





# Birchot Ha'Shachar Morning Blessings

## Psalm 133:1

Music: Ellen Allard

Hineh ma tov uma na'im shevet      הִנֵּה מֵה-טוֹב וּמֵה-נְעִים שֶׁבֶת  
achim gam yachad      אַחִים גַּם-יַחַד

*How good and how pleasant it is  
when brothers and sisters live in unity together*

How good	(how good)
It is	(it is)
To be	(to be)
Together	(together - first time only)

## Modeh Ani

Modeh / Modah ani l'fanechah      מוֹדֵה / מוֹדָה אֲנִי לְפָנֶיךָ  
Melech chai v'kayam,      מֶלֶךְ חַי וְקַיִם, שֶׁהַחַיּוּת  
Shehechezarta, bi nishmati,      בִּי נִשְׁמַתִּי בְּחַמְלָה, רַבָּה  
B'chemlah, rabbah emunatechah.      אֲמוּנַתְךָ

*I thank You, living and Eternal God,  
for You have returned my soul to me in kindness,  
great is Your faithfulness.*

God spoke to Moses saying:

The tenth day of this month is Yom Kippur, the Day of Atonement. It will be a holy day for you; you shall make sure that today you live very simply and not have treats...

You shall do no work throughout that day. For it is a day of Atonement, on which you shall say sorry before Adonai your God.

*Leviticus 23:26 - 28*

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## Ma Tovu

Ma tovu ohalecha ya'akov  
mishk'notecha Yisrael.

מה טובו אהליך יַעֲקֹב  
משכנותיך יִשְׂרָאֵל

*How good are your tents O Jacob, and your homes, O Israel?*

Yom Kippur is a day of thinking and remembering.  
Yom Kippur is a day to remember how we acted this past year.  
Yom Kippur gives us an opportunity to think about how we could have done a little better.  
Yom Kippur is a day to think about who we want to be this new year.  
Yom Kippur gives us an opportunity to say 'I am sorry' and start over again.  
As we begin our service today, we ask God to listen carefully to our apologies, our prayers, and our promises for the new year.

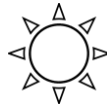
## Asher Yatzar

Music: Dan Nichols

I thank you for my life, body and soul  
Help me realise 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

Baruch atah Adonai, rofei chol . רופא כָּל־בָּשָׂר .  
basar umafla la'asot : וּמַפְּלִיא לַעֲשׂוֹת :

*Blessed are You God, who heals our flesh and performs such wonders*



## Morning Blessing

Baruch atah Adonai, eloheinu  
melech ha'olam, she'asani  
kir'tzono

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, שֶׁעָשָׂנִי כְרִצוֹנוֹ

*Blessed are You, our Living God, Ruler of the universe, who has made  
me as You wanted me.*

Baruch atah Adonai, eloheinu  
melech ha'olam, pokeach ivrim.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, פּוֹקֵחַ עֵוְרִים

*Blessed are You, our Living God, Ruler of the universe, who opens the  
eyes of those who do not see.*

Baruch atah Adonai, eloheinu  
melech ha'olam, malbish  
arumim.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים

*Blessed are You, our Living God, Ruler of the universe, who clothes  
those who are naked.*

Baruch atah Adonai, eloheinu  
melech ha'olam, matir asurim.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, מַתִּיר אֲסוּרִים

*Blessed are You, our Living God, Ruler of the universe, who frees those  
who are bound.*

Baruch atah Adonai, eloheinu  
melech ha'olam, zokef k'fufim

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, זוֹקֵף כְּפוּפִים

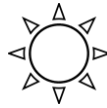
*Blessed are You, our Living God, Ruler of the universe, who lifts up  
those bent low.*

Baruch atah Adonai, eloheinu  
melech ha'olam,  
ha'meichin mitzadei gaver.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַמַּכִּין מִצְעָדֵי גֵבֵר

*Blessed are You, our Living God, Ruler of the universe,  
who supports our human steps.*

# Birchot Ha'Shachar



# Morning Blessings

Baruch atah Adonai, eloheinu  
melech ha'olam,  
ha'notein la'ya'eif koach.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם  
הַנוֹתֵן לַיָּאֵיִף כֹּחַ

*Blessed are You, our Living God, Ruler of the universe, who gives  
strength to the weary.*

Baruch atah Adonai, eloheinu  
melech ha'olam,  
ha'ma'avir sheinah me'ainai,  
u't'numah me'afapai.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וְתַנּוּמָה  
מֵעַפְעָפַי

*Blessed are You, our Living God, Ruler of the universe, who takes away  
sleep from my eyes and slumber from my eyelids.*

## Study Passage

Baruch atah Adonai, Eloheinu  
Melech ha'olam, asher  
kidishanu b'mitzvotav v'tzivanu  
la'asok b'divrei Torah

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו.  
וְצִוָּנוּ לְעֲסוֹק בְּדִבְרֵי תוֹרָה:

*Blessed are You Adonai our God, Ruler of the universe, whose  
commandments make us holy, and who commands us to devote  
ourselves to the study of Torah.*

If you say: "I will do wrong and say sorry, then I will do wrong again and say sorry" – you will not have enough power to say sorry.

If you say: "I will do wrong, and the Day of Atonement, Yom Kippur, will make things okay" – Yom Kippur will not make things okay.

Wrongs that are between a person and God – Yom Kippur will make things okay.

Wrongs that are between a person and another person – Yom Kippur will not make things okay, until that person has made things alright with the other person.

*Mishnah Yoma 8:9*

**Gesher tsar m'od**

Music: Baruch Chait

Kol ha-olam kullo gesher tsar m'od, v'ha-  
ikkar lo l'facheid k'lal.

כָּל הָעוֹלָם כְּלוּ גֶשֶׁר צָר מְאֹד  
וְהַעֲיָקָר לֹא לְפַחַד כָּלֵל

*All the world is a very narrow bridge; but the main thing to recall is to have  
no fear at all.*

**Psalm 150**

Halleluyah!

Hall'lu el b'kodsho,

Hall'luhu birkiah uzo.

Hall'luhu bigvurotav,

Hall'luhu k'rov gud'loh;

Hall'luhu b'tekah shofar,

Hall'luhu b'nevel v'chinor,

Hall'luhu b'tof u'machol,

Halleluhu b'minim v'ugav;

Hall'luhu b'tziltzelei shamah,

Hall'luhu b'tziltzelei truah

Kol Han'shamah t'halel yah,

Halleluyah!

הַלְלוּיָהּ

הַלְלוּ אֵל בְּקֹדֶשׁוֹ

הַלְלוּהוּ בְּרִקְיַע עֲזוֹ

הַלְלוּהוּ בְּגִבּוֹרֹתָיו

הַלְלוּהוּ כְּרֹב גְּדֻלּוֹ

הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר

הַלְלוּהוּ בְּנִבְל וְכִנּוֹר

הַלְלוּהוּ בְּתֹף וּמַחֹל

הַלְלוּהוּ בְּמִנִּים וְעוּגָב

הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה

כֹּל הַנְּשָׁמָה תְּהַלֵּלֶיהָ

הַלְלוּיָהּ

*Halleluyah! Praise God in God's sanctuary;*

*Praise God in the sky, God's stronghold. Praise God for mighty acts;*

*Praise God for God's exceeding greatness.*

*Praise God with blasts of the horn; Praise God with harp and lyre.*

*Praise God with timbrel and dance; Praise God with lute and pipe.*

*Praise God with resounding cymbals; Praise God with clashing cymbals.*

*Let all that breathes praise God. Halleluyah!*

# Sh'ma u'virchotecha Sh'ma & its blessings

## Am I Awake

Noah Aronson

Am I awake?

Am I prepared?

Are You listening?

To my prayer?

Can you hear my voice?

Can you understand?

Am I awake?

Am I prepared?

Bar'chu et Adonai ha-m'vorach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ

Baruch Adonai ha-m'vorach l'olam va-ed : בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד :

*Bless God whom we are called to bless.*

*Blessed be God whom we are called to bless forever and ever*

## Mah Rabbu

Music: Josh Washowsky, words from Yotzer

Ma rabbu (Ma rabbu)

מָה רַבּוּ

ma'asecha Adonai

מַעֲשֵׂיךָ יְהוָה.

Kulam b'chochmah asitah x3

כֻּלָּם בְּחָכְמָה עָשִׂיתָ

*God, how great are Your works? You made them all in wisdom*



# Sh'ma u'virchotecha Sh'ma & its blessings

God's love stretches.  
From top to bottom it stretches and grows and melds  
The beginning and end.

God's love reaches.  
From start to finish it reaches and spreads  
Forgetting just where it began.

God's love teaches.  
With stories and laws and rules and prayers  
It teaches us best how to live.

In love, we listen.  
We too can stretch, we too can reach,  
And we too can teach  
As we seek the new year ahead.

Wrap us up in Your peace  
Like a great big tallit.  
Hold us close with this prayer in Your love.

Bar'chu atah Adonai, habocheir      בָּרוּךְ אַתָּה יְהוָה הַבוֹחֵר בְּעַמּוֹ  
b'amo Yisrael b'ahava                      יִשְׂרָאֵל בְּאַהֲבָה:

*Blessed are You God, who chooses Your people Israel with love.*

# Sh'ma u'virchotecha Sh'ma & its blessings

## Sh'ma

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד :

Sh'ma Yisrael, Adonai Eloheinu, Adonai echad.

*Hear, O Israel, the Eternal is our God, the Eternal is One.*

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד :

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

*Blessed be God's glorious kingdom forever and ever.*

V'ahavtah et Adonai Elohecha  
b'chol l'vav'v'cha u'vchol nafshcha  
u'vchol m'odecha. V'hayu  
hadvarim ha'eleh, asher anochi  
m'tzavcha hayom al l'vavecha.  
V'shinantam l'vanecha v'dibarta  
bam, b'shivt'cha b'veitecha,  
uvlecht'cha vaderech  
uvshochb'cha uvkumecha.  
Ukshartam l'ot al yadecha, v'hayu  
l'totafot bein einecha. U'chtavtam  
al mezuzot beitecha, uvisharecha.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-  
לְבָבְךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-  
מְאֹדְךָ : וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם עַל-  
לְבָבְךָ : וְשָׁנַנְתָּם לְבְנֶיךָ וְדַבַּרְתָּ  
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
בְּדַרְךָ וּבְשֹׁכְבְךָ וּבְקוּמְךָ :  
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ  
לְטֹטְפֹת בֵּין עֵינֶיךָ : וּכְתַבְתָּם  
עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

*Love the Eternal your God with all your heart, and all your soul, and all your might. These words that I command you today shall be upon your heart. Repeat them to your children, and talk about them when you sit in your home, and when you walk in the street; when you lie down, and when you rise up. Hold fast to them as a sign upon your hand, and let them be as reminders before your eyes. Write them on the doorposts of your home and at your gates. (Deuteronomy 6:4-9)*

# Sh'ma u'virchotecha Sh'ma & its blessings

In place of a second paragraph, we take time to think about how our actions affect those around us...

*How can you be kind next week?*

*Who do you know that might need some help?*

Vayomer Adonai el mosheh  
leimor: dabbeir el b'nei yisra'el  
v'amarta aleihem, v'asu lahem  
tsitsit al kanfei vigdeihem  
l'dorotam, v'nat'nu al tsitsit ha-  
kanaf p'til t'cheilet. V'hayah  
lachem l'tsitsit, ur'item oto,  
uz'chartem et kol mitsvot Adonai,  
va'asitem otam, v'lo taturu acharei  
l'avchem v'acharei eineichem,  
asher attem zonim achareihem.  
L'ma'an tizk'ru, va'asitem et kol  
mitsvotai, vihyitem k'doshim  
leiloheichem. Ani Adonai  
eloheichem asher hotseiti  
etchem mei'erets mitsrayim,  
lihyot lachem leilohim, ani Adonai  
eloheichem.

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר:  
דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ  
אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִת עַל־כַּנְפֵי  
בְּגָדֵיהֶם לְדֹרֹתָם וּנְתַנּוּ עַל־צִיצִת  
הַכַּנָּף פֶּתִיל תְּכֵלֶת: וְהָיָה לָכֶם  
לְצִיצִת וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם  
אֶת־כָּל־מִצְוֹת יְהוָה וַעֲשִׂיתֶם  
אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם  
וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים  
אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֹתָ-  
כָּל־מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים  
לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם  
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵמִצְרָיִם  
מִצְרַיִם לְהִזּוֹת לָכֶם לֵאלֹהִים אֲנִי  
יְהוָה אֱלֹהֵיכֶם

*The Eternal said to Moses: 'Speak to the children of Israel and tell them that each generation shall put tassels on the corner of their clothes, and put a blue thread on the corner tassel. Then when this tassel catches your eye, you will remember all the commands of the Eternal and do them. Then you will no longer wander after the desires of your heart and your eyes which led you to lust.*

*Then you will remember all My commands and do them and you will be set apart for your God.*

*I am the Eternal your God who brought you out of the land of Egypt, to be your own God. I, the Eternal, am your God.'*

(Numbers 15: 37-41)

# Sh'ma u'virchotecha Sh'ma & its blessings

During the holiest days of our year,  
 We renew our promise to stand up for what is right.  
 We will not stand with our feet frozen to the ground  
 And our arms limp by our sides.  
 We will not stay silent when our voice is needed.  
 We will not hide. We will not walk away.  
 When people are sad, we will comfort them.  
 When people are mean, we will stop them.  
 When someone is hungry, we will feed them.  
 When someone is cold, we will find them shelter.  
 When there are tears, we will dry them.  
 When there are hopes, we will support them.  
 We know how slavery and sadness feel.  
 We renew our promise this day  
 To not stand idly by when others are suffering.  
 We renew our promise this day  
 To bring all people into our song of freedom.

Mi chamocha ba-eilim Adonai mi kamocha ne'dar ba-kodesh nora t'hillot oseih fele.

מִי כְמוֹכָה בְּאֵלִים יְיָ, מִי כְמוֹכָה  
 נִאֲדָר בְּקֹדֶשׁ,  
 נוֹרָא תְהִלָּת, עֹשֶׂה פְלֵא.

Shirah chadashah shibb'chu g'ulim l'shimcha al s'fat ha-yam, yachad kullam hodu himlichu v'am'ru.

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִּים  
 לְשִׁמְךָ עַל שְׂפַת הַיָּם, יַחַד  
 כְּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

Adonai yimloch l'olam va'ed.

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

*'God, who is like You among the gods people worship! Who, like You, is majestic in holiness, awesome in praise, working wonders!'  
 On the shore of the sea, those who were rescued sang a new song in Your praise. Together all of them thanked You and proclaimed you as Sovereign: 'God alone will rule forever and ever.'*



Why are the High Holy Days all about standing and sitting? When I was a child, it didn't make much sense to me. My teachers taught me that God was everywhere...so wouldn't God see me if I were sitting down, too? Surely, God, the One who I knew was there to watch over me, wouldn't want my legs to hurt me...would God?

But as I grew older, and life began to present more challenges to me, I came to depend on God more. As tough situations came into my life as a teenager, I was often seeking answers to questions that it seemed no one else could answer for me. And soon I realised that when I wanted those answers, I had to reach out and find hints from God in my life. I came to realise that perhaps God doesn't need us to stand up to pray, but perhaps we need to stand up to reach out and find God's presence in our lives.

As we continue with T'filah, or the section known as the Amidah or 'standing' section of the prayer service, let us take a moment to think of the times when we feel a need to stand taller to find that connection with God.

## Amidah

Adonai, s'fatai tiftach, ufi yagid  
t'hilatecha.

אֲדֹנָי שְׁפָתַי תִּפְתַּח וּפִי יגִיד  
תְּהִלָּתֶךָ:



# Amidah



# Standing Prayer

Baruch Atah Adonai Eloheinu v'elohei  
avoteinu v'imoteinu.

Elohei Avraham, elohei Yitzchak  
v'elohei Ya'akov; Elohei Sara, elohei  
Rivkah elohei Rachel, v'elohei Leah.

Ha'el hagadol, hagibor v'hanorah, El  
elyon; gomel chasadim tovim, v'koneh  
hakol, v'zocher chasdei avot v'imahot,  
u'meivi go'el liv'nei v'neihem, l'ma'an  
sh'mo b'ahavah.

Zochreinu l'chayim, Melech chafetz  
bachayim, v'chotveinu b'sefer  
hachayim. L'ma'ancha Elohim chayim.

Melech ozer u'moshiah u'magen.

Baruch Attah, Adonai, Magen Avraham  
pokeid Sara.

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

זְכַרְנוּ לְחַיִּים, מְלֶךְ חַפֵּץ בַּחַיִּים,  
וְכֹתְבֵינוּ בְּסֵפֶר הַחַיִּים. לְמַעַן  
אֱלֹהִים חַיִּים

מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן : בְּרוּךְ  
אַתָּה יְיָ, מַגֵּן אַבְרָהָם פּוֹקֵד  
שָׂרָה :

*Blessed are You, Adonai our God, and God of our ancestors, God of  
Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of  
Rachel, God of Leah, the great, the mighty, and the awesome God, God  
beyond, generous in love and kindness, and possessing all. God  
remembers the deeds of our ancestors, and therefore in love brings rescue  
to the generations, for such is divine love.*

*Sovereign who delights in life, recall us to life and record us in the Book of  
Life for Your own sake, God of life!*

*The Sovereign who helps, saves and shields. Blessed are You Adonai, the  
shield of Abraham who remembers Sarah.*

## Amidah



Atah gibbor l'olam, Adonai, m'chayeh metim Atah rav l'hoshia .

Morid HaTal

Mechalkel chayim b'chesed ,  
mechayeh metim b'rachamim  
rabbim; somech noflim v'rofeh  
cholim, u'matir asurim, u'mekayem  
emunato lishenei afar. Mi chamocha  
ba'al gevurot, umi domeh lach,  
melech memit u'mechayeh  
u'matzmiach yeshuah.

Mi chamocha av harachamim,  
zocher yetzurav lachayim  
b'rachamim.

V'ne'eman Atah l'hachayot metim.

Baruch Atah, Adonai, mechayeh  
hametim.

## Standing Prayer

אתה גבור לעולם אדני,  
מתיה מתים אתה. רב  
להושיע:

מוריד הטל

מכלכל חיים בחסד, מתיה  
מתים ברחמים רבים, סומך  
נופלים, ורופא חולים,  
ומתיר אסורים, ומקים  
אמונתו לישגי עפר, מי  
כמוך בעל גבורות ומי  
דומה לך, מלך ממת  
ומתיה ומצמיח ישועה:

מי כמוך אב הרחמים זוכר  
יצוריו לחיים ברחמים

ונאמן אתה להחיות מתים.  
ברוך אתה יי, מתיה  
המתים:

*You are the endless power that renews life beyond death. You are the greatness that saves. Causing the dew to fall*

*You care for the living with love. You renew life beyond death with unending mercy. You support the falling, and heal the sick. You free prisoners, and keep faith with those who sleep in the dust. Who can perform such mighty deeds, and who can compare with You, a Ruler who brings death and life, and renews salvation?*

*Who is like You, source of compassion, recalling Your creatures to life in compassion?*

*You are faithful to renew life beyond death. Blessed are You God, who renews life beyond death.*

## Amidah



## Standing Prayer

Atah kadosh, v'shimcha kadosh,  
u'k'doshim b'chol yom y'hal'lucha  
selah

Baruch Atah Adonai, ha'Melech  
ha'kadosh

אתה קדוש וְשִׁמְךָ קָדוֹשׁ  
וְקְדוֹשִׁים בְּכָל-יוֹם יְהַלְלוּךָ  
סְלָה.

בְּרוּךְ אַתָּה יְהוָה. הַמֶּלֶךְ  
הַקָּדוֹשׁ.

*You are holy, and Your name is holy; those who seek holiness praise  
You day by day. Blessed are You, the holy Sovereign.*

## Giving Thanks

We take some time to think...

Do you always say please and thank you?

What are you thankful for?

How can you show those you love that you are thankful  
for them?

We declare with gratitude that You are our God and the God of our ancestors forever. You are our Rock, the Rock of our life and the Shield that saves us. In every generation we thank You and recount Your praise for our lives held in Your hand, for our souls that are in Your care, and for the signs of Your presence that are with us every day. At every moment, at evening, morning and noon, we experience Your wonders and Your goodness. You are goodness itself, for Your mercy has no end. You are mercy itself, for Your love has no limit.

מוֹדִים אֲנִיחֵנוּ לָךְ שְׂאֵתָה  
הוּא יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוּרֵנוּ  
צוּר תַּיִנוּ וּמִגֵּן שְׂעֵנוּ אַתָּה  
הוּא לְדוֹר וָדוֹר : נוֹדָה לָךְ  
וְנִסְפָּר תְּהִלָּתְךָ עַל תַּיִנוּ  
הַמְּסוּרִים בְּיַדְךָ. וְעַל  
נִשְׂמוֹתֵנוּ הַפְּקוּדוֹת לָךְ.  
וְעַל נְסִיךְ שְׂבָכְךָ-יוֹם עֶמְנוּ.  
וְעַל נְפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
שְׂבָכְךָ-עַת עָרַב וּבִקְרָה  
וְצַהֲרַיִם : הַטּוֹב כִּי לֹא כָלוּ  
רַחֲמֶיךָ. הַמְּרַחֵם כִּי לֹא  
תָמוּ חַסְדֶיךָ. כִּי מֵעוֹלָם  
קוִינֵנוּ לָךְ : וְעַל כָּלֵם יִתְבָּרַךְ



## Amidah



Forever have we put our hope in You.  
And for all these things may Your name, our Sovereign, be blessed, exalted and honoured forever and ever. May every living being thank You; may they praise and bless Your great name in truth for You are the God who saves and helps us. Blessed are You God, known as goodness, whom it is right to praise.

## Standing Prayer

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא תָמִיד  
שְׁמֶךָ מְלַכְנוּ לְעוֹלָם וָעֶד:  
וְכָל-הַחַיִּים יוֹדוּךָ סְלָה.  
וַיְהִלְלוּ וַיְבָרְכוּ אֶת-שְׁמֶךָ  
הַגָּדוֹל בְּאֵמֶת. הָאֵל  
יְשׁוּעָתָנוּ וְעֲזָרְתָנוּ סְלָה:  
בְּרוּךְ אַתָּה יְהוָה. הַטּוֹב  
שְׁמֶךָ וְלִךָ נִאֲמָה לְהוֹדוֹת:

## Asking for Peace

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה חַיִּים חַן וְחֶסֶד צְדָקָה וְרַחֲמִים עָלֵינוּ.  
וּבְרַכְנוּ אָבִינוּ כְּלָנוּ יַחַד בְּאוֹר פְּנִיךָ. כִּי בְאוֹר פְּנִיךָ נִתַּתָּ לָנוּ יְהוָה  
אֱלֹהֵינוּ תוֹרָה וְחַיִּים. אֶהְבָּה וְחֶסֶד. צְדָקָה וְרַחֲמִים. בְּרָכָה וְשְׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת-עַמֶּךָ יִשְׂרָאֵל בְּרַב-עֹז וּבְשְׁלוֹם: בְּרוּךְ אַתָּה  
יְהוָה. הַמְבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם:

Grant us peace, goodness and blessing; life, grace and kindness; justice and mercy. Source of our life, bless us all together with the light of Your presence, for in the light of Your presence You give us, our Living God, law and life, love and kindness, justice and mercy, blessing and peace. And in Your eyes it is good to bless Your people Israel with great strength to make peace. Blessed are You God, blessing Your people Israel with peace.



## Vidui – Confession

On Yom Kippur we ask for forgiveness, not just for what each of us has done, but for what everyone has done.

For the wrongs we have done, we are sorry.

For every time we lied, we are sorry.

For every time we cheated, we are sorry.

For every time we played unfairly, we are sorry.

For every time we were mean and spiteful, we are sorry.

For every time we hurt the feelings of others, we are sorry.

For every time we were cruel to animals, we are sorry.

For every time we did not help when we could have, we are sorry.

For every time we made our parents, our children, our family sad, we are sorry.

For every time we failed to stay true to ourselves, we are sorry.

For every time we did not forgive someone who apologised, we are sorry.

For every time we were more afraid of what our friends thought of us, than what God thought of us, we are sorry.

וְעַל כָּלֵם, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר לָנוּ

*Ve'al kulam eloha s'lichot s'lach lanu, m'chal lanu, kaper lanu.*

For all these wrong doings, O God of mercy, forgive us, pardon us, grant us atonement.



## Silent Confession

Today You open the Book of Life,  
 So that we can read what is written on its pages.  
 Today You ask us to open our hearts,  
 And reflect on what we have said and done this past year.

On Rosh Hashanah it is written and on Yom Kippur it is sealed,  
 But throughout the year, the Book of life is open  
 And the choices we make leave a mark on our world.  
 And so we ask ourselves and each other:  
 Who will choose to live a good life?  
 Whose hands will cause hurt and whose hands will help and  
 heal?  
 Who will speak up and who will be silent?  
 Who will be wise enough to learn from others?  
 Who will be strong enough to make good choices?  
 Who will be greedy and who will be grateful?  
 Who will break people down and who will build people up?  
 Who will choose to be a blessing?

## Our Prayer for Peace

Oseh shalom bimromav, hu	עֲשֵׂה שְׁלוֹם בְּמִרְוַמָּיו. הוּא
ya'aseh shalom aleinu	יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
v'al kol Yisrael, v'al kol ha-olam,	וְעַל כָּל־יִשְׂרָאֵל וְעַל־כָּל־הָעוֹלָם.
v'imru amen.	וְאָמְרוּ. אָמֵן:

*May God who makes peace in the highest  
 bring this peace upon us, upon all Israel, and upon all the world. Amen*



## Opening the Ark

Ki mi'Tzion teitze Torah, u'dvar

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה.

Adonai mi'Yrushalayim.

וְדַבֵּר-יְהוָה מִירוּשָׁלַיִם:

Baruch shennatan torah l'ammo

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל

yisra'el bikdushato.

בְּקִדְשׁוֹ:

*For Torah shall come out of Zion, and the word of God from Jerusalem. Blessed is the One who in holiness gave Torah to Israel.*

Adonai, Adonai, El rachum v'chanun,

יְיָ, יְיָ, אֵל רַחוּם וְחַנּוּן, אָרְךָ

erech apayim, v'rav chesed v'emet

אָפַיִם וְרַב חֶסֶד וְאֱמֶת

*Adonai, Adonai, a God of mercy and compassion, slow to anger and generous in love and truth, showing love to the thousandth generation, forgiving wrong, failure and sin, who pardons.*

## Processing the Torah

### Ivdu

Words: Psalm 100:2 and 95:3, Music: Or Zohar

עֲבַדוּ אֶת־יְהוָה בְּשִׂמְחָה בְּאוֹ לִפְנֵי בְּרִנָּה

כִּי אֵל מֶלֶךְ גָּדוֹל יְהוָה

Part 1:

Part 2:

Ivdu

(Ivdu...u...u)

et Adonai b'simcha

(simcha, simcha, simcha...)

Bo'u

(Bo'u, bo'u bo'u...u)

l'fanav birna'na...ah

(na, na, na, na, na...)

Ki El melech gadol Adonai (x4)

*Serve God in gladness; Come into God's Presence with joy. For God is a great Sovereign.*



## Hagba'hah

*V'zot ha-Torah asher sam Moshe  
lifnei b'nei Yisrael.*

*Torah tzivah lanu Moshe,  
morashah k'hillat Ya'akov.*

*Ha'el tamim darko, imrat Adonai  
ts'rufah,*

*magen hu l'chol hachosim bo.*

וזאת התורה אשר-שם

משה לפני בני ישראל:

תורה צוה-לנו משה. מורשה

קהלת יעקב:

האל תמים דרכו. אמרת יהוה

צרופה.

מגן הוא לכל החוסים בו:

*Blessed are You Adonai our God, Ruler of the universe who gave us  
the teaching of truth and planted eternal life within us.*

*Blessed are You, Adonai who gives us the Torah.*

## Blessing before reading Torah

Bar'chu et Adonai ha-m'vorach.

ברכו את יי המברך:

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

ברוך יי המברך לעולם

ועד:

Baruch atah Adonai eloheinu  
melech ha'olam, asher bachar banu  
mikol ha'amim v'natan lanu et  
Torato.

ברוך אתה יי אלהינו מלך

העולם, אשר בחר-בנו מכל-

העמים ונתן-לנו את תורתו:

ברוך אתה יי, נותן התורה:

Baruch atah Adonai, noten  
ha'Torah.

*Bless Adonai, whom we are called to bless.*

*Blessed be Adonai, whom we are called to bless forever and ever.*

*Blessed are You, Adonai our God, ruler of the universe who chose us  
from all peoples to give us the Torah.*

*Blessed are You, Adonai who gives us the Torah.*



## Leviticus 19: 11 – 18

11. You shall not steal; you shall not deal deceitfully or falsely with one another.

12. You shall not swear falsely by My name, profaning the name of your God: I am the Eternal.

13. You shall not defraud your fellow. You shall not commit robbery. The wages of a labourer shall not remain with you until morning.

14. You shall not insult the deaf or place a stumbling block before the blind. You shall fear your God: I am the Eternal.

15. You shall not render an unfair decision: do not favour the poor or show deference to the rich; judge your kinsman fairly.

16: Do not deal basely with your countrymen. Do not profit by the blood of your fellow. I am the Eternal.

17: You shall not hate your kinsfolk in your heart. Reprove your kinsman but incur no guilt because of him.

18: You shall not take vengeance or bear a grudge against your countrymen. Love your fellow as yourself: I am the Eternal.

יִאבֹּלֵא, תִּגְנוּבוּ ; וְלֹא-

תִּכְחָשׁוּ וְלֹא-תִשְׁקְרוּ, אִישׁ

יב וְלֹא-תִשָּׁבְעוּ בְעֵמִיתוֹ

בְּשִׁמִּי, לְשָׁקֵר : וְחַלְלֵתָ

אֶת-שֵׁם אֱלֹהֶיךָ, אֲנִי

יג לֹא-תַעֲשֶׂק אֶת-. יְהוָה

רַעֲךָ, וְלֹא תִגְזֹל ; לֹא-תִלְיִן

פְּעֻלַּת שְׂכִיר, אֶתְךָ--עַד-

יד לֹא-תִקַּלֵּל חֵרֶשׁ-- בְּקֶרֶךְ

וְלִפְנֵי עִוֵּר, לֹא תִתֵּן מְכֻשָׁל ;

וַיִּרְאֵתָ מֵאֲלֹהֶיךָ, אֲנִי

טו לֹא-תַעֲשׂוּ עוֹל, יְהוָה

בַּמִּשְׁפָּט--לֹא-תִשָּׂא פָנֶי-

דָּל, וְלֹא תִהְדָּר פָּנֶי

גְּדוֹל : בְּצִדְקָךְ, תִּשְׁפֹּט

טז לֹא-תִלְךָ רֶכֶל. עֲמִיתְךָ

בְּעֵמֶיךָ, לֹא תַעֲמֹד עַל-דָּם

יז לֹא-. רַעֲךָ : אֲנִי, יְהוָה

תִּשְׂנֵא אֶת-אָחִיךָ, בְּלִבְבְּךָ ;

הוֹכַח תּוֹכִיחַ אֶת-עֲמִיתְךָ,

וְלֹא-תִשָּׂא עָלָיו

יח לֹא-תִקֵּם וְלֹא-. חֲטָא

תִּטֹּר אֶת-בְּנֵי עֲמֶיךָ, וְאֶהְבֵּתָ

לְרַעֲךָ כָּמוֹךָ : אֲנִי, יְהוָה



## Blessing after reading Torah

Baruch atah Adonai eloheinu  
melech ha'olam, asher natan lanu  
Torat emet v'chayei olam nata  
b'tocheinu.  
Baruch atah Adonai, noten  
ha'Torah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר נָתַן-לָנוּ תּוֹרַת  
אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ:  
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

*Blessed are You Adonai our God, Ruler of the universe who gave us  
the teaching of truth and planted eternal life within us.  
Blessed are You, Adonai who gives us the Torah.*

## Returning the Torah to the Ark

Eits chayyim hi la-machazikim  
bah, v'tom'cheha m'ushar.  
D'racheha darchei no'am, v'chol  
n'tivoteha shalom.

עֵץ-חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ.  
וְתִמְכֶיהָ מְאֹד:  
דַּרְכֶיהָ דַּרְכֵי-נֹעַם. וְכָל-  
נְתִיבוֹתֶיהָ שְׁלוֹם:

Hashiveinu Adonai eilecha  
v'nashuvah, chaddeish yameinu  
k'kedem.

הַשִּׁיבֵנוּ יְהוָה אֵלֶיךָ וְנָשׁוּבָה.  
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם:

*It is a tree of life to all who grasp it  
and those who hold fast to it are happy.  
Its ways are ways of pleasantness and all its paths are peace.*

*Turn us back to You, Eternal, and we shall return; renew our lives as of  
old.*



## Preparations for the New Year

B'Rosh Hashanah yikateivun,  
uv'yom tzom kippur yei'chateimun.

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן וּבְיוֹם  
צוֹם כִּפּוּר יִחְתְּמוּן

*On Rosh Hashanah we consider how judgement is formed. On  
Yom Kippur, we consider how judgement is sealed.*

Ut'shuvah, ut'filah, utzedakah  
maavirin et roa hag'zeirah

וּתְשׁוּבָה וּתְפִלָּה  
וּצְדָקָה מְעַבְרִין אֶת רַע הַגְּזֵרָה

*Through return to the right path and through prayer, righteous  
giving, we can earn a new page in the Book of Life and write a  
better story in the new year.*

God is like a parent watching over us. God cares about what we do and the people we are trying to become. God sees us when we do our best, and when we fall short.

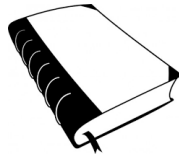
Sometimes scary things happen in the world, things that we cannot control, things that we don't understand. But there is a lot we can do to help others and start to heal the world. There are three important ways we can get through the difficult times and make things better:

*T'shuvah* is turning, turning back to God, turning back to doing what is right. We are not perfect. When we are not our best, God wants us to apologise to those we have hurt and try harder.

*T'filah* is prayer. When we feel sad or scared we can talk to God. We can ask for wisdom and we may feel stronger.

*Tzedakah* is doing what is fair, what is just. Sometimes we feel like the world is out of control, that the problems are very big. But we can do our part to help, to be partners with God to make the world a better place.





Vidui – Confession

We've made mistakes.  
We've done bad things.  
But this is what the new year brings;  
A chance to change, a chance to grow,  
With one first step, nice and slow.

Tap, tap, tap your heart,  
On Yom Kippur it's time to restart.

We've used bad words and hurt our friends,  
But these mistakes are not the end.

We do *t'shuvah*,  
We learn to do good.  
So we tap our heart,  
To remind us we should.

Tap, tap, tap your heart,  
On Yom Kippur it's time to restart.

*Time for silent confession...*  
*Can you find a mirror in your house?*  
*When you look into it, what do you see?*  
*Do you see someone who is always helpful?*  
*Someone who is always kind?*  
*Someone who is thoughtful and caring?*  
*Has the person in the mirror changed since last year?*

## Tefilat Musaf



Ashamnu, Bagadnu, Gazalnu,  
Dibarnu Dofi, He-evinu, Hirshanu,  
Zadnu, Chamasnu, Tafalnu  
Shaker, Yaatznu Ra, Kizavnu,  
Latznu Maradnu, Niatznu,  
Sararnu, Avinu, Pashanu,  
Tzararnu, Kishinu oref, Rashanu,  
Shichatnu, Tiavnu. Taiunu.  
Titanu.

## Additional Service

אֲשָׁמְנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבַּרְנוּ  
דְּפִי. הִעָוִינוּ. וְהִרְשָׁעְנוּ. וְזָדְנוּ.  
חָמְסְנוּ. טָפְלֵנוּ שָׁקֵר. יַעֲצֵנוּ רָע.  
כִּזְבָּנוּ. לָצָנוּ. מָרְדְנוּ. נֶאֱצָנוּ.  
סָרְרְנוּ. עָוִינוּ. פָּשַׁעְנוּ. צָרְרְנוּ.  
קָשִׁינוּ עֲרָךְ. רָשָׁעְנוּ. שְׁחָתְנוּ.  
תַּעֲבָנוּ. תַּעֲוִינוּ. תַּעֲתָעְנוּ.

*Ashamnu* – We have acted without thinking.

*Bagadnu* – We have been bystanders to bullying.

*Gazalnu* – We have been careless with other people's things.

*Dibarnu Dofi* – We have done harm with our words.

*He-evinu* – We have erred by not acting ethically.

*Hirshanu* – We have forgotten who we are.

*Zadnu* – We have grossly misjudged others.

*Chamasnu* – We have acted out of hatred.

*Tafalnu Shaker* – We have ignored the truth.

*Yaatznu Ra* – We have used poor judgement.

*Kizavnu* – We have said things we know to be untrue

*Latznu* – We have laughed at people, not with them

*Maradnu* – We have made enemies instead of friends.

*Niatznu* – We have taken the name of God in vain.

*Sararnu* – We have overwhelmed our parents and teachers.

*Avinu* – We have put down other people's accomplishments.

*Pashanu* – We have quit too soon.

*Tzararnu* – We have disrespected the rights of others.

*Kishinu oref* – We have been stubborn and stiff-necked.

*Rashanu* – We have tolerated cruelty.

*Shichatnu* – We have not stood up for what we believe in.

*Tiavnu* – We have violated our values.



## Avinu Malkeinu

Avinu Malkeinu, chatanu  
 lefanecha.  
 Avinu Malkeinu, ein lanu Melech  
 zulatecha.  
 Avinu Malkeinu, aseh imanu  
 l'ma'an sh'mecha.  
 Avinu Malkeinu, chadesh aleinu  
 shanah tovah.  
 Avinu Malkeinu, choneinu v'aneinu,  
 ki ein banu ma'asim.  
 Aseh imanu tzedakah v'chesed  
 v'hoshieinu.

אָבִינוּ מֶלְכֵנוּ. חַטָּאנוּ לְפָנֶיךָ  
 אָבִינוּ מֶלְכֵנוּ. אֵין לָנוּ מֶלֶךְ  
 זוּלָתְךָ  
 אָבִינוּ מֶלְכֵנוּ. עֲשֵׂה עִמָּנוּ  
 לְמַעַן שְׁמֶךָ  
 אָבִינוּ מֶלְכֵנוּ. חַדֵּשׁ עֲלֵינוּ שָׁנָה  
 טוֹבָה  
 אָבִינוּ מֶלְכֵנוּ. חַנּוּנוּ וְעֲנֵנוּ כִּי  
 אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ  
 צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ

*Our Parent, our Ruler, we have sinned before You.*

*Our Parent, our Ruler, we have no other ruler but You.*

*Our Parent, our Ruler, help us for the sake of Your name.*

*Our Parent, our Ruler,, renew us for a good year.*

*Our Parent, our Ruler, answer us with Your grace, for we lack good deeds; deal with us in charity and love, and save us.*

## Aleinu

Aleinu l'shabeach la'adon ha'kol,  
lateit g'dulah l'yotzer b'reishit asher  
bachar banu mikol ha'amim.  
V'natan lanu et Torato.

V'anachnu korim, u'mishtachavim,  
u'modim lifnei melech malchei  
hamlachim, haKadosh Baruch Hu.  
Shehu noteh shamayim v'yosed  
aretz, u'moshav y'karo bashamayim  
mi'ma'al. U'shchinat uzo, b'govhei  
m'romim.

Hu eloheinu, ein od.

Emet malkeinu, efes zulato,  
kakativ b'Torato. V'yadata hayom  
v'hashevota el l'vavecha ki Adonai,  
Hu ha'elohim bashamayim mima'al,  
v'al ha'aretz mitachat ein od.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת  
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית  
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים.  
וְנָתַן-לָנוּ אֶת תּוֹרָתוֹ.

וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
וּמוֹדִים

לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אֶרֶץ,  
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,  
וּשְׁכִינַת עֵזוֹ בְּגִבְהֵי מְרוֹמִים,  
הוּא אֱלֹהֵינוּ אֵין עוֹד. אֶמֶת  
מִלְכֵנוּ, אָפֶס זוּלָתוֹ, כִּפְתוּב  
בְּתוֹרָתוֹ: וְיִדְעַתָּ הַיּוֹם וְהַשַּׁבָּת  
אֶל לְבַבְךָ כִּי יְיָ הוּא הָאֱלֹהִים  
בְּשָׁמַיִם מִמַּעַל וְעַל-הָאֶרֶץ  
מִתַּחַת אֵין עוֹד.

*It is our duty to praise the Ruler of all, to recognise the greatness of the Creator of first things. Who has chosen us from all peoples by giving us Torah. Therefore we bend low and submit, and give thanks before the supreme Ruler, the Holy One, Who is blessed, Who extends the limits of space and makes the world firm; Whose glory extends through the universe beyond, and Whose strength into farthest space. This is our God; no other exists. Our Ruler is truth; the rest is nothing. It is written in God's Torah: Realise this today and take it to heart; that God is Ruler in the heavens above and on the earth beneath, no other exists.*



## Kaddish

Yitgadal v'yitkadash sh'mei raba,  
b'alma div'ra chirutei, v'yamlich  
malchutei. B'chayeichon  
Uv'yomeichon Uv'chayei dichol beit  
yisrael ba'agala uvizman kariv,  
V'imru **Amen**.

Y'hei sh'mei raba m'varach, L'alam  
ulalmei almaya.

Yitbarach v'yishtabach, v'yitpaar,  
v'yitromam v'yitnasei, v'yithadar,  
v'yitalei, v'yithalal, sh'mei dikudsha,  
**b'rich hu**.

L'elah min kol birchata v'shirata  
tushb'chata v'nechemata, di'amiran  
b'alma, v'imru **Amen** Y'hei sh'lama  
raba min sh'maya v'chayim  
alenu, v'al kol yisrael, V'imru **Amen**.  
Oseh shalom bimromav, Hu ya'asei  
shalom, aleinu v'al kol yisrael,  
V'imru **Amen**.

*Let us magnify and sanctify the great name of God in the world which God created according to God's will. May God's kingdom come in your lifetime, and in your days, and in the lifetime of all the family of Israel - quickly and speedily may it come. Amen. May the greatness of God's being be blessed always. Let us bless and extol, let us tell aloud and raise aloft, let us set on high and honour, let us exalt and praise Adonai - blessed be God! - though God is far beyond any blessing or song, any honour or any consolation that can be spoken of in this world. Amen. May great peace from heaven and the gift of life be granted to us and to all the family of Israel. Amen. May God who makes peace in the highest bring peace to us and to all Israel. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ.  
וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דִי-כָּל בֵּית  
יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ  
אָמֵן  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ. לְעֵלַם  
וּלְעֵלְמֵי עֵלְמַיָּא  
יְתְבָרַךְ. וְיִשְׁתַּבַּח. וְיִתְפָּאֵר.  
וְיִתְרוֹמַם. וְיִתְנַשֵּׂא. וְיִתְהַדָּר.  
וְיִתְעַלֶּה. וְיִתְהַלָּל שְׁמֵהּ דִּי-קְדֻשָּׁא  
בְּרִיךְ הוּא.  
לְעֵלָא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא  
תְּשַׁבַּחְתָּא וְנִחְמְתָא דִּי-אַמְרִין  
בְּעֵלְמָא וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא וְחַיִּים  
עֲלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל. וְאָמְרוּ  
אָמֵן. עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו. הוּא  
יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל-כָּל-  
יִשְׂרָאֵל וְאָמְרוּ אָמֵן.

## Adon Olam

Adon olam, asher malach, b'terem kol y'tzir nivra. יְצִיר נִבְרָא. אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל-  
L'et na'asah k'cheftzo kol, azai melech sh'mo nikra. לְעֵת נַעֲשֶׂה כְּחֶפְצוֹ כָּל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.  
V'acharey kichlot hakol, l'vado yimloch nora. וְאַחֲרַי כְּכֹלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא.  
V'hu haya, v'hu hoveh, v'hu yih'yeh b'tifara. וְהוּא הָיָה, וְהוּא הוֹנֶה, וְהוּא יִהְיֶה, בְּתִפְאָרָה.  
V'hu echad, v'eyn sheni l'hamshilo, l'hachbira. וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁילוֹ לְהַחְבִּירָה.  
B'li reishit, b'li tachlit, v'lo ha'oz v'hamisrah. בְּלִי רֵאשִׁית בְּלִי תַחְלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה.  
V'hu Eli, v'chai go'ali, v'tzur chevli b'yom tzarah. וְהוּא אֵלִי וְחַי גּוֹאֲלִי, וְצוּר חֻבְלִי בְּיוֹם צָרָה.  
V'hu nisi u'manusi, m'nat kosi b'yom ekra. וְהוּא נָסִי וּמְנוּסִי מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא.  
B'yado afkid ruchi b'et ishan v'a'irah. בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעִּירָה.  
V'im ruchi g'viyati, Adonai li v'lo ira. וְעַם רוּחִי גְוִיַּתִּי, יְיָ לִי וְלֹא אֵירָא.

*Eternal God who ruled alone before creation of all forms, at whose desire all began and as the Ruler was proclaimed.*

*Who, after everything shall end, alone, in awe, will ever reign, who was and is for evermore, the glory that will never change.*

*Unique and One, no other is to be compared, to stand beside, neither before, nor following, alone the source of power and might.*

*This is my God, who saves my life, the rock I grasp in deep despair, the flag I wave, the place I hide, who shares my cup the day I call.*

*In my Maker's hand I lay my soul both when I sleep and when I wake, and with my soul my body too, my God is close I shall not fear.*

To the children:

May you be like Abraham and Sarah,  
Who had the courage to believe in a God they could not see.

May you be like Rebecca, who was kind to all: people and animals.

May you be like Jacob, who understood that God could be found everywhere.

May you be like Miriam, whose love made her a protector.

May you be like Moses, who wasn't afraid to ask for help.

May all our prayers be sweet to You, God.

May this year be a good one

To the adults:

Just as you

Bless and keep your children

May there be today

A blessing for you.

May you always have patience

For silliness and teasing.

May you always have hugs

Both for giving and receiving.

May you always feel pride

When you see your children grow.

We are lucky to love you.



## Olam Chesed Yibaneh – May this New Year be one filled with love

Olam chesed yibaneh,

עולם חסד יבנה

yai dai dai, dai dai dai dai dai

I will build this world from love... yai dai dai

And you must build this world from love... yai dai dai

And if we build this world from love... yai dai dai

Then God will build this world from love... yai dai dai

# Alyth



*T'filah* for all our generations