



HIGH HOLY DAYS

2024 / 5785

Rosh Hashanah

October 3 | 1PM



Forget About Enlightenment

By John Wellwood

Forget about enlightenment.
Sit down wherever you are
And listen to the wind singing in your veins.
Feel the love, the longing, and the fear in your bones.
Open your heart to who you are, right now,
Not who you would like to be.
Not the saint you're striving to become.
But the being right here before you, inside you, around you.
All of you is holy.
You're already more and less
Than whatever you can know.
Breathe out, touch in, let go.




Trusty and True

Damien Rice

We've wanted to be trusty and true
But feathers fell from our wings
We've wanted to be worthy of You
But weather rained on our dreams

And we can't take back what is done, what is passed
So fellas lay down your fears
'Cause we can't take back what is done, what is passed
So let us start from here




'Cause we never wanted to be lusty or lewd
Nor tethered to prudish strings
And we never wanted to be jealously tuned
Nor withered into ugly things

But we can't take back what is done, what is passed
So fellas, lay down your spears
'Cause we can't take back what is done, what is passed
So let us start from here


And if all that you are is not all you desire then come





Come, come alone, come with fear, come with love
Come however you are, just come
Come alone, come with friends, come with foes
Come however you are, just come
Come alone, come with me, then let go
Come however you are, just come
Come alone, come so carefully closed,
Come however you are, just come

Come, come along, come with sorrows and songs
Come however you are, just come
Come alone, come let yourself be wrong
Come however you are, just come





Reflection 1

Where are you?
What are you bringing into this space?
Where do you start today?



Ahavah Raba

Music by Lila Flood, arr. Shir Ya'akov

Ahavah (with LOVE)

Ahavah raba (with abundant LOVE)

Beit Yisrael (the House of Israel)

Am'cha ahavta (Your people, You have LOVED)

אַהֲבָה

אַהֲבָה רַבָּה

בֵּית יִשְׂרָאֵל

עַמְּךָ אֲהַבְתָּ




Shofar Service

Malchuyot — The Divine in All Things

*Baruch Atah, Adonai,
Eloheinu, Melech HaOlam,
asher kid'shanu b'mitzvotav,
v'tizvanu lishmoa kol shofar.*

בָּרוּךְ אַתָּה, יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְשִׁמּוֹעַ קוֹל שׁוֹפָר.


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,
shehecheyanu, v'kiyamanu,
v'higiyanu laz'man hazeh.*

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ
וְהַגִּיעָנוּ לְזֶמַן 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.





Areshet S'fateinu

Music by Yossele Rosenblatt

*Areshet s'fateinu ye-erav l'fanecha,
El ram v'nisa —
meivin uma'azin, mabit umakshiv
l'kol t'kiateinu.*

*Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder malchuyoteinu.*

אַרְשֶׁת שְׁפָתֵינוּ יַעֲרַב לְפָנֶיךָ
אֵל רָם וְנִשָּׂא
מִבֵּין וּמֵאַזִּין, מִבֵּיט וּמִקְנָשִׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
מִלְכִּיּוֹתֵנוּ

Let the wishes of our lips — our heart's desire —
be pleasing before You, God Most High.

You are knowing and attentive,
watchful and aware when we call out:

T'kiah! Lovingly, favorably receive our prayers of *Malchuyot!*



Asher Yatzar

Music by Dan Nichols

I thank You for my life, body and soul
Help me realize I am beautiful and whole
I'm perfect the way I am and a little broken too
I will live each day as a gift I give to you

בָּרוּךְ אַתָּה, יי, רוֹפֵא כָּל בֶּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

*Baruch Atah, Adonai
Rofei chol basar umafli laasot
Baruch Atah, Adonai
Rofei chol basar umafli laasot*

Blessed are You, Adonai, who heals all flesh, working wondrously.



Yotzeir Or/Light and Darkness

Music by Elana Arian

Light and darkness, each and every one
Light and darkness, each and every one

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.

*Baruch atah, Adonai Eloheinu, Melech haolam,
yotzeir or uvorei choshech, oseh shalom uvorei et hakol.*

Praised are you Adonai, Creator of light and
darkness, renewing creation each day.
You light our way, every day, with love.



Blessing Before Reading the Torah

Bar'chu et Adonai ham'vorach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.

Congregation responds:

Baruch Adonai ham'vorach l'olam va-ed.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Baruch atah, Adonai

בָּרוּךְ אַתָּה, יְיָ

Eloheinu, Melech haolam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

asher bachar banu mikol ha'amim,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים

v'natan lanu et Torato.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Baruch atah, Adonai, notein haTorah.

בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever. Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You Adonai, who gives the Torah.

Bereishit: Genesis 1:1-5

בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ: וְהָאָרֶץ הִיְתָה תֵהוֹ וְבֵהוּ וְחֹשֶׁךְ
עַל־פְּנֵי תְהוֹם וְרוּחַ אֱלֹהִים מְרַחֶפֶת עַל־פְּנֵי הַמַּיִם: וַיֹּאמֶר אֱלֹהִים יְהִי אוֹר
וַיְהִי־אוֹר: וַיִּרְא אֱלֹהִים אֶת־הָאוֹר כִּי־טוֹב וַיַּבְדֵּל אֱלֹהִים בֵּין הָאוֹר וּבֵין הַחֹשֶׁךְ:
וַיִּקְרָא אֱלֹהִים | לְאוֹר יוֹם וְלַחֹשֶׁךְ קָרָא לַיְלָה וַיְהִי־עֶרֶב וַיְהִי־בֹקֶר יוֹם אֶחָד:

¹When God began to create heaven and earth – ² the earth being unformed and void, with darkness over the surface of the deep and a wind from God sweeping over the water – ³God said, “Let there be light”; and there was light. ⁴God saw that the light was good, and God separated the light from the darkness. ⁵God called the light Day, and the darkness God called Night. And there was evening and there was morning, a first day.

Blessing After Reading the Torah

*Baruch atah, Adonai
Eloheinu, Melech haolam,
asher natan lanu Torat emet,
v'chayei olam nata b'tocheinu.
Baruch atah, Adonai, notein haTorah.*

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
בָּרוּךְ אַתָּה, יי, נוֹתֵן הַתּוֹרָה.

Blessed are you, Adonai our God, Sovereign of the universe,
who has given us a Torah of truth, implanting within us eternal life.
Blessed are You, Adonai, who gives the Torah.



Ahavah Raba

Music by Lila Flood, arr. Shir Ya'akov

Ahavah (with LOVE)

אַהֲבָה

Ahavah raba (with abundant LOVE)

אַהֲבָה רַבָּה

Beit Yisrael (the House of Israel)

בֵּית יִשְׂרָאֵל

Am'cha ahavta (Your people, You have LOVED)

עַמְּךָ אָהַבְתָּ

Sh'ma

Music by Debbie Friedman; Text: Deuteronomy 4:5

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

*Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad
Baruch shem k'vod malchuto l'olam va-ed.*


Hear, O Israel, Adonai is our God, Adonai is One!
Blessed is God's glorious majesty forever and ever.

V'ahavta

וְאַהֲבַתְּ אֵת יְיָ אֱלֹהֶיךָ,
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי
מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ.

*V'ahavta et Adonai Elohecha,
b'chol l'vavcha uv'chol naf'sh'cha uv'chol m'odecha.
V'hayu ha-d'varim ha-eileh, asher Anochi
m'tzav'cha hayom, al l'vavecha.*


You shall love God with all your mind, with all your strength,
with all your being. Set these words which
I command you this day upon your heart.




וְשִׁנַּנְתֶּם לְבָנֵיכֶּהּ, וְדִבַּרְתֶּהּ בָּס,
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַדֶּרֶךְ,
וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.

*V'shinantam l'vanecha v'dibarta bam
b'shivt'cha b'veitecha, uv'lecht'cha
vaderech, uv'shochb'cha uv'kumecha.*

Teach them faithfully to your children;
speak about them in your home and when you are away,
when you lie down and when you get up.






וְקִשְׂרֹתֶם לְאוֹת עַל יָדְךָ,
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.
וְכָתַבְתֶּם עַל מְזוֹזוֹת בַּיִתְךָ וּבְשַׁעְרֶיךָ.

*Uk'shartam l'ot al yadecha,
v'hayu l'totafot bein aynecha.
Uch'tavtam al m'zuzot beitecha uvisharecha.*

Bind them as a sign upon your hand;
let them be a symbol before your eyes;
write them on the doorposts of your house and on your gates.



לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם.
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

*L'ma'an tiz'keru va'asitem et kol mitzvotai
vi'hyitem k'doshim l'Eloheichem:
Ani Adonai Eloheichem.
asher hotzeiti et'chem mei'eretz Mitzrayim
li'hyot lachem l'Elohim Ani Adonai Eloheichem.*

Remember My mitzvot, and do them. In this way, you become holy.
I freed your people from Egyptian slavery long ago,
so that you might be my people. I am the Eternal One, your God.

If We Loved Like That

Text inspired by Leviticus 19:18: "You shall love your fellow human as yourself."

Music by Elana Arian


V'ahavta l'rayacha kamocho

L'rayacha kamocho

Kamocho

וְאַהֲבַתָּ לְרֵעֶךָ כְּמוֹךָ

How would the world look
How might our days be lighter
How could the heart feel
How might the lens get wider
If we loved like that
Really loved like that



V'ahavta l'rayacha kamocho
L'rayacha kamocho
Kamocho

וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ


Who could be saved?
How might the world be softer
Who could heart heal
What is the gift you'd offer
If we loved like that
Really loved like that

V'ahavta l'rayacha kamocho
L'rayacha kamocho
Kamocho

וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ

How would the world look?





“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 October 11, 1940*



Awaken

Music and text by Cantor Ellen Dreskin

Awaken my soul to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Awaken my heart to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Awaken my life to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.






Shofar Service

Zichronot — Remembrance

בָּרוּךְ אַתָּה, יְיָ, זוֹכֵר הַבְּרִית.

Baruch atah Adonai, zocheir habrit.

Blessed are You, Adonai —
You remember the covenant. You remember us.





Areshet S'fateinu

Music by Yossele Rosenblatt

*Areshet s'fateinu ye-erav l'fanecha,
El ram v'nisa —
meivin uma'azin, mabit umakshiv
l'kol t'kiateinu.*

*Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder zichronoteinu.*

אַרְשֵׁת שְׁפָתֵינוּ יַעֲרַב לְפָנֶיךָ
אֵל רַם וְנִשָּׂא
מִבֵּין וּמֵאַזֵּין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעַתֵּנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
זְכוֹרוֹתֵינוּ

Let the wishes of our lips — our heart's desire —
be pleasing before You, God Most High.

You are knowing and attentive,
watchful and aware when we call out:


T'kiah! Lovingly, favorably receive our prayers of *Zichronot!*



1 Kings 19:9-13


וַיֵּבֵא־שָׁם אֶל־הַמְעָרָה וַיֵּלֶן שָׁם וְהִנֵּה דְבַר־יְהוָה אֵלָיו וַיֹּאמֶר לוֹ מַה־לְּךָ פֹה
אֵלֶיךָ וַיֹּאמֶר קִנְאָה קִנְאָתִי לַיהוָה | אֵלֶּהִי צְבָאוֹת כִּי־עָזְבוּ בְרִיתְךָ בְּנֵי יִשְׂרָאֵל
אֶת־מִזְבְּחֹתֶיךָ הָרְסוּ וְאֶת־נְבִיאֶיךָ הָרְגוּ בַּחֶרֶב וְאֹתִיר אֲנִי לְבַדִּי וַיִּבְקֹשׁוּ
אֶת־נַפְשִׁי לְקַחְתָּהּ:

⁹There he went into a cave, and there he spent the night. Then the word of God came to him. Adonai said to him, “Why are you here, Elijah?” ¹⁰He replied, “I am moved by zeal for Adonai, the God of Hosts, for the Israelites have forsaken Your covenant, torn down Your altars, and put Your prophets to the sword. I alone am left and they are out to take my life.”



וַיֹּאמֶר צֵא וְעַמְדָּתָּ בְּהַר לְפָנַי יְהוָה וְהִנֵּה יְהוָה עֹבֵר וְרוּחַ גְּדוֹלָה וְחֶזֶק מִפָּרֶק
הָרִים וּמִשֵּׁבֶר סְלָעִים לְפָנַי יְהוָה לֹא בְרוּחַ יְהוָה
וְאַחַר הָרוּחַ רַעַשׁ לֹא בְרַעַשׁ יְהוָה:

¹¹“Come out,” He called, “and stand on the mountain before GOD.”
And lo, GOD passed by. There was a great and mighty wind,
splitting mountains and shattering rocks by GOD’s power; but GOD
was not in the wind. After the wind — an earthquake; but GOD was
not in the earthquake.



וְאַחַר הָרַעַשׁ אֵשׁ לֹא בָאֵשׁ יְהוָה וְאַחַר הָאֵשׁ קוֹל דְּמָמָה דְקָה: וַיְהִי | כַּשְּׁמַע
אֱלֹהֵיוּ וַיִּלְט פָּנָיו בְּאֲדָרְתוֹ וַיֵּצֵא וַיַּעֲמֵד פֶּתַח הַמְעָרָה וְהִנֵּה אֵלָיו קוֹל וַיֹּאמֶר
מִה־לָּךְ פֹּה אֱלֹהֵיוּ: וַיֹּאמֶר קִנָּא קִנָּאתִי לַיהוָה | אֲלֵהִי צְבָאוֹת כִּי־עָזְבוּ בְרִיתְךָ בְּנֵי
יִשְׂרָאֵל אֶת־מִזְבְּחֹתֶיךָ הָרְסוּ וְאֶת־נְבִיאֶיךָ הָרְגוּ בְּחָרֵב וְאֹתֶיךָ אֲנִי לְבַדִּי וַיִּבְקֹשׁוּ
אֶת־נַפְשִׁי לְקַחְתָּהּ:

¹² After the earthquake — fire; but GOD was not in the fire. And after the fire — a still small voice. ¹³ When Elijah heard it, he wrapped his mantle about his face and went out and stood at the entrance of the cave. Then a voice addressed him:
“Why are you here, Elijah?”



Reflection 2

As you attune to your own still, small voice,
what is something you have done in the
past year that you regret?
(Action, word, choice)

Cheshbon Hanefesh Cloud

On your phone, please scan the QR code to participate.



Avinu Malkeinu

Traditional

Avinu Malkeinu, choneinu va'aneinu
Avinu Malkeinu, choneine va'aneinu
Ki ein banu ma'asim.
Ase imanu tzedakah vachessed,
Ase imanu tzedakah vachessed
v'hoshieinu.

אָבִינוּ מִלְּפָנֶיךָ, חֲנִנּוּ וְעֲנֵנוּ,
אָבִינוּ מִלְּפָנֶיךָ, חֲנִנּוּ וְעֲנֵנוּ,
כִּי אֵין בָּנוּ מַעֲשִׂים.

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד,
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד, וְהוֹשִׁיעֵנוּ.

Avinu Malkeinu, be kind to us and answer us,
even though we have not done enough good deeds.
Be charitable and loving to us and save us.




Untaneh Tokef

Music by Morris Barash

*Untaneh-tokef k'dashat hayom —
Ki hu nora v'ayom.
Uvo tinasei malchutecha,
v'yikon b'chesed kisecha;
V'teishiv alav be-emet.*

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


וּנְתַנְּה תִקְרָה קְדוּשַׁת הַיּוֹם -
כִּי הוּא נוֹרָא וְאֵלִים.
וּבוֹ תִנְשֵׂא מַלְכוּתְךָ,
וַיִּכּוֹן בְּחֶסֶד כְּסֵאֶךָ,
וְתֵשֵׁב עָלָיו בְּאֵמֶת.



*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.*

אֱמֶת כִּי אַתָּה הוּא דִּין
וּמוֹכִיחַ וְיֹדֵעַ וְעֵד,
וְכוֹתֵב וְחוֹתֵם, וְסוֹפֵר וּמוֹנֶה,
וְתִזְכֹּר כָּל הַנִּשְׁכָּחוֹת.
וְתִפְתַּח אֶת סֵפֶר הַזִּכְרוֹנוֹת,
וּמֵאֵלָיו יִקְרָא -
וְחוֹתֵם יָד כָּל אָדָם בּוֹ.

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.




B'Rosh Hashanah

B'Rosh Hashanah yikateivun;
Uv'Yom Tzom Kippur,
Uv'Yom Tzom Kippur yeichateimun:


בְּרֹאשׁ הַשָּׁנָה יִכָּתֵבוּן,
וּבְיוֹם צוֹם כִּפּוּר יִיחָתֵמוּן

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,
who will be taken before their time;
who by forest fire and who by flood;
who by hurricane and who by melting glaciers;



who by war and who by terrorism;
who by white nationalism and who by antisemitism;
who by stabbing and who by AK47;
who by famine and who by drought;
who by earthquake and who by pandemic;
who by cancer and who by heart disease;
who by car accident and who by overdose;
who will come home and who will not;
who will rest and who will wander;
who will be tranquil and who will be troubled;
who will be calm and who tormented;
who will be satisfied and who lonely;
who will live in poverty and who in prosperity;
who will be humbled and who exalted” —



Ut'shuvah

Music by Todos Greenberg

*Ut'shuvah, ut'filah, ut'zdekah
maavirin et roa hag'zeirah.*

וּתְשׁוּבָה, וּתְפִלָּה, וּצְדָקָה
מֵעֲבִירִין אֶת רֵעַ הַגֵּזֶרָה.

With t'shuvah, t'filah and tzedakah —
the search within, our reach for the holy, our service to others —
we give meaning and depth to our days.

K'dushah

Music by Elana Arian

*N'kadeish et shimcha baolam,
k'shem shemakdishim oto
bishmei marom;
kakatuv al yad n'vi-echa:
V'kara zeh el-zeh v'amar:*

*“Kadosh, kadosh, kadosh Adonai tz'vaot, קדוש, קדוש, קדוש יי צבאות,
m'lo chol-haaretz k'vodo.” מלא כל-הארץ כבודו.*

We sanctify Your name in the world, a celestial song sanctifies You
in realms beyond our world, in the words of Your prophet:

“Holy Holy Holy is the God of heaven's hosts.
The fullness of the whole earth is God's glory.”

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם,
כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ
בְּשֵׁמֵי מָרוֹם,
כְּכַתוּב עַל יַד נְבִיאֶךָ:
וְקָרָא זֶה אֶל-זֶה וְאָמַר:





*Adir adireinu, Adonai adoneinu —
mah-adir shimcha b'chol haaretz.*

“Baruch k'vod Adonai mim'komo.”


אֲדִיר אֲדִירֵנוּ, יְיָ אֲדִנֵנוּ -
מָה-אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ.

בָּרוּךְ כְּבוֹד-יְיָ מִמְּקוֹמוֹ.

God of Strength who gives us strength,
God of Might who gives us might —
how magnificent the signs of Your Being throughout the earth.

“Blessed is the splendor that shines forth from the Eternal.”







*Echad hu eloheinu, hu avinu,
hu malkeinu, hu moshi-einu —
v’hu yashmi-einu b’rachamav
l’einei kol chai:
“Ani Adonai Eloheichem.”*

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,
הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ -
וְהוּא יִשְׁמְיעֵנוּ בְּרַחֲמָיו
לְעֵינֵי כָל חַי:
אֲנִי יְיָ אֱלֹהֵיכֶם.

Our God is one —
Avinu and Malkeinu, sovereign Source of life and liberation —
revealing with mercy to all who live: “I am Andonai your God.”





*“Yimloch Adonai l’olam;
Elohayich, Tziyon, l’dor vador —
hal’lu-Yah!”*

יְמַלֵּךְ יְיָ לְעוֹלָם,
אֱלֹהֵינוּ, צִיּוֹן, לְדוֹר וָדוֹר,
הַלְלוּ-יָהּ.

“The Eternal shall reign for all time,
your God for all generations, Zoin — Halleluyah!”





Reflection 3

With God's help and my own spirit,
what do I want to change in the coming year?
What is my first step?

Yah Ana Em'tza'acha

Music by Dan Nichols, poem by Yehuda HaLevi

*Yah ana emtzaa-cha,
m'komcha naleh v'neelam
v'ana lo emtza'acha
k'vodcha malei olam
darashti kirvatcha
b'chol libi k'raticha
u'vtzeiti likratcha,
likrati, m'tzaticha*

יְהִי אָנֹכִי אֶמְצְאֶךָ
מִמְקוֹמֶךָ נִעְלָה וְנִעְלָם
וְאָנֹכִי לֹא אֶמְצְאֶךָ
כְּבוֹדֶךָ מְלֵא עוֹלָם.
דַּרְשִׁיתִי קִרְבְּתֶךָ
בְּכָל לִבִּי קִרְאתִיךָ
וּבְצִאתִי לְקִרְאתֶךָ
לְקִרְאתִי מִצִּאתֶיךָ.

Where might I go to find You, Exalted, Hidden One?
Yet where would I not go to find You, Ever Present, Eternal One?
My heart cries out to You: please draw near to me.
The moment I reach out for You, I find You reaching in for me.



Shofar Service

Shofarot — Revelations

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

בְּרוּךְ אַתָּה יְיָ,
שׁוֹמֵעַ קוֹל תְּרוּעַת עַמּוֹ יִשְׂרָאֵל
בְּרַחֲמִים.

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



Areshet S'fateinu

Music by Yossele Rosenblatt

*Areshet s'fateinu ye-erav l'fanecha,
El ram v'nisa —
meivin uma'azin, mabit umakshiv
l'kol t'kiateinu.
Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder shoftoteinu.*

אַרְשֶׁת שְׁפָתֵינו יַעֲרַב לְפָנֶיךָ
אֵל רָם וְנִשָּׂא
מִבֵּין וּמֵאַזִּין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעַתֵּנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
שׁוֹפְרוֹתֵינוּ

Let the wishes of our lips — our heart's desire —
be pleasing before You, God Most High.

You are knowing and attentive,
watchful and aware when we call out:

T'kiah! Lovingly, favorably receive our prayers of *Shofarot!*



Hope

By Tslil Yam

I no longer respond to questions
Like “how are you?” or “what’s up?”
Or “what has changed from last year”
But if you ask me
“What do you need?”
I’ll know what to say,
Hope.



Al Kol Eileh

Music by Naomi Shemer

Al hadvash ve'al ha'okets
Al hamar vehamatok
Al biteynu hatinoket
shmor eyli hatov.

עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַמֵּר וְהַמָּתוֹק,
עַל בְּתֵנוּ הַתִּינֻקָּת
שְׁמֹר אֵלַי הַטּוֹב.

Guard over these things: the honey and the bee sting, the bitter and the sweet, our little daughter, O God of goodness.

Al ha'esh hamevo'eret
Al hamayim hazakim
Al ha'ish hashav habayta
min hamerkhakim

עַל הָאֵשׁ הַמְּבַעֲרֶת,
עַל הַמַּיִם הַזָּכִים,
עַל הָאִישׁ הַשׁוֹב הַבַּיְתָה
מִן הַמְּרַחֲקִים.

For the burning flame, the pure water,
for the one who returns home from afar.

Chorus:

*Al kol eleh, al kol eleh,
Shmor nah li eyli hatov
Al hadvash ve'al ha'okets
Al hamar vehamatok.*


עַל כָּל אֵלֶּה, עַל כָּל אֵלֶּה,
שְׁמֹר נָא לִי אֵלֵי הַטּוֹב.
עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַמֶּר וְהַמָּתוֹק.

Guard over all these things, O God of goodness, watch over me.
The Honey and the bee sting, the bitter and the sweet.

*Al na ta'akor natu'a
Al tishkakh et hatikvah
Hashiveyni va'ashuva
El ha'arets hatovah.*

אַל נָא תֵּעָקֵר נְטוּעַי,
אַל תִּשְׁכַּח אֶת הַתִּקְוָה
הַשִּׁיבֵנִי וְאַשׁוּבָה
אֶל הָאָרֶץ הַטּוֹבָה.

Don't uproot the planted, don't forget the hope, help me to return,
and I will return to the good land.



*Shmor Eli al ze habayit
Al hagan, al hakhoma
Miyagon, mipakhad peta
Umimilkhama.*

שְׁמֹר אֱלֹהֵי עַל זֶה הַבַּיִת,
עַל הַגֶּן, עַל הַחֹמָה,
מִיָּגוֹן, מִפֶּחַד פֶּתַע
וּמִמְלַחְמָה.

My God, guard over my house, the garden and its walls;
keep away suffering, fear and war.

*Shmor al hame'at sheyesh li
Al ha'or ve'al hataf
Al hapri shelo hivshil od
Veshene'esaf.*

שְׁמֹר עַל הַמְּעַט שֶׁיֵּשׁ לִי,
עַל הָאוֹר וְעַל הַטֶּף
עַל הַפְּרִי שֶׁלֹא הִבְשִׁיל עוֹד
וְשֶׁנֶּאֱסַף.

Guard over what little I have; don't forget the light of young children;
over the fruit not yet ripened and harvested.



Chorus:

*Al kol eleh, al kol eleh,
Shmor nah li eyli hatov
Al hadvash ve'al ha'okets
Al hamar vehamatok.*

עַל כָּל אֵלֶּה, עַל כָּל אֵלֶּה,
שְׁמֹר נָא לִי אֵלֵי הַטּוֹב.
עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַמֶּר וְהַמָּתוֹק.

Guard over all these things, O God of goodness, watch over me.
The Honey and the bee sting, the bitter and the sweet.

*Al na ta'akor natu'a
Al tishkakh et hatikvah
Hashiveyni va'ashuva
El ha'arets hatovah.*

אַל נָא תֵּעָקֵר נְטוּעַ,
אַל תִּשְׁכַּח אֶת הַתִּקְוָה
הַשִּׁיבֵנִי וְאַשׁוּבָה
אֶל הָאָרֶץ הַטּוֹבָה.


Don't uproot the planted, don't forget the hope, help me to return,
and I will return to the good land.

Prayer for the State of Israel

From Siddur Tefilat Ha-Adam


צוֹר יִשְׂרָאֵל וְגוֹאֲלוֹ בְּרַךְ נָא אֶת מְדִינַת יִשְׂרָאֵל, יְרֵאשִׁית צְמִיחַת גְּאֻלְתֵּנוּ.
הִגֵּן עָלֶיךָ בְּרַב חַסְדֶּךָ, וּפְרֹשׁ עָלֶיךָ סֶכֶת שְׁלוֹמֶךָ. שְׁלַח אוֹרְךָ וְאַמְתֶּךָ
לְרֵאשִׁיחַ, לְשׁוֹפְטֵיךָ וּלְנֹבְחֵיךָ, וְתִקְנֵם בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, לְמַעַן
יִלְכוּ בְּדַרְךְ הַצְּדָק, הַחֶפֶז וְהַיֶּשֶׁר.


Rock and Redeemer of Yisrael, bless the State of Yisrael, the dawning of our redemption. Shield it with Your compassion and spread over it the sukkah of Your shalom. May a spark of Your spirit inspire the actions of its elected leaders and officials, judges and advisors that they may follow the path of justice, liberty and righteousness.



חֲזַק אֶת יְדֵי מְגַנֵּי אֶרֶץ קְדֻשָּׁנוּ, וְהַנְּחִילֵם יְשׁוּעָה וְחַיִּים, וְנַתַּת שְׁלוֹם
בְּאֶרֶץ, וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֵיהָ. פְּקֹד נָא לְבָרְכָה אֶת אַחֵינוּ וְאַחֵיוֹתֵינוּ
בֵּית יִשְׂרָאֵל בְּכָל אֲרָצוֹת פְּזוּרֵיהֶם. טַע בְּלִבָּם אֶהְבֵּת צִיּוֹן וּמִי בָהֶם
מִכָּל עַמָּנוּ יְהִי אֱלֹהֵיו עִמּוֹ וַיַּעַל לְיִרוּשָׁלַיִם עִירָךְ. אֲשֶׁר נִקְרָא שְׁמֶךָ
עָלֶיהָ. הֲאֵצֶל מְרוֹחֶךָ עַל כָּל יוֹשְׁבֵי אֲרָצֵנוּ.


Strengthen the spirit and the hands of those who build and protect our holy land and grant them salvation and life. Bring Shalom to this land and everlasting joy to its inhabitants. Be with all the people of Israel wherever they are. Plant within their hearts the love of Zion, and may those of our people who are so inspired, come to Jerusalem, Your city, which bears Your name. Spread Your spirit over all the inhabitants of our land.





הִסֵּר מִקֶּרְבָּנוּ שְׂנֵאָה וְאַיִבָּה, קִנְיָה וְרִשְׁעוּת. וְטַע בְּלִבֵּנוּ אֲהָבָה וְאַחֻוּה,
שָׁלוֹם וְרַעוּת. וְקַיִם בְּמַהֲרָה חֲזוֹן נְבִיאָךְ: לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב,
וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה. וְנֹאמֵר: אָמֵן.

Uproot hatred and animosity, jealousy and evil. Plant in our hearts love and kinship, peace and friendship. And speedily fulfill the vision of Your prophet: Nation will not lift up sword against nation, neither shall they learn war anymore. And let us say: Amen.




Acheinu

Music by Abie Rotenberg

*Acheinu kol beit Yisrael
Han'tunim batzarah
Uvashivyah
Ha'omdim bein bayam
Uvein bayabashah*

אֶחֵינוּ כָּל בֵּית יִשְׂרָאֵל
הַנְּתוּנִים בַּצָּרָה
וּבַשְּׂבִיָּה
הָעוֹמְדִים בֵּין בַּיָּם
וּבֵין בַּיַּבֶּשֶׁה


Our family, the whole house of Israel,
who are in distress,
or in captivity
— who stand either in the sea
or on dry land —



*Hamakom Y'racheim aleihem
V'yotzi'eim mitzarah l'rvachah
Umei'afeilah l'orah
Umishibud l'geulah
Hashta ba'agala uvizman kariv*

הַמְּקוֹם יְרַחֵם עֲלֵיהֶם
וַיּוֹצִיאֵם מִצָּרָה לְרוֹחָה
וּמֵאֲפֵלָה לְאוֹרָה
וּמִשְׁעֶבֶד לְגְאֻלָּה
הַשְּׁתָּא בְּעִגְלָא וּבִזְמַן קָרִיב

may the Omnipresent
have mercy on them
and take them out from trouble to blessing
and from darkness to light
and from oppression to redemption,
now, swiftly, and soon!





Ufros Aleinu

Traditional

Ufros aleinu sukat sh'lomecha

Spread over us the shelter of Your peace.





Mi Shebeirach

Music by Debbie Friedman; Text by Debbie Friedman and Drorah Setel

*Mi shebeirach avoteinu
M'kor hab'rachah l'imoteinu.*

מִי שְׁבִירַךְ אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

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 hab'rachah laavoteinu.*

מִי שְׁבִירַךְ אִמּוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with *r'fuah sh'leimah*, the renewal of body, the renewal of spirit, and let us say, Amen.



Reflection 4

What one thing are you grateful for on this Rosh Hashanah, at this moment?

Al Kol Eileh

For the honey and the bee sting,
For the bitter and the sweet,
All the things which join as one
to make our lives complete.
For the future of our children,
For our prayers will never cease,
For the hope that with tomorrow
Comes a world of peace.



Chorus:

*Al kol eleh, al kol eleh,
Shmor nah li eyli hatov
Al hadvash ve'al ha'okets
Al hamar vehamatok.*

עַל כָּל אֵלֶּה, עַל כָּל אֵלֶּה,
שְׁמֹר נָא לִי אֵלֵי הַטּוֹב.
עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַמֶּר וְהַמָּתוֹק.

Guard over all these things, O God of goodness, watch over me.
The Honey and the bee sting, the bitter and the sweet.

*Al na ta'akor natu'a
Al tishkakh et hatikvah
Hashiveyni va'ashuva
El ha'arets hatovah.*

אַל נָא תֵּעָקֵר נְטוּעַ,
אַל תִּשְׁכַּח אֶת הַתִּקְוָה
הַשִּׁיבֵנִי וְאַשׁוּבָה
אֶל הָאָרֶץ הַטּוֹבָה.

Don't uproot the planted, don't forget the hope, help me to return,
and I will return to the good land.




Kaddish


*Yitgadal v'yitkadash
sh'mei raba.
B'alma di v'ra chirutei,
v'yamlich malchutei,
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv.
V'im'ru: Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ
שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ,
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב.
וְאָמְרוּ: אָמֵן.

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently, to which we say Amen.




*Y'hei sh'mei raba m'varach
l'alam ul'almei almaya.
Yitbarach v'yishtabach,
v'yitpaar v'yitromam
v'yitnasei, v'yit'hadar
v'yitaleh v'yit'halal
sh'mei d'Kud'sha
b'rich Hu,*




יְהִי שֵׁמֶה רַבָּא מְבָרַךְ
לְעַלְמֵי וְלְעַלְמֵי עַלְמֵיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח,
וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא, וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלַּל
שֵׁמֶה דְקֻדְשָׁא
בְרִיךְ הוּא,

Blessed be God's great name to all eternity.
Blessed, praised, honored, exalted, extolled, glorified,
adored, and lauded be the name of the Holy Blessed One,




*L'eila min kol birchata
v'shirata, tushb'chata
v'nechemata, daamiran
b'alma. V'imru: Amen.
Y'hei sh'lama raba min
sh'maya, v'chayim aleinu
v'al kol Yisrael.
V'imru: Amen.*



לְעֵלָא מִן כָּל בִּרְכָתָא
וְשִׁירָתָא, תְּשֻׁבְחָתָא
וְנַחֲמָתָא, דְּאִמְרוּן
בְּעֵלְמָא. וְאִמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן
שְׁמַיָּא, וְחַיִּים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל,
וְאִמְרוּ: אָמֵן.

Beyond all earthly words and songs of blessing, praise, and comfort. To which we say Amen. May there be abundant peace from heaven, and life, for us and all Israel. To which we say
Amen.



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

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

*May the One who creates harmony on high, bring peace to us
and to all Israel. To which we say Amen.*





