

Interfaith Families Project

High Holy Days 2020



IFFP

The Interfaith Families Project of Greater Washington (IFFP) is an independent community of interfaith families and others. We are committed to sharing, learning about, and celebrating our Jewish and Christian traditions.

Now in our third decade, we have grown to over 100 families from Maryland, Virginia, and Washington D.C. It's a place where both Jewish and Christian partners can feel like equal members of the community; where both can celebrate and learn about both faiths and where we "teach not preach."

Note: The language in these prayers, songs, texts, poems might not connect to you. We invite you to change the language if you need to make it work for you. For example, If you don't connect to God language, feel free to change it to Universal Love or Nature.

Shalom Aleichem

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי
עֲלִיוֹן

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא
בוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי
עֲלִיוֹן

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*Shalom Aleichem malachay
ha'sha-ret malachay el yon
Mi melech malachay ham-la-chim
ha'ka-dosh baruch-hu
Bo-a-chem l'shalom malachay
ha'shalom malachay el yon
Mi melech malachay ham-la-chim
ha'ka-dosh baruch-hu*

The peace of angels, come by here

Kol Nidre

*Kol Nidrei ve'esarei
vakha'ramei
v'kona'mei
v'khinu'yei v'kinusei
u'sh'vuot, din'darna
u'd'ish't'va'na,
u'd'a'kha'reimna,
v'di'asarna al
naf'sha'tana mi'yom
kipurim zeh ad yom
kipurim ha'ba aleinu
l'tovah. Kul'hon
ikha'ratna v'hon,
kul'hon y'hon
sharan. Sh'vikin,
sh'vitin, b'teilin
u'm'vutalin, la
sh'ririn v'la
ka'yamin. Nidrana la
nidrei, ve'esa'arana
la esarei,
u'sh'vua'tana la
sh'vuot.*

כָּל נִדְרֵי וְאֶסְרֵי
וְחַרְמֵי וְקוֹנָמֵי
וְכַנּוּיֵי. וְקִנּוּסֵי
וְשְׁבוּעֵי דְנִדְרָנָא.
וְדָא שְׁתַּבְעָנָא.
וְדָא חֲרִימָנָא.
וְדָא אֶסְרָנָא עַל
נַפְשָׁתָנָא. מִיּוֹם
כְּפוּרִים זֶה עַד יוֹם
כְּפוּרִים הַבָּא עָלֵינוּ
לְטוֹבָה. כְּלָהוֹן
אֲחֲרִטְנָא בְּהוֹן.
כְּלָהוֹן יְהוֹן שְׁרוֹן.
שְׁבִיקוֹן, שְׁבִיתוֹן,
בְּטַלְיוֹן וּמַבְטְלִיוֹן, לָא
שְׁרִירוֹן וְלָא קַיְמִין:
נִדְרָנָא לָא נִדְרֵי.
וְאֶסְרָנָא לָא אֶסְרֵי.
וְשְׁבוּעַתָּנָא לָא
שְׁבוּעוֹת:

Kol Nidre

All the weight of everything
that we've vowed
excluded
failed
promised ourselves
swore we would
swore we wouldn't
cut ourselves off from
from last Yom Kippur
to the one that will come next year
(may it be for good)
all of them
we free ourselves from them
from this moment, they are
nothing.
Our enmities
our limitations
our blame
they have no reality
they no longer exist.
These vows were never vows
these oaths are not valid oaths
these bindings are released.

Shechechyanu

Blessed are You,
Adonai our God,
ruler of the
universe, who
has kept us alive,
and sustained us,
and enabled us to
reach this
moment.

בָּרוּךְ אַתָּה יְיָ
אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁהַחַיָּנוּ
וְקִיַּמָּנוּ וְהַגִּיעָנוּ
לְזֶמַּן הַזֶּה.

*Baruch atah
adonai eloheynu
melech ha-olam,
shehechyanu,
v'keymanu,
v'higyanu,
lahzman hazeh,
Amen.*

Barchu

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ:

Barkhu et Adonai Hamvorakh

Bless the source of blessing!

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

*Barukh Adonai ham'vorakh l'olam
va'ed.*

Bless the source of blessing
forever!



Blessing for the Evening

Praised are you Adonai, Spirit of the world who shares with humanity the rhythm of the day, bringing the twilight and opening the gates of the heavens.

Your wisdom has set the changing of the times and the varying of the seasons.

We marvel at the stars in the sky. You have created the day and the night, rolling away the light before the dark and the dark from before the light.

The day is divided from night that we may behold the changes of Your world. Your enduring guidance leads us forever.

Praised are you, Adonai who brings forth the mantle of evening.

Ahavat Olam

From ever you have loved us into life, nourished our forebears with teachings of kindness. In the same way you will help us find our path, and we will always rejoice as we come to understand your Torah and mitzvot. For they are our lives, the thread through all our days, guiding us day and night. Your love will never depart from us. Blessed are you who relates to us in love.

אֶהְבֵּת עוֹלָם בֵּית יִשְׂרָאֵל
עִמְךָ אֶהְבֵּת, תּוֹרָה
וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים,
אֹתָנוּ לְמַדְתָּ עַל כֵּן יְיָ
אֱלֹהֵינוּ, בְּשִׂכְבְּנוּ וּבְקוּמָנוּ
נָשִׂיחַ בְּחֻקֶיךָ, וְנִשְׂמַח
בְּדַבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ
לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ
וְאַרְךְ יָמֵינוּ, וּבְהֵם נִהְגֶה
יוֹמָם וְלַיְלָה, וְאֶהְבֵּתְךָ אֵל
תָּסִיר מִמֶּנּוּ לְעוֹלָמִים.
בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ
יִשְׂרָאֵל:

*Ahavat olam beit Yisra'el
amcha ahavta, Torah
umitzvot chukim
umishpatim otanu limad'ta.
Al ken Adonai Eloheinu
b'shochveinu uv'kumeinu
nasi'ach b'chukecha,
venis'mach b'divrei
torat'cha uv'mitzvotecha
le'olam va'ed. Ki hem
chayeinu ve'orach yameinu
uvahem neh'geh yomam
valaila. Ve'ahavatcha al
tasir mimenu le'olamim,
Baruch ata Adonai, ohev
amo Yisrael.*

Sh'mah

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ,

יְיָ אֶחָד:

Sh'ma Yisrael Adonai Eloheinu

Adonai echad!

Listen Israel: the source of all our
being, that source Is One!

בְּרוּךְ שֵׁם כְבוֹד מַלְכוּתוֹ לְעוֹלָם

וְעַד

Barukh sheim k'vod malkhuto

l'olam vaed.

Bless the majestic splendor that
shines through space and time.

Ve'Ahavta -- Deuteronomy 6:5-9

And you shall love the Lord, your God, with all your heart, with all your soul and with all your might. And all these words which I command you on this day, shall be in your heart. And you shall teach them diligently unto your children. And you shall speak of them when you're sitting in your house, when you walk by the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes. And you shall write them on the doorposts of your house, and upon your gates.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל
לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל
מְאֹדְךָ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה, אֲשֶׁר אֲנִי מְצַוְךָ
הַיּוֹם, עַל לִבְבְּךָ. וְשָׁנַנְתָּם
לְבִנְיֶיךָ, וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ
בְּבֵיתְךָ, וּבְלֶכְתְּךָ בַדֶּרֶךְ,
וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וְקָשַׁרְתָם לְאוֹת עַל יָדְךָ,
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָם עַל מְזוֹזֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

*V'ahavta et Adonai
elohecha, b'chol l'vav'cha,
uv'chol nafsh'cha, uv'chol
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'shivt'cha b'veitecha,
uv'lecht'cha vaderech,
uv'shochb'cha,
uv'kumecha. Uk'shartam
l'ot al yadecha, v'hayu
l'totafot bein einecha.
Uch'tavtam al m'zuzot
beitecha uvisharecha.*

Mi Chamocha

What other power is like this one? What can transcend like holiness, awesomely powerful, working wonders? We experienced that power as the sea split before Moses. 'This is my God!' we exclaimed, 'Majesty transcends all time and space!' This is why it is said: Jacob was rescued from battling his brother, a peril he could not overcome himself. Praised are you, source of miracles, redeemer of Israel.

מי כַּמְכָּה בְּאֵלִים יְיָ, מִי
כַּמְכָּה נֶאֱדָר בְּקֹדֶשׁ,
נֹרָא תְהִילַת, עֲשֵׂה
פְּלֵא: מַלְכוּתְךָ רָאוּ
בְּנִיךָ, בּוֹקֵעַ יָם לִפְנֵי
מֹשֶׁה, זֶה אֱלֹהֵינוּ
וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם
וָעַד. וְנֶאֱמַר: כִּי פָדָה יְיָ
אֶת יַעֲקֹב, וַיִּגְאֹלוּ מִיַּד
חֲזַק מִמֶּנּוּ. בְּרוּךְ אַתָּה
יְיָ גֹאֵל יִשְׂרָאֵל:

*Mi kha'mo'kha ba'eilim
Adonai, mi ka' mo'kha
ne'dar ba'kodesh, nora
t'hi'lot o'seh feleh.
Mal'khut'kha ra'u
va'ne'kha, bo'kei'a yam
lif'nei Moshe. Zeh eili,
anu v'amru, Adonai
yim'lokh l'olam va'ed.
V'ne'emar ki fadah Adonai
et ya'akov ug'alo mi'yad
kha'zak mimenu
l'olamim. Ba'rukh atah
Adonai, ga'al yisrael*

Leviticus 16:30

For on this day atonement shall be rendered unto you to cleanse you of all your misdeeds, so that we become pure before the Creator.



Hatzi Kaddish

Make the God name big.

Big and Holy.

Do it in this world.

This creation sprung
from consciousness.

And bring some order to
this...

Do it fast, soon, in our
lives, in the days ahead,
in the life of the people
we call home.

Everybody join with me:

May the name be blessed
forever and ever!

Yes, blessed.

Blessed, whispered,
sung out, shouted,
honored, this Holy

Name.

The Name far beyond
any song, poem, or
comforting words we
could ever speak.

Everybody say: That's
the truth!

-- R. Daniel Brenner

יתגדל ויתקדש שמה רבא.
בעלמא די ברא כרעותה, ונמליך
מלכותה בתיכון וביומיכון
ובחיי דכל בית ישראל. בעגלא
ובזמן קריב ואמרו אמן:
יהא שמה רבא מברך לעלם
ולעלמי עלמא:
יתברך וישתבח, ויתפאר
ויתרום ויתנשא ויתהדר
ויתעלה ויתהלל שמה דקדשא
ברוך הוא לעלא (ולעלא מכל) מן
כל ברקתא ושירתא, תשבחתא
ונחמתא, דאמרו בעלמא,
ואמרו אמן:

*Yitgadal v'yitkadesh sh'mei
raba, b'al'ma di v'rah khirutei.
v'yamlikh mal'khutei
b'khayeikhon uv'yo'meikhon
uv'khayei d'khol beit Yisrael,
ba'a' gala uviz'man kariv v'imru
amein.*

*Y'hei sh'mei raba m'vorakh
l'olam ul'almei almaiya.
Yitbarakh v'yishtabakh
v'yitpa'ar v'yit romam v'yitnasei
v'yithadar v'yit'a'leh v'yit'halal
sh'mei d'kud'shah B'rikh hu.
L'eila u'l'eila mikol birkha' ta
v'shirata, tush'b'khata
v'nekhe'ma ta da'amiran b'alma
v'imru amein.*

Come and Find the Quiet Center

Come and find the
quiet center
In the crowded life
we lead
Find the room for
hope to enter
Find the frame
where we are freed

Clear the chaos and
the clutter
Clear our eyes that
we can see
All the things that
really matter
Be at peace, and
simply be

Silence is the friend
who claims us
Cools the heat and
slows the pace
God it is who speaks
and names us
Knows our being,
touches base.

Making space
within our thinking
Lifting shades to
show the sun
Raising courage
when we're
shrinking
Finding scope for
faith begun.

Amidah (Hebrew)

*Adonai s'fatai tiftakh ufi
yagid t'hilatekha.*

*Barukh atah adonai
eloheinu v'elohai avoteinu
v'imotenu. Elohai Avram,
elohai Yitzak, v'elohai
Yaakov, Elohai Sara,
elohai Rivka, elohai Leah
v'elohai Rakhel. Ha' eil,
hagadol hagibor v'hanora,
Eil elyon gomeil khasadim
tovim v'ko' nei hakol
v'zokheir khasdei avot
v'imahot umeivi goel
livnei v'nei' hem l'ma'an
sh'mo b'ahava.*

*Zakh' reinu l'khayim
melekh khofeitz bakhayim
v'khatveinu b'seifer
hakhayim l'mankha
elohim khayim.*

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי
יִגִּיד תְּהִלָּתְךָ:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ, אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי
שָׂרָה, אֱלֹהֵי רַבֵּקָה,
אֱלֹהֵי רָחֵל, וְאֱלֹהֵי
לֵאָה, הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל
עֲלִיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקֹנֵה הַכֹּל,
וְזוֹכֵר חֲסָדֵי אֲבוֹת
וְאִמָּהוֹת, וּמְבִיא גּוֹאֵל
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ
בְּאַהֲבָה.

זְכַרְנוּ לְחַיִּים, מְלֶךְ
חַפֵּץ בְּחַיִּים, וְכֹתֵבֵנוּ
בְּסֵפֶר הַחַיִּים, לְמַעַן
אֱלֹהִים חַיִּים.

Amidah (Hebrew)

*Melekh ozeir umoshia
umagein. Barukh ata
Adonai, magein Avraham
v'ezrat Sara.*

*Atah gibor l'olam adonay,
m'khayeih meitim atah,
rav l'hoshi'a. M'khalkeil
khayim b'khesed,
m'khayeih meitim
b'rakhamim rabim
someikh nof'lim v'rofei
kholim umatir asurim
umka' yeim emunato
lisheinei afar, mi kha'
mokha ba'al g'vurot umi
domeh lakh melekh
meimit um'khayeh
umatz'mi' akh y'shuah.*

*Mi khamokha el hara' kha'
mim zokheir y'tzurav
l'kha'yim b'rakhamim.*

*V'ne'e'man atah l'hakha
yot meitim. Barukh atah
Adonai m'khayeih
hameitim.*

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ
וּמַגִּין. בָּרוּךְ אַתָּה יְיָ מֶגֶן
אַבְרָהָם וְעֵזְרַת שָׂרָה.

אַתָּה גִבּוֹר לְעוֹלָם
אֲדֹנָי, מְחַיֶּה מֵתִים
אַתָּה, רַב לְהוֹשִׁיעַ
מִכָּלְכָל חַיִּים בְּחֶסֶד
מְחַיֶּה מֵתִים בְּרַחֲמִים
רַבִּים, סוֹמֵךְ נוֹפְלִים
וְרוֹפֵא חוֹלִים וּמַתִּיר
אֲסוּרִים וּמְקַיֵּם
אֱמוּנָתוֹ לִישְׁנֵי עֶפֶר, מִי
כְמוֹךָ בַעַל גְּבוּרוֹת וּמִי
דוֹמֶה לָךְ מֶלֶךְ מִמִּית
וּמְחַיֶּה וּמַצְמִיחַ
יְשׁוּעָה.

מִי כְמוֹךָ אֵל הַרְחֲמִים,
זוֹכֵר יְצוּרָיו לְחַיִּים
בְּרַחֲמִים:

וְנִאֲמֹן אַתָּה לְהַחְיֹת
מֵתִים. בָּרוּךְ אַתָּה יְיָ,
מְחַיֶּה הַמֵּתִים:

Amidah (English)

May Adonai open my lips as we speak these blessings.

Bless the compassion and the truth that has sustained generations. Guide of Abraham and Sarah; guide of Isaac and Rachel; guide of Rachel, Leah, and Jacob—profound, abundant, awesome, filling all dimensions and worlds; the highest power, source of all loving deeds; honoring the courage of ancestors, and enabling that courage to inspire generations toward redemption, in love, for that is its nature. May we be renewed, and written into life, for that is the desire of the source of all life. Blessed is the compassion that shielded Abraham and strengthened Sarah.

Compassion's might has no limit: sustaining the living with kindness, lovingly bringing life to the lifeless; stirring us to lift the fallen, heal the sick, free the bound, and keeping faith even with those who sleep in the dust. Who is like this source of mercy, binding its children into life, in mercy. Always it is the faithful source of life. Blessed is the compassion that fills matter with living spirit.

Amida: On our Feet We Speak to You (1)

We rise to speak a web of bodies aligned like notes of music. Bless what brought us through the sea and the fire; we are caught in history like whales in polar ice. Yet you have taught us to push against the Walls, to reach out and pull each other along, to strive to find the way through if there is no way around, to go on.

To utter ourselves with every breath against the constriction of fear, to know ourselves as the body born from Abraham and Sarah, 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 the quiet of sleep easing over the ravaged body, who quiets the troubled waters of the mind to a pool in which shines the placid broad face of the moon.

Amida: On our Feet We Speak to You (2)

Bless the teaching of
how to open in love
so all the doors and
windows of the body
swing wide on their
rusty hinges
and we give ourselves
with both hands.

Bless what stirs in us
compassion
for the hunger of the
chickadee in the storm
starving for seeds we
can carry out,
the wounded cat
wailing in the alley,
what shows us our face
in a stranger,
who teaches us what
we clutch shrivels
but what we give goes
off in the world
carrying bread to
people not yet born.

Bless the gift of
memory
that breaks unbidden,
released
from a flower or a cup
of tea
so the dead move like
rain through the room.

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.
All living are one and
holy, let us remember
as we eat, as we work,
as we walk and drive.
All living are one and
holy, we must make
ourselves worthy.

Amida: On our Feet We Speak to You (3)

We must act out justice and mercy and healing as the sun rises and as the sun sets, as the moon rises and the starts wheel above us, we must repair goodness.

We must praise the power of the one that joins us, whether we plunge in and thrust ourselves far out finally we reach the face of glory to bring for our eyes and yet we burn and we too give light.

We will try to be holy, we will try to repair the world given us to hand on.

Precious is this treasure of words and knowledge and deeds that move inside us.

Holy is the hand that works for peace and for justice,
holy is the mouth that speaks for goodness
holy is the foot that walks toward mercy.

Let us lift each other on our shoulders and carry each other along. Let holiness move in us.

Let us pay attention to its still small voice.

Let us see the light in others and honor that light.

Amida: On our Feet We Speak to You (4)

Remember the dead
who paid our way
here
dearly, dearly and
remember the unborn
for whom we build
our houses.

Praise the light that
shines before us,
through us,
after us. Amen.

–Marge Piercy

Modim Anachnu Lach

We give thanks to You
that you are the Lord our
God, and God of our
ancestors forever and
ever, Rock of our lives
and Shield of our
salvation from
generation to
generation.

We give thanks to you
and recount your
praises, for our lives that
are entrusted in your
hand, and for our souls
that are in your
safekeeping, and for
your miracles that are
with us every day, and
for your wonders and
good deeds that are with
us at all times: evening,
morning, and midday.

Good One, your mercies
never fail us,
Compassionate One,
your loving kindness
never ceases.

We always hope in you.

מודים אנחנו לך שאתה הוא
יי אלהינו ואלהי אבותינו
לעולם ועד צור חיינו מגן
ישענו אתה הוא לדור ודור
נודה לך ונספר תהלתך. על
חיינו המסורים בך ועל
נשמותינו הפקודות לך ועל
נסיך שבכל יום עמנו ועל
נפלאותיך וטובותיך שבכל
עת ערב ובקר וצהרים הטוב
פי לא כלו רחמיך והמרחם
פי לא תמו חסדיך מעולם
קוינו לך:

*Modim anachnu lach sh'ata hu
Adonai Eloheinu v'elohei
avoteinu l'olam va'ed. Tzur
chayenu, Magen Yeshu'ateinu
ata hu l'dor vador. Nodeh
lecha u'nesaper tehilatecha
chayeinu hamesurim
b'yadecha v'al nishmoteinu
ha'pekudot lach v'al nisecha
shebechol yom imanu v'al
niflotecha v'tovotecha
shebechol et: erev, vavoker,
v'tzohorayim. Hatov ki lo
chalu rachamecha
v'ham'rachem ki lo tamu
chasadecha. Mei'olam kivinu
lach*

Vidui

Shmah Koleinu

Hear our voices,
awake all mercies;
Accept our prayer
from where we are
now.

Turn us towards
you so we may
return. Make all our
days new again.

שְׁמַע קוֹלֵנוּ יְהוָה
אֱלֹהֵינוּ חוּס וְרַחֵם
עָלֵינוּ וְקַבֵּל
בְּרַחֲמִים וּבְרַצוֹן אֶת
תְּפִלָּתֵנוּ: הִשִּׁיבֵנוּ
יְהוָה אֱלֹהֵינוּ וְנִשׁוּבָה
חֲדָשׁ יָמֵינוּ כְּקֶדֶם

*Shma koleinu
Adonai Eloheinu,
khus v'rakheim
aleinu, v'kabeil
b'rakhamim
u'v'ratzon et
t'filateinu
Hashi'veinu Adonai
ei'lekha v'nashuva
khadeish yamei'nu
k'kedem*

Ki Anu (Hebrew)

*Ki anu amekha v'atah
eloheinu*

כִּי אֲנִי עִמָּךְ וְאַתָּה
אֱלֹהֵינוּ.

*anu vanekha v'atah
avinu*

אֲנִי בְנִיךָ וְאַתָּה אָבִינוּ:

*Anu avadekha v'atah
adoneinu*

אֲנִי עַבְדְּךָ וְאַתָּה
אֲדוֹנָנוּ.

*anu k'halekha v'atah
khelkenu*

אֲנִי קַהֲלְךָ וְאַתָּה
חֶלְקֵנוּ:

*Anu na'khaltekha
v'atah goralenu*

אֲנִי נִחַלְתְּךָ וְאַתָּה
גוֹרְלָנוּ.

*anu tsonekha vatah
roeinu*

אֲנִי צֹאנְךָ וְאַתָּה רוֹעֵנוּ:

*Anu kharmekha v'atah
not'reinu*

אֲנִי כַרְמְךָ וְאַתָּה
נוֹטְרָנוּ.

*anu f'u'latekha v'atah
yotzreinu*

אֲנִי פְּעֻלְתְּךָ וְאַתָּה
יוֹצְרָנוּ:

*Anu rayatekha v'atah
dodeinu*

אֲנִי רַעֲיַתְךָ וְאַתָּה
דוֹדָנוּ.

*anu s'gulatekha v'atah
eloheinu*

אֲנִי סִגְלַתְךָ וְאַתָּה
אֱלֹהֵינוּ.

*Anu amekha v'atah
malkeinu*

אֲנִי עִמָּךְ וְאַתָּה מַלְכֵנוּ:

*anu ma'amirekha
v'atah mamireinu*

אֲנִי מַאֲמִירְךָ וְאַתָּה
מַאֲמִירָנוּ:

Ki Anu (English)

For we are your people, and you are our
guide;

we, your children, and you, our parent.

We are your helpers, and you, our
inspiration;

we, your family, and you, our portion.

We are your legacy, and you, our destiny;

we, your flock, and you, our shepherd.

We are your vineyard, and you, our tender;

we, your accomplishment, and you, our
creator.

We are your spouse, and you, our beloved;

we, your treasure, and you, our closest
friend.

We are your people, and you, our protector;

we, your achievement, and you, our
director.

Ashamnu

We have become desolate. We betrayed.

We took what was not ours.

We were hypocrites.

We rationalized. We caused others to do wrong. We deliberately did wrong.

We let ends justify means. We became accustomed to dishonesty.

We gave ignorant advice. We did not keep promises. We were contemptuous.

We preferred transgression.

We fostered anger. We looked the other way.

We let impulses rule us. We had flexible ethics. We caused pain. We chose denial.

We were violent. We were immoral. We were complicit in terrible acts.

We did not learn from mistakes. We led others to mistakes.

אָשָׁמְנוּ. בָּגְדָנוּ. גָּזַלְנוּ.

דִּבְרָנוּ דְּפִי. הֶעָוִינוּ.

וְהִרְשָׁעְנוּ. זָדָנוּ.

חֲמִסָּנוּ. טַפְלָנוּ שֶׁקֶר.

יַעֲצָנוּ רָע. כִּזְבָּנוּ.

לִצָּנוּ. מְרִדָּנוּ. נֶאֱצָנוּ.

סָרְרָנוּ. עָוִינוּ. פָּשַׁעְנוּ.

צָרְרָנוּ. קִשְׁיָנוּ עֲרָף.

רָשָׁעְנוּ. שַׁחֲתָנוּ.

תַּעֲבָנוּ. תַּעֲיִינוּ.

תַּעֲתֵעָנוּ:

*Ashamnu, bagadnu,
gagalnu, dibarnu dofi.*

He'evinu,

v'hirsha'nu, zadnu,

kha'masnu, tafal'nu

sheker Ya'atz'nu ra,

kizav'nu, latz'nu,

marad'nu, ni'atz'nu,

sararnu, avinu,

pasha'nu, tza'rarnu,

kishinu oref.

Rasha'nu, shi'khatnu,

tia'v'nu, ta'i'nu,

ti'ta'nu

Al Het (Hebrew)

על חטא שחטאנו
לפניך באַנס וּבְרָצוֹן:
ועל חטא שחטאנו
לפניך באַמוּץ הַלֵּב:
על חטא שחטאנו
לפניך בְּבִלִי דַעַת:
ועל חטא שחטאנו
לפניך בְּבִטּוּי שְׁפִתַיִם:
על חטא שחטאנו
לפניך בְּגִלּוּי וּבִסְתֵר:
ועל חטא שחטאנו
לפניך בְּגִלּוּי עֲרִיוֹת:
על חטא שחטאנו
לפניך בְּדַבּוּר פֶּה:
ועל חטא שחטאנו
לפניך בְּדַעַת
וּבְמַרְמָה:
על חטא שחטאנו
לפניך בְּהִרְהוּר הַלֵּב:
ועל חטא שחטאנו
לפניך בְּהוֹנָאת רֶעַ:
על חטא שחטאנו
לפניך בְּוִדּוּי פֶה:
ועל חטא שחטאנו
לפניך בְּוַעֲדַת זְנוּת:
על חטא שחטאנו
לפניך בְּזָדוֹן וּבְשִׁגְגָה:
ועל חטא שחטאנו
לפניך בְּזִלְזוּל הוֹרִים
וּמוֹרִים:
על חטא שחטאנו
לפניך בְּחִזְק זָד:
ועל חטא שחטאנו
לפניך בְּחִלּוּל הַשֵּׁם:
על חטא שחטאנו
לפניך בְּטַפְשׁוֹת פֶּה:
ועל חטא שחטאנו
לפניך בְּטַמְאָת
שְׁפִתַיִם:

על חטא שחטאנו לפניך
בִּיצֵר הָרַע:
ועל חטא שחטאנו לפניך
בְּיֹדְעִים וּבְלֹא יוֹדְעִים:
ועל כָּלֶם אֱלֹהֵי סְלִיחוֹת.
סִלַּח לָנוּ. מַחַל לָנוּ. כַּפֵּר
לָנוּ:
על חטא שחטאנו לפניך
בְּכַפַּת שַׁחַד:
ועל חטא שחטאנו לפניך
בְּכַחַשׁ וּבְכַזָּב:
על חטא שחטאנו לפניך
בְּלִשׁוֹן הָרַע:
ועל חטא שחטאנו לפניך
בְּלִצּוֹן:
על חטא שחטאנו לפניך
בְּמִשָּׂא וּבְמִתָּן:
ועל חטא שחטאנו לפניך
בְּמַאֲכָל וּבְמִשְׁתֵּה:
על חטא שחטאנו לפניך
בְּנִשְׁךְ וּבְמַרְבִּית:
ועל חטא שחטאנו לפניך
בְּנִטְיַת גְּרוֹן:
על חטא שחטאנו לפניך
בְּשִׁקוּר עֵינַי:
ועל חטא שחטאנו לפניך
בְּשִׁיחַ שְׁפִתוֹתַיִנוּ:
על חטא שחטאנו לפניך
בְּעִינַיִם רְמוֹת:
ועל חטא שחטאנו לפניך
בְּעִזּוֹת מִצַּח:

ועל כָּלֶם אֱלֹהֵי סְלִיחוֹת.
סִלַּח לָנוּ. מַחַל לָנוּ. כַּפֵּר
לָנוּ:
על חטא שחטאנו לפניך
בְּפָרִיקַת עַל:
ועל חטא שחטאנו לפניך
בְּפִלְלוֹת:
על חטא שחטאנו לפניך
בְּצַדִּיק רֶעַ:
ועל חטא שחטאנו לפניך
בְּצָרוֹת עֵינַי:
על חטא שחטאנו לפניך
בְּסִלוֹת רֹאשׁ:
ועל חטא שחטאנו לפניך
בְּסִשׁוֹת עֵרֶף:
על חטא שחטאנו לפניך
בְּרִיצַת רִגְלִים לְהָרַע:
ועל חטא שחטאנו לפניך
בְּרִכִּילוֹת:
על חטא שחטאנו לפניך
בְּשִׁבּוּעַת שׁוֹא:
ועל חטא שחטאנו לפניך
בְּשִׁנְאֵת חֲנָם:
על חטא שחטאנו לפניך
בְּתִשׁוּמַת זָד:
ועל חטא שחטאנו לפניך
בְּתַמְהוֹן לִבִּב:
ועל כָּלֶם אֱלֹהֵי סְלִיחוֹת.
סִלַּח לָנוּ. מַחַל לָנוּ. כַּפֵּר
לָנוּ:

Al Het

על חטא שחטאנו לפניך

Al cheit she'cha'tanu l'fa'nekha

These wrongs which we have committed

ועל כלם אלוה סליחות. סלח לנו.

מחל לנו. כפר לנו:

V'al kulam Elo'ah selikhot:

s'lakh lanu. mekhal lanu.

kaper lanu.

For each of these misdeeds, we seek this day release.

Forgiving and forgetting, coming back now to our core.

Al cheit she'cha'tanu l'fa'nekha

For our fault in accustoming ourselves to negative patterns
And for our fault in being judgmental

For our fault in confusing love and lust

And for our fault in not taking care of our bodies

For our fault in remembering prices but forgetting values

And for our fault in failing to maintain appropriate limits

For our fault in desacralizing the sacred

And for our fault in keeping relationships superficial

For our fault of arrogance and vanity

And for our fault in being unforgiving

For our fault in letting our hearts and minds split off

And for our fault in hiding from life behind mistrust

V'al kulam Elo'ah selikhot:

s'lakh lanu. mekhal lanu. kaper lanu.

For each of these misdeeds, we seek this day release.

Forgiving and forgetting, coming back now to our core.

Al cheit she'cha'tanu l'fa'nekha

For our fault in delaying critical decisions

And for our fault in ignoring our power

For our fault in denying our flaws

And for our fault in being overly defensive

For our fault in despairing

And for our fault by frivolity at dreadful times

For our fault in complaining and kvetching

And for our fault in being unappreciative

For our fault through lack of courage

And for our fault through loss of faith.

For our fault in doubting our ability to give and receive love

And for our fault in insisting that everything we do have a payoff

Al Het (2)

על חטא שחטאנו לפניך
Al cheit she'cha'tanu l'fa'nekha
These wrongs which we have committed

*V'al kulam Elo'ah selikhot:
s'lakh lanu. mekhal lanu. kaper
lanu.*

For each of these mis-deeds, we
seek this day release.

Forgiving and forgetting,
coming back now to our core.

Al cheit she'cha'tanu l'fa'nekha

For our fault in belittling and
slandering

And for our fault in using
violence

For our fault in lack of empathy
and compassion

And for our fault in

over-reacting with anger

For our fault in dishonesty in
business

And for our fault in controlling
and coercing

For our fault in repeating gossip

And for our fault in listening to
gossip

For our fault in false oaths

And for our fault in breaking
promises

For our fault in pretending
emotions we do not feel

And for our fault in using the
sins of others to excuse our own

*V'al kulam Elo'ah selikhot:
s'lakh lanu. mekhal lanu. kaper
lanu.*

For each of these mis-deeds, we
seek this day release.

Forgiving and forgetting,
coming back now to our core.

Al cheit she'cha'tanu l'fa'nekha

For our fault in passing
judgment

And for our fault in loving our
egos better than truth

For our fault in condemning in
our children the faults we
tolerate in ourselves

And for our fault in condemning
in our parents the faults we
tolerate in ourselves

For our fault in using people

And for our fault in

condescending

For our fault in begrudging
others' happiness

And for our fault in withholding
love and support

For our fault in not seeing the
spark of divinity within each
person we meet

And for our fault in not seeing
the spark of divinity within
ourselves

Al Het (3)

על חטא שחטאנו לפניך
Al cheit she'cha'tanu l'fa'nekha
These wrongs which we have committed

*V'al kulam Elo'ah selikhot:
s'lakh lanu. mekhal lanu.
kaper lanu.*
For each of these mis-deeds,
we seek this day release.
Forgiving and forgetting,
coming back now to our core.

*Al cheit she'cha'tanu
l'fa'nekha*
For talking when we should
be doing
And for intending but not
carrying out
For using cynicism as an
excuse for inaction
And for losing hope
For devaluing our power to
help and to make change
And for our fault in filling the
air with harmful chemicals
For our fault of making waters
unhealthy for life
And for our fault of poisoning
trees and soil
For our fault of thoughtlessly
damaging the life of our
planet

And for the sin of war
For the sin of aggressive war
And for our fault in accepting
and appeasing aggressors
For the sin of building ever
more horrifying weapons
And for the sin of silence and
indifference
For our failures to publicly
criticize Israel or the Jewish
people when they desecrate
the name of God
And for our failures to
publicly support the Jewish
people and Israel when they
are unfairly criticized

*V'al kulam Elo'ah selikhot:
s'lakh lanu. mekhal lanu.
kaper lanu.*
For each of these mis-deeds,
we seek this day release.
Forgiving and forgetting,
coming back now to our core.

Yihiyu Ratzon

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לִבִּי
לְפָנֶיךָ

*Yi'yu l'ra'tzon im'rei fi v'heg'yon
libi l'fa'ne'kha*

May the words of my mouth
And the meditations of my heart
Reflect my love before You



Oseh Shalom

May the one
who creates
peace on high
bring peace to
us and to all
humankind.
Amen.

עֲשֵׂה שָׁלוֹם
בְּמִרְוַמָּיו הוּא
יַעֲשֵׂה שָׁלוֹם
עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן:

*Oseh Shalom
bimromav,
hu yaaseh
Shalom
alyenu, ve al
kol Yisrael, ve
imru, imru
amen.*

Aleinu

It is our duty to acknowledge the single true source, to shout out praise for the works of creation.

We honor, thank, and pledge ourselves to the Blessed Holiness that spreads out the heavens, whose generosity upholds everything on earth.

So we hope—how we hope!—that the many gods of divisiveness and distortion, of pride and destruction— all the sad broken pieces of the whole—find their way back into the single vessel of life, that the world may be repaired. We hold on to this vision, despite history, in the face of despair, because one day the whole world will acknowledge the divine. On that day, all will understand the unity.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
הָאֲדָמָה, שֶׁלֹא שָׁם חִלְקֵנוּ
כָּהֵם, וְגֵרְלָנוּ כְּכֹל הַמוֹנִם
וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים, לְפָנָי מֶלֶךְ מַלְכֵי
הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ
הוּא.

וְנֵאמַר, וְהִיא יְיָ לְמֶלֶךְ עַל
כָּל הָאָרֶץ, בַּיּוֹם הַהוּא
יְהִיָּה יְיָ אֶחָד, וְשִׁמוֹ אֶחָד.

*Aleinu l'shabei-ach la-adon
hakol, lateit g'dulah
l'yotzeir b'reishit, shelo
asanu k'goyei ha-aratzot,
v'lo samanu k'mishp'chot
ha-adamah, shelo sam
chelkeinu kahem,
v'goraleinu k'chol
hamonam, va-anachnu
kor'im umishtachavim
umodim, lifnei melech
malchei ham'lachim,
hakadosh baruch hu.*

*V'ne-emar, v'hayah Adonai
l'melech al kol ha-aretz,
bayom hahu yihyeh Adonai
echad, ush'mo echad.*

Mourner's Kaddish (Aramaic)

*Yitgadal v'yitkadash
sh'meih raba. B'al'ma di
v'ra chiruteih, v'yamlich
malchuteih b'chayeichon
uv'yomeichon uv'chayei
d'chol beit yisra-eil,
ba-agala uvizman kariv,
v'imru amen.*

*(Recited by mourners and
community in unison)*

*Y'hei sh'meih raba
m'varach l'alam ul'al'mei
al'maya.*

*Yitbarach v'yishtabach
v'yitpa-ar v'yitromam
v'yitnasei v'yithadar
v'yitaleh v'yithalal sh'meih
d'kudsha b'rich hu, l'eila
l'eila u l'eila mi kol birchata
v'shirata tushb'chata
v'nechemata, da-amiran
b'al'ma, v'imru amen.*

*Y'hei sh'lama raba min
sh'maya, v'chayim (tovim)
aleinu v'al kol yisra-eil,
v'imru amen.*

*Oseh shalom bimromav, hu
ya-aseh shalom aleinu v'al
kol yisra-eil, v'imru amen*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְנִמְלִיךְ מַלְכוּתֵיהּ בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל, בְּעֻגְלָא וּבְזָמַן
קָרִיב, וְאִמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמֵי וְלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעֻלְמָא
וְלְעֻלְמָא מִן כָּל בְּרִכְתָּא
וְשִׁירְתָּא תְּשַׁבְּחָתָא
וְנִחְמָתָא, וְדְאִמְרוּ בְּעֻלְמָא,
וְאִמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים (טוֹבִים) עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

עֹשֶׂה שְׁלוֹם בְּמִרְמֵיּוֹ, הוּא
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

Mourner's Kaddish (English)

Everything becomes fuller and increases in holiness, here in this intentionally created world.

May we and everyone around us be able to see this, every day of our lives, and may we see it soon.
Amen.

May this holiness, whatever we name it, be blessed in this world and in any other world that might be.

Holiness is growing, it is transcendent, it is wonderful, it is always reaching higher, it goes far beyond any prayer or praise or comfort that can be offered in any world. Amen.

May a heavenly peace come into our lives and those of all people. Amen.

May the harmony that prevails in the heavens guide us and all people to peace. Amen.

Eli Eli

O God, my God,
I pray that these
never end:

The sand and
the sea,
The rush of the
waters,
The crash of the
heavens,
The prayer of
the heart.

-- Hannah
Senesh

אֱלֹהֵי, אֱלֹהֵי
שְׁלֹא יִגְמַר לְעוֹלָם
הַחֹל וְהַיָּם,
רִשְׁרוּשׁ שֶׁל
הַיָּמִים,
בְּרַק הַשָּׁמַיִם,
תְּפִילַת הָאָדָם.

*Eli, eli,
shelo yigamer
l'olam:
hachol v'hayam;
rishrush shel
hamayim
berak
hashamayim
tefilat haadam.*

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