us and all Israel. And let us say, Amen!

May the One who makes peace in the high heavens make peace for us, for all Israel, and for all who dwell on earth. And let us say: Amen.

Achat sha'alti: A psalm for the season: Psalm 27

Achat sha'alti me'eit YHVH, otah avakesh (2x)
Shivti b'veit YHVH, kol y'mei chayay
Lachazot b'noam, b'noam Yah, u'l'vaker b'heikhalo (2x)

One thing I ask, I ask of You, I earnestly pray for (2x)
 That I might dwell in Your house all the days of my life
 Knowing the beauty, the beauty of You, and to dwell in Your holy place! (2x)

Oseh Shalom: Bringing down Peace

Oseh Shalom bimromav (x2) hu ya'aseh (x9)

Shalom, Aleinu. . .

May the One, may the One who brings peace, bring Peace down.

Olam Chesed Yibaneh

Your steadfast love is confirmed forever. ~psalm 89

O-lam Chesed Yibaneh,

I will build this world from love.

You must build this world from love,

If we build this world from love,

Then God will build this world from love.

Kiddush and Motzi

Baruch atah, YHVH, eloheinu melech ha'olam, borei p'ri hagafen.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן

Blessed are You, YHVH, our God, Sovereign of Creation,
Creator of the fruit of the vine.

*Baruch atah YHVH, eloheinu melech ha'olam, asher bachar
banu mi kol am, v'rom'manu mi kol lashon, v'kidshanu b'mitzvotav.*

*Va-titen lanu YHVH eloheinu b'ahavah et yom ha-Shabbat
hazeh v'et yom ha-zikaron hazeh, yom t'ruah b'ahavah, mikra kodesh, zecher l'tziat
mitzrayim. Ki Vanu vaharta ve'otanu kidashta, mi kol ha'amim.*

*U-d'var'cha emet v'kayam la'ad. Baruch atah, YHVH, melech al kol ha-aretz,
m'kadesh ha-Shabbat v' Yisrael v'yom ha-zikaron.*

*We praise You, Sovereign of Existence! You have called us for service along with
other peoples and have hallowed our lives with commandments. You lovingly gave
us, YHVH our God, this Shabbat for rest, and this Day of Remembrance and shofar,
a holy occasion and a commemoration of the Exodus from Egypt. You have chosen
and sanctified us along with all the nations. Your words are true and endure
forever! Blessed are You, YHVH, Sovereign of all the earth, Who sanctifies Shabbat
and Israel and this Day of Remembrance.*

*Baruch atah YHVH Eloheinu melech ha'olam,
hamotzi lechem min ha'aretz.*

Blessed are You, YHVH our God, ruler of all creation,
Who brings forth bread from the earth.



L'shanah tovah tikatevu v'techatemu!

לְשָׁנָה טוֹבָה תִּכְתְּבוּ וְתִחַתְמוּ.

***May we be inscribed and sealed
for a good and sweet year!***

The Shul of New York
ROSH HASHANAH day

5781

Rabbi Eva Sax-Bolder



Return Again R' Shlomo Carlbach

*Return again, return again,
Return to the land of your soul. (2x)
Return to who you are, return to what you are,
Return to where you are born and reborn again. (2x)*

Mah Tovu

*Mah Tovu ohalecha Yaacov, mishkenotecha Yisrael
Vaani b'rov chasd'cha avo veitecha*
How beautiful are your tents, Jacob, Your dwelling places, Yisrael.
In Your great love, let me enter Your house
to pray with awe in Your holy place.

Modah Ani~ I am grateful

*Modeh/modah ani l'fanecha, ruach chai v'kayam,
shehechezarta bi nishmati b'chemlah.
Raba emunatecha.*

I am grateful before You, living and enduring God.
You have restored my soul to me.
Great is Your faithfulness!

Elohai Neshama - Pure Soul

Elohai neshamah shenatata bi t'horah hi!

O my God, the soul You have placed in me is pure.

Ashrei

Ashrei yoshvei veitecha od y'hallelucha selah!

Happy are they who dwell in Your house;
They will praise You forever!

Morning Blessings

Blessed are You, Source of Distinction, Life of all Dimensions, who has given me understanding to see differences clearly, as between day and night.

Blessed are You, Eternal our G-d, Ruler of the Universe, Who has made me a God-Wrestler, with an enriching heritage.

Blessed are You, Source of Freedom, Life of the Worlds, Who has made me free, with the ability to choose.

Blessed are You, Our Ultimate Creator, Who has made me in Your Image, with unlimited potential.

Blessed are You, Source of Vision, Who opens the eyes of the blind, providing sight and insight.

Blessed are You, Encllothed One, Our G-d, You clothe the naked, providing shelter and boundaries.

Blessed are You, Boundless One, Who liberates the bound, and guides us as we cross the Sea towards our redemption.

Blessed are You, Source of Healing, who straightens the bent, removing whatever pushes us down.

Blessed are You, Open One, who establishes the rhythms of our body and our world.

Blessed are You, Great Provider, Who has provided me with skills and tools enabling me to meet all my needs.

Blessed are You, Heroic One, Who guides my steps helping me walk on my intended path.

Blessed are You, Great Power, who girds me with courage and strength, enabling me to overcome all obstacles.

Blessed are you, Creator of Beauty, who has crowned me with dignity and glory, balancing strength with beauty.

Blessed are You, Source of Strength, who strengthens the weary, staying with us even when we are exhausted.

Blessed are You, Awakened One, who removes sleep from my eyes, and confusion from my mind.

Blessed are You, Holy One, with arms stretched wide open, who remembers your covenant of the rainbow, our symbol of diversity and life.

PSALM 27:6 Listen with Heart

We read in the Book of Numbers: In the seventh month, on the first day of the month, you shall observe a sacred occasion. . . a day when *t'ruah* is sounded. . . . T'ruah

*Now my head rises high above my enemies roundabout,
And in Your tent I'll offer offerings to the sound of T'ruah.
I shall sing and chant praises to YHVH!!!*

Rosh Hashanah arrives with joyous greetings, seasonal melodies, sacred words,
But I hear only the raw, imperfect, unadorned sound of the ram's horn.
Rosh Hashanah is Yom *T'ruah*, the Day of *T'ruah*
The Day of Sounding the Shofar.

The Shofar is the 'wordless cry at the heart of a religion of words.'
But only if I listen with my heart.
I listen for each note, separated one from another, by breath.
And I listen for the in-between, the in-audible, the in-out of God's breath.

T'ruah enters my ear, vibrates in my head.
It pulsates through my body, flows in my veins,
Penetrates my heart, and sinks into my soul.

On Yom *T'ruah*, at the start of the New Year,
My heart can hear, and I listen in a new way.
I am not obligated to blow the shofar,
Only to hear the sounds of *t'ruah*.

I am obligated to hear, not only with my ear, but with my heart.
The voice of my conscience,
The unspoken gestures of loved ones and friends,
The wordless cries of the world,
God's breath. *T'ruah. T----RU-----AHHHHHH!*

Psalm 27: Achat Sha'alti

Achat sha'alti me'eit YHVH, otah avakesh (2x)

Shivti b'veit YHVH, kol y'mei chayay

Lachazot b'noam, b'noam Yah, u'l'vaker b'heikhalo (2x)

One thing I ask, I ask of You, I earnestly pray for (2x)

That I might dwell in Your house all the days of my life

Knowing the beauty, the beauty of You, and to dwell in Your holy place! (2x)

HalleluYAH ~ psalm 150

~Rabbi Goldie Milgrom

Let us praise the Mystery of celestial awe and majesty

With shofar, lute and timbrel, HalleluYah.

As wonders of life go on and on

We praise God as awareness dawns

With flutes, drums and cymbals, HalleluYah. HalleluYah, (x4)

Halleluyah! Hallelu El bikodsho, halleluhu birkiyah uzo.

Halleluhu bigvurotav, halleluhu kirov gudlo.

Halleluhu biteika shofar halleluhu bineivel vichinor HalleluYAH!

Halleluhu bitof umachol, halleluhu biminim viugav.

Halleluhu bitziltzilei shama, halleluhu bitziltzilei tiruah.

Kol HaNeshama Tehallel Yah. (x2) Halleluyah!

Your drum beats out our every breath

Each living thing to life says "Yes!"

Of Your great name we sing out, HalleluYah.

The glory fills the Earth with joy

With the eyes of wonder we deploy

Ourselves to dance and praise in, HalleluYah. HalleluYah (x4)

Nishmat: The Breath of All that Lives

*Nishmat kol chai t'varech et
shimcha YHVH eloheinu.*

The breath of all that lives praises Your name,
YHVH our God!

Hatzi Kaddish

*Yitgadal v'yitkadash sh'mei rabah. (Amen.)
Be'alma div'ra chirutei v'yamlich malchutei.
B'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael.
Ba'agala uvizman kariv v'imru Amen.*

Yehei shmei rabah m'vorach l'olam ul'almei almaya.

*Yitbarach v'yishtabah v'yitpa'ar v'yitromam v'yitnaseh.
V'yithadar v'yitaleh v'yithalal shmeh d'kudsha brich hu.
L'eila u-l'eila min kol birchata v'shirata,
tushb'chata v'nechemata, d'amiran b'alma, v'imru Amen.*

Barchu: Call to Community

בְּרַךְ כֹּה אֶת יְהוָה הַמְּבָרָךְ
Barchu et YHVH hamevorah

בְּרַךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד
Baruch YHVH ha'mevorach l'olam va'ed.

Let us bless YHVH, the blessed One.
Let us bless YHVH, the blessed One, now and forever!

Ahavah Rabah~ The Great Love

We are loved by an unending love.

We are embraced by arms that find us even when we are hidden from ourselves.
We are touched by fingers that soothe us even when we are too proud for soothing.
We are counseled by voices that guide us even when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us even in the midst of a fall.
We are urged on by eyes that meet us even when we are too weak for meeting.

We are loved by an unending love.

Embraced, touched, soothed and counseled. . .
Ours are the arms, the fingers, the voices; Ours are the hands, the eyes, the smiles,
We are loved by an unending love. ~ Rabbi Rami Shapiro

Ahavah rabah ahavtanu YHVH Eloheinu

Unending love You have loved us YHVH our God!

Shema~Listen

הִינוּ יְהוָה אֶחָד יְהוָה לֵלֹאֵל שֵׁי עַמּוֹ שְׁ

Sh'ma Yisrael YHVH Eloheinu YHVH echad!

Baruch sheim k'vod malchuto l'olam va'ed!

Hear, O Israel -- YHVH is our God -- YHVH is One.
Through time and space Your glory shines forever now.

V'ahavta~ Love YHVH

*V'ahavta et YHVH elohecha, b'chol l'avvacha, uv'chol nafshecha,
uv'chol me'odecha. V'hayu ha-d'varim ha-eileh, asher anochi m'tzav'cha hayom
al l'avvecha. V'shinantam l'vanecha, v'dibarta bam b'shiv't'cha b'veitecha,
uv'lech't'cha vaderech uv'shochb'cha uv'kumecha. Ukshartam l'ot al yadecha,
v'hayu l'totafot bein einecha, uch'tavtam al m'zuzot beitecha uvisharecha.*

Love YHVH your God with all your heart, with all your soul, with all your being. Place these words that I command you this day upon your heart. Teach them faithfully to your generations. Speak of them at home and on your way, when you lie down and when you rise up. Write them on the doorposts of your house and on your gates.

*L'ma'an tizk'ru va'asitem et kol mitzvotai v'hyitem k'doshim l'Eloheichem.
Ani YHVH Eloheichem asher hotzeiti etchem me'erezt Mitzrayim
lihiyot lachem l'Elohim. Ani YHVH Eloheichem.*

So you will be mindful and actualize My mitzvot and be holy to your God. I
am YHVH your God, Who brought you out of the Narrow Place
in order to be your God. I am YHVH your God!

יְהוָה אֱלֹהֵיכֶם אֱמֶת

YHVH eloheichem emet.

Your God is a true God!

Mi Chamocha

***Mi chamocha ba'eilim YHVH,
mi kamocha nedar bakodesh,
nora tehilot oseh feleh.***

Who is like You among all that we worship?

Who is like You, cloaked in holiness, bewildering in praises, maker of mystery?

*Tzur Yisrael kumah b'ezrat Yisrael, ufdei chinumecha
y'hudah v'Yisrael. Go'aleinu YHVH tz'va'ot shemo, k'dosh
Yisrael. Baruch atah YHVH ga'al Yisrael.*

Rock of Israel, rise to the aid of Israel!

Redeem us as You have promised.

We know you as the God of hosts; sanctify us.

Blessed are You, Who redeems Your people Israel.

Amidah~ Residing in the Presence

YHVH sefatai tiftach ufi yagid tehilatecha.

YHVH, open up my lips that my mouth may declare Your praise.

*Make every effort to pray from the heart. Even if you do not succeed, the effort
is precious in the eyes of the Eternal One. ~ Rabbi Nachman of Breslov*



Avot v'Imahot – God of our ancestors

*Baruch atah YHVH Eloheinu V'Elohei avoteinu v'imoteinu,
 Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov;
 Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Elohei Leah,
 HaEl hagadol hagibor v'hanorah El elyon,
 gomeil chasadim tovim v'koneih hakol
 v'zocheir chasdei avot v'imahot,
 umeivi go'eil livnei v'neihem l'maan sh'mo b'ahavah*

Blessed are You, YHVH, our God and God of our ancestors, God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Leah and God of Rachel; the great, mighty, and exalted God, Dynamic in Power, inspiring awe, God sublime, who does deeds of loving kindness, who is the Source of all, and who remembers the loving deeds of our ancestors. You, who lovingly brings redemption to their children's children for Your name's sake.

God's Power

*Atah gibor l'olam YHVH, mechayeh meitim atah rav l'hoshia. Morid hatal.
 Mechalkeil chayim b'chesed, m'chayeih meitim b'rachamim rabim,
 Someich noflim, v'rofei cholim, umatir asurim,
 um'kayeim emunato lisheinei afar. Mi chamocho baal g'vurot?
 Umi domeh lach? Melech meimit um'chayeih, umatzmiach y'shuah.
 Mi chamocho av harachaman, zocheir y'tzurav l'chayyim b'rachamim.
 V'ne-eman atah l'hachayot meitim. Baruch atah YHVH, m'chayeih hameitim.*

You are our eternal strength, Our God.

Your saving power gives life that transcends death. You bring the dew of the field. You sustain the living with kindness, in Your great mercy You bestow eternal life. You support the fallen, heal the sick, and free the captive. You keep Your faith with us beyond life and death. There is none like You, our source of strength, the ruler of life and death, the source of our redemption.

Who is like You, Source of Mercy, Who mercifully remembers Your creatures for life? Our faith is with You, the God Who brings eternal life.

Blessed are You, YHVH, Who gives life that transcends death.

Kedusha~ Holiness

N'kadeish et shimcha baolam, k'shem sh'makdishim oto bishmei marom.

Kakatuw al yad neviecha v'kara zeh el zeh v'amar:

Kadosh, kadosh, kadosh YHVH Tz'vaot, m'lo chol ha-aretz k'vodo.

Adir adireinu, YHVH adoneinu, mah adir shimcha b'chol ha'aretz.

Baruch k'vod YHVH mimkomo!

We sanctify Your name in the world, just as Your name is sanctified on high.

As is written in the words of Your prophet, the angels call one to another, saying:

Holy, holy, holy is YHVH of hosts - all the earth is full of God's glory!

Wondrous of all wonders, YHVH our strength, how majestic is Your name in all the earth. Blessed is YHVH's glory wherever God dwells!

Kedushat HaShem: God's Holiness: Awe, Honor and Righteousness

What is the purpose of our prayers? Perhaps it is our connection with the past; the expression of hopes for the future, a moment of personal transcendence and clarity; or a strong bond with a community that shares our values and sings the melodies we cherish. But on this holy day, our worship has another dimension. Embedded in Jewish tradition is the idea that the essential purpose of prayer on *Rosh HaShanah* is the sanctification of God's name.

What does it mean to sanctify God's name? On the simplest level, Jews perform this act by saying "*Kadosh, kadosh, kadosh~holy, holy, holy*" the signature phrase (Isaiah 6:3) of the great prayer called the *K'dushah*.

During the Rosh Hashanah *K'dushah*, three short prayers are added to the *K'dushah*. Each time we say *kadosh*, we bring God's holiness into the world through awe, honor, and righteousness.

Kedushat HaYom ~ This Holy Day

You have delighted in us among all of the nations, loving us, desiring us, elevating us and sanctifying us with mitzvot, drawing us near to serve You, that Your great holy Presence might be known to us. With love, we have been given this Shabbat and this Day of Remembering, a day of holy gathering reminding us of our liberation from the straits of enslavement.

Kadesheinu ~ Sanctify Us

Our God and God of our generations accept our rest with mercy. Help us make ourselves holy with Your *mitzvot*; give us a portion of Your Torah's sweetness; grant us Your goodness, help us rejoice in Your salvation. On this Shabbat, which is also a holiday, help us be mindful of both, and to wholly rest as befits Your people who yearn to sanctify Your name.

Avodah ~ Our Offering

May it be Your will, YHVH our God, that You accept our rest and take pleasure in our prayers. Accept the service of our hearts and our lips which we mean to offer in love. May the offerings of our hearts always bring You joy in Your people. May Your presence return to Zion speedily and with compassion. Blessed are You, YHVH, Whose presence returns to Zion and fills all creation.

Hoda'ah ~ Thanksgiving

We are grateful before You, that You are our God and God of our generations, forever. You are the rock of our lives, the shield of our salvation; You, only You, from generation to generation we sing praises. For our lives which are in Your keeping; for our souls of which You take daily account; for all of the miracles which You perform for us, and all of the wonders and goodness which You bring forth in every era and in every day, evening and morning and afternoon; for the goodness of Your compassion; for all of these things we could never thank You enough.

Shalom ~ Peace

*Sim Shalom tovah u'vracha chein v'chesed v'rachamim,
aleinu v'al kol Yisrael amecha. Barchenu avinu
kulanu k'echad b'or panecha, ki b'or panecha natata lanu,
Adonai eloheinu, Torat chayim v'ahavat chesed,
u'tzedakah u'vracha v'rachamim v'chayyim v'shalom v'tov
b'einecha l'varech et amcha Yisrael b'chol eit u'vchol sha'ah bishlomecha.*

Let there be peace, grant goodness, blessing, grace, lovingkindness and compassion for us and for all Your people. Your path has shown us a holy way for living: Devotion to love, generosity, blessedness, mercy, life and peace. In Your goodness, bless Your people Israel with peace at all times.

T'filat haLev~ Prayer of the Heart

*Hear the sound of the shofar!
You who are caught up in daily routine,
Losing sight of eternal truth;
You who waste your years in vain pursuits that neither profit nor save.*

Questions for reflection:

In what ways do my heart, mind, and soul need to be awakened by the shofar?

What truly matters to me? What makes me feel that my life is significant?

Am I too often wasting my most precious possession~ the minutes, the hours, the days of my life?

Have I been slow to anger? Quick to forgive? What would my loved ones say?

Does anger interfere with my relationships? Am I impatient at home?

Avinu malkeinu, may we taste anew the sweetness of each day. Renew us for a year of goodness. Where do I find moments of sweetness and beauty?

As a new year begins, where will I devote my best energies?

How can I bring more goodness to the lives of others?

Avinu Malkeinu

Avinu Malkeinu, sh'ma koleinu.

Avinu Malkeinu, chatanu l'fanecha.

Avinu Malkeinu, chamol aleinu v'al olaleinu v'tapeinu.

Avinu Malkeinu, chaleh dever v'cherev v'ra'av me'aleinu.

Avinu Malkeinu, chaleh kol-tzar u-masteen me'aleinu.

Avinu Malkeinu, kotveinu b'sefer chayyim tovim.

Avinu Malkeinu, chadesh aleinu, chadesh aleinu shanah tovah.

Avinu Malkeinu, hear our prayer.

Avinu Malkeinu, we have sinned before You.

Avinu Malkeinu, have mercy on us and on our children.

Avinu Malkeinu, rid us of sickness, sword, hunger, destruction.

Avinu Malkeinu, rid us of persecution.

Avinu Malkeinu, inscribe us in the book of a good life.

Avinu Malkeinu, renew us; renew us for a good year.

***Avinu Malkeinu, chanenu va'anenu, ki ein banu
ma'asim, Aseh imanu tzedakah vachessed v'hoshienu.***

*Avinu Malkeinu, be gracious, answer us, for we have no deeds
within us. Treat us generously and with kindness and be our help.*

Torah service

Ein kamocho va'Elohim, YHVH, ve'ain kema'asecha.

Malchutecha malchut kol olamim umemshaltecha bechol dor vador.

YHVH melech, YHVH malach, YHVH yimloch le'olam va'ed.

YHVH oz le'amo yitein, YHVH yevareich et amo vashalom.

There is none like You among the gods, YHVH, and there are no deeds like Yours. You are sovereign over all worlds, and Your dominion is in all generations. YHVH reigns, YHVH has reigned, YHVH will reign forever and ever! YHVH will give strength to our people; YHVH will bless our people with peace.

*Av harachamim, heitivah virtsonecha et tziyon.
Tivneh chomot Yerushalayim. Kee vecha levad batachnu,
melech Eil ram venisa, adon olamim.*

Source of mercy: Favor Zion with Your goodness; rebuild Jerusalem. In You alone do we trust, God of space and time.

*Vayehi binso'a ha'aron vayomer Mosheh,
Kumah YHVH, veyafutsu oyvecha, veyanusu mesanecha mipanecha.
Kee mitsiyon teitsei Torah, udvar YHVH mirushalayim.
~Baruch shenatan Torah, le'amo Yisrael bikdushato.*

When the ark would go forth, Moshe would say: Arise, YHVH, and scatter enmity; those who hate You will flee before You. From Zion Torah goes forth, and the words of YHVH from Jerusalem. Blessed are You Who give Torah to Your people Israel in holiness!

*~ Va'ani tefilati, YHVH, YHVH eit ratzon.
Elohim b'rov chasdecha, aneini, aneini, be'emet yish-echa.*

I am your prayer before You, YHVH. May my words reach you in good time.
In Your great mercy, answer me with lovingkindness and Truth.

Thirteen Attributes

*YHVH, YHVH, El Rachum V'chanun,
Erech appayim v'rav chesed ve-emet,
notzeir chesed la-alafim,
nosei avon va-fesha v'hatta-ah v'nakeich.*

Yod Hay, Vav Hay, Compassion and Tenderness,
Patience, Forbearance, Kindness, Awareness.
Bearing love from age to age,
Lifting guilt and mistakes and making us free.

*Sh'ma Yisrael, YHVH eloheinu, YHVH echad.
Echad eloheinu, gadol adoneinu, kadosh v'nora sh'mo.*

Gadlu l'YHVH iti, u'n'romemah sh'mo yachdav.

Hear, O Israel; YHVH is our God; YHVH is One.

One is our God, great, holy, and awesome!

Magnify God with me, and together let us elevate the Name.

*Lecha YHVH hagedulah vehagevurah vevatiferet
vehaneitsach vehahod, kee chol bashamayim uva'arets.
Lecha YHVH hamamlachah vehamitnasei lechol lerosh.*

*Romemu YHVH Eloheinu, vehishtachavu lahadom
raglav kadosh hu. Romemu YHVH Eloheinu
vehishtachavu lehar kodsho kee kadosh YHVH Eloheinu.*

Blessing before Torah

Barchu et YHVH hamevorach!

Baruch YHVH hamevorach le'olam va'ed!

*Baruch atah YHVH Eloheinu melech ha'olam,
asher bachar banu mi kol ha-amim venatan lanu et
Torato. Baruch atah YHVH, notein ha-Torah.*

Holy One of Blessing, Your presence fills creation. You have chosen us along with all peoples to receive Your Torah. Blessed are You, YHVH, giver of the Torah.

Aliyah 1: Genesis 22: 1-5

Aliyah 2: Genesis 22: 6-8

Aliyah 3: Genesis 22: 9-12

Sometime afterward, God put Abraham to the test. He said to him, “Abraham,” and he answered, “Here I am.” And He said, “Take your son, your favored one, Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the heights that I will point out to you. So early next morning, Abraham saddled his ass and took with him two of his servants and his son Isaac. He split the wood for the burnt offering, and he set out for the place of which God had told him. On the third day Abraham looked up and saw the place from afar. Then Abraham said to his servants, “You stay here with the ass. The boy and I will go up there; we will worship, and we will return to you.”

Abraham took the wood for the burnt offering and put it on his son Isaac. He himself took the firestone and the knife; and the two walked off together. Then Isaac said to his father Abraham, “Father!” And he answered, “Yes, my son.” And he said, “Here are the firestone and the wood; but where is the sheep for the burnt offering?” And Abraham said, “God will see to the sheep for His burnt offering, my son.” And the two of them walked on together. They arrived at the place of which God had told him. Abraham built an altar there; he laid out the wood; he bound his son Isaac; he laid him on the altar, on top of the wood. And Abraham picked up the knife to slay his son. Then an angel of the LORD called to him from heaven: “Abraham! Abraham!” And he answered, “Here I am.” And he said, “Do not raise your hand against the boy, or do anything to him. For now I know that you fear God, since you have not withheld your son, your favored one, from Me.”

Blessings after Torah

Baruch atah, YHVH, eloheinu melech haolam.

Asher natan lanu Torat emet, v'chayyei olam nata b'tocheinu.

Baruch atah, YHVH, notein haTorah!

Holy One of Blessing, Your Presence fills creation. This Torah is a teaching of truth, and from it comes eternal life for the people who embrace it. Blessed are You, YHVH, Giver of the Torah.

Mi Sheberach~ Prayers for Healing

YHVH, open my lips that my mouth may declare your praise.

As those who came before us were blessed in the presence of the communities that sustained them, so we offer our blessings for those among us in need of healing.

May each of those we pray for have comfort and relief in the healing of body and mind, and may each one return in time to health and wholeness and strength.

Mi shebeirach avoteinu v'imoteinu, yivarech et hacholim.

Lizkor l'refuah sheleimah.

May the One who blessed our fathers, Abraham, Isaac, and Jacob, and our mothers, Sarah, Rebecca, Rachel, and Leah, cause healing for those who are ill. Remember for complete healing. ---

May the Holy One Bless this holy congregation and all who are with us in spirit.

Heal their bodies, their spirits, and send blessing and prosperity to all the works of their hands, as well as to all Israel, our brothers and sisters everywhere, and let us say, amen.

Birkat HaGomel

In our tradition, we have a special prayer referred to as *Birkat HaGomel*, the Blessing of Thanksgiving. One is called to recite this prayer when they have recovered from a serious illness or survived a life-threatening crisis. If you feel called to recite this blessing, I invite you to join me as I stand before the Torah.

Baruch Ata YHVH, eloheinu melech ha-olam, ha-gomel l'chayyavim tovot, she-g-malani kol tov.

Blessed is the One, Ruler of Time and Space, who bestows goodness on us despite our imperfections, and who has treated me so favorably.

Mi She-ga-mal-cha tov, hu yig-mal-chal kol tuv se'lah.

May the One who has shown such favor to you continue to bestow all that is good upon you, Selah!

V'zot ha-Torah asher sam Moshe lifnei b'nei Yisrael al pi YHVH b'yad Moshe.

This is the Torah that was given to us
Before our very eyes from God's mouth and Moshe's hand!

Etz chayyim hee ~ She is the Tree of Life

*Etz chayyim hee, l'machazikim ba
V'tomche'ha me'ushar. D'racheha darchei noam
V'chol n'tivotecha, shalom.
Hashivenu Adonai elecha v'nashuva!
Chadesh yameinu k'kedem!*

Unetaneh Tokef

*Unetaneh tokef kedushat hayom, kee hu nora ve'ayom;
uvo tinasei malchutecha, veyikon bechesed kisecha, veteisheiv alav be'emet.
Emet kee atah hu dayan umochi'ach, veyodei'a va'eid,
vechoteiv vechoteim, vesofeir umoneh, vetizkor kol hanishkachot;
vetiftach et sefer hazichronot, umei'eilav yikarei, vechotam yad kol adam bo.*

Let us declare the sacred power of this day, for it is awesome and dreadful. On this day, Your rule is exalted, Your throne is established with love, and You sit upon it in truth. For it is truth that You judge and determine, know and witness, write and seal and account. You remember all that was forgotten. You open the Book of Memory. It reads from itself and the signature of every human being is in it.

But *teshuvah*, *tefilah*, and *tzedakah*
temper the harshness of the decree!

The great shofar sounds—the still, small voice is heard. Even the angels are seized by trembling and fear as they declare, “This is the day of judgment when even the hosts of heaven are judged.” Nothing can evade Your eyes in judgment.

The Great Shofar blasts.
We hear the alarm.
Where is there justice?
The terrible dread hangs in the air
Will the news bring:
A devastating storm?
Another executive order denying people their rights?

An unarmed black man shot to death?
 Refugee children separated from their parents?
 A church burned, a synagogue desecrated, a masjid bombed?
 A murder of a transgender woman?
 The growth of income inequity?
 Famine worsening, our climate changing,
 How much ache, fear and heartbreak are written in for this year?
 God, we are like sheep passing before the Shepherd.
 Are You counting? Are You measuring the life breath in our lungs?
 What is the fate of the world in this book of life?

***B'Rosh Hashanah yikateivun,
 uv'Yom tzom Kippur yeichateimun.***

On Rosh Hashanah it is written, and on Yom Kippur it is sealed.
 Who will live and who will die?
 Whose death will be timely and whose death will be haunting?
 Who will be killed unarmed in the streets and who will live safely in their homes?
 Who will die by gun violence and who will die by their own hand?
 Who will die from bombings and who will die from terror?
 Who will die by bigotry and who will die by peacemaking?
 Who will die from loneliness and who will die from being bullied?
 Whose deaths could be prevented and who lives to have a ripe old age?
B'rosh ha-shanah yikkateivun, u-v'yom tzom kippur yeichateimun.

Who will dwell peacefully and who will be deported?
 Who will flee their homes and who will welcome refugees?
 Who will become incarcerated and who will be pardoned?
 Who will pass and who will be profiled?
 Who will speak out and who will remain silent?
 Who will address their privilege and who will deny it?
 Who will suffer from injustice and who will benefit?
 Who will hate their neighbor and who will create community?
B'rosh ha-shanah yikkateivun, u-v'yom tzom kippur yeichateimun.

For on Rosh Hashanah it is written, and on Yom Kippur it is sealed:

U-t'shuvah u-t'fillah u-tz'dakah ma-avirin et roa ha-g'zeirah.
 But *teshuvah, tefilah, and tzedakah. . . repentance, prayer, and righteous giving,*
temper the harshness of the decree.

Who by Fire
Leonard Cohen

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?

Malchuyot

Awakening our awe as we face God as Sovereign.

Zichronot

We link ourselves through memory to the covenant which united all humanity.

Shofarot

The shofar awakens us to itself.

Shofar Blessings

*Baruch atah YHVH, Eloheinu melech ha'olam, asher kideshanu bemitzvotav
Vetsivanu lishmo'a kol shofar.*

Blessed are You, YHVH our God, Source of all Being, who sanctifies us with mitzvot
and enjoins us to hear the sound of the shofar.

*Baruch atah YHVH Eloheinu melech ha'olam, shehecheyanu vekiyemanu vehigiyanu
lazeman hazeh.*

Blessed are You, YHVH our God, Source of all Being, who has given us life,
established us, and allowed us to reach this holy moment.

תקיעה שברים תרועה תקיעה

TEKIAH SHEVARIM-TERUAH TEKIAH

תקיעה שברים תקיעה

TEKIAH SHEVARIM TEKIAH

תקיעה תרועה תקיעה

TEKIAH TERUAH TEKIAH

Hayom harat olam! Hayom y'amid ba-mishpat kol y'tzurei olamim.

Today the Universe is born! Today is pregnant with possibilities.

TEKIAH SHEVARIM-TERUAH TEKIAH

תקיעה שברים תקיעה

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תקיעה שברים תקיעה

TEKIAH SHEVARIM TEKIAH

תקיעה תרועה תקיעה גדולה

TEKIAH TERUAH TEKIAH GEDOLAH

Hayom harat olam! Hayom y'amid ba-mishpat kol y'tzurei olamim.

Today the Universe is born! Today is pregnant with possibilities.

Halleluyah b'tzil'tzelei shama

*Halleluyah, halleluyah b'tzil'tzelei shama.
Halleluyah, halleluyah b'tzil'tzelei tru'a.
Kol hanshama t'haleil Ya,
Halleluyah, halleluyah.*

Praise YHVH with clear-toned cymbals
Praise YHVH with loud, clashing cymbals
Let all souls praise God
Halleluyah, Halleluyah!

Hayom~ Today

*Today may You strengthen us: Amen
Today may You bless us;
Today may You exalt us;
Today may You grant us well-being;
Today may You inscribe us for a good life;
Today may You hear our plea;
Today may You mercifully & favorably accept our prayers;
Today may You sustain us in Your righteousness.*

Aleinu

*Aleinu l'shabe'ach la'adon hakol,
latet gedulah l'yotzer breshit. Shelo
asanu k'goyei ha'aratzot, v'lo
samanu k'mishpachot ha-adamah.
Shelo sam chelkenu kahem,
v'goralenu k'chol hamonam.*

It is up to us to praise the Source of all, to exalt the Creator of all. We are made for God like all nations. We are placed here for God like all humanity.

*Va-anachnu korim, umishtachavim
u-modim, lifnei melech malchei
ham'lachim, hakadosh baruch hu.
Shehu noteh shamayim v'yosed
aretz, u-moshav yekaro
bashamayim mima'al, uschinat uzo
b'gavheh meromim. Hu eloheinu,
ein od.*

We bow low and pay homage to thank the Holy One, blessed is God. God sets out the heavens and establishes the earth. As it is written in God's sacred teaching: "You shall know this day and place upon your heart that YHVH is God in Heaven above and earth below; There is none else."

*Kakatuw b'toratecha, YHVH
yimloch leolam vaed. V'ne-emar,
v'haya YHVH l'melech al kol ha-
aretz. Bayom hahu yihyeh YHVH
echad. Ushmo echad. Ein Od!*

Then shall Your realm be established on earth, and the word of Your prophet fulfilled: YHVH will reign forever and ever. On that day, YHVH shall be One, and God's name shall be One." There is nothing else!

Ve'Hashevota

*Ve-hashevota el l'vavecha,
Ki YHVH, hu ha'elohim.*

*You shall return to your hearts, for
The Awesome and Loving One is God.*

Kaddish Yatom~ Mourner's Kaddish

Grant that the memories of those who have gone before us be a source of strength for me and for everyone of the House of Israel. May the souls of our departed find peace in Your sheltering care, and may we all be blessed with peace, tranquility, and the fullness of life.

*Yitgadal v'yitkadash, shmeh rabah.
B'alma divra chiruteh, v'yamlich malchuteh
b'chayyeichon u'v'yomeichon u'v'chayyei d'chol beit Yisrael.
Ba'agala u-vizman kariv v'imru **Amen.***

Y'hei sh'mei raba m'varakh l'olam ol'almey almaya.

*Yitbarach v'yishtabach, v'yitpa'ar v'yit-romam v'yit-naseh.
V'yithadar v'yitaleh v'yithallal shmeh d'kud'sha b'rich hu.
L'eyla u'leyla min kol birchata v'shirata,
tushbechata v'nechemata, damiran b'alma, v'imru **Amen.**
Y'hei shlama raba min shemaya v'chayyim tovim aleinu
v'al kol Yisrael, v'imru **Amen.** Oseh shalom bimromav,
hu ya'aseh shalom, aleinu v'al kol yisrael,
v'al kol yoshvei tevel, v'imru **Amen.***

Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen. Forever may the Great Name be blessed! Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, beyond all the blessings and songs, comforts and consolations that can be offered in this world. And let us say: Amen. May our prayers, and the prayers of the entire community, be accepted before You, our Parent. May there be peace and life, great peace and life from heaven above for us and all Israel. And let us say, Amen! *May the One who brings harmony on high, bring harmony to us and to all Israel and to all who dwell on earth. And let us say, Amen!*

Priestly Blessing

*Y'varechecha YHVH vyishm'recha;
Ya'er YHVH panav eleicha vi'chuneka;
Yisa YHVH panecha v'yasem l'cha shalom.*

May the Holy One bless you and keep you;
May the light of God's face shine upon you and be gracious to you;
May God's presence go before you and bring you peace.

Oseh Shalom: Bringing down Peace

Oseh Shalom bimromav (x2) hu ya'aseh (x9) Aleinu. . .

May the One, may the One who brings peace, bring peace down.

Olam Chesed Yibaneh

Your steadfast love is confirmed forever. ~psalm 89

*O-lam Chesed Yibaneh,
I will build this world from love.
You must build this world from love,
If we build this world from love,
Then God will build this world from love.*



L'shanah tovah tikatevu v'techatemu!

לְשָׁנָה טוֹבָה תִּכְתְּבוּ וְתִחַתְּמוּ

May we be inscribed and sealed for a good and sweet year!

***The Shul of New York Tashlich
A Ritual for Casting-Away 5781
Rabbi Eva Sax-Bolder***



Dear Friends,

L'shana Tova! At these unprecedented times of the corona-virus pandemic, we are all inventing ways to honor the rituals and traditions of the Holy Days. The principle in Jewish law of 'pikuach hanefesh,' instructs us that the preservation of human life overrides any other religious rule. This year, to maintain this concept of saving a life by social distancing, in lieu of gathering we provide you with a DIY tashlich packet, filled with suggestions for a meaningful tashlich experience.

You may find ideas that resonate for you and perhaps are inspired to create your own. The most important aspect of this ritual is your 'kavannah,' your intention to reflect, cast away and purify your heart to begin this new year with a clean slate. May you receive yourself with compassion, knowing it is human to make mistakes and then breathing into self-forgiveness, trusting that you will be given a long life to refine your soul traits.

May our prayers be heard with compassion, lovingkindness and forgiveness by the One who hears our pleas.

Blessings on your journey, with love,

Rabbi Eva

For hundreds of years, Jews have gathered by the water's edge on the afternoon of Rosh HaShanah to symbolically cast off our misdeeds. Today, as did generations before us, we too stand by the water's edge, poised between the year now gone and the year that is yet to be. Tashlich is a time to recognize that we can change the quality of our relationships with others. There are two great bodies of water according to our tradition: The lower waters – mayim – which include the oceans, rivers and lakes; and the upper waters – shamayim – waters which are found in the heavens above. Today, standing at the edge of the lower waters, we will release our misdeeds into the waters and face the year ahead with dignity, with courage, and with faith.

We come to this river seeking to cast away our mistakes, in the spirit of Ezekiel's words: "Cast away from yourselves all your transgressions and create within yourselves a new heart and new spirit!" (Ezekiel 18:31)

A Prayer for Tashlich

by Rabbi Rachel Barenblatt

Here I am again ready to let go of my mistakes.

*Help me to release myself from all the
ways I've missed the mark.*

*Help me to stop carrying the karmic
baggage of my poor choices.*

*As I cast this bread upon the waters
lift my troubles off my shoulders.*

*Help me to know that last year is over,
washed away like crumbs in the current.*

*Open my heart to blessing and gratitude.
Renew my soul as the dew renews the grasses.*

And we say together: Amen.

Casting Away our Misdeeds:

Recite the following as you cast your misdeeds into a body of living water:

In my distress I cried out to God; God answered me and set me free. Who is like You, O God, forgiving iniquity and pardoning the transgression of the remnant of Your people! You do not retain Your anger forever, for You delight in loving-kindness. You will again have compassion upon us, subdue our iniquities, and cast all our misdeeds into the depths of the sea.

Return Again

Return again, Return again
Return to the land of your soul (2x)
Return to who you are
Return to what you are
Return to where you are born and reborn again

Meditations: To Everything There Is A Season

And there is an appointed time for every purpose under heaven. Now is the time for turning. The leaves are beginning to turn from green to red and orange. The birds are beginning to turn and are heading once more towards the South. The animals are beginning to turn to storing their food for the winter. For leaves, birds and animals, turning comes instinctively. But for us turning does not come so easily.

–Ecclesiastes

It Takes an Act of Will

It takes an act of will.
For us to make a turn.
It means breaking with old habits.
It means admitting that we have been wrong; And
this is never easy.
It means losing face;
It means starting all over again; *And*
this is always painful.
It means saying: “I am sorry.”
It means admitting that we have the ability to change; *And*
this is always embarrassing.
These things are terribly hard to do.
But unless we turn, we
will be trapped forever
In yesterday’s ways.

God, Help Us To Turn

From callousness to sensitivity,
From hostility to love,
From pettiness to purpose,
From envy to contentment,
From carelessness to discipline,
From fear to faith.
Turn us around, O God, and
bring us back toward You.
Revive our lives, as at the beginning.
And turn us towards each other, God,
For in isolation there is no life.

Let us cast away vain ambition, which prompts us to strive for goals that bring neither true fulfillment nor genuine contentment.

Let us cast away stubbornness, so that we will neither persist in foolish habits nor fail to acknowledge our will to change.

Let us cast away indifference, so that we may be sensitive to the sufferings of others and responsive to the needs of our people everywhere.

Let us cast away pride and arrogance, so that we can worship God and serve God's purposes in humility and truth.

Let us cast away envy, so that we will neither be consumed by desire for what we lack nor grow unmindful of the blessings that are already ours.

Let us cast away the sin of selfishness, which keeps us from enriching our lives through wider concerns, and greater sharing, and from reaching out in love to other human beings.

Pause and Reflect

Gesher Tzar Meod~ The World is a narrow place

*Kol ha-o-lam ku-lo gesher tzar me'od
V'ha-i-kar lo l'fached klal*

The whole world is a narrow bridge and the important thing is not to be afraid.

Tashlich Crumb List

A variation on a theme of breads for Tashlich by Richard Israel.

- | | |
|--|--|
| For ordinary misdeeds - White Bread | For over-eating - Stuffing Bread |
| For dark misdeeds - Pumpernickel | For pride - Puff Pastry |
| For twisted misdeeds – Pretzels | For recurring slip ups - Banana Bread |
| For misdeeds committed in haste - Matzah | For impetuosity - Quick Bread |
| For misdeeds committed in less than eighteen minutes - Shmurah Matzah | For auto theft - Caraway Bread |
| For misdeeds of chutzpah - Fresh Bread | For risking one's life unnecessarily - Hero Bread |
| For substance abuse/marijuana - Stoned Wheat | For excessive use of irony - Rye Bread |
| For substance abuse/heavy drugs - Poppy Seed | For exotic misdeeds - French Bread |
| For arson - Toast | For complex misdeeds - Multi-grain |
| For high-handedness - Napoleons | For misdeeds of indecision - Waffles |
| For not giving full value - Short bread | For timidity - Milk Toast |
| For jingoism - Yankee Doodles | For being sulky - Sourdough |
| For being money-hungry - Enriched Bread or Raw Dough | For silliness - Nut Bread |
| For telling small lies - Fudge | For telling bad jokes - Corn Bread |
| For promiscuity - Hot Buns | For war-mongering - Kaiser Rolls |
| For unfairly up-braiding others - Challah | For racism – Humble Pie |
| For provocative dressing - Wonton Wrappers | For being holier-than-thou - Bagels |
| For indecent photography - Cheese Cake | For snobbery - Upper Crusts |
| For trashing the environment – Dumplings | For being hypercritical - Pan Cakes |
| For the sin of laziness - Any Very Long Loaf | For political skullduggery - Bismarcks |
| | For gambling - Fortune Cookies |
| | For being snappish - Ginger Bread |
| | For davening off tune - Flat Bread |
| | For silliness - Nut Bread |

Tashlich Meditation

Click to play a 15-minute guided
[Tashlich Meditation with Rabbi Eva.](#)

A Personal Tashlich

1. Look for a natural body of water that you can easily access.

Traditionally, *Tashlich* requires that you cast your “sins” into a body of water like a river, spring, lake, pond, or well. We know this may be difficult this year. If you are lucky enough to be near a natural, flowing body of water, it will give the effect of your “sins” being swept away by the current.

If you don’t live near a natural body of water or can’t manage to get to one, you can use running water from a hose or faucet.

It’s acceptable to perform *Tashlich* even if you can see the water only from a distance.

2. Opt for a body of water that has fish living in it if you can.

If you cannot find a body of water with fish, or are not sure if fish are present, you can still perform *Tashlich*. Fish are symbolic for the practice of *Tashlich* for a number of reasons. Most importantly, since fish can sometimes be unintentionally caught in nets, they are symbolic of the human tendency to unknowingly get caught in bad situations.

Jewish tradition teaches that when you cast your “sins” into the water, the fish will protect them because they are hidden under the water.

3. Try performing *Tashlich* on *Rosh Hashanah*.

Traditionally, *Tashlich* is performed on the first or second day of *Rosh Hashanah*. If, however, you’re unable to perform the ceremony on *Rosh Hashanah*, *Tashlich* can be done any day during the Days of Awe until *Yom Kippur*.

4. Examine what you’ve struggled with in the past year before doing *Tashlich*.

Rosh Hashanah is a period of self-introspection, and *Tashlich* is a ritual to review your behavior over the last year before you can cast away your sins. Remember that everyone struggles with misdeeds and accidents, so don’t be afraid to be honest with yourself during this period of review.

5. Take a meditation walk.

After you’ve thought about your actions over the past year, take some time to consider how you can improve in the upcoming year. Many Jews recommend taking a walk and meditating to think of ways you can change your behavior and return to God in the next year. Keep in mind, however, that the goal of *Tashlich* is to move forward in the year, rather than to dwell on the past.

6. Read the passages of *Tashlich*.

The source passage for *Tashlich* comes from the last verses of the prophet Micah (7:18-20). These verses tell why we practice *Tashlich* and will guide your own practice.

Who is a God like You, Forgiving iniquity and remitting transgression; Who has not maintained wrath forever against the remnant of God's own people, Because God loves graciousness, God will take us back in love; God will cover up our iniquities, You will hurl all our sins Into the depths of the sea. You will keep faith with Jacob, loyalty to Abraham, as You promised on oath.

7. Collect your “sins” or mistakes in your pockets.

Consider using bird seed to act as physical symbols of times you have missed the mark. The early rabbis were opposed to the practice of tossing breadcrumbs into the water. Bird seed is a more ecological alternative to tossing bread, which can cause harm to fish and birds.

It is traditional, however, for one to shake out one's pockets.

Some people discourage the tossing of items because it stems from superstitious practices. It can be helpful, however, to visualize the “sins” or mistakes being washed away, especially for young people.

If you're going to a natural body of water, never use paper or other items to represent your misdeeds. These can cause pollution and damage the natural wildlife in the area. It's okay to use paper if you're using a small basin in your home.

8. Walk to the body of water or basin.

As you do, take the time to think about your past year and what you'd like to do better in the upcoming year.

9. Sing, if it feels appropriate. Here are some possibilities:

***Eili, Eili:** Eili, Eili shelo yigamer l'olam. Hachol v'hayam, rishrush shel hamayim, b'rak hashamayim, t'filat ha-adam.*

***Avinu Malkeinu:** Avinu malkeinu, choneinu va-aneinu ki ein banu maasim. Asei imanu tzedakah vachessed v'hoshi-einu.*

10. Offer a prayer about your hopes for the year.

Talk to The Creator out loud (*hitbodedut*) or in your head about your past year and how you plan to do better. Try to be as honest as possible about what has happened during the year and how you want to improve.

If you need help with words, try answering some of these questions:

- Am I using my time wisely?
- Was I there for people who needed me?
- Do my relationships reflect *k'dushah*, holiness?
- The kind deed: did I perform it or postpone it?
- The unnecessary word: Did I say it or hold it back?
- Did I acquire only possessions or did I acquire insights and knowledge as well?
- Did I live fully? If not, how can I deepen my commitment to living more wholly in body, mind, spirit and heart?

11. Cast your “sins” or misdeeds into the body of water. After your prayer, reach into your pockets and grab the seeds or metaphorical “sins,” and throw them into the water. When you let go of them, breathe out and watch them wash away. Only do this when you feel ready. It might take you longer than some other people to prepare for this moment, but don’t feel rushed.

12. Optional Prompts for your walk: My friend, Rabbi Jan Salzman created these cards to take with you on your walk. She has focused on 13 primary soul traits (known as *middot* in the *mussar* tradition) for reflection. I suggest stopping every 5 minutes to take another card and meditate on the question related to each quality.

[Mussar Cards by Rabbi Jan Salzman](#)

Conclusion

B’sefer Chaim – High Holy Day liturgy

*B’sefer chayim brachah v’shalom ufarnasah tovah,
Nizacher v’nicatev lefanecha
Anachnu v’chol amcha, Beit Yisrael (v’chol yoshvey teyvel)
L’chayim tovim, l’chayim tovim, ul’shalom.*

In the Book of Life of blessing and peace,
and great abundance/prosperity,
May we be remembered and may we be written before You;
Us and all Your People Israel (and all people everywhere),
For a good life and for peace and wholeness.

The Shul of New York

KOL NIDRE

5781

Rabbi Eva Sax-Bolder



Achat Sha'alti ~ One Thing I Ask (Ps. 27)

Achat sha'alti me'eit YHVH otah avakesh

Shivti b'veit YHVH, kol y'mei chayyai

Lachazot b'noam YHVH, u'l'vaker b'heikhalo

One thing I ask, I ask of You,
I earnestly pray for
that I may dwell in your house
all the days of my life
knowing the beauty,
the beauty of You,
and to dwell in Your holy place!

Donning our Tallit

Yom Kippur Eve is the only time when we wear a tallit at night. Hold the tallit on either side of the atarah (the decorative collar) and say the blessing. As you finish the last words, kiss the two ends of the atarah and move one hand over the other, swinging the tallit over your head in a circular motion. When your two hands again meet, the tallit is covering your head. Hold it there a moment, experiencing your entry into sacred space and consciousness of the Divine. Then place the tallit on your shoulders.

*Baruch atah, YHVH, eloheinu melech ha'olam, asher
kid'shanu b'mitzvotav v'tzivanu l'hit'atef ba-tzitzit.*

Blessed are You, YHVH our God, Source of all Being, Who sanctifies through the practice of mitzvot and guides us to wrap ourselves in tzitzit.

Entering Sacred Space

Candle Lighting

As we light these candles, we also kindle the lights of our spirits and our hearts. May our observance of Yom Kippur bring light into our lives and into the world.

*Baruch atah YHVH, Eloheinu, Melech ha-olam,
Asher kidshanu b'mitzvotav V'tzivanu l'hadlik ner shel Yom HaKippurim.*

Blessed are You, YHVH, Our God,
Sovereign in all time and space,
You make us holy in connecting,
Calling us to kindle the lights of Yom HaKippurim.

Shehecheyanu

*Baruch atah YHVH eloheinu melech ha-olam
shehecheyanu v'kiy'manu v'higianu lazman hazeh.*

Blessed are You, Eternally Present, our God,
giving us life, sustaining us, and bringing us to this sacred moment.

Kol Nidre Kavannah

*I now prepare to unify my whole self—
Heart ~ mind ~ consciousness ~ body ~ passions
with this holy community, with the Jewish people everywhere
with all people everywhere, with all life and being
to commune with the Source of All Being.
May I find the words, the music, the movements
that will put me in touch with the great light of God.
May the rungs of insight and joy that I reach in my devotion flow
from me to others and fill all my actions in the world.
May the beauty of God rest upon us.
May God establish the works of our hands.
And may the works of our hands establish God. (Rabbi Burt Jacobson)*

Taking out the Torah

We rise or place our hands on our heart as the ark is opened.

Or Zaru'a la'tzadik, ul'yishrei-lev simcha.

Light is sown for the righteous, and joy for those whose hearts are true.

Kol Nidre: Nullifying Vows

Kol nidrei ve'esarei vacharamei, vekonamei vechinuyei, vekinusei ushvu'ot.

Dindarna udishtabana, udacharimna veda'asarna al nafshatana,

miyom kipurim zeh ad yom kipurim haba aleinu letovah,

kulehon icharatna v'hon, kulehon yehon sheran,

shevikin shevitin beteilin umvutalin la sharirin vela kayamin.

Nidrana la nidrei ve'esarana la esarei ushv atana la shevuot.

All the vows, bonds, devotions, promises and obligations, penalties and oaths, which we have vowed, sworn, and devoted ourselves before YHVH, and to take upon ourselves from this Yom Kippur to the next Yom Kippur ~ May it find us well~ We regret them and for all of them, we repent. Let all of them be discarded and forgiven, absolved, released, and annulled. They are not binding, they are not valid. Our vows will not be vows, our resolves will not be resolves, and our oaths will not be oaths.

Assurance of Forgiveness

V'nislach l'chol edat b'nei Yisrael v'lager hager b'tocham,

ki l'chol ha'am bishgagah.

May there be forgiveness for the entire community of Israel and all who live among them, for all the people have sinned. Please forgive the sin of this people in the greatness of Your love, as You have forgiven them since You brought them out of Egypt and to this very day. As it is said in Your Torah:

Vayomer YHVH: salachti kidvarecha

And God said: I forgive you, as you have asked.

Return Again

Return again, return again,
 Return to the land of your soul. (2x)
 Return to who you are, return to what you are,
 Return to where you are born and reborn again. (2x)

Selichot: Prayers for Forgiveness

May our prayer arise this evening,
 May our cry come before You by tomorrow morning,
 May our song be heard by next nightfall.
 May our voices arise this evening,
 May our righteousness be found by tomorrow morning,
 May our redemption be fulfilled by next nightfall.
 May our fast arise this evening,
 May our plea for pardon come by tomorrow morning,
 May our sighs be answered by next nightfall.
 May our search for refuge arise this evening,
 May we submit to You by tomorrow morning,
 May our atonement be granted by next nightfall.
 May our journey to salvation arise this evening,
 May our purest selves come by tomorrow morning,
 May our grace arise within us by next nightfall.
 May our memory arise this evening,
 May our community unite by tomorrow morning,
 May we see Your splendor by next nightfall.
 May our knocking upon Your gates arise this evening,
 May our joyfulness come by tomorrow morning,
 May our search for You be crowned by next nightfall.
 May our weeping arise this evening,
 May it reach You by tomorrow morning.
 May You answer us by next nightfall.

Psalm 93: An Interpretive Translation ~ Rabbi Edward Feld

*Entwined in worlds, enwrapped in glory, You are.
So has It been, and so It is--- eternally You are.
Waves pounding out their song reach up to God from their depths,
For the song of the sea, beaten to the sound of the breakers,
Tells of the God within.
These are proof enough for the faithful ~~ that You are the lord of time.*

Barchu: Call to Community

בְּרַכּוּ אֶת יְהוָה הַמְּבָרֵךְ
בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד

*Barchu et YHVH ha-m'vorakh
Baruch YHVH ha-m'vorakh L'olam va-ed*

Let us bless YHVH, the blessed One.
Let us bless YHVH, the blessed One,
now and forever!

Borei Yom v'Layla

*Borei yom v'layla golel or mipne choshech
Golel or mipneh choshech v'choshech mipne or.*

Creator of day and night, who rolls back light before dark,
and dark before light, who makes day pass away and brings on the night, dividing
between day and night.

Ma'ariv Aravim – Evening Prayer

*Eil chai v'kayam tamid yimloch aleinu l'olam va'ed.
Baruch atah YHVH hama'ariv aravim.*

Living and enduring God, be our guide now and forever.
Blessed are You, YHVH, Who makes evening fall.

Ahavat Olam ~ Eternal Love

*Ahavat olam beit Yisrael am'cha ahavta
Torah u-mitzvot chukim umishpatim otanu limad'ta.*

With eternal love, You love the house of Israel.
Torah and mitzvot, laws and justice You have taught us.

Sh'ma and V'ahavta

Sh'ma: Listen

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
Sh'ma Yisrael YHVH Eloheinu YHVH Echad

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוּתוֹ לְעוֹלָם וָעֶד

Baruch shem k'vod malchuto l'olam va-ed.

Hear, O Israel, YHVH is our God, YHVH is One!
Through Time and Space, Your glory shines, Majestic One!

*V'ahavta et YHVH elohecha
b'chol l'vav'cha u-v'chol
nafsh'cha u-v'chol m'odecha,
V'ha-yu ha-d'varim ha-eileh
asher anochi m'tzav'cha ha-yom
al levavecha. V'shinantam
l'vanecha v'dibarta bam
b'shivt'cha b'veitecha
u-v'lecht'cha va-derech
u-v'shoch'b'cha u-v'kumecha.
U-k'shartam l'ot al
ya-decha v'ha-yu l'totafot bein
einecha. U-ch'tav-tam al-m'zuzot
beit-echa u-vi-sharecha.*

You shall love YHVH your God
with your whole heart,
your whole being and with all your
strength, which I command you this
day. Teach them to your children
and recite them when you are in
your home, when you are away,
when you lie down and when you
rise up. Bind them as a sign upon
your hand, let them be a symbol
before your eyes, Inscribe them on
the doorposts of your house and on
your gates.

~Deuteronomy 6:4

*L'mah'ahn tizk'ru va'ahseetem et
kol mitzvotai vi-hi'yitem k'doshim
laylohaychem. Ani YHVH
Eloheichem asher otsaytee etchem
Mai'erezt mitsrayim li'hi'yot lachem
lay-loheem Ani YHVH Elohachem.
YHVH ELOHAYCHEM EMET.*

Be mindful of all my mitzvot and do
them; then you will become holy to
your God. I am YHVH your God,
Who freed you from oppression
in order to guide you. I am YHVH,
Who is your God.
YOUR GOD IS A TRUE GOD.

Mi Chamocha

Mi chamochah ba-eilim YHVH.

Mi kamochah ne-dar bakodesh.

Nora t'hilot oseh feleh.

Malchut'cha ra-u va-necha bokei-a yam lifnei Moshe u-Miriam.

Zeh eili anu, v'amru: Havayah yimloch l'olam va-eid.

Baruch atah YHVH, ga-al yisra-eil.

Who is like You, YHVH?
Who is like You, holy One of Blessings?
Your children saw Your majesty split the sea before Moses and Miryam.
They said, "This is my God!"
They answered: "YHVH will reign forever and ever."
Blessed are You, Holy One Who reigns over Israel.

Hashkiveinu~ Shelter of Peace

Ufros aleinu Sukkat Shlomecha

Shalom, let there be peace, Salaam.

Spread Your sheltering peace over us.

Hatzi Kaddish

*Yitgadal v'yitkadash shmei raba. B'olma divra chir'uteih, v'yamlich
malchuteih b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael,
ba-agala uvizman kariv, V'imru, **Amen.***

Y'hei shmeih raba m'vorach l'olam ul'olmei olmayah.

*Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnase v'yithadar
v'yit'aleh v'yithalal shmeih d'Kudsha **Brich Hu.***

*L'eila u-l'eila min kol birchata v'shirata, tushb'chata v'nechemata,
da'amiran b'olma, V'imru, **Amen.***

May the Great Name be glorified and made holy in the world God created by divine will. May God's sovereignty be established in your life and days, and the lives of all the House of Israel, speedily and soon, and let us say, **Amen.**

May the Great Name be blessed, in this world and worlds to come.

Blessed and praised, glorified and exalted, extolled and honored, adored and lauded be the Name of the Holy One – Blessed Be! Far beyond all the blessings and hymns, praises and consolations that are ever spoken in the world – and say, **Amen.**

Amidah~ silent prayer

YHVH sefatai tiftach ufi yagid tehilatecha.

Eternal God, open my lips that my mouth may declare Your praise.

Tonight we sit in silence. We ask God to create the possibility of connection, then pledge that we will respond to the opening God facilitates. Meeting God in relationship, then reciprocity, then words. There is no speech without two participants. There is no relationship without another. And there is no prayer unless we stand in our own readiness before the One. ~ Rabbi Bradley Artson

Oseh Shalom

*Oseh shalom bimromav, hu ya'aseh shalom,
aleinu v'al kol Yisrael, mu'al kol yoshvei tevel, v'imru Amen.*

May the One who makes peace in the high heavens make peace for us, for all Israel, and for all who dwell on earth. And let us say: Amen.

B'Sefer Chayyim: In The Book of Life

*B'sefer chayyim, bracha v'shalom, ufarnasah tovah,
N'zacher v'nikatev l'fanecha, anachnu v'chol amcha beit
Yisrael, l'chayyim tovim u'l'shalom.*

In the book of life, blessing and peace and of making a good living, may we be remembered, may we be written before You, Holy One. All of us and all Your people *beit Yisrael* for life, for goodness, and for shalom.

Selichot: Prayers for Forgiveness

*Adon has'lichot, Bochen l'vavot, Golah amukot,
Doveir tz'dakot, Chatanu l'fanecha. Rachem aleinu!*

Master of forgiveness,
Examiner of hearts,
Revealer of depths,
Declarer of righteousness,
We have sinned before You.
Have mercy on us!

The Thirteen Attributes

*YHVH, YHVH, El rachum V'chanun,
erech appayim v'rav chesed ve-emet,
notzeir chesed la-alafim, nosei avon va-fesha v'chata-ah v'nakeich.*

*Yod Hay, Vav Hay, Compassion and Tenderness,
Patience, Forbearance, Kindness, Awareness.
Bearing love from age to age,
Lifting guilt and mistakes and making us free.*

Sh'ma Koleinu - Hear Our Prayer

*Sh'ma koleinu, YHVH eloheinu, chus v'rachem aleinu,
v'kabel rachamim u'v'ratzon et t'filateinu.
Hashiveinu YHVH elecha v'nashuva, chadesh yameinu k'kedem.*

Listen to our voices, YHVH our God.
Have deep compassion for us and accept our prayers with loving kindness.
Return us, YHVH, to You and we will be returned.
Renew our days, as in days of old.

Ki Anu Amecha: We Are Your People

We are Your people,	and You our holy source.
We are Your children,	and You our parent.
We are Your helpers,	and You our guiding spirit.
We are Your body,	and You our designer.
We are Your images,	and You our true essence.
We are Your flock,	and You our shepherd.
We are Your plantings,	and You our gardener.
We are Your creation,	and You our origin.
We are Your companions,	and You our beloved.
We are Your treasure,	and You delight in us.
We are Your people,	and You our sovereign.
We solely favor You,	and You recognize us.

*Ki anu amecha ve'atah Eloheinu. Anu vanecha ve'atah avinu.
 Anu avdecha, ve'atah adoneinu. Anu kehalecha, ve'atah chelkeinu.
 Anu nachalatecha, ve'atah goraleinu. Anu tzonecha, ve'atah ro'einu.
 Anu charmecha, ve'atah notreinu. Anu fe'ulatecha, ve'atah yotzreinu.
 Anu rayatecha, ve'atah dodeinu. Anu segulatecha, ve'atah keroveinu.
 Anu amecha, ve'atah malkeinu. Anu ma'amirecha, ve'ata ma'amireinu.*

Vidui

*Ashamnu: We have hurt others.
 Bagadnu: We have betrayed people who trusted us.
 Gazalnu: We have stolen people's money, time or goodwill.
 Dibarnu dofi: We have used words as weapons.
 He-evinu: We have led others to wrongdoing.
 V'hirshanu: We have encouraged others to commit wrong.
 Zadnu: We have refused to admit our mistakes.
 Chamasnu: We have manipulated other people.
 Tafalnu sheker: We have preferred lies rather than truth. lailailai
 Ya'aztnu ra: We have set bad examples.
 Kizavnu: We have lied.
 Latznu: We have demeaned others.
 Maradnu: We have created drama.
 Ni-atznu: We have lost integrity.
 Sararnu: We have debased ourselves.
 Avinu: We have been untruthful to get what we want. lailailai*

Ashanu: We have ignored the needs of others.

Tzararnu: We have violated other people's boundaries.

Kishinu oref: We have hurt ourselves and others.

Rashanu: We have been violent.

Shichatnu: We have let our impulses rule us.

Ti-avnu: We have degraded ourselves.

Ta-inu: We have lost our way.

Ti-tanu: We have led others astray.

laililai

Al Cheyt

Have we made time for ourselves?

Have we taken our health for granted?

Have we let our fears win? Have we said, "Thank you?"

Have we been deaf to voices telling us unpleasant truths?

V'al kulam elochah slichot: S'lach lanu, m'chal lanu, kapper lanu.

For all of these—God of forgiveness— forgive us, pardon us, grant us atonement.

For our failures of truth, for our failures of love, for our failures of justice, we ask forgiveness and the ability to overcome them.

Have we made time for those who need us?

Have we talked of others' failings behind their backs?

Have we prevented others from showing their strengths?

Are we clinging to grudges?

V'al kulam elochah slichot: S'lach lanu, m'chal lanu, kapper lanu.

For all of these—God of forgiveness— forgive us, pardon us, grant us atonement.

For our failures of truth, for our failures of love, for our failures of justice, we ask forgiveness and the ability to overcome them.

Have we hardened our hearts in indifference, in presumed helplessness?

Have we forgiven in others what we condemn in Jews?

Have we forgiven in Jews what we condemn in others?

Have we stood up publicly for our principles?

For all of these—God of forgiveness— forgive us, pardon us, grant us atonement.

Avinu Malkeinu

Avinu Malkeinu, hear our prayer.

Avinu Malkeinu, we have sinned before You.

Avinu Malkeinu, have mercy on us and on our children.

Avinu Malkeinu, rid us of sickness, sword, hunger, destruction.

Avinu Malkeinu, rid us of persecution.

Avinu Malkeinu, inscribe us in the book of a good life.

Avinu Malkeinu, renew us; renew us for a good year.

Avinu malkeinu, chaneinu va'aneinu (2x) ki ein banu ma'asim

Asei imanu, tz'dakah va'chesed (2x) v'hoshi-einu.

Avinu Malkeinu, be gracious, answer us, for we have no deeds within us.

Treat us generously and with kindness, and be our help.

Aleinu: It is Upon Us

*Aleinu l'shabe'ach la'adon
hakol, latet gedulah l'yotzer
breshit. Shelo asanu k'goyei
ha'artzot, v'lo samanu
k'mishpachot ha-adamah.
Shelo sam chelkenu kahem,
v'goralenu k'chol hamonam.*

It is up to us to praise the Source of all, to exalt the Creator of all. We are made for God like all nations. We are placed here for God like all humanity. Our portion and fate are for God's sake.

*Va-anachnu korim, umishtachavim
u-modim, lifnei melech malchei
ham'lachim, hakadosh baruch hu.*

We bow low and prostrate in thanks before the Source of all sources, the Holy One, blessed is God. God sets the heavens and establishes the earth. God's presence is in the heavens of hope.

*Shehu noteh shamayim v'yosed
aretz, u-moshav yekaro
bashamayim mima'al, uschinat uzo
b'gavheh meromim. Hu eloheinu,
ein od. Kakatuv b'toratecha, YHVH
V'ne-emar, v'haya YHVH l'melech
al kol ha-aretz. Bayom hahu yihyeh
YHVH echad, ushmo echad. Ein
od!*

As it is written in God's sacred teaching: "You shall know this day and place upon your heart that YHVH is God in Heaven above and earth below; There is none else." Then will God's realm be established, and these words fulfilled: "YHVH will reign forever and ever. On that day, God shall be One, and God's name shall be One." There is nothing else!

Mourner's Kaddish: Kaddish Yatom

Grant that the memories of those who have gone before us be a source of strength for all. May the souls of our departed find peace in Your sheltering care, and may we all be blessed with peace, tranquility, and the fullness of life.

Yitgadal v'yitkadash, shmeh rabah.

B'alma divra chiruteh, v'yamlich malchuteh

b'chayyeichon u'v'yomeichon u'vchayyei d'chol beit Yisrael.

*Ba'agala u-vizman kariv v'imru **Amen.***

Y'hei sh'mei raba m'varakh l'olam ol'almey almaya.

Yitbarach v'yishtabach, v'yitpa'ar v'yit-romam v'yit-naseh.

V'yithadar v'yitaleh v'yithallal shmeh d'kud'sha b'rich hu.

L'eyla u'leyla min kol birchata v'shirata,

*tushbechata v'nechemata, damiran b'alma, v'imru **Amen.***

*Y'hei shlama raba min shemaya v'chayyim tovim aleinu v'al kol Yisrael, v'imru **Amen.** Oseh shalom bimromav, hu ya'aseh shalom, aleinu v'al kol yisrael, v'al kol yoshvei tevel, v'imru **Amen.***

Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen. Forever may the Great Name be blessed! Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, beyond all the blessings and songs, comforts and consolations that can be offered in this world. And let us say: Amen.

May our prayers, and the prayers of the entire community, be accepted before You, our Parent. May there be peace and life, great peace and life from heaven above for us and all Israel. And let us say, Amen! May the One who makes peace in the high heavens make peace for us, for our whole community, and for all the peoples of the world. And let us say: Amen.

May the One who brings harmony on high, make peace for us and for all Israel and to all who dwell on earth. And let us say, Amen!

Gesher Tzar Meod~ The World is a narrow place

*Kol ha-o-lam ku-lo gesher tzar me'od
V'ha-i-kar lo l'fached klal*

The whole world is a narrow bridge and the important thing is not to be afraid.



The Shul of New York
Yom Kippur Service

5781

Rabbi Eva Sax-Bolder



Return Again *R' Shlomo Carlbach*

*Return again, return again,
Return to the land of your soul. (2x)
Return to who you are, return to what you are,
Return to where you are born and reborn again. (2x)*

Mah Tov

Mah Tov uha'lecha Yaacov, mishkenotecha Yisrael

Vaani b'rov chasd'cha avo veitecha

*How beautiful are your tents, Jacob, Your
dwelling places, Yisrael.*

*In Your great love, let me enter Your house
To pray with awe in Your holy place.*

Modah Ani~ I am grateful

*Modeh/modah ani l'fanecha,
ruach chai v'kayam,
shehechezarta bi nishmati b'chemlah.
Raba emunatecha.*

*I am grateful before You, living and enduring God.
You have restored my soul to me.
Great is Your faithfulness!*

Elohai Neshama - Pure Soul

Elohai neshamah shenatata bi t'horah hi!

O my God, the soul You have placed in me is pure.

Ashrei

Ashrei yoshvei veitecha od y'hallelucha selah

Happy are they who dwell in Your house; They will praise You forever!

Morning Blessings

Blessed are You, Source of Distinction, Life of all Dimensions, who has given me understanding to see differences clearly, as between day and night.

*Blessed are You, eternal our G-d, Ruler of the Universe,
Who has made me a God-Wrestler, with an enriching heritage?*

Blessed are You, Source of Freedom, Life of the Worlds, Who has made me free, with the ability to choose.

Blessed are You, Our ultimate Creator, Who has made me in Your Image, with unlimited potential.

Blessed are You, Source of Vision, Who opens the eyes of the blind, providing sight and insight.

Blessed are You, Enclothed One, Our G-d, You clothe the naked, providing shelter and boundaries.

Blessed are You, Boundless One, Who liberates the bound, and guides us as we cross the Sea towards our redemption.

Blessed are You, Source of Healing, who straightens the bent, removing whatever pushes us down.

Blessed are You, Open One, who establishes the rhythms of our body and our world.

Blessed are You, Great Provider, Who has provided me with skills and tools enabling me to meet all my needs.

Blessed are You, Heroic One, Who guides my steps, helping me walk on my intended path.

Blessed are You, Great Power, who girds me with courage and strength, enabling me to overcome all obstacles.

Blessed are you, Creator of Beauty, who has crowned me with dignity and glory, balancing strength with beauty.

Blessed are You, Source of Strength, who strengthens the weary, staying with us even when we are exhausted.

Blessed are You, Awakened One, who removes sleep from my eyes, and confusion from my mind.

Blessed are You, Holy One, with arms stretched wide open, who remembers your covenant of the rainbow, our symbol of diversity and Life.

HalleluYAH ~psalm 150

*Hallelu! Hallelu El bikodsho, halleluhu birkiyah uzo.
Halleluhu bigvurotav, halleluhu kirov gudlo.
Halleluhu biteika shofar, halleluhu bineivel vichinor.
Halleluhu bitof umachol, halleluhu biminim viugav.
Halleluhu bitziltzilei shama, halleluhu bitziltzilei tiruah.
Kol HaNeshama Tehallel Yah. Halleluyah!*

Halleluyah! Praise God in the sanctuary!
Praise God in the powerful heavens.
Praise God for the mighty deeds,
Praise God for infinite greatness.
Praise God with the shofar call,
Praise God with harp and lyre,
Praise God with drum and dance,
Praise God with flute and strings.
Praise God with crashing cymbals,
Praise God with resounding cymbals.
Let every breath of life praise YHVH. Halleluyah!

Barcheinu Avinu ~ R Shlomo Carlbach

*Barcheinu avinu kulano k'echad,
Kulanu k'echad b'or panecha. (x2)
Barcheinu avinu kulano k'echad
B'or, b'or, b'or panecha. (x2)*

Bless us all together – Creator, Protector,
Bless us all forever with radiance and grace.

Barchu: Call to Community

בְּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ
Barchu et YHVH hamevorah

בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד
Baruch YHVH ha'mevorach l'olam va'ed.

Let us bless YHVH, the blessed One.
Let us bless YHVH, the blessed One, now and forever!

Ahavah Rabah! The Great Love

Ahavah rabah
ahavtanu
YHVH Eloheinu

Unending love You have loved us YHVH our God!

Shema~Listen

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
Sh'ma Yisrael YHVH Eloheinu YHVH echad!

Baruch sheim k'vod malchuto l'olam va'ed!

Hear, O Israel -- YHVH is our God -- YHVH is One.
Through time and space Your glory shines forever now.

V'ahavta~ Love YHVH

*V'ahavta et YHVH elohecha, b'chol l'vavcha, uv'chol nafshecha, uv'chol me'odecha.
V'hayu ha-d'varim ha-eileh, asher anochi m'tzav'cha hayom, al l'vavecha.
V'shinantam l'vanecha, v'dibarta bam b'shiv't'cha b'veitecha, uv'lech't'cha vaderech
uv'shochb'cha uv'kumecha. Ukshartam l'ot al yadecha, v'hayu l'totafot bein
einecha, uch'tavtam al m'zuzot beitecha uvisharecha.*

Love YHVH your God with all your heart, with all your soul, with all your being. Place these words that I command you this day upon your heart. Teach them faithfully to your generations. Speak of them at home and on your way, when you lie down and when you rise up. Write them on the doorposts of your house and on your gates.

*L'ma'an tizk'ru va'asitem et kol mitzvotai v'hyitem k'doshim l'Eloheichem.
Ani YHVH Eloheichem asher hotzeiti etchem me'erezt Mitzrayim
lihiyot lachem l'Elohim. Ani YHVH Eloheichem.*

So you will be mindful and actualize My mitzvot and be holy to your God.
I am YHVH your God, Who brought you out of the land of Egypt
in order to be your God. I am YHVH your God!

יְהוָה אֱלֹהֵיכֶם אֱמֶת

YHVH eloheichem emet.

Your God is a true God!

Mi Chamocha

*Mi chamocha ba'eilim YHVH,
mi kamocha nedar bakodesh,
nora tehilot oseh feleh.*

Who is like You among all that we worship?
Who is like You, cloaked in holiness, bewildering in praises, maker of mystery?

*Tzur Yisrael kumah b'ezrat Yisrael, ufdei chinumecha
y'hudah v'Yisrael. Go'aleinu YHVH tz'va'ot shemo, k'dosh
Yisrael. Baruch atah YHVH ga'al Yisrael.*

Rock of Israel, rise to the aid of Israel!
Redeem us as You have promised.
We know you as the God of hosts; sanctify us.
Blessed are You, Who redeems Your people Israel.

HaT'filah~ Residing in the Presence

Adonai sefatai tiftach ufi yagid tehilatecha.

YHVH, open up my lips that my mouth may declare Your praise.

*Make every effort to pray from the heart. Even if you do not succeed, the effort is
precious in the eyes of the Eternal One. ~ Rabbi Nachman of Breslov*



*Prayer takes the mind out of the narrowness of self-interest and enables us to see
the world in the mirror of the holy. ~ Rabbi Abraham Joshua Heschel*

Avot v'Imahot – God of our Ancestors

*Baruch atah YHVH Eloheinu V'Elohei avoteinu v'imoteinu,
Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov;
Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Elohei Leah,
HaEl hagadol hagibor v'hanora El elyon, gomeil chasadim tovim v'koneih hakol
v'zocheir chasdei avot v'imahot, umeivi goeil livnei v'neihem l'maan sh'mo
b'ahavah*

Blessed are You, our God and God of our ancestors,
God of Abraham, God of Isaac, God of Jacob;
God of Sarah, God of Rebecca, God of Leah and God of Rachel;
The great, mighty, and exalted God, Dynamic in Power, inspiring awe, God sublime,
Who does deeds of loving kindness, Who is the Source of all, and Who remembers
the loving deeds of our ancestors. You, Who lovingly brings redemption to their
children's children for Your name's sake.

Zochreinu l'chayim - Remember Us for Life

*Zochreinu l'chayim melech chafeitz bachayim, v'kotveinu b'sefer ha-chayyim
l'ma'ancha Elohim chayyim. Melech ozeir u-moshia umagen.
Baruch Atah YHVH, magein Avraham v'ezrat Sarah.*

Remember us for life, creator Who delights in life,
and inscribe us in the book of life for Your own sake, O God of life.
Ruler, helper, redeemer, and protector! Blessed are You, YHVH,
Abraham's shield and Sarah's strength.

God's Power

*Atah gibor l'olam YHVH, mechayeh meitim atah rav l'hoshia. Morid hatal.
Mechalkeil chayim b'chesed, m'chayeih meitim b'rachamim rabim,
Someich noflim, v'rofei cholim, umatir asurim, um'kayeim emunato lisheinei afar.
Mi chamocha baal g'vurot? Umi domeh lach?
Melech meimit um'chayeih, umatzmiach y'shuah.
Mi chamocha av harachaman, zocheir y'tzurav l'chayyim b'rachamim.
V'ne-eman atah l'hachayot meitim. Baruch atah YHVH, m'chayeih hameitim.*

You are our eternal strength, Our God. Your saving power gives life that transcends
death. You bring the dew of the field. You sustain the living with kindness, in Your
great mercy You bestow eternal life. You support the fallen, heal the sick, and free
the captive. You keep Your faith with us beyond life and death. There is none like
You, our source of strength, the ruler of life and death, the source of our redemption.
Merciful God, Who compares with You? With tender compassion You remember all
creatures for life. Our faith is with You, the God Who brings eternal life.
Blessed are You, Wellspring of Blessing, Who gives and renews all of life.

Kedusha~ Holiness

N'kadeish et shimcha baolam, k'shem sh'makdishim oto bishmei marom.

Kakatuw al yad neviecha v'kara zeh el zeh v'amar:

Kadosh, kadosh, kadosh YHVH Tz'vaot, m'lo chol ha-aretz k'vodo.

Adir adireinu, YHVH adoneinu, mah adir shimcha b'chol ha'aretz.

Baruch k'vod YHVH mimkomo!

We sanctify Your name in the world, just as Your name is sanctified on high.

As is written in the words of Your prophet, the angels call one to another, saying:

Holy, holy, holy is YHVH of hosts - all the earth is full of God's glory!

Wondrous of all wonders, YHVH our strength, how majestic is Your name in all the earth. Blessed is YHVH's glory wherever God dwells!

Kedushat HaShem: God's Holiness: Awe, Honor and Righteousness

What is the purpose of our prayers? Connection with the past; the expression of hopes for the future, a moment of personal transcendence and clarity; a strong bond with a community that shares our values and sings the melodies we cherish; these are all worthy reasons to pray. But on this holy day, our worship has another dimension. Embedded in Jewish tradition is the idea that the essential purpose of prayer on Rosh HaShanah is the sanctification of God's name.

What does it mean to sanctify God's name? On the simplest level, Jews perform this act by saying "Kadosh, kadosh, kadosh~holy, holy, holy" (Isaiah 6:3) of the great prayer called the *K'dushah*. During the *Kedushah*, we recite 3 prayers starting with 'u'vechein, and so.' We sanctify God by showing awe and reverence for all creation, giving honor and respect to all people, and embodying righteousness in all we do.

Awe-inspiring is Your creation, All-encompassing Your transcendent name.

U'vechein~ and so we will revere You, the One who gives life to the world, by dedicating: power and faith, understanding and blessing, greatness and pride, knowledge and speech, splendor and magnificence, counsel and truth, luster and brilliance, vigor and might, purity and order, unity and awe, sovereignty and honor, wisdom and fascination, dominion and sovereignty, beauty and permanence, greatness and sublimity, strength and humility, redemption and glory, esteem and righteousness, holiness and calling, elevation and exultation, song and praise, Adoration and grandeur . . . to the One who gives life to the world.

U'vechein~ And so, let all crown You, Sovereign, the ultimate arbiter of justice, who probes all hearts on the Day of Judgment, and reveals what is hidden, with justice, who upholds those who trust wholeheartedly in the Divine, on the Day of Judgment.

U'vechein~ And so, now may our sanctification rise up to You, for You, our God, are a forgiving and merciful sovereign. We revere You with the mystic language of the heavenly chorus who sanctify Your name in Your holy realm, as in Isaiah's vision:

Kadosh, kadosh, kadosh, YHVH tzva'ot, m'lo chol ha-aretz k'vodo.

Holy, Holy, Holy is YHVH Tz'va'ot, the whole world is filled with your glory! God's glory fills the Universe. As one angelic chorus asks, "Where is the place of God's glory?" and another replies:

Baruch kavod YHVH mi-m'komo.

"Praise is YHVH's glory wherever God dwells."

Kedushat HaYom ~ This Holy Day

Atah v'charta mi kol ha-amim. Ahavta otanu v'ratzita banu.

V'romam'tanu mikol ha-l'shonot. V'kidashtanu b'mitzvotcha.

V'keravtanu malkeinu l'avodatecha. V'shimcha hagadol v'ha-kadosh aleinu karata.

Vatiten lanu YHVH eloheinu b'ahavah et-yom haKippurim

hazeh lim'chilah v'lis'lichah ul'chaparahu'lim'chal bo et kol avonoteinu.

You chose us, with love, to be messengers of mitzvot; and through us made known Your aspirations. Among all the great nations, You uplifted us and made Yourself our Sovereign~

With love, we have been given this Day of Remembering, a day of holy gathering reminding us of our liberation from the straits of enslavement.

M'chol – Forgive

Eloheinu v'elohei avoteinu, m'chol l'avonoteinu b'yom ha-Kippurim hazeh.

M'cheih v'ha'aver p'sha'einu v'chatoteinu mineged einecha. Ka'amur Anochi Anochi

hu mocheh f'sha'echa l'ma'ani v'chatotecha lo ezkor. V'ne'emar Machiti cha'av

f'sha'eicha v'che'anan chatoteicha shuva eilai ki k'alticha.

V'ne'emer etchem mikol chatoteichem lifnei YHVH titharu.

Our God and God of our generations, pardon our iniquities on this Day of Atonement. Erase our transgressions and sins from before Your eyes. As Isaiah said in Your name: "It is I who blots out your transgressions for My own sake; and your sins, I will not recall." And it is said, "I have swept away like a thick cloud your transgressions, and like a mist your sins dissolve into air; return to Me, for I have redeemed you." As You said to Moses, "For on this day atonement shall be made for you to purify you from all your wrongs. And pure you shall be in the presence of YHVH.

Kadesheinu~ Sanctify Us

Eloheinu v'elohei avoteinu, kadsheinu b'mitzvotcha v'tein chelkeinu b'toratecha sabeinu mituw'cha v'samcheinu b'y'shuatecha. V'taher libeinu l'ovdecha b'emet ki Atah solhaan l'Yisrael Elohim emet ud'var'cha emet v'kayan la-ad. Baruch atah YHVH melech al kol ha-aretz m'kadesh Yisrael v'yom HaZikaron.

Our God and God of our generations help us make ourselves holy with Your mitzvot; give us a portion of Your Torah's sweetness; grant us Your goodness, help us rejoice in Your salvation, and to rest as befits Your people who yearn to sanctify Your name. Help us to serve you with a pure heart for You are the Forgiver of Israel. Blessed are You our God, Who sanctifies the people Israel on the Day of Atonement.

Avodah~ Our Offering

R'tzeih YHVH eloheinu b'amcha Yisrael uv't'filatam, v'hashev et ha-avodah lidvir beitecha v'ishei Yisrael, utfilatam b'ahavah t'kabel b'ratzon u-t'hi l'ratzon tamid avodat Yisrael am'cha. V'techezeina eineinu b'shuv'cha l'Zion b'rachamim. Baruch atah YHVH ha-machazir Shechinato l'Zion.

May it be Your will, YHVH our God, that You accept our rest and take pleasure in our prayers. Accept the service of our hearts and our lips which we mean to offer in love. May the offerings of our hearts always bring You joy in Your people. May Your presence return to Zion speedily and with compassion. Blessed are You, YHVH, Whose presence returns to Zion and fills all creation.

Hoda'ah~ Thanksgiving

Modim anachnu lach she'atah hu YVH eloheinu v'elohei avoteinu l'olam vaed tzur chayyeinu magen yisheinu Atah hu l'dor vador nodeh l'cha un's'aper t'hilatecha al chayyeinu ha-m'surim b'yadecha v'al nishmoteinu ha-p'kudot lach v'al nisecha sheb'chol yom imanu v'al niflotecha v'tovotecha she'b'chol et, erev v'voker v'tzohoraim, hatov ki lo chulo rachamecha v'ham'rachem ki lo tamu chasidecha, m'olam kivinu lach. V'al kulam yitbarach v'yitromam shimcha malkeinu tamid l'olam vaed. V'chatuv l'chayyim tovim kol b'nei britecha. V'chol hachayyim yoducha selah, v'y'hallelu et shimcha b'emet, ha-el y'shuateinu v'ezrateinu selah. Baruch atah YHVH, hatov shimcha u'l'cha naeh l'hodot.

We are grateful before You, that You are our God and God of our generations, forever. You are the rock of our lives, the shield of our salvation; You, only You, from generation to generation we sing praises. You hold us; for our souls of which You take daily account; for all of the miracles which You perform for us, and all of the wonders and goodness which You bring forth in every era and in every day, evening and morning and afternoon; for the goodness of Your compassion; for all of these things we could never thank You enough. For all of these we bless and elevate Your name, our Sovereign and Source, forever and ever. And we thank You for inscribing us into the book of life. All that lives praises Your name in truth, our God and our help. Blessed are You, YHVH, for Your goodness and for the many wonders which merit our thanks.

Shalom~ Peace

Sim Shalom tovah u'vracha chein v'chesed v'rachamim, aleinu v'al kol Yisrael amecha. Barchenu avinu kulanu k'echad b'or panecha, ki b'or panecha natata lanu, Adonai eloheinu, Torat chayim v'ahavat chesed, u'tzedakah u'vracha v'rachamim v'chayyim v'shalom v'tov b'einecha l'varech et amcha Yisrael b'chol eit u'vchol sha'ah bishlomecha.

Let there be peace, grant goodness, blessing, grace, lovingkindness and compassion for us and for all Your people. Your path has shown us a holy way for living: Devotion to love, generosity, blessedness, mercy, life and peace. In Your goodness, bless your people Israel with peace at all times.

*B'sefer chayyim, bracha v'shalom, ufarnasah tovah,
N'zacher v'nikatev l'fanecha, anachnu v'chol amcha Beit Yisrael,
l'chayyim tovim u'l'shalom.*

May we and the whole family of Israel be remembered and inscribed in the Book of Life. May it be a life of goodness, blessing, and prosperity! May it be a life of peace.

Selichot~ Prayers of Forgiveness

Adon has'lichot,

Bochen l'vavot,

Golah amukot,

Doveir tz'dakot,

Chatanu l'fanecha. rachem aleinu!

Hadur baniflaot,

Vatik b'nachamot,

Zocheir b'rit avot,

Chokeir k'layot,

Chatanu l'fanecha. Rachem aleinu!

Tov umeitiv labriot,

Yodei'a kol nistarot,

Koveish avonot,

Loveish tzedakot,

Chatanu lefanecha. Rachem aleinu!

Master of forgiveness,
 Examiner of hearts,
 Revealer of depths,
 Declarer of righteousness,
 We have sinned before You.
 Have mercy on us!
 The One who dwells in wonders,
 Ancient One of mercy,
 Who remembers our ancestors' covenant
 And examines inward parts,
 We have sinned before You.
 Have mercy on us!
 The One who is good and benefits all life,
 Who knows all that is hidden,
 Subduer of transgressions,
 Wrapped in righteousness,
 We have sinned before You.
 Have mercy on us!

The Thirteen Attributes

*YHVH, YHVH, El rachum v'chanun, erech apayim,
 v'rav chesed v'emet, notzeir chesed la'alafim, nosei avon,
 vafesha, vechata'ah, venakeih.*

YHVH, YHVH, God of mercy and grace, patient, loving and faithful,
 Who extends love to the thousandth generation, forgiving
 transgression, rebellion and sin, and granting pardon.

Sh'ma Koleinu - Hear Our Prayer

*Sh'ma koleinu, YHVH eloheinu, chus v'rachem aleinu,
 v'kabel rachamim u'v'ratzon et t'filateinu.
 Hashiveinu YHVH elecha v'nashuva, chadesh yameinu k'kedem.*

Hear our voice, YHVH our God.
 Be merciful with us and accept our prayer.
 Return us, YHVH, to You and we will be returned.
 Renew our days, as in days of old.

Anu Amecha~ We Are Your People

Ki anu amecha v'atah Eloheinu.
Anu v'anecha v'atah avinu.
Anu avdecha, v'atah adoneinu.
Anu kehalecha, v'atah chelkeinu.
Anu nachalatecha, v'atah goraleinu.
Anu tzonecha, v'atah ro'einu

We are Your people,	and You our holy source.
We are Your children,	and You our parent.
We are Your helpers,	and You our guiding spirit.
We are Your body,	and You our designer.
We are Your images,	and You our true essence.
We are Your flock,	and You our shepherd.
We are Your plantings,	and You our gardener.
We are Your creation,	and You our origin.
We are Your companions,	and You our beloved.
We are Your treasure,	and You delight in us.
We are Your people,	and You are our sovereign.
We solely favor You,	and You recognize us.

Ki anu amecha ve'atah Eloheinu. Anu vanecha ve'atah avinu. (x2)

Vidui

Our God and God of our ancestors,
 accept our prayer and do not hide from us.
 We are not so hard-hearted and stiff-necked to say
 before You, YHVH, that we are wholly righteous and pure.
 Rather, we confess that we have sinned.

Ashamnu: We have hurt others.

Bagadnu: We have betrayed people who trusted us.

Gazalnu: We have stolen people's money, time or goodwill.

Dibarnu dofi: We have used words as weapons.

He-evinu: We have led others to wrongdoing.

V'hirshanu: We have encouraged others to commit wrong.

Zadnu: We have refused to admit our mistakes.

Chamasnu: We have manipulated other people.

Tafalnu sheker: We have preferred lies rather than truth.

Ya'aztnu ra: We have set bad examples.
Kizavnu: We have lied.
Latznu: We have demeaned others.
Maradnu: We have created drama.
Ni-atznu: We have lost integrity.
Sararnu: We have debased ourselves.
Avinu: We have been untruthful to get what we want.

Pashanu: We have ignored the needs of others.
Tzararnu: We have violated other people's boundaries.
Kishinu oref: We have hurt ourselves and others.
Rashanu: We have been violent.
Shichatnu: We have let our impulses rule us.
Ti-avnu: We have degraded ourselves.
Ta-inu: We have lost our way.
Ti-tanu: We have led others astray.

Avinu Malkeinu

Avinu Malkeinu/Imeinu Malkateinu help us to grow when life is hard.
Avinu Malkeinu/Imeinu Malkateinu teach us to accept what we must.
Avinu Malkeinu/Imeinu Malkateinu teach us to change what we must.

Avinu Malkeinu/Imeinu Malkateinu
 Our Beacon, our Light, give us courage to be engaged citizens.
 Our Protection, our Presence, teach us to help those who suffer.
 Our Source and our Wisdom, show us how to live with compassion.
 Our Guide and our Truth, let us return, fully and completely.

Avinu Malkeinu/Imeinu Malkateinu
 Our Beacon, our Light, let us write our names in the Book of Life.
 Our Protection, our Presence, help us make room for what is next.
 Our Source and our Wisdom, listen to our aspirations.
 Our Guide and our Truth, teach us how to be fully present in this moment.

*Avinu malkeinu, chanenu va'anenu,
 Imeinu malkateinu, chanenu va'anenu ki
 ein banu ma'asim,
 Aseh imanu tzedakah vachessed v'hoshienu.*

Avinu Malkeinu, be gracious, answer us, for we have no deeds within us. Treat us generously and with kindness, and be our help.

*Let there be peace: Grant goodness, blessing and grace,
 Constancy and compassion to us and all Israel, Your people.*

Torah service



Ein kamocha va'Elohim, YHVH, ve'ain kema'asecha.

Malchutecha malchut kol olamim umemshaltecha bechol dor vador.

YHVH melech, YHVH malach, YHVH yimloch le'olam va'ed.

YHVH oz le'amo yitein, YHVH yevareich et amo vashalom.

There is none like You among the gods, YHVH, and there are no deeds like Yours. You are sovereign over all worlds, and Your dominion is in all generations. YHVH reigns, YHVH has reigned, YHVH will reign forever and ever! YHVH will give strength to our people; YHVH will bless our people with peace.

Av harachamim, heitivah virtsonecha et tziyon. Tivneh chomot

Yerushalayim. Kee vecha levad batachnu, melech Eil ram venisa, adon olamim.

Source of mercy: favor Zion with Your goodness; rebuild Jerusalem. In You alone do we trust, God of space and time.

Vayehi binso'a ha'aron vayomer Mosheh,

Kumah YHVH, veyafutsu oyvecha, veyanusu mesanecha mipanecha.

Kee mitsiyon teitsei Torah, udvar YHVH mirushalayim.

Baruch shenatan Torah, le'amo Yisrael bikdushato.

When the ark would go forth, Moshe would say:

Arise, YHVH, and scatter enmity; those who hate You will flee before You. From Zion Torah goes forth, and the words of YHVH from Jerusalem. Blessed are You, Who gives Torah to Your people Israel in holiness!

Va'ani tefilati, YHVH, YHVH eit ratzon.

Elohim b'rov chasdecha, aneini, aneini, be'emet yish-echa.

I am Your prayer before You, YHVH. May my words reach you in good time. In Your great mercy, answer me with Lovingkindness and Truth.

*YHVH, YHVH, El Rachum V'chanun,
Erech appayim v'rav chesed ve-emet,
notzeir chesed la-alafim,
nosei avon va-fesha v'hatta-ah v'nakeich.*

Yod Hay, Vav Hay, Compassion and Tenderness,
Patience, Forbearance, Kindness, Awareness.
Bearing love from age to age,
Lifting guilt and mistakes and making us free.

Sh'ma Yisrael, YHVH eloheinu, YHVH echad.

Echad eloheinu, gadol adoneinu, kadosh v'nora sh'mo.

Gadlu l'YHVH iti, u'n'romemah sh'mo yachdav.

Hear, O Israel; Adonai is our God; Adonai is One.
One is our God, great, holy, and awesome!
Magnify God with me, and together let us elevate the Name.

*Lecha YHVH hagedulah vehagevurah vehatiferet
vehaneitsach vehahod, kee chol bashamayim uva'arets.
Lecha YHVH hamamlachah vehamitnasei lechol lerosh.*

*Romemu YHVH Eloheinu, vehishtachavu lahadom
raglav kadosh hu. Romemu YHVH Eloheinu
vehishtachavu lehar kodsho kee kadosh YHVH Eloheinu.*

Blessing before Torah

Barchu et YHVH hamevorach!

Baruch YHVH hamevorach le'olam va'ed!

*Baruch atah YHVH Eloheinu melech ha'olam,
asher bachar banu mi kol ha-amim venatan lanu et
Torato. Baruch atah YHVH, notein ha-Torah.*

Holy One of Blessing, Your presence fills creation. You have chosen us along with all peoples to receive Your Torah. Blessed are You, YHVH, Giver of the Torah.

Torah Reading Leviticus: Acharei Mot

Alliyah 1: 16: 1-3

Alliyah 2: 16: 4-8

Alliyah 3: 16: 9-11

Blessings after Torah

Baruch atah, YHVH, eloheinu melech haolam.

Asher natan lanu Torat emet, v'chayyei olam nata b'tocheinu.

Baruch atah, YHVH, notein haTorah!

Holy One of Blessing, Your Presence fills creation. This Torah is a teaching of truth, and from it comes eternal life for the people who embrace it. Blessed are You, YHVH, Giver of the Torah.

Mi Sheberach~ Prayers for Healing

YHVH, open my lips that my mouth may declare your praise.

As those who came before us were blessed

in the presence of the communities that sustained them,

so we offer our blessings for those among us in need of healing.

May each of those we pray for have comfort and relief

in the healing of body and mind,

and may each one return in time

to health and wholeness and strength.

Mi shebeirach avoteinu v'imoteinu, yivarech et hacholim.

Lizkor l'refuah sheleimah.

May the One who blessed our fathers: Abraham, Isaac, and Jacob,

and our mothers: Sarah, Rebecca, Rachel, and Leah,

cause healing for those who are ill.

Remember for complete healing. ---

May the Holy One Bless this holy congregation and all who are with us in spirit.

Heal their bodies, their spirits, and send blessing and prosperity

to all the works of their hands, as well as to all Israel,

our brothers and sisters everywhere, and let us say, amen.

Mi shebeirach by Debbie Friedman z"l

*Mi shebeirach avoteinu
M'kor hab'racha l'imoteinu
May the Source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
and let us say, Amen.*

*Mi shebeirach imoteinu
M'kor habrachah l'avoteinu
Bless those in need of healing with r'fuah sh'leimah,
The renewal of body, the renewal of spirit,
And let us say, Amen.*

Birkat HaGomel

In our tradition, we have a special prayer referred to as *Birkat HaGomel*, the Blessing of Thanksgiving. One is called to recite this prayer when they have recovered from a serious illness or survived a life-threatening crisis.

*Baruch Ata YHVH, eloheinu melech ha-olam,
ha-gomel l'chayyavim tovot, she-g-malani kol tov.*

Blessed is the One, Ruler of Time and Space, who bestows goodness on us despite our imperfections, and who has treated me so favorably.

Mi She-ga-mal-cha tov, hu yig-mal-chal kol tuv se'lah.

May the One who has shown such favor to you continue to bestow all that is good upon you, Selah!

V'zot ha-Torah asher sam Moshe lifnei b'nei Yisrael al pi YHVH b'yad Moshe.

This is the Torah that was given to us
Before our very eyes from God's mouth and Moshe's hand!

Etz chayim hee ~ She is the Tree of Life

*Etz chayim hee, l'machazikim bah
V'tomche'ha me'ushar. D'racheha darchei noam
V'chol n'tivotecha, shalom.
Hashivenu Adonai elecha v'nashuva!
Chadesh yameinu k'kedem!*

She is a Tree of Life more precious than gold. Hold her in your heart and you will understand~ Eitz chayim hee. Her roots are deep and wide, her branches filled with light and all of her pathways are peace. ~ Rabbi Hanna Tiferet Siegel

Unetaneh tokef

*Unetaneh tokef kedushat hayom, kee hu nora ve'ayom;
uwo tinasei malchutecha, veyikon bechesed kisecha, veteisheiv alav be'emet.
Emet kee atah hu dayan umochi'ach, veyodei'a va'eid,
vechoteiv vechoteim, vesofeir umoneh, vetizkor kol hanishkachot;
vetiftach et sefer hazichronot, umei'eilav yikarei, vechotam yad kol adam bo.*

Let us declare the sacred power of this day, for it is awesome and dreadful. On this day, Your rule is exalted, Your throne is established with love, and You sit upon it in truth. For it is truth that You judge and determine, know and witness, write and seal and account. You remember all that was forgotten. You open the Book of Memory. It reads from itself and the signature of every human being is in it.

But *teshuvah*, *tefilah*, and *tzedakah*
temper the harshness of the decree!

The great shofar sounds—the still, small voice is heard. Even the angels are seized by trembling and fear as they declare, “This is the day of judgment when even the hosts of heaven are judged.” Nothing can evade Your eyes in judgment.

"On Rosh Hashanah it is inscribed, and on Yom Kippur it is sealed...." From this we can intuit that while the heart may be solid on Rosh Hashanah (so words can be inscribed on it), it must be soft like wax in order to be sealed on Yom Kippur. It is incumbent on us to soften our hearts during these ten days.

Now we stand together, feeling still the resonance of a year now past. A book now sealed. Now we stand together, looking out into a year stretching out limitlessly before us. A book yet to be written.



Meditation on Unetane Tokef

~Rabbi David Aladjem

Today is an awe-some day.

*A day when we look inside
To pray and to judge ourselves*

*Holy One of Blessings
Divine Shechinah*

*In this year to come
May each and every one of us be counted
May each and every one of us be recognized
For her strength and his gentleness
For his beauty and her wisdom*

*For no other reason
For the most important reason:
We all are created
In Your image.*

Al Cheyt

Have we made time for ourselves?
Have we taken our health for granted?
Have we let our fears win?
Have we said, “Thank you?”
Have we been deaf to voices telling us unpleasant truths?

V'al kulam Eloah slichot: S'lach lanu, m'chal lanu, kapper lanu. For all of these—God of forgiveness— forgive us, pardon us, grant us atonement.

For our failures of truth, for our failures of love, for our failures of justice, we ask forgiveness and the ability to overcome them.

Have we made time for those who need us?
Have we talked of others' failings behind their backs?
Have we prevented others from showing their strengths?
Are we clinging to grudges?

V'al kulam Eloah slichot: S'lach lanu, m'chal lanu, kapper lanu. For all of these—God of forgiveness— forgive us, pardon us, grant us atonement.

For our failures of truth, for our failures of love, for our failures of justice, we ask forgiveness and the ability to overcome them.

Vidui of Positive Attributes ~ Rabbi Avi Weiss

<i>We have loved,</i>	· אהבנו
<i>We have blessed,</i>	· ברכנו
<i>We have grown,</i>	· גדלנו
<i>We have spoken positively.</i>	· דברנו יופי
<i>We have raised up,</i>	· העלינו
<i>We have shown compassion,</i>	· וחסנו
<i>We have acted enthusiastically,</i>	· זרזנו
<i>We have been empathetic,</i>	· חמלנו
<i>We have cultivated truth.</i>	· טפחנו אמת.
<i>We have given good advice,</i>	· יעצנו טוב.
<i>We have respected,</i>	· כבדנו
<i>We have learned,</i>	· למדנו
<i>We have forgiven,</i>	· מחלנו
<i>We have comforted,</i>	· נחמנו
<i>We have been creative,</i>	· סללנו
<i>We have stirred,</i>	· עוררנו
<i>We have been spiritual activists,</i>	· פעלנו
<i>We have been just,</i>	· צדקנו
<i>We have longed for Israel.</i>	· קוינו לארץ.
<i>We have been merciful,</i>	· רחמנו
<i>We have given full effort,</i>	· שקדנו
<i>We have supported,</i>	· תמכנו
<i>We have contributed,</i>	· תרמנו
<i>We have repaired.</i>	· תקנו

We praise the Source of All for Your work as Creator of All. We trust that the day will come when united in the One, and true godliness will shine throughout the world.

Aleinu~The One

*Aleinu l'shabe'ach la'adon hakol,
latet gedulah l'yotzer breshit. Shelo
asanu k'goyei ha'aratzot, v'lo
samanu k'mishpachot ha-adamah.
Shelo sam chelkenu kahem,
v'goralenu k'chol hamonam.*

It is up to us to praise the Source of all, to exalt the Creator of all. We are made for God like all nations. We are placed here for God like all humanity.

*Va-anachnu korim, umishtachavim
u-modim, lifnei melech malchei
ham'lachim, hakadosh baruch hu.*

We bow low and pay homage to thank the Holy One, blessed is God. God sets out the heavens and establishes the earth.

*Shehu noteh shamayim v'yosed
aretz, u-moshav yekaro
bashamayim mima'al, uschinat uzo
b'gavveh meromim. Hu eloheinu,
ein od. Kakatuv b'toratecha, YHVH
yimloch leolam vaed. **
V'ne-emar, v'haya YHVH l'melech
al kol ha-aretz. Bayom hahu yihyeh
YHVH echad. Ushmo echad.
Ein Od!*

As it is written in God's sacred teaching: "You shall know this day and place upon your heart that YHVH is God in Heaven above and earth below; There is none else."

Then shall your realm be established on earth, and the word of Your prophet fulfilled: YHVH will reign forever and ever. On that day, YHVH shall be One, and God's name shall be One." There is nothing else!

Ve'Hasheivota

***Ve-hasheivota el l'vavecha,
Ki YHVH, hu ha'elohim.*

You shall return to your hearts, for The Awesome and Loving One is God.

Kaddish Yatom~ Mourner's Kaddish

Grant that the memories of those who have gone before us be a source of strength for me and for everyone of the House of Israel. May the souls of our departed find peace in Your sheltering care, and may we all be blessed with peace, tranquility, and the fullness of life.

Yitgadal v'yitkadash, shmeh rabah.

B'alma divra chiruteh, v'yamlich malchuteh

b'chayyeichon u'v'yomeichon u'vchayyei d'chol beit Yisrael.

*Ba'agala u-vizman kariv v'imru **Amen.***

Y'hei sh'mei raba m'varakh l'olam ol'almey almaya.

Yitbarach v'yishtabach, v'yitpa'ar v'yit-romam v'yit-naseh.

V'yithadar v'yitaleh v'yithallal shmeh d'kud'sha b'rich hu.

L'eyla u'leyla min kol birchata v'shirata,

*tushbechata v'nechemata, damiran b'alma, v'imru **Amen.***

Y'hei shlama raba min shemaya v'chayyim tovim aleinu

*v'al kol Yisrael, v'imru **Amen.** Oseh shalom bimromav,*

hu ya'aseh shalom, aleinu v'al kol yisrael,

*v'al kol yoshvei tevel, v'imru **Amen.***

Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen. Forever may the Great Name be blessed! Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, beyond all the blessings and songs, comforts and consolations that can be offered in this world. And let us say: Amen.

May our prayers, and the prayers of the entire community, be accepted before You, our Parent. May there be peace and life, great peace and life from heaven above for us and all Israel.

And let us say, Amen!

May the One who makes peace in the high heavens make peace for us, for all Israel, and for all who dwell on earth. And let us say: Amen.

May the One who brings harmony on high, bring harmony to us and to all Israel and to all who dwell on earth. And let us say, Amen!

Priestly Blessing

*Y'varechecha YHVH v'yishm'recha;
Ya'er YHVH panav eleicha vi'chuneka;
Yisa YHVH panecha v'yasem l'cha shalom.*

May the Holy One bless you and keep you;
May the light of God's face shine upon you and be gracious to you;
May God's presence go before you and bring you peace.

Oseh Shalom: Bringing down Peace

Oseh Shalom bimromav (x2) hu ya'aseh (x9) Aleinu. . .

May the One, may the One who brings peace, bring Peace down.

Olam Chesed Yibaneh

Your steadfast love is confirmed forever. ~psalm 89

*Olam Chesed Yibaneh,
I will build this world from love.
You must build this world from love,
If we build this world from love,
Then God will build this world from love.*

Hashiveinu ~Rabbi Shefa Gold

Come let us turn, return and be turned (3x)
to the One.

Hashiveinu eilecha v'nashuva (4x)



The Shul of New York
Yizkor ~ Memorial Service 5781

Rabbi Eva Sax-Bolder



The Yom Kippur *Yizkor* service has a unique quality that sets it apart from the three other *Yizkor* services throughout the year. Throughout Yom Kippur, we pray to *Eloheinu v'lohei avoteinu*, Our God and God of our ancestors. We ask God for forgiveness with the hopes that we will be granted another year of life to open our hearts and improve our actions, reflective of the values and ideals we treasure. We have prepared ourselves by doing *t'shuvah*, reflecting on our human interactions, asking forgiveness from those we may have hurt knowingly or unknowingly, in hopes of repairing and strengthening relationships.

The day also allows for us to reflect on the relationships that we have had with those who are no longer in our world. Yom Kippur sets the stage for us to be more vulnerable and float between the fine line of life and death. As we contemplate our own mortality, we recall those who have passed to the other side. We see their faces, hear their voices, feel their presence as though they are with us. The *Yizkor* service is a time to acknowledge the ever presence of the Holy One of Being, as the God of our ancestors, as our God, and as the God eternal. We are reminded that we are all children of God, passing through in a moment of time and space as droplets in the vast ocean of humanity.

The prayers we recite during the *Yizkor* service are directed to God with supplications that the memories of our loved ones 'be for a blessing'. We pledge *tzedakah* as a token of helping to perpetuate their memory in the eternal cosmos and ask that the person's Soul "rest in peace forever in God's presence." (in the liturgy). We are directed to Remember~ Re-Member the Soul of martyrs, congregants, victims of the Shoah, and this year, all those around the globe who were defeated by the coronavirus. We also acknowledge there are many deceased who have no one to remember them as part of the ongoing thread of humanity. YHVH never forgets. We are blessed with the task to reminisce about the Souls that have gone on to Eternity, so that they will be remembered favorably.

We Remember

We remember those who lived, learned,
prayed, celebrated and mourned with us in times gone by.
We remember mothers and fathers who built a foundation for our lives.

We remember the partnership of spouses.

We remember the love that made those relationships holy.

We remember brothers and sisters.

We remember children, taken before we were ready.

We remember friends who touched our lives.

May this sanctuary be a safe container for our memory and our grief.

O God, on this holy day, help us to remember.

And we say together:

Let their memories be a blessing.

In recalling their struggles, we become able to face our own.

Let their memories be a blessing.

In reflecting on their joy, we become able to savor our own.

Let their memories be a blessing.

Give us the courage to transform loss into hope for the future.

Let their memories be a blessing.

And we say: Amen.

To Every Thing There Is A Season

~Ecclesiastes 3:1-8

*To every thing there is a season,
and a time to every purpose under heaven.*

A time to be born, and a time to die,

A time to plant, and a time to uproot.

A time to kill, and a time to heal,

A time to break down, and a time to build up.

A time to weep, and a time to laugh,

A time to mourn, and a time to dance.

A time to cast away stones, and a time to gather them together,

A time to embrace, and a time to refrain from embracing.

A time to seek, and a time to lose,

A time to keep, and a time to cast away.

A time to rend, and a time to sew,

A time to keep silence, and a time to speak.

Life After Death

By Laura Gilpin

These things I know:
How the living go on living
and how the dead go on living with them
so that in a forest
even a dead tree casts a shadow
and the leaves fall one by one
and the branches break in the wind
and the bark peels off slowly
and the trunk cracks
and the rain seeps in through the cracks
and the trunk falls to the ground
and the moss covers it
and in the spring the rabbits find it
and build their nest inside the dead tree
so that nothing is wasted in nature or in love.

We enter the world...

Ecclesiastes Rabbah 5:14

*We enter the world in the same way we depart.
We enter with a cry and go with a cry.
We enter with weeping and go with weeping.
We enter with love and go with love.
We enter with a sigh and go with a sigh.
We enter without knowing and go without knowing.
It has been taught in the name of Rabbi Meir:
When we enter the world our hands are clenched, as if to say,
"The whole world is mine. I shall inherit it."
But when we take leave of it, our hands are spread open,
as if to say, "I have taken nothing from the world."*

Silent Prayers of Remembrance

It is tradition to sit in silence and reflect on the people who are no longer alive. This is not only an opportunity to remember our deceased loved ones, but also an invitation to look through the window at our lives and remember the Souls who have helped shape us. Notice if any words and images arise. Is there something you would like to express to your loved one? Forgiveness? Gratitude? Admiration? Incomplete business? Unspoken words? This may be your time to listen to the words that will help bring healing and completeness to your relationship.

In memory of a father:

May God remember the soul of my father who has gone to his eternal reward. I pledge acts of justice and charity in his memory. May his soul be bound in the bonds of eternal life. May he rest in the perfect joy of Your presence. Amen.

In memory of a mother:

May God remember the soul of my mother who has gone to her eternal reward. I pledge acts of justice and charity in her memory. May her soul be bound in the bonds of eternal life. May she rest in the perfect joy of Your presence. Amen.

In memory of a husband:

May God remember the soul of my husband who has gone to his eternal reward. May his soul be bound in the bonds of eternal life. May he rest in the perfect joy of Your presence. Amen.

In memory of a wife:

May God remember the soul of my wife who has gone to her eternal reward. May her soul be bound in the bonds of eternal life. May she rest in the perfect joy of Your presence. Amen.

In memory of a son:

May God remember the soul of my beloved son who has gone to his eternal reward. May his soul be bound in the bonds of eternal life. May he rest in the perfect joy of Your presence. Amen.

In memory of a daughter:

May God remember the soul of my beloved daughter who has gone to her eternal reward. May her soul be bound in the bonds of eternal life. May she rest in the perfect joy of Your presence. Amen.

In memory of other relatives and friends:

May God remember the soul of my relatives and friends who have gone to their eternal reward. I pledge acts of justice and charity in their memories. May their souls be bound in the bonds of eternal life. May they rest in the perfect joy of Your presence. Amen.

In memory of those who died to sanctify God's Name:

May God remember the souls of our brothers and sisters, martyrs of our people, who gave their lives for the sanctification of God's name. I pledge acts of justice and charity in their memories. May echoes of their bravery and devotion be heard in our lives and may the purity of their hearts be seen in our actions. May their souls be bound in the bonds of eternal life. May they rest in the perfect joy of Your presence. Amen.

Eil Maleh Rachamim: God of Compassion

Eil maleh rachamim, shocheh ba-m'romim. Hamtze m'nucha n'chonah tachat canfei ha-shekhinah, im k'doshim u-t'horim k'zohar harakia mazhirim, l'neshamot y'kareinu shehalko l'olama, b'gan Eden t'hei menuchatam. Ba'al harachamim yastirem b'seter k'nafav l'olamim, v'yitzror bitzror ha-chayyim et-nishmoteihem, Adonai hu n'chالاتam. V'yanuchu bashalom al mish-k'voteiheim, v'nomar: Amen.

Compassionate God, Spirit of the universe, grant perfect peace in Your sheltering Presence, among the holy and the pure who shine with the splendor of the heavens, to the souls of our dear ones who have gone to their reward, may the Garden of Eden be their rest.

O God of mercy, guard them forever in the shadow of Your wings. May their souls be bound up in the bond of life. May they rest in peace. And let us say: Amen.

Psalm 23

A psalm of David: God is my shepherd; I shall not want.
God makes me lie down in green pastures,
and leads me beside still waters to restore my soul;
God leads me in paths of righteousness for the sake of God's name.
Though I walk through the valley of the shadow of death,
I shall fear no evil, for You are with me;
Your rod and Your staff, they comfort me.
You set a table before me in the presence of my enemies
You anoint my head with oil, my cup overflows.
Truly goodness and mercy will follow me all the days of my life
And I will dwell in the house of Adonai forever.

Eli, Eli

Hannah Szenes

Eli, Eli shelo yigameir le'olam

Hachol vechayam

Rishrush shel hamayim Berak hashamayim

Tefilat ha'adam

My God, my God, I pray that these things never end:
the sand and the sea, the rush of the waters,
the crash of the heavens, the prayer of the heart.

Mourner's Kaddish

*Yitgadal v'yitkadash, shmeh rabah. B'alma divra chiruteh, v'yamlich malchuteh b'chayyeichon u'v'yomeichon u'vchayyei d'chol beit Yisrael. Ba'agala u-vizman kariv v'imru **amen**.*

Y'hei sh'mei raba m'varakh l'olam ol'almey almaya.

*Yitbarach v'yishtabach, v'yitpa'ar v'yit-romam v'yit-naseh. Vyithadar v'yitaleh v'yithallal shmeh d'kudh'sha, b'rich hu. L'eyla ul'eyla min kol birchata v'shirata, tushbechata v'nechemata, damiran b'alma, v'imru **amen**.*

*Y'hei shlama raba min shemaya v'chayyim tovim aleinu v'al kol Yisrael, v'imru **amen**. Oseh shalom bimromav, hu ya'aseh shalom, aleinu v'al kol yisrael, v'al kol yoshvei tevel, v'imru **Amen**.*

Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen. Forever may the Great Name be blessed! Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, far beyond all the blessings and songs, comforts and consolations, that can be offered in this world. And let us say: Amen. May there be peace and life, great peace and life from heaven above for us and all Israel. And let us say, Amen! May the One who makes peace in the high heavens make peace for us, for our whole community, and for all the peoples of the world. And let us say: Amen.

Limnot Yameinu ~from Psalm 90

*Limnot Yameinu Keyn Hoda, v'navi l'vav chochma
Teach us to treasure each day
That we may open our hearts to your wisdom.*

The Shul of New York
Mincha~ Afternoon Service

5781

Rabbi Eva Sax-Bolder



Barcheinu avinu

Barcheinu avinu kulano k'echad,

Kulanu k'echad b'or panecha.

Barcheinu avinu kulano k'echad

B'or, b'or, b'or panecha.

Bless us all together – Creator, Protector,
Bless us all forever with radiance and grace.

Return again

Return again, return again

Return to the Land of your soul (x2)

Return to who you are

Return to what you are

Return to where you are

Born and reborn again

(R' Shlomo Carlbach z"l)

Lach amar libi

Lach amar libi bakshu panay

Et panayich HaVaYaH avakesh

To You my heart has said: I turn to seek You,
Your Face / Presence is what I'm searching for.

Blessing before Torah

~Barchu et YHVH hamevorach!

~Baruch YHVH hamevorach le'olam va'ed!

*~Baruch atah YHVH Eloheinu melech ha'olam,
asher bachar banu mi kol ha-amim venatan lanu et Torato.
Baruch atah YHVH, notein ha-Torah.*

Holy One of Blessing, Your presence fills creation. You have chosen us along with all peoples to receive Your Torah. Blessed are You, YHVH, giver of the Torah.

Torah Reading **Leviticus 16:29-34**

29) And this shall be to you a law for all time: In the seventh month, on the tenth day of the month, you shall practice self-denial; and you shall do no manner of work, neither the citizen, nor the alien who resides among you.

30) For on this day, atonement shall be made for you to cleanse you of all your sins; you shall be clean before the LORD.

31) It shall be a sabbath of complete rest for you, and you shall practice self-denial; it is a law for all time.

32) The priest who has been anointed and ordained to serve as priest in place of his father shall make expiation. He shall put on the linen vestments, the sacral vestments.

33) He shall purge the innermost Shrine; he shall purge the Tent of Meeting and the altar; and he shall make expiation for the priests and for all the people of the congregation.

34) This shall be to you a law for all time: to make atonement for the Israelites for all their sins once a year. And Moses did as the LORD had commanded him.

Blessings after Torah

Baruch atah, YHVH, eloheinu melech haolam.

Asher natan lanu Torat emet,

v'chayyei olam nata b'tocheinu.

Baruch atah, YHVH, notein haTorah!

Holy One of Blessing, Your Presence fills creation. This Torah is a teaching of truth, and from it comes eternal life for the people who embrace it. Blessed are You, YHVH, Giver of the Torah.

B'Sefer Chayyim ~ In the Book of Life

*B'sefer chayyim, bracha v'shalom, ufarnasah tovah,
N'zacher v'nikatev l'fanecha, anachnu v'chol amcha beit Yisrael,
l'chayyim tovim u'l'shalom.*

In the book of life, blessing and peace and of making a good living, may we be remembered, may we be written before You. All of us and all Your people Israel For life and for goodness, and for shalom.

Selichot ~ Prayers of Forgiveness

*Adon has'lichot, Bochen l'avot, Golah amukot,
Doveir tz'dakot, Chatanu l'fanecha. **Rachem aleinu.**
Hadur baniflaot, Vatik b'nachamot, Zocheir b'rit avot,
Chokeir k'layot, Chatanu l'fanecha. **Rachem aleinu,**
Tov umeitiv labriot, Yodei'a kol nistarot, Koveish avonot,
Loveish tzedakot, Chatanu l'fanecha. **Rachem aleinu!***

Ne'ilah ~ Closing of the Service



***The Day is waning.
The gates of Yom Kippur are beginning to swing shut.***

***What words linger on your heart
as this intense day draws to its close?
What do you need to pour out before
the One Who hears all prayer?***

Knocking on Heaven's Door

We knock at your gates, Merciful One.

Please do not turn us away empty.

Open for us, and for all those who seek you in every place.

the gates of blessing

the gates of joy

the gates of mindfulness

the gates of imagination

the gates of self-worth

the gates of enlightenment

the gates of beauty

the gates of pleasure

the gates of wonder

the gates of prosperity

the gates of humor

the gates of healing

the gates of harmony

the gates of compassion

the gates of generosity

the gates of possibility

the gates of purpose

the gates of forgiveness

the gates of contentment

the gates of courage

the gates of cooperation

the gates of community

the gates of renewal

the gates of love

the gates of peace

The Closing of the Gates ~ Yehudah Amichai

Before the Gate has been closed, Before the last question is posed,

Before I am transposed, Before the weeds fill the gardens,

Before there are no pardons, Before the concrete hardens.

Before all the flute-holes are covered, Before things are locked in the cupboard,

Before the rules are discovered, Before the conclusion is planned,

Before God closes his hand,

Before we have nowhere to stand.

Pitchu Li ~ Open to Me

*Pitchu li sha'arei tzedek,
avo vam odeh Yah
Zeh hash'a'ar l'Adonai
tzadikim yavo'u vo.*

Open to me the gates of righteousness;
I will enter into them, I will give thanks unto God.
This is the gate of the One;
The righteous shall enter into it. ~from Psalm 118

Eil Nora Alilah - God of Awe

*Eil nora alilah, Eil nora alilah,
Ha-m'tzi lanu m'chilah,
bi-sh'at ha-ne'ilah.*

God of awe and God of might,
God of awe and God of might,
Grant us pardon in this hour
As Your gates draw closed this night.

Final Amidah ~ Silent Reflection

Meditation

*An invitation to reflect on the Torah written in your heart.
What is your life story? Where are you today?
What do you want the next chapter to look like?*

*Are there any corrections, addendums, or edits you choose to make in the next
chapter of your life? What qualities will you strengthen to heal the brokenness, to
lighten the darkness, to cultivate more spaciousness or wisdom or connections in
the coming year? What do you want to say to G-d as the day draws to a close?*

Rachamana / Merciful One!

Rachamana d'anei l'ani-yei aneina!

Rachamana d'ani litbirei liba, aneina, aneina!

Merciful One who answers those in need, answer us

Merciful One who answers the broken-hearted, answer us!

Thirteen Attributes of YHVH

*YHVH YHVH el rachum v'chanun
erech apayim v'rav chesed v'emet
notzer chesed l'alafim
nosei avon va-fesha v'chata-ah v'nakei.*

*Yod Hay, Vav Hay, Compassion and Tenderness, Patience,
Forebearance, Kindness, Awareness.
Bearing love from age to age,
Lifting guilt and mistakes and making us free. ~Exodus 34:6-7*

Sh'ma Koleinu: Hear Our Voice

*Sh'ma koleinu, YHVH eloheinu, chus v'rachem
aleinu, v'kabel b'rachamim u'v'ratzon et t'filateinu.
Hashiveinu YHVH elecha v'nashuva,
chadesh yameinu k'kedem.*

Hear our voice, YHVH our God. Be merciful with us and accept our prayer. Return us, YHVH, to You, and we will be returned. Renew our days, as in days of old.

Anu Amecha~ We Are Your People

*Ki anu amecha v'atah Eloheinu.
Anu v'anecha v'atah avinu.
Anu avdecha, v'atah adoneinu.
Anu kehalecha, v'atah chelkeinu.
Anu nachalatecha, v'atah goraleinu.
Anu tzonecha, v'atah ro'einu*

We are Your people,	and You our holy source.
We are Your children,	and You our parent.
We are Your helpers,	and You our guiding spirit.
We are Your body,	and You our designer.
We are Your images,	and You our true essence.
We are Your flock,	and You our shepherd.
We are Your plantings,	and You our gardener.
We are Your creation,	and You our origin.
We are Your companions,	and You our beloved.
We are Your treasure,	and You delight in us.
We are Your people,	and You are our sovereign.
We solely favor You,	and You recognize us.

Ki anu amecha ve'atah Eloheinu. Anu vanecha ve'atah avinu. (x2)

Many people have the custom of beating their breast during the recitation of this list of places where we've missed the mark. This is also an opportunity to offer ourselves self-compassion and gently knock on our hearts, beseeching our hearts to open.

Vidui

Our God and God of our ancestors,
accept our prayer and do not hide from us.
We are not so hard-hearted and stiff-necked to say
before You, YHVH, that we are wholly righteous and pure.
Rather, we confess that we can do/be better.

Ashamnu: We have hurt others.

Bagadnu: We have betrayed people who trusted us.

Gazalnu: We have stolen people's money, time or goodwill.

Dibarnu dofi: We have used words as weapons.

He-evinu: We have led others to wrongdoing.

V'hirshanu: We have encouraged others to commit wrong.

Zadnu: We have refused to admit our mistakes.

Chamasnu: We have manipulated other people.

Tafalnu sheker: We have preferred lies rather than truth.

Ya'aztnu ra: We have set bad examples.

Kizavnu: We have lied.

Latznu: We have demeaned others.

Maradnu: We have created drama.

Ni-atznu: We have lost integrity.

Sararnu: We have debased ourselves.

Avinu: We have been untruthful to get what we want.

Pashanu: We have ignored the needs of others.

Tzararnu: We have violated other people's boundaries.

Kishinu oref: We have hurt ourselves and others.

Rashanu: We have been violent.

Shichatnu: We have let our impulses rule us.

Ti-avnu: We have degraded ourselves.

Ta-inu: We have lost our way.

Ti-tanu: We have led others astray.

Our God and God of our ancestors, accept our prayer and do not hide from us. We are not so hard-hearted and stiff-necked to say before You, YHVH, that we are righteous and pure. Rather, we confess that we have sinned.

Al Cheyt

Pause and ask:

Have we made time for ourselves?

Have we taken our health for granted?

Have we let our fears win?

Have we said “Thank you?”

Have we been deaf to voices telling us unpleasant truths?

V'al kulam eloah slichot: S'lach lanu, m'chal lanu, kapper lanu.

For all of these—God of forgiveness— forgive us, pardon us, grant us atonement.

For our failures of truth, for our failures of love, for our failures of justice,

We ask forgiveness and the ability to overcome them.

Have we made time for those who need us?

Have we talked of others' failings behind their backs?

Have we prevented others from showing their strengths?

Are we clinging to grudges?

V'al kulam eloah slichot: S'lach lanu, m'chal lanu, kapper lanu.

For all of these—God of forgiveness— forgive us, pardon us, grant us atonement.

For our failures of truth, for our failures of love, for our failures of justice,

we ask forgiveness and the ability to overcome them.

This is the Season for Tikkun ha-Sulam

This is the season for *tikkun ha-Sulam*,
repairing the ladder which connects heaven and earth.

Each of us has been climbing toward our yearnings;

now we approach the last rung.

What alignment work do you need to do right now

in order for blessings to flow freely?

What can you repair in your body, heart,
mind, and soul so that God's light can shine in you

and your light can shine into creation?

Aleinu~The One

*Aleinu l'shabe'ach la'adon
hakol, latet gedulah l'yotzer
breshit. Shelo asanu k'goyei
ha'aratzot, v'lo samanu
k'mishpachot ha-adamah.
Shelo sam chelkenu kahem,
v'goralenu k'chol hamonam.*

*Va-anachnu korim, umishtachavim
u-modim, lifnei melech malchei
ham'lachim, hakadosh baruch hu.*

*Shehu noteh shamayim
v'yosed aretz, u-moshav
yekaro bashamayim mima'al,
uschinat uzo b'gavveh
meromim. Hu eloheinu, ein od.
Kakatu b'toratecha, YHVH
yimloch leolam vaed. **
V'ne-emar, v'haya YHVH l'melech
al kol ha-aretz. Bayom hahu
yihyeh YHVH echad. Ushmo echad.
Ein Od!*

Ve'Hasheivota

***Ve-hasheivota el l'vavecha,
Ki YHVH, hu ha'elohim.*

It is up to us to praise the Source of all,
to exalt the Creator of all. We are made
for God like all nations. We are placed
here for God like all humanity.

We bow low and pay homage to thank
the Holy One, blessed is God. God sets
out the heavens and establishes the earth.

As it is written in God's sacred teaching:
"You shall know this day and place
upon your heart that YHVH is God in
Heaven above and earth below;
There is none else." Then shall your realm
Be established on earth, and the word of
Your prophet fulfilled: YHVH will reign
forever and ever. On that day, YHVH shall
be One, and God's name shall be One."
There is nothing else.

*You shall return to your hearts, for
The Awesome and Loving One is God.*

Lord, Get Me High (Higher and Higher) ~ R" Shlomo Carlbach z"l

Lord get me high, get me high, get me high.
Lord get me high, get me higher.

(chorus)
Higher and higher, higher and higher,
Higher and higher and higher.

Lord, let me pray, let me pray just one prayer,
Lord, let me pray just one prayer.
Lord, let me say, let me say just one word,
Lord, let me say just one word. (chorus)

Lord, let me sing, let me sing just one song,
Lord, let me sing one more song.
Lord, let me meet, let me meet just one friend,
Lord, let me meet just one friend.
Lord, let me live, let me live till that day,
when the whole world will sing your one song. (chorus)

A Prayer Before the Blowing of the Shofar

Prayer by Rabbi Lawrence Troster, J Street Rabbinic Director Inspired by Leonard Cohen, If It Be Your Will from: "Various Positions" [1984]

Oh God of Our Ancestors and Creator of All Life:
If it be Your will, that we speak no more and our voices be still,
then we will speak no more, and we will despair.
But if it be Your will, that a voice be true, we will sound our shofar,
even if bent and broken, and it will sound Your insistent Voice. If
it be Your will, to let us hear and let us speak,
If it be Your will, then waken us from our indifference,
Shake us from our illusions.
If there is a choice, let the rivers fill with Your justice
And let the hills rejoice with Your mercy.
If it be Your will, to waken us from our sleep,
And make us hear in the sound of the Shofar,
That all the children of Abraham are created in Your image.
And let all Your children here, and all Your children there
Be clothed in Your light
Let us not be dressed to kill and end this night,
If it be Your will, then may it be our will.
If it be Your will, then may it be our will.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma Yisrael YHVH Eloheinu YHVH echad!(1x)

Baruch sheim k'vod malchuto l'olam va'ed! (3x)

YHVH Hu Ha'Elohim (7x)

Hear O Israel, YHVH our God, YHVH is One.
Through time and space, Your glory shines, forever now.
God is The God!

Tekiah Gedolah



L'shanah tovah tikateyvu v'tichateymu!

May you be written and sealed for a good year, a sweet year, a year of hope, health, happiness, honor and heart.

Havdalah

Baruch Atah YHVH eloheinu melech ha'olam borei p'ri hagafen.

Blessed are You, YHVH, sovereign of all worlds, who created the fruit of the vine.

Baruch Atah YHVH eloheinu melech ha'olam borei minei besamim.

Blessed are You, YHVH, sovereign of all worlds, who created sweet-smelling spices.

*Baruch Atah YHVH eloheinu melech
ha-olam borei m'orey ha-esh.*

Blessed are You, YHVH, sovereign of all worlds, creating fire.

*Baruch Atah YHVH eloheinu melech
ha-olam hamavdil beyn kodesh lechol,
beyn or le- choshech, beyn Yisrael
l'amim, beyn yom hashevi'i lesheshet
yemey ha-ma'aseh. Baruch Atah
YHVH, ha-mavdil u- m'gasher beyn
kodesh lechol.*

Blessed are You, YHVH our God, Source of all being, Who separates between holy and ordinary, between light and dark, between different communities, between the seventh day and the ordinary week. Blessed are You, YHVH, Who separates and bridges between holy time and ordinary time.

*Eliyahu ha-Navi
Eliyahu ha-Tishbi Eliyahu ha-Gil'adi
Bim'heirah b'yameinu Yavo eileinu
Im moshiach ben David.*

Eliyahu the Prophet, Eliyahu the Tishbite, Eliyahu from Gil'ad. Speedily in our days, may he come to us heralding a New Age in the line of David.

*Miryam ha-Neviyah oz v'zimrah b'yadah.
Miryam tirkod itanu l'hagdil zimrat olam
Miryam tirkod itanu l'takein eit ha'olam.
Bim'heirah b'yameinu hi tvi'enu
El mei ha-yeshu'ah.*

Miriam the Prophet, strength and song in her hand.
Miriam, dance with us to arouse the song of the world. Miriam,
dance with us to repair the world.
Speedily in our days, she will bring us to the waters of salvation.