

שמע יהוה קולי

*Sh'ma Adonai Koli*

ROSH HASHANAH



B'NAI JEHOShUA BETH ELOHIM  
where *community* matters



Dear Friends:

We really do mean friends. Some of you we have known for decades, and some we are just recently coming to know. But for these past few months, all of us have been inextricably bound together as friends and spiritual warriors in the new, ever-changing reality of the pandemic.

Instead of looking at what we cannot do and what has been taken from us, the practice of this congregation, the centuries long practice of the Jewish people, was and continues to be how we look at what we *can* do and delight in the blessings that surround us. We operate from an attitude of abundance, not the fear of scarcity.

Together, we will create a High Holy Day experience that reaches the head and the heart. That inspires curiosity, touches the intellect, and uplifts the spirit. That helps us access transcendent majesty and that brings us inward for moments of intimacy and reflection.

Your home will become, as our sages teach, a *Mikdash M'at*, a sanctuary unto itself. Even though you will be in your own homes, we will join together in solidarity and strength to confront the most important questions of the meaning and purpose of our lives. Now more than ever, you are a partner in creating the sacred.

*L'shanah tovah u'm'tukah. L'shanah shel bruit tovah.*

May this be a good and a sweet year. May this be a year of good health,



Rabbi Karyn Kedar



Cantor Jennifer Frost



Rabbi Jason Fenster



Cantor Alexandra Kurland

ראש השנה: ערבית

**ROSH HASHANAH EVENING SERVICE**

## הדלקת נרות LIGHTING OF THE FESTIVAL CANDLES

*Baruch atah, Adonai  
Eloheinu melech haolam,  
asher kid'shanu b'mitzvotav  
v'tzivanu l'hadlik ner  
shel Shabbat v'shel Yom Tov.*

בָּרוּךְ אַתָּה, יְיָ,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהַדְלִיק נֵר  
שֶׁל שַׁבָּת וְשֶׁל יוֹם טוֹב.

Source of blessing, Eternal our God,  
You fill the universe with majestic might,  
teaching us holiness through sacred obligations,  
giving us the mitzvah of bringing light on Shabbat and this festival.

*Baruch atah, Adonai  
Eloheinu melech haolam,  
shehechiyanu v'kiy'manu v'higianu  
laz'man hazeh.*

בָּרוּךְ אַתָּה, יְיָ,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ  
לְזֶמֶן הַזֶּה.

Source of blessing, Eternal our God,  
You fill the universe with majestic might —  
giving us life, upholding the life within us, and bringing us to this time.

# הנני HIN'NI: HERE I AM

Here I am.  
So poor in deeds, I tremble in fear,  
overwhelmed and apprehensive  
before You to whom Israel sings praise.  
Although unworthy,  
I rise to pray and seek favor for Your  
people Israel,  
for they have entrusted me with this  
task. Therefore -  
God of Abraham,  
Isaac, and Jacob;  
God of Sarah,  
Rebecca,  
Rachel, and Leah...  
Adonai, Adonai - merciful, gracious,  
God,  
who inspires awe -  
I pray to You for success on my path;  
I pray for myself and my community.  
Do not hold them responsible  
for my wrongs and offenses.  
May my deeds cause them no shame;  
and may their deeds cause me no shame.  
Accept my prayer  
as though it were offered  
by one more worthy of this task:  
as scholar -  
proficient in prayer;  
unblemished in character,  
pleasing in voice.

הנני העני ממעשׁ,  
גרעשׁ ונפחד  
מפחד יושב תהלות ישראל.  
באתי לעמד ולחגן לפניך  
על עמך ישראל אשר שלחוני,  
ואף על פי שאני כדאי  
והגון לכך.  
על כן אבקשך  
אלהי אברהם, אלהי יצחק,  
ואלהי יעקב.  
אלהי שרה, אלהי רבקה, אלהי רחל ואלהי לאה.  
יְיָ, יְיָ אֵל רַחוּם וְחַנּוּן,  
אֱלֹהִים,  
שׁוּדִי  
אִים וְנוֹרָא:  
הִנֵּה נָא מְצִלִים דְּרַכִּי  
אֲשֶׁר אֲנִי הוֹלֵךְ  
לְעִמָּד לְבָקֵשׁ רַחֲמִים עָלַי  
וְעַל שׁוֹלְחִי.  
וְנָא אֵל תְּפִשִּׁיעַם בְּחִטָּאתַי  
וְאֵל תְּחַיֵּבם בְּעֹנוּתִי,  
כִּי חוֹטָא וּפּוֹשַׁע אֲנִי.  
וְאֵל יְפַלְמוּ בְּפִשְׁעִי  
וְאֵל אֲבוֹשָׁה בְּהֵם.  
וּמִכָּל תְּפִלָּתִי כְתִּפְלֵת זְמַן וְרִגְלִי  
וּפְרָקוּ נַפְשִׁי  
וְקוּלוֹ נְעִים,  
וּמַעַרְב בְּדַעַת עַם הַבְּרִיּוֹת.

Let love be our banner;  
 let it banish our wrongs.  
 May Israel's strife and misfortunes  
 be turned into joy,  
 renewed life,  
 and peace.  
 Love peace and truth –  
 may they prevail among us.  
 And may there be no impediment to  
 my prayer.

Adonai –  
 God of Abraham, Isaac, and Jacob;  
 God of Sarah, Rebecca, Rachel,  
 and Leah. . .  
 great, mighty, awe-inspiring,  
 God Most High,  
 who said to Moses "I Will Be  
 What I Will Be" –  
 May it be Your will that my prayer  
 reach Your Presence  
 for the sake of the righteous and  
 blameless,  
 for honest and pure of heart,  
 for the sake of Your glory.  
 You hear Your people's prayer  
 with compassion.  
 Blessed are You, the One who  
 hears prayer.

וְיִהְיֶה נֶאֱדָגְלָנוּ עָלֶיךָ אֲהָבָה,  
 וּפְשָׁעֵינוּ תִּכְסֶּה בְּאַהֲבָה.  
 וְכָל צָרוֹת וְרָעוֹת הַפֶּךָ לָנוּ  
 וּלְכָל יִשְׂרָאֵל  
 לְשָׁשׂוֹן וּלְשִׂמְחָה לְחַיִּים וּלְשָׁלוֹם.  
 הָאֱמֶת וְהַשָּׁלוֹם אָהָבוּ,  
 וְאֵל יְהִי שׁוֹמֵר מִכְשׁוֹל בְּתַפִּלָּתִי.

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
 יְיָ אֱלֹהֵי אֲבֹרָהִם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,  
 אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.  
 הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
 אֵל עֲלִיוֹן, אֱהִיָּה אֲשֶׁר אֱהִיָּה,  
 שֶׁתְּבוֹא תַּפִּלָּתִי לִפְנֵי כִסֵּא כְבוֹדְךָ  
 בַּעֲבוּר כָּל הַצַּדִּיקִים וְהַתְּסִידִים,  
 וְהַתְּמִימִים וְהַיֹּשְׁרִים,  
 וּבַעֲבוּר כְּבוֹד שְׁמֶךָ הַגָּדוֹל וְהַנּוֹרָא,  
 כִּי אַתָּה שׁוֹמֵעַ תַּפִּלַּת עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.  
 בָּרוּךְ אַתָּה שׁוֹמֵעַ תַּפִּלָּה.



## **Hin'ni: Here I Am**

### **The Confession of a Broken Heart**

I am here.

I am here.

I stand before the open Ark and  
the eternal scrolls of our people  
dressed in white light.

I stand ready to enter into the Holy Days,  
to offer prayers that urge me  
to live better, kinder,  
ever present to the pain of others,  
to become a compassionate vessel, trustworthy,  
holding hope in the midst of despair.

Hin'ni

I am here, I am here.

I stand on the edge between earth and heaven,  
between what I know and what I can never understand,  
between life and life everlasting.

Mortality hovers, a rippling presence,  
always there, lingering, waiting, holding.

I am here.

Hin'ni

I am here

I stand resilient, determined,  
though I have been taken down,  
forced to live a different way.

The rhythm of life has been altered.

Time unfolds and morphs, expands and stands still.

I have been called to be present, to pay attention.



What have I learned?

What have I done with the time I have been given,  
glorious time of never-ending possibility?

Have I squandered the beauty, the radiance of life,  
an offering to my inner being?

Who am I?

Where have I gone astray?

Am I worthy to pray with my people?

May I be worthy to pray with my people.

Hear my plea,

grant me the faith, courage and wisdom

to enter into *cheshbon hanefesh*:

the fragility and humility of self-examination.

Hin'ni,

I am here, I am here.

## השנה החדשה THE NEW YEAR

OUR GOD AND GOD OF OUR ANCESTORS,  
may we know Your blessings in the year five thousand eighty one.  
Eternal One, bless us and the whole House of Israel  
with renewed life, happiness and peace, comfort and courage,  
resilience and strength.  
May the words of our heart be acceptable to You  
in the New Year that stretches before us.  
We are forever grateful for the gift of life.

AT THE NEW MOON,  
at the full moon,  
for our feast-day, sound the shofar!  
For that is the law of Israel,  
the way of the God of Jacob.

בָּרוּךְ אַתָּה יְיָ, שׁוֹמֵעַ קוֹל תְּרוּעַת עַמּוֹ יִשְׂרָאֵל בְּרַחֲמִים.

*Baruch atah, Adonai, shomei-a kol t'ruat amo Yisrael b'rachamim.*

Blessed are You in our lives, Adonai.  
You hear, with love, the shofar –  
true voice of Your people Israel.

*T'kiah!*

**תְּקִיעָה**

# שמע וברכותיה SH'MA AND ITS BLESSINGS

## ברכו BAR'CHU

*Bar'chu et Adonai hamvorach.*

*Baruch Adonai hamvorach l'olam va-ed.*

בְּרַכּוּ אֶת יְיָ הַמְבָרָךְ.  
בָּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.

Bless the Eternal, the Blessed One.

Blessed is the Eternal, the Blessed One, now and forever.

## מעריב ערבים CREATION

DARKNESS SETTLES, slowly, across the horizon.

The new year rises before us,  
its fragile moon awaiting our embrace.

Heaven and earth entwine  
in their annual dance of re-creation.  
A fissure appears in the firmament tonight,  
an entranceway into new beginnings.

Out beyond the swales  
the sea expands and contracts,  
keeping time to the thrumming of the universe.

Under this Rosh HaShanah sky  
the path before us is uncertain.  
All we can do is hold each other tight  
as we make our way home.

*Borei yom valailah  
Goleil or mipnei choshech  
Goleil or mipnei choshech  
V'choshech mipnei or.*

בּוֹרֵא יוֹם וְלַיְלָה  
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ  
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ  
וְחֹשֶׁךְ מִפְּנֵי אוֹר

Roll into dark, roll into light.  
Night becomes day, day turns to night.

### **In Between**

How I long for twilight.  
The very moment of in  
between.  
The dance  
between sun and moon,  
daily,  
generating light,  
reflecting light.  
And, I too,  
daily radiating light,  
reflecting light.  
I scan the heavens.  
I wait to witness when both are visible.  
The two great lights,  
one of day and one of night,

both of heaven and earth,  
one rising, the other disappearing.  
Rising.  
Setting.  
Still.  
Not here.  
Not there.  
And yet, where?  
Where did you go?  
God of ambiguity,  
I ask You,  
You know my heart,  
have I always lived in some perpetual  
twilight?  
In between.

שמע  
SH'MA

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

*Sh'ma, Yisrael, Adonai Eloheinu, Adonai echad.*

Hear, O Israel, Adonai is our God, Adonai is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

Blessed is God's glorious majesty forever and ever.

*V'ahavta et Adonai Elohecha -*

*b'chol-l'vav'cha,*

*uvchol-nafsh'cha,*

*uvchol-m'odecha.*

*V'hayu had'varim ha-eileh*

*asher anochi m'tzav'cha hayom*

*al l'vavecha.*

*V'shinantam l'vanecha v'dibarta bam*

*b'shivot'cha b'veitecha,*

*uvlecht'cha vaderech,*

*uvshochb'cha, uvkumecha.*

*Ukshartam l'ot al yadecha;*

*v'hayu l'totafot bein einecha;*

*uchtavtam al m'zuzot beitecha uvisharecha.*

וְאַהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ,

בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ,

וּבְכָל-מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,

אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְּךָ.

וְשִׁנַּנְתָּם לְבִנְיָךָ וּדְבַרְתָּ בָּם,

בְּשִׁבְתְּךָ בְּבֵיתְךָ,

וּבְלֶכְתְּךָ בַּדֶּרֶךְ,

וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ,

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.

וְכַתַּבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ

וּבְשַׁעְרֶיךָ.

*L'maan tizk'ru vaasitem et-kol-mitzvotai,*

*viyitem k'doshim l'Eloheichem.*

*Ani Adonai Eloheichem -*

*asher hotzeiti et-chem mei-eretz Mitzrayim*

*liyot lachem l'Elohim:*

*ani Adonai Eloheichem.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי,

וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.

אֲנִי יְיָ אֱלֹהֵיכֶם,

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,

לִהְיוֹת לָכֶם לֵאלֹהִים,

אֲנִי יְיָ אֱלֹהֵיכֶם.

You shall love Adonai your God with all your mind,  
with all your soul, and with all your strength.  
Set these words, which I command you this day, upon your heart.  
Teach them faithfully to your children.  
Speak of them in your home and on your way,  
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.

Be mindful of all My mitzvot,  
and do them;  
thus you will become holy to your God.  
I, Adonai, am your God,  
who brought you out of Egypt to be your God -  
I, Adonai your God.

יְיָ אֱלֹהֵיכֶם אֱמֶת.

*Adonai Eloheichem emet.*  
Adonai your God is true.

## מי כמכה MI CHAMOCHA

TO BREAK THE BONDS OF ANGER,

To be generous of heart;

To break the bonds of shame,

To live with self-respect;

To break the bonds of envy,

To serve one another in joy;

To break the bonds of boredom,

To be attentive to all God's gifts;

To break the bonds of fear,

To live with courage and strength;

To untie the knots of betrayal;

To love with fullness of being.

To break the bonds of loneliness,

To receive a hand of hope;

To break the bonds of self-centeredness,

To extend a hand of help;

Released from the darkness,

our people found their freedom at the sea;

and we pray for liberation

at the dawning of this year.

BY WALKING I found out

Where I was going.

By intensely hating, how to love.

By loving, whom and what to love.

By grieving, how to laugh from the belly.

Out of infirmity, I have built strength.

Out of untruth, truth.

From hypocrisy, I wove directness.

Almost now I know who I am.

Almost I have the boldness to be that man.

Another step

And I shall be where I started from.



*Mi-chamocha ba-eilim, Adonai?*  
*Mi kamocha – nedar bakodesh,*  
*nora t'hilot, oseih-fele?*

מי כְּמֹכָה בָּאֵלִים, יי,  
מי כְּמֹכָה נֶאֱדָר בְּקֹדֶשׁ,  
נֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא.

*Malchut'cha ra-u vanecha,*  
*bokei-a yam lifnei Mosheh uMiryam;*  
*"Zeh Eili!" anu v'am'ru:*  
*"Adonai yimloch l'olam va-ed."*

מְלֻכּוּתְךָ רָאוּ בְנֵיךָ,  
בֹּקַעַי יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.  
זֶה אֵלֵינוּ וְאָמְרוּ:  
יי יִמְלֹךְ לְעֹלָם וָעֶד.

*V'ne-emar: "Ki fadah Adonai et-Yaakov;*  
*ug'alo miyad chazak mimenu."*

וְנֵאמַר: כִּי פָדָה יי אֶת יַעֲקֹב,  
וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

"Of all that is worshiped, is there another like You?  
Maker of wonders, who is like You –  
in holiness sublime, evoking awe and praise?"

When Your children saw Your sovereign might –  
the splitting of the sea before Moses and Miriam –  
they responded, "This is my God!"  
And they said, "The Eternal will reign till the end of time."

As it is written: "Adonai will save Jacob,  
and redeem him from one stronger than himself."

בָּרוּךְ אַתָּה, יי, גֵּאֹל יִשְׂרָאֵל.  
*Baruch atah, Adonai, gaal Yisrael.*

We praise You, Eternal Power, the One who redeemed Israel.

## השכיבנו HASHKIVEINU

*Hashkiveinu, Adonai Eloheinu, l'shalom;  
v'haamideinu, Malkeinu, l'chayim.  
Ufros aleinu sukat sh'lomecha,  
v'tak'neinu b'eitzah tovah mil'fanecha.  
V'hoshi-einu l'maan sh'mecha –  
v'hagein baadeinu;  
v'haseir mei-aleinu oyeiv:  
dever, v'cherev, v'raav, v'yagon;  
v'harcheik mimenu avon vafesha.  
Uotzeil k'nafecha tastireinu –  
ki El somreinu imatzileinu atah;  
ki El Melech chanun v'rachum atah.  
Ushmore tzeiteinu uvo-einu,  
l'chayim ulshalom – mei-atah v'ad olam.  
Ufros aleinu sukat sh'lomecha.*

השכיבנו, יי אלהינו, לשלום,  
והעמידנו, מלכנו, לחיים,  
ופרש עלינו סכת שלומך,  
ותקננו בעצה טובה מלפניך,  
והושיענו למען שמך.  
והגן בעדנו,  
והסר מעלינו אויב, דבר, וחרב, ורעב, ויגון,  
והרחק ממנו עון ופשע.  
ובצל כנפיך תסתירנו.  
כי אל שומרנו ומצילנו אתה,  
כי אל חנון ורחום אתה.  
ושמר צאתנו ובואנו,  
לחיים ולשלום, מעתה ועד עולם.  
ופרש עלינו סכת שלומך.

Bless our sleep with peace, Adonai, and awaken us to life when we rise.  
With power sublime, spread over us Your shelter of shalom;  
and through Your wisdom restore us – make us whole.  
Let Your name proclaim Your presence in our lives –  
be our shield; make us stronger than the enemies we face:  
illness and war, famine and sorrow;  
and stronger than the enemies in our hearts: wickedness and sin.  
Carry us to safety as on wings –  
for You are the Monarch of grace, the Sovereign of compassion;  
You are the One who cares for us and sets us free.  
Watch over us, we who go forth to life; watch over us,  
that we may come home in peace – now, and till the end of time.

בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל, וְעַל יְרוּשָׁלָּיִם.

*Baruch atah, Adonai, haporeis sukat shalom aleinu,  
v'al kol amo Yisrael, v'al Y'rushalayim.*

Blessed One, You spread over us a canopy of peace –  
a shelter of shalom over all Israel, Your people, and over Jerusalem.

# אבינו מלכנו AVINU MALKEINU

## **Hold Me in Prayer**

My heart is broken.  
The weight of it all bears down upon me,  
I am bent over, crumbling, and diminished.  
And through my tears, my confusion,  
I have a thought, a glimmer,  
or maybe  
an invitation from the Invisible One.  
If my heart is already broken, cracked open,  
why not spend some time looking inside?  
And so, I offer this prayer:  
This most difficult and vulnerable moment,  
this moment of sorrow and pain and uncertainty  
has opened my heart.  
Before the healing,  
help me linger,  
exposed,  
aware,  
unafraid,  
willing  
to understand my heart,  
my soul,  
my fears,  
my brokenness,  
my depth,  
myself.  
Expansive God,  
hold me, hear my prayer.

## אבינו מלכנו AVINU MALKEINU

אָבינו מלְכֵנוּ, שְׁמַע קוֹלֵנוּ. *Avinu Malkeinu, sh'ma koleinu.*

*Avinu Malkeinu – Almighty and Merciful – hear our voice.*

אָבינו מלְכֵנוּ, חָטְאָנוּ לְפָנֶיךָ. *Avinu Malkeinu, chatanu l'fanecha.*

*Avinu Malkeinu, we have strayed and sinned before you.*

אָבינו מלְכֵנוּ, חֲמוּל עַלְיֵנוּ וְעַל עוֹלָלֵינוּ וְטַפֵּינוּ. *Avinu Malkeinu, chamol aleinu, v'al olaleinu v'tapeinu.*

*Avinu Malkeinu, have compassion on us and on our families.*

אָבינו מלְכֵנוּ, כְּלָה דְבָר וְחֶרֶב וְרָעָב מַעֲלֵינוּ. *Avinu Malkeinu, kaleih dever v'cherev v'ra'av meialeinu.*

*Avinu Malkeinu, end the onslaught of sickness, violence, and hunger.*

אָבינו מלְכֵנוּ, כְּלָה כָּל צָר וּמַשְׁטִין מַעֲלֵינוּ. *Avinu Malkeinu, kaleih kol tzar u'mastin meialeinu.*

*Avinu Malkeinu, end the reign of those who cause pain and terror.*

אָבינו מלְכֵנוּ, כָּתְבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים. *Avinu Malkeinu, kotveinu b'sefer chayim tovim.*

*Avinu Malkeinu, enter our names in the Book of Lives Well Lived.*

אָבינו מלְכֵנוּ, חַדֵּשׁ עַלְיֵנוּ שָׁנָה טוֹבָה. *Avinu Malkeinu, chadeish aleinu shanah tovah.*

*Avinu Malkeinu, renew us for a year of goodness.*

אָבינו מלְכֵנוּ, חַנּוּנוּ וְעֲנֻנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים. *Avinu Malkeinu, choneinu vaaeinu; ki ein banu maasim.*

וְהוֹשִׁיעֵנוּ, עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד, *Asei imanu tz'dakah vachessed, v'hoshi-einu.*

*Avinu Malkeinu – Almighty and Merciful –  
answer us with grace, for our deeds are wanting.  
Save us through acts of justice and love.*

## סיים התפילה CLOSING PRAYERS

### **You Ask So Much**

To the God of the bereaved.

Yitkadash.

May the sacred become  
the vessel for my suffering.

Amen.

May I declare Your greatness  
v'yitgadal and dwell in grandeur and  
devotion, now, and forever.

Amen.

May I find comfort in this moment  
of immense loss. Sh'mei Raba.

Your name is Great Abundance.

Amen.

Help me, O God of the mourner.

Comfort me.

May my grief open my heart  
to compassion and understanding.

Amen.

This.

Only this.

Amen and amen.

## קדיש יתום KADDISH

*Yitgadal v'yitkadash shmei raba,  
b'alma divra chirutei.  
V'yamlich malchutei b'chayechon uv'yomeichon,  
uv'chayei d'chol beit Yisrael –  
ba-agala uvizman kariv;  
v'imru Amen.*

יתגדל ויתקדש שמה רבא,  
בעלמא די ברא כרעותה.  
וימליך מלכותה בחיכון וביומיוון,  
ובחיי דכל בית ישראל,  
בעגלא ובזמן קריב  
ואמרו: אמן.

*Y'hei shmei raba m'vorach  
l'alam ul'almei almaya.*

יהא שמה רבא מכבוד  
לעלם ולעלמי עלמאי.

*Yitbarach v'yishtabach, v'yitpa'ar  
v'yitromam v'yitnasei, v'yit'hadar  
v'yitaleh v'yit'halal shmeih  
d'kudsha – b'rich hu –  
l'eila u'l'eila mikol bir-chata v'shirata,  
tushb'chata v'nechemata,  
daamiran b'alma;  
v'imru: Amen.*

יתברך וישתבח ויתפאר  
ויתרומם ויתנשא ויתגדל  
ויתעלה ויתהלל שמה  
דקודשא, בריך הוא,  
לעלא ולעלא מכל ברכתא ושירתא,  
תשבחתא ונחמתא  
דאמירן בעלמא,  
ואמרו: אמן.

*Y'hei shlama raba min sh'maya,  
v'chayim aleinu v'al kol Yisrael;  
v'imru: Amen.*

יהא שלמא רבא מן שמיא,  
וחיים עלינו ועל כל ישראל.  
ואמרו: אמן.

*Oseh shalom bimromav,  
hu yaaseh shalom aleinu,  
v'al kol Yisrael  
v'al kol yoshvei teiveil;  
v'imru: Amen.*

עושה שלום במרומו  
הוא יעשה שלום עלינו  
ועל כל ישראל  
ועל כל יושבי תביל.  
ואמרו: אמן.

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved.  
Amen.



## היום תאמצנו HAYOM TA'AM'TZEINU

Infinite Source of goodness,  
help us to see the good  
in ourselves, in others, and in the world around us.  
Teach us to cultivate a discerning mind  
to know right from wrong;  
and a listening heart  
open to love and forgiveness.

Guide us to walk in Your ways with integrity,  
ever faithful to the promises our forebears made.  
And may Your goodness inspire us to do what is just and right.

*Hayom t'am'tzeinu! Amen.*

*Hayom t'var'cheinu! Amen.*

*Hayom t'gad'leinu! Amen.*

*Hayom tidr'sheinu l'tovah! Amen.*

*Hayom ticht'veinu l'chayim tovim! Amen.*

*Hayom tishma shavateinu! Amen.*

*Hayom titm'cheinu bimin tzidkecha! Amen.*

היום תאמצנו, אמן.

היום תברכנו, אמן.

היום תגדלנו, אמן.

היום תדרשנו לטובה, אמן.

היום תכתבנו לחיים טובים, אמן.

היום תשמע שוועתנו, אמן.

היום תתמכנו בימין צדקה, אמן.

Strengthen us this day! Amen.

Bless us this day! Amen.

This day, exalt us! Amen.

Show us kindness this day! Amen.

Inscribe us this day for a life of goodness! Amen.

This day, hear our cry! Amen.

Now and always, support us with the strength of Your righteousness! Amen.

ראש השנה: שחרית

**ROSH HASHANAH MORNING SERVICE**

HERE WE GATHER, to greet the year  
Invitation to improve our lives  
Joyful season and judgment day.  
Know this truth: we are free to change.  
Let the shofar summon us home  
Make this moment our return to You  
Now in celebration join  
Open us to the gifts of life.

AS THE CREATION STORY BEGINS with God's command "Let there be light!" so our morning service begins by associating the Divine with light. This verse recalls the first radiance of creation, as well as the miracle of new light every morning. The sunlit heavens are envisioned as God's "garment" – revealing the divine glory while concealing its essence.

As we wrap ourselves in the tailit, we imagine ourselves clothed in God's warm and radiant light. Embraced by the Divine, we bring a sense of peace and serenity into the prayers we share with our community.

## טלית

## TALLIT

*Baruch atah, Adonai, Eloheinu melech ha-olam,  
asher kidshanu b'mitzvotav, v'tzivanu l'hitateif  
batzitzit.*

ברוך אתה, יי, אלהינו מלך העולם,  
אשר קדשנו במצותיו, וצונו להתעטף בציצית.

Blessed are you, Adonai our God, Ruler of the Universe,  
who hallows us with mitzvot, commanding us to wrap ourselves in the fringes.

I HAVE awakened again  
and I give thanks.

Before me: the blessing of this day –  
a feast of choices and possibilities.

And the breath within me says:  
Great is Your faithfulness.

You offer me another chance.  
You offer me life.  
This day I am created  
to create this day.

HELLO, sun in my face.  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and the crotchety –

Best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever-darkness,  
to ease us with warm touching,  
to hold us in the great hands of light –  
good morning, good morning, good morning.

Watch, now, how I start the day  
in happiness, in kindness.

## מה טובו MAH TOVU

*Mah-tovu ohalecha, Yaakov;  
mishk'notecha, Yisrael!*

מה טובו אהלִיךָ יַעקב,  
משכְנִיךָ יִשְׂרָאֵל.

*Vaani b'rov chasd'cha avo veitecha;  
eshtachaveh el-heichal-kodsh'cha b'yiratecha.*

ואֲנִי בְּרַב חֶסֶדְךָ אָבוֹא בֵּיתְךָ,  
אֲשַׁתְּחִוֶּה אֶל הַיֵּכָל קֹדֶשְׁךָ בִּירְאָתְךָ.

*Adonai, ahavti m'on beitecha;  
umkom Mishkan k'vodecha.  
Vaani eshtachaveh v'echraah;  
evr'chah lifnei-Adonai osi.*

יְיָ אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ,  
וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ.  
ואֲנִי אֲשַׁתְּחִוֶּה וְאֶכְרַעָה,  
אֶבְרַכֶּה לִפְנֵי יְיָ עֹשִׂי.

*Vaani t'filati-l'cha, Adonai, eit Ratzon.  
Elohim, b'rove-chasdecha,  
aneini be-emet yishecha.*

ואֲנִי, תְּפִלַּתִּי לָךְ יְיָ, עֵת רָצוֹן,  
אֱלֹהִים בְּרַב חֶסֶדְךָ,  
עֲנֵנִי בְּאֱמֶת יִשְׁעֶךָ.

How beautiful are your tents, Yaakov,  
your dwelling places, Yisrael!

In Your great love, let me enter Your house,  
to pray – awestruck – in Your holy place.

Your kindness has led me to Your house;  
here I will honor You.

I pray to You, God,  
that this may be a good time for our meeting.  
Out of Your great love, let me perceive Your truth,  
and find Your help.

## שמע וברכותיה SH'MA AND ITS BLESSINGS

Once, during the Days of Awe, the sainted kabbalist Yitzchak Luria heard a Bat Kol telling him that for all his prayerful intensity there was one man in a neighboring town whose capacity for prayer exceeded even his own. As soon as he could, Reb Yitzchak traveled to that town and sought the man out.

"I have heard wondrous things regarding you," he said to the man when he found him. "Are you a Torah scholar?"

"No," the man said, "I have never had the opportunity to study."

"Then you must be a master of Psalms, a devotional genius who prays with great intensity." "No," the man said, "I have heard the Psalms many times, of course, but I do not know even one well enough to recite it."

"And yet," Rabbi Luria cried, "I was told that the quality of your prayer surpasses even my own! What did you do during the Days of Awe that would merit such praise?"

"Rabbi," the man said, "I am illiterate. Of the twenty-two letters of the *alef-beis* I know but ten. When I entered the synagogue and saw the congregation so fervent in their prayers, my heart shattered within me. I couldn't pray at all. So I said: *Ribbono shel Olam*, here are the letters I know: *aleph, beis, gimmel, daled, hay, vav, zayin, chet, tes, yud*. Combine them in a manner You understand, and I hope they will be pleasing to You. And then I repeated these ten letters over and over again, trusting God to weave them into words."

ברכו  
BAR'CHU

*Bar'chu et Adonai hamvorach.*  
*Baruch Adonai hamvorach l'olam va-ed.*

בָּרְכוּ אֶת יְיָ הַמְבָרָךְ.  
בָּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.

Bless the Eternal, the Blessed One.  
Blessed is the Eternal, the Blessed One, now and forever.

אור חדש  
CREATION: A NEW LIGHT

*Or chadash al Tziyon ta-ir;*  
*v'nizkeh chulanu m'heirah l'oro.*

אור הַדָּשׁ עַל צִיּוֹן תֵּאִיר  
וְנִזְכֶּה כָּלֵנוּ מְהֵרָה לְאוֹרוֹ.

May You shine a new light on Zion;  
and may we soon be privileged to share in that light.



שמע  
SH'MA

LOVE GOD with your mind:  
stay curious, open to questions;  
marvel at the wonder of what is.

Love God with your heart:  
stay alive to suffering and joy;  
yearn for the world that could be.  
Love God with your strength:  
open your hands and give;  
work for the sake of what ought to be.

HEAR, O ISRAEL—  
The divine abounds everywhere  
and dwells in everything.  
Its faces are infinite,  
Its source suffuses all.  
The many are One.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

*Sh'ma, Yisrael, Adonai Eloheinu, Adonai echad.*

Hear, O Israel, Adonai is our God, Adonai is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

Blessed is God's glorious majesty forever and ever.

*V'ahavta et Adonai Elohecha –  
 b'chol-l'vav'cha,  
 uvchol-nafsh'cha,  
 uvchol-m'odecha.  
 V'hayu had'varim ha-eileh  
 asher anochi m'tzav'cha hayom  
 al l'vavecha.  
 V'shinantam l'vanecha v'dibarta bam  
 b'shiot'cha b'veitecha,  
 uvlecht'cha vaderech,  
 uvshochb'cha, uvkumecha.  
 Ukshartam l'ot al-yadecha;  
 v'hayu l'totafot bein einecha;  
 uchtqavtam al-m'zuzot beitecha  
 uvisharecha.*

*L'maan tizk'ru vaasitem  
 et-kol-mitzvotai,  
 viyitem k'doshim l'Eloheichem.  
 Ani Adonai Eloheichem –  
 asher hotzeiti et-chem mei-eretz  
 Mitzrayim liyot lachem l'Elohim:  
 ani Adonai Eloheichem.*

You shall love Adonai your God with all your mind,  
 with all your soul, and with all your strength.  
 Set these words, which I command you this day, upon your heart.  
 Teach them faithfully to your children.  
 Speak of them in your home and on your way,  
 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.

וְאַהֲבָתָךְ אֶת יְיָ אֱלֹהֶיךָ,  
 בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ,  
 וּבְכָל-מְאֹדְךָ.  
 וְהָיוּ הַדְּבָרִים הָאֵלֶּה,  
 אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם עַל-לְבָבְךָ.  
 וְשִׁנַּנְתָּם לְבְנֶיךָ וְדִבַּרְתָּ בָם,  
 בְּשִׁבְתְּךָ בְּבֵיתְךָ,  
 וּבְלֶכְתְּךָ בַּדֶּרֶךְ,  
 וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.  
 וְקִשְׁרְתָם לְאוֹת עַל-יָדְךָ,  
 וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.  
 וְכַתַּבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ  
 וּבִשְׁעָרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי,  
 וְהִיִּיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.  
 אֲנִי יְיָ אֱלֹהֵיכֶם,  
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,  
 לֵהְיוֹת לָכֶם לֵאלֹהִים,  
 אֲנִי יְיָ אֱלֹהֵיכֶם.

Be mindful of all My mitzvot,  
and do them;  
thus you will become holy to your God.  
I, Adonai, am your God,  
who brought you out of Egypt to be your God -  
I, Adonai your God.

יְיָ אֱלֹהֵיכֶם אֱמֶת.  
*Adonai Eloheichem emet.*  
Adonai your God is true.

## מִי כַמּוֹחָה MI CHAMOCHA

WILL YOU OPEN your soul to Me?  
Will you speak your mind?  
Can you love Me? Will you take My words?  
Take them with you  
teach them in sunshine  
teach them in kitchens  
make these words psalms  
make them stories and philosophy  
repeat them until they are music  
wrap yourselves inside the sounds  
write these words and keep the writings close at hand  
or better yet  
know them by heart  
to gaze upon them with mind's eye  
to carry them wherever you go  
as your prayer at night  
most important words you speak in the morning

and when you're not sure you can love Me  
remember the narrow place, *Mitzrayim*,  
remember:  
everything still depends on our love.

THEY WENT FORTH from Egypt on a single night  
but next time the miracle will be different.

Once two Sages were walking very early in the valley  
and they saw the light of the morning star.

Said one to the other,  
"This is how the redemption will be.  
The dawn breaks with a single ray of light  
and bit by bit the sky is illumined,  
until morning comes and the darkness is gone.  
So the redemption will occur little by little,  
growing steadily and gradually  
until the world is full of light."

Do not wait for a miracle  
or the sudden transformation of the world.  
Bring the day closer, step by step,  
with every act of courage, of kindness,  
of healing and repair.  
Do not be discouraged by the darkness.  
Lift up every spark you can  
and watch the horizon  
for the coming of dawn.  
Look closely!  
It has already begun.

*“Mi-chamocha ba·eilim, Adonai?  
Mi kamocha – nedar bakodesh,  
nora t’hilot, oseih-fele?”*

מִי כְמוֹכָה בָּאֵלִים יי  
מִי כְמוֹכָה נֶאֱדָר בְּקֹדֶשׁ  
נֹרָא תְהִלָּת, עֹשֶׂה פֶלֶא.

“Of all that is worshiped, is there another like You?  
Maker of wonders, who is like You –  
in holiness sublime, evoking awe and praise?”

## ונתנה תקף U'N'TANEH TOKEF

*Untaneh-tokef k'dushat hayom –  
ki hu nora v'ayom.*

*Uvo tinasei malchutecha,  
v'yikon b'chesed kisecha;  
v'teishiv alav be-emet.*

*Emet ki atah hu dayan,  
umochiach v'yodei-a va-eid,  
v'choteiv v'choteim, v'sofeir umoneh,  
v'tizkor kol hanishkachot.  
V'tiftach et sefer hazichronot,  
umei-eilav yikarei –  
v'chotam yad kol adam bo.*

Let us proclaim the power of this day –  
a day whose holiness awakens deepest awe  
and inspires highest praise for Your dominion,  
for Your throne is a throne of love;  
Your reign is a reign of truth.

In truth,  
You are judge and plaintiff, counselor and witness.  
You inscribe and seal. You record and recount.

You remember all that we have forgotten.  
And when You open the Book of Memories,  
it speaks for itself –  
for every human hand leaves its mark,  
an imprint like no other.

ונתנה תקף קדושת היום –  
כי הוא נורא ואיום,  
ובו תנשא מלכותך,  
ויכון בחסד כסאך,  
ותשוב עליו באמת.

אמת כי אתה הוא דין,  
ומוכים ויודע ועד,  
וכותב וחותר, וסופר ומונה,  
ותזכר כל הנשפחות,  
ותפתח את ספר הזכרונות,  
ומאליו יקרא –  
וחתם יד כל אדם בו.

*Uvshofar gadol yitaka.*  
*V'kol d'mamah dakah yishama.*  
*Umalachim yeichafeizun,*  
*v'chil uradah yochreizun,*  
*v'yomru: "Hineih yom hadin" –*  
*lifkod al tz'va marom badin;*  
*ki lo yizku v'einecha badin.*

ובשופר גדול יתקע.  
 וקול דממה דקה ישמע.  
 ומלאכים יחפזון.  
 וחיל ורעדה יאחזון.  
 ויאמרו הנה יום הדין.  
 לפקד על צבא מרום בדין.  
 כי לא יזכו בעיניך בדין.

*V'chol ba-ei olam yaavrun l'fanecha*  
*kivnei maron.*  
*K'vakarat ro-ei edro,*  
*maavir tzono tachat shivto,*  
*kein taavir v'tispor v'timneh,*  
*v'tifkod nefesh kol chai.*  
*V'tachtoch kitzbah l'chol b'riyah;*  
*v'tichtov et g'zar dinam.*

וכל באי עולם יעברון לפניך כבני מרון.  
 כבקרת רועה עדרו.  
 מעביר צאנו תחת שבטו.  
 כן מעביר ותספר ותמנה.  
 ותפקד נפש כל חי.  
 ותחתך קצבה לכל בריוֹתֶיךָ.  
 ותכתב את גזר דינם:

And so a great shofar will cry – *t'kiah*.  
 A still small voice will be heard.  
 Angels, in a whirl of fear and trembling, will say:  
 "Behold the day of judgement" –  
 for they too are judged;  
 in Your eyes even they are not blameless.

All who come into the world pass before You  
 like sheep before their shepherd.  
 As a shepherd considers the flock,  
 when it passes beneath the staff,  
 You count and consider every life.  
 You set bounds; You decide destiny;  
 You inscribe judgements.



*B'Rosh HaShanah yikateivun;*  
*uvYom Tzom Kippur yeichateimun:*

*kamah yaavorun,*  
*v'chamah yibarei-un;*  
*mi yichyeh, umi yamut;*  
*mi v'kitzo, umi lo v'kitzo;*  
*mi va-eish, umi vamayim;*  
*mi vacherev, umi vachayah;*  
*mi varaav, umi vatzama;*  
*mi varaash, umi vamageifah;*  
*mi vachanikah, umi vas'kilah;*  
*mi yanuach, umi yanua;*  
*mi yashkit, umi y'toraf;*  
*mi yishaleiv, umi yityaseir;*  
*mi taani, umi yaashir;*  
*mi yushpal, umi yarum –*

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן,  
וּבְיוֹם צוֹם כִּפּוּר יֵיחַתְּמוּן:

כָּמָה יַעֲבֹרוּן,  
וְכָמָה יִבְרְאוּן.  
מִי יִחְיֶה, וּמִי יָמוּת.  
מִי בְּקִצּוֹ, וּמִי לֹא בְּקִצּוֹ.  
מִי בָּמַיִם, וּמִי בָּאֵשׁ.  
מִי בַּחֶרֶב, וּמִי בַּחֲיָה.  
מִי בְּרֶעֱב, וּמִי בְּצָמָא.  
מִי בְּרַעַשׁ, וּמִי בַּמַּגָּפָה.  
מִי בַּחֲנִיקָה, וּמִי בַּסְּקִילָה.  
מִי יָנוּחַ, וּמִי יָנוּעַ.  
מִי יִשְׁקֹט, וּמִי יִטְרַף.  
מִי יִשְׁלֹו, וּמִי יִתְּיָסֵר.  
מִי יַעֲנִי, וּמִי יַעֲנֹשׁ.  
מִי יִשְׁפֹּל, וּמִי יָרוּם:

On Rosh HaShanah this is written;  
on the Fast of Yom Kippur this is sealed:

How many will pass away from this world,  
how many will be born into it;  
who will live and who will die;  
who will reach the ripeness of age,  
and who will be taken before their time;  
who by fire and who by water;  
who by war and who by beast;  
who by famine and who by draught;  
who by earthquake and who by plague;

who by strangling and who by stoning;  
who will rest and who will wander;  
who will be tranquil and who will be troubled;  
who will be calm and who will be tormented;  
who will live in poverty and who in prosperity;  
who will be humbled and who exalted –

*Utshuvah, utfilah, utzdakah*  
*maavirin et roa hag'zeirah.*

וּתְשׁוּבָה, וּתְפִלָּה, וּצְדָקָה  
מַעֲבִירִין אֶת רוּעַ הַגְּזֵירָה:

But through return to the right path,  
through prayer and righteous giving,  
we can transcend the harshness of the decree.

# קדושה K'DUSHAH

There is holiness when we love our neighbor as our self.  
There is holiness when we live as if we are in God's image.  
There is holiness when we see the light and beauty of Creation.

קדוש, קדוש, קדוש יי צבאות, מלא כל הארץ כבודו.  
*Kadosh, kadosh, kadosh Adonai tz'va'ot, m'lot chol ha'arets k'vodo.*

Holy, holy, holy is *Adonai Tz'va'ot*! God's presence fills the whole earth.

There is holiness when we dream of a world of peace.  
There is holiness when we support those in need.  
There is holiness when we see God in everyday acts.

ברוך כבוד יי ממקומו.  
*Baruch k'vod Adonai mim'komo.*

Blessed is the presence of God, shining forth from where God dwells.

There is holiness when we gather in friendship to learn and to pray.

ימלך יי לעולם, אלהיך ציון לדור ודור, הללויה.  
*Yimloch Adonai l'olam, Elohayich tzion, l'dor vador, Halleluyah!*

Adonai shall reign forever, your God, O Zion, from generation to generation, Halleluyah!

Be holy, hear the whisper, a quiet, gentle voice.

## Be Holy, Hear the Whisper

*Chorus:*

Ha-Kadosh Baruch Hu  
Ha-Kadosh Baruch Hu

Be holy, hear the whisper, a quiet, gentle voice  
Be holy, hear the whisper  
That helps us to make the choice  
To be like God, to be like God

Be holy, hear the whisper, present every day  
Be holy, hear the whisper, it teaches us the way  
To be like God, to be like God

*Chorus*

Be holy, hear the whisper  
That guides each word and deed  
Be holy, hear the whisper, reminding us we need  
To be like God, to be like God

Be holy, hear the whisper  
The warmth of love's embrace  
Be holy, hear the whisper, giving us the grace  
To be like God, to be like God

*Chorus*

*(God is) the Holy and Blessed One*

## The Truth

The only regrets I have in my life  
are the times when I was ungracious.  
When my limitations diminished my capacity for love.  
When I was so small and filled with self  
that my need to be right blinded me to the largeness of the truth.

This is the truth:  
Life is short. Often tragic. At times, joyful.  
Forgive yourself for all those times when you forgot, or didn't know, or didn't  
understand, or ignored,  
or didn't have the inner strength to live this truth.

## לדור ודור L'DOR VADOR

*L'dor vador nagid godlecha.*  
*Ulneitzach n'tzachim k'dushat'cha nakdish.*  
*V'shivchacha, Eloheinu, mipinu lo yamush*  
*l'olam va-ed.*

לדור ודור נגיד גדלה  
ולנצח נצחים קדושתך נקדיש,  
ושבחך, אלהינו, מפינו לא ימוש לעולם ועד.

We will teach Your greatness  
*l'dor vador* – from generation to generation.  
And to the end of time  
we will affirm Your holiness.  
Our God, Your praise shall ever be on our lips.

## סדר תקיעת שופר SHOFAR SERVICE

SOUND THE SHOFAR, an ancient sound  
Raise up and shout to the heavens,  
call out loudly to the new moon  
to the silver light, the sliver of possibility  
that we may return again, return again,  
to a new day, a new day, a renewed spirit.

WE ARE CALLED to a life purpose and meaning  
to be steady, to be steadfast,  
to return home  
the whisper of our destiny calls upon us daily  
and now.

*Tiku b'hodesh shofar*  
Praise God with the blast of the shofar.

We answer the call.  
We are here.  
We are here.

I WANT to make a confession, to give an accounting to myself, and to God: In other words, to measure my life and actions against the lofty ideals I've set for myself. To compare that which should have been with that which was.

Hannah Senesh diary entry of October 11, 1940

RABBI BUNIM of the 18th century taught,  
Everyone must have two pockets.  
In the right pocket, one should place the words: *For my sake was the world created*  
And in the left: *I am but dust and ashes*  
attributed to Rabbi Simcha Bunim (1767-1827) of Przysucha

THIS IS THE PARADOX of our humanity,  
we believe in our power to self-actualize, to repair the world,  
to be a force for light and goodness.  
And we acknowledge that this power has limits;

God is a transcendent force of light, and love and goodness  
and only through mere moments,  
after spiritual practice, prayer and acts of love  
are we aware of the sacred spark.

*Baruch atah, Adonai,  
melech al kol ha-aretz,  
m'kadesh ha-Shabbat v'Yisrael v'Yom ha-Zikaron.*

ברוך אתה, יי,  
מלך על כל הארץ,  
מקדש השבת וישראל ויום הזכרון.

Blessed are hearts that respond to the majestic music of the shofar.  
Blessed is the gift of life, the power of renewal that brings us to this day.

*Baruch atah, Adonai,  
Eloheinu melech ha-olam  
asher kid'shanu b'mitzvotav  
v'tzivanu lishmoa kol shofar.*

ברוך אתה, יי,  
אלהינו מלך העולם,  
אשר קדשנו במצותיו,  
וצונו לשמוע קול שופר.

Source of blessing, Eternal our God, You fill the universe with majestic might –  
summoning us to hear the sound of the shofar.

*Baruch atah, Adonai  
Eloheinu melech haolam,  
shehechianu v'kiy'manu v'higianu  
laz'man hazeh.*

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

Source of blessing, You fill the universe with majestic might – giving us life, upholding  
the life within us, and bringing us to this time.

*T'kiah Sh'varim-T'ruah T'kiah*  
*T'kiah Sh'varim T'kiah*  
*T'kiah T'ruah T'kiah*

*תְּקִיָּה שְׁבָרִים-תְּרוּעָה תְּקִיָּה.*  
*תְּקִיָּה שְׁבָרִים תְּקִיָּה.*  
*תְּקִיָּה תְּרוּעָה תְּקִיָּה.*

WE BELIEVE in tomorrow.

We believe that we have the power to make tomorrow different from today.

We believe that poverty need not be permanent and that people need not learn war anymore.

We believe that there can be yet a time of peace and a time of justice, a time of tranquility for all who live on earth.

We believe that we can have a share in bringing that day closer by the way in which we live.

The world may smile at our dreams – but no matter, we still believe.

We, as Jews, persist in our belief that the human being was created not for evil, but for good, not a curse, but a precious being.



## REMEMBER

that we are a part of a tradition  
that demands of us ethical and moral behavior.

To remember

That we are part of a hero's story and that we are taught  
never to give into cynicism

To remember

that we are commanded to have hope,  
to envision what is possible, to struggle with our faith,  
to aspire to an elevated life.

*T'kiah Sh'varim-T'ruah T'kiah*

*T'kiah Sh'varim T'kiah*

*T'kiah T'ruah T'kiah*

*תְּקִיָּה שְׁבָרִים-תְּרוּעָה תְּקִיָּה.*

*תְּקִיָּה שְׁבָרִים תְּקִיָּה.*

*תְּקִיָּה תְּרוּעָה תְּקִיָּה.*

## Hide and Seek

All my life I have played hide and seek.

Hide.

Seek.

Hiding from You, dear One.

And from myself, from my faults,  
from the dusty parts of my soul  
that have not seen light in so many years,  
that are afraid to face what needs to be seen  
what needs to emerge, what needs repair.

Expose me, O God.

I search for Your presence  
for the courage, for the strength

to become known, to be found,  
and to smooth out the rough spots,  
and to live, and to be fearless  
in the truth of who I am  
and what I can offer and  
who I can become  
and not to  
hide.

Find me.

*T'kiah Sh'varim-T'ruah T'kiah*  
*T'kiah Sh'varim T'kiah*  
*T'kiah T'ruah T'kiah G'dolah*

*תְּקִיָּעָה שְׁבָרִים-תְּרוּעָה תְּקִיָּעָה.*  
*תְּקִיָּעָה שְׁבָרִים תְּקִיָּעָה.*  
*תְּקִיָּעָה תְּרוּעָה תְּקִיָּעָה גְּדוּלָּה.*

## סיום התפילה CLOSING PRAYERS

### **The Valley**

The valley of the shadow of death is a tender place.

It is a place of questions and things unsaid.

And grace.

And love.

And depth.

And sadness.

My heart is open.

My breath is gentle.

I am tired and sleepless.

So I sit a while by the still waters

and You are with me.

God is with me.

I shall not fear.

## קדיש יתום KADDISH

*Yitgadal v'yitkadash shmei raba,  
b'alma divra chirutei.  
V'yamlich malchutei b'chayechon uv'yomeichon,  
uv'chayei d'chol beit Yisrael –  
ba-agala uvizman kariv;  
v'imru Amen.*

יתגדל ויתקדש שמה רבא,  
בעלמא די ברא כרעותה.  
וימליך מלכותה בחייכון וביומייכון,  
ובחיי דכל בית ישראל,  
בעגלא ובזמן קריב  
ואמרו: אמן.

*Y'hei shmei raba m'vorach  
l'alam ul'almei almaya.*

יהא שמה רבא מכברך  
לעלם ולעלמי עלמאי.

*Yitbarach v'yishtabach, v'yitpa'ar  
v'yitromam v'yitnasei, v'yit'hadar  
v'yitaleh v'yit'halal shmeih  
d'kudsha – b'rich hu –  
l'eila u'l'eila mikol bir-chata v'shirata,  
tushb'chata v'nechemata,  
daamiran b'alma;  
v'imru: Amen.*

יתברך וישתבח ויתפאר  
ויתרומם ויתנשא ויתגדל  
ויתעלה ויתהלל שמה  
דקודשא, בריך הוא,  
לעלא ולעלא מכל ברכתא ושירתא,  
תשבחתא ונחמתא  
דאמירן בעלמא,  
ואמרו: אמן.

*Y'hei shlama raba min sh'maya,  
v'chayim aleinu v'al kol Yisrael;  
v'imru: Amen.*

יהא שלמא רבא מן שמיא,  
וחיים עלינו ועל כל ישראל.  
ואמרו: אמן.

*Oseh shalom bimromav,  
hu yaaseh shalom aleinu,  
v'al kol Yisrael  
v'al kol yoshvei teiveil;  
v'imru: Amen.*

עושה שלום במרומו  
הוא יעשה שלום עלינו  
ועל כל ישראל  
ועל כל יושבי תביל.  
ואמרו: אמן.

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved.  
Amen.

## היום תאמצנו HAYOM TA'AM'TZEINU

Infinite Source of goodness,  
help us to see the good  
in ourselves, in others, and in the world around us.  
Teach us to cultivate a discerning mind  
to know right from wrong;  
and a listening heart  
open to love and forgiveness.

Guide us to walk in Your ways with integrity,  
ever faithful to the promises our forebears made.  
And may Your goodness inspire us to do what is just and right.

*Hayom t'am'tzeinu! Amen.*

*Hayom t'var'cheinu! Amen.*

*Hayom t'gad'leinu! Amen.*

*Hayom tidr'sheinu l'tovah! Amen.*

*Hayom ticht'veinu l'chayim tovim! Amen.*

*Hayom tishma shavateinu! Amen.*

*Hayom titm'cheinu bimin tzidkecha! Amen.*

היום תאמצנו, אמן.

היום תברכנו, אמן.

היום תגדלנו, אמן.

היום תדרשנו לטובה, אמן.

היום תכתבנו לחיים טובים, אמן.

היום תשמע שוועתנו, אמן.

היום תתמכנו בימין צדקה, אמן.

Strengthen us this day! Amen.

Bless us this day! Amen.

This day, exalt us! Amen.

Show us kindness this day! Amen.

Inscribe us this day for a life of goodness! Amen.

This day, hear our cry! Amen.

Now and always, support us with the strength of Your righteousness! Amen.

**לְשָׁנָה טוֹבָה וּמְתוּקָה**

***L'shanah tovah u'm'tukhah***

**May this be a good and a sweet new year.**

## SOURCES

All sources in *Sh'ma Adonai Koli*, except those noted below, are from our High Holiday prayer books, *Mishkan Hanefesh, Machzor for the Days of Awe Rosh Hashanah* and *Mishkan Hanefesh, Machzor for the Days of Awe Yom Kippur*, published by CCAR Press.

Sources written by Rabbi Karyn Kedar:

Pg. 6            *Hin'ni: Here I Am*

From her book *Amen: Seeking Presence with Prayer, Poetry, and Mindfulness Practice*:

Pg. 10           *In Between*

Pg. 17           *Hold Me in Prayer*

Page 9          *You Ask So Much*

Page 39        *The Truth*

Page 43        *Hide and Seek*

Page 45        *The Valley*

Additional sources:

Page 26        *Once, during the Days of Awe*, Rami Shapiro, [Hasidic Tales](#).

Page 38        *Be Holy, Hear the Whisper*, music and lyrics by Peter and Ellen Allard



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