

Alyth



Yom Kippur Atideinu



**Psalm 133:1**

Music: Ellen Allard

Hineh ma tov uma na'im shevet
achim gam yachad

הִנֵּה מַה-טוֹב וְיָמָה-נְעִים שֶׁבֶת
אֲחִים 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 - <i>first time only</i>)

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

Ma Tovu

Ma tovu ohalecha ya'akov
mishk'notecha Yisrael.

מַה טּוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב
מִשְׁכְּנֹתֶיךָ 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.

Checking in with our bodies

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 בָּרוּךְ אַתָּה יְהוָה. רוֹפֵא כָּל-בָּשָׂר.
 basar umafla la'asot וּמַפְלִיא לַעֲשׂוֹת:

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

Checking in with our souls

Music: Craig Taubman

Elohai, n'shamah shennatatta bi אֱלֹהֵי. נִשְׁמָה שֶׁנָּתַתָּ בִּי
 t'horah hi טְהוֹרָה הִיא

My God, the soul You have given me is pure.



Study Passage

Baruch atah Adonai, Eloheinu בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
Melech ha'olam, asher הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו.
kidishanu b'mitzvotav v'tzivanu וְצִוָּנוּ לַעֲסוֹק בְּדִבְרֵי תוֹרָה:
la'asok b'divrei Torah

*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

Psalm 121

Music: Dan Nichols

My help will come from God, Maker of Heaven and Earth.

Esah einai el he'harim

אֶשָּׂא עֵינַי אֶל־הָהָרִים

Meiayin yavo, yavo ezri

מֵאַיִן יָבֹא עֲזָרִי:

I turn my eyes to the mountains, where will my help come from?



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 כָּלוּ גֶשֶׁר צָר מְאֹד
וְהַעֲיָקָר לֹא לִפְחֹד כָּלֹל

*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 בְּרִקְיעַ עֲזֹז
הַלְלוּהוּ בְּגִבּוֹרֹתָיו
הַלְלוּהוּ כְּרֹב גְּדֻלּוֹ
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר
הַלְלוּהוּ בְּנִבְל וְכִנּוֹר
הַלְלוּהוּ בְּתֶף וּמַחֹל
הַלְלוּהוּ בְּמִנִּים וְעוּגָב
הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה
כָּל 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

Music: 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

בָּרוּךְ 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 רַבּוֹ

ma'asecha Adonai

מַעֲשֵׂיךָ יְהוָה.

Kulam b'chochmah asitah x3

כָּלֶם בְּחִכְמָה 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
b'amo Yisrael b'ahava

בָּרוּךְ אַתָּה יְהוָה הַבּוֹחֵר בְּעַמּוֹ
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.

בָּרוּךְ 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-לִבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ : וְהָיוּ הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ
הַיּוֹם עַל-לִבְּךָ : וְשִׁנַּנְתָּם
לְבָנֶיךָ וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ
בְּבֵיתְךָ וּבִלְכֻתְךָ בְּדֶרֶךְ
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ :
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ :
וְכָתַבְתָּם עַל-מְזוּזֹת 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)

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'vavchem v'acharei eineichem,
asher attem zonim achareihem.
L'ma'an tizk'ru, va'asitem et kol
mitsvotai, vihyitem k'doshim
leiloeichem. 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 וְנָתַנּוּ עַל־צִיצִת
הַכָּנָף פֶּתִיל תְּכֵלֶת: וְהָיָה לָכֶם
לְצִיצֵת וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם
אֶת־כָּל־מִצְוֹת יְהוָה וַעֲשִׂיתֶם
אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבִבְכֶם
וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים
אַחֲרֵיהֶם:

לִמְעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־
כָּל־מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִמִּצְרָיִם
מִצְרַיִם לְהִנֹּת 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.
Shirah chadashah shibb'chu g'ulim
l'shimcha al s'fat ha-yam,
yachad kullam hodu himlichu v'am'ru.
Adonai yimloch l'olam va'ed.

מִי כְמוֹכָה בְּאֵלִים יְיָ, מִי
כְמוֹכָה נִאֲדָר בְּקֹדֶשׁ,
נֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא.
שִׁירָה חֲדָשָׁה שְׁבָחוּ
גְּאוּלִּים לְשִׁמְךָ עַל שְׁפַת
הַיָּם, יַחַד כָּלֵם הוֹדוּ
וְהִמְלִיכוּ וְאָמְרוּ:
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



Standing Prayer

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

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד
תְּהִלָּתְךָ:

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

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

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

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.

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.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל
עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,
וְקֹנֵה הַכֹּל, וְזוֹכֵר חֲסֵדֵי אֲבוֹת
וְאִמָּהוֹת, וּמְבִיא גּוֹאֵל לְבָנָי
בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

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

זָכְרָנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים,
וְכֹתְבֵינוּ בְּסֵפֶר הַחַיִּים. לְמַעַן
אֱלֹהִים חַיִּים

Melech ozer u'moshiah u'magen.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:

Baruch Attah, Adonai, Magen Avraham
pokeid Sara.

בָּרוּךְ 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.*



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,
zoher yetzurav lachayim
b'rachamim.

V'ne'eman Atah l'hachayot metim.
Baruch Atah, Adonai, mechayeh
hametim.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מְחַיֶּה מֵתִים אַתָּה. רַב
לְהוֹשִׁיעַ:

מוריד הַטַּל

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה
מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמְתִיר אֲסוּרִים, וּמְקַיֵּם
אֱמוּנָתוֹ לִישְׁנֵי עָפָר, מִי
כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי
דוֹמֶה לָךְ, מֶלֶךְ מֵמִית
וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה:

מִי כְמוֹךָ אָב הַרַחֲמִים

זוֹכֵר יְצוּרָיו לַחַיִּים בְּרַחֲמִים

וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים.
בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה
הַמֵּתִים:

*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

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקִדּוּשֵׁי יוֹם יְהַלְלוּךָ
סֵלָה.

בָּרוּךְ 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?

מוֹדִים אֲנִיחֵנוּ לָךְ שְׂאֵתָהּ הוּא יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוּרנו
צוּר חַיֵּינוּ וּמִגֵּן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר וָדוֹר: נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ עַל
חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ. וְעַל נְשָׁמוֹתֵנוּ הַפְּקוּדוֹת לָךְ. וְעַל נְסִיךְ שְׂבָכָל-יוֹם
עֲמָנוּ. וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל-עֵת עָרַב וּבֹקֶר וְצַהֲרָיִם: הַטּוֹב כִּי
לֹא כָלוּ רַחֲמֶיךָ. הַמְּרַחֵם כִּי לֹא תָמוּ חֲסֵדֶיךָ. כִּי מַעֲוֹלָם קִוִּינוּ לָךְ: וְעַל כָּל־
יִתְבָּרְךָ וְיִתְרוֹמֵם וְיִתְנַשֵּׂא תָמִיד שְׁמֶךָ מְלַכְנוּ לְעוֹלָם וָעֶד: וְכָל-הַחַיִּים יוֹדוּךָ
סֵלָה. וְיִהְלְלוּ וְיִבְרְכוּ אֶת-שְׁמֶךָ הַגָּדוֹל בְּאַמֶּת. הָאֵל יִשׁוּעָתֵנוּ וְעֲזָרָתֵנוּ סֵלָה:
בָּרוּךְ אַתָּה יְהוָה. הַטּוֹב שְׁמֶךָ וְלָךְ נִאֲחָה לְהוֹדוֹת:

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. 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.

Asking for Peace

Shalom rav al Yisra'el amm'cha
tasim l'olam, ki attah hu melech
adon l'chol ha-shalom, v'tov
b'einecha l'vareich et amm'cha
Yisra'el b'chol eit uv'chol sha'ah
bishlomecha.

B'seifer chayyim nizzacheir
v'nikkateiv l'fanecha, anachnu
v'chol amm'cha beit Yisra'el,
l'chayyim tovim ul'shalom.

Baruch attah Adonai, ha-m'vareich
et ammo Yisra'el ba-shalom.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תָּשִׂים לְעוֹלָם. כִּי אַתָּה הוּא
מֶלֶךְ אֲדוֹן לְכָל־הַשָּׁלוֹם. וְטוֹב
בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל
בְּכָל־עֵת וּבְכָל־שָׁעָה בְּשָׁלוֹמְךָ.

בְּסֵפֶר חַיִּים נִזְכָּר וְנִכְתָּב לְפָנֶיךָ
אֲנַחְנוּ וְכָל־עַמְּךָ בֵּית יִשְׂרָאֵל
לְחַיִּים טוֹבִים וּלְשָׁלוֹם:

בָּרוּךְ אַתָּה יְהוָה. הַמְּבָרֵךְ אֶת
עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם:

Set true peace upon Your people Israel forever. For You are the Source of all peace, and in Your eyes it is good to bless Your people Israel at every time and in every hour with Your peace.

In Your presence may we and all Your people, the family of Israel, be remembered and recorded in the Book of Life for a good life and for 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	עֹשֶׂה שְׁלוֹם בְּמִרְמָיו. הוּא
ya'aseh shalom aleinu	יַעֲשֶׂה 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
Adonai mi'Yrushalayim.
Baruch shennatan torah l'ammo
yisra'el bikdushato.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה.
וְדִבֶּר-יְהוָה מִירוּשָׁלַיִם:
בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל
בְּקִדּוּשָׁתוֹ:

*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, אֲדֹנָי, אֲדֹנָי, אֱלֹהֵי רַחֲמוֹם וְחַנּוּן, אֶרֶךְ
erech apayim, v'rav chesed v'emet אַפַּיִם 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

עֲבֹדוּ אֶת־יְהוָה בְּשִׂמְחָה בְּאוֹ לִפְנֵי בְּרִנָּה
כִּי אֵל מֶלֶךְ גָּדוֹל יְהוָה

Part 1:

Ivdu

et Adonai b'simcha

Bo'u

l'fanav birna'na...ah

Part 2:

(Ivdu...u...u)

(simcha, simcha, simcha...)

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

(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:

Baruch atah Adonai, noten
ha'Torah.

ברוך אתה יי, נותן התורה:

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.



Deuteronomy 30:11 – 20

יֵאָכֵל הַמִּצְוָה הַזֹּאת אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם לֹא־נִפְלְאוֹת הוּא מִמֶּךָ וְלֹא־רִחְקָה
 הוּא: יֵב לֹא בַשָּׁמַיִם הוּא לֵאמֹר מִי יַעֲלֶה־לָּנוּ הַשְּׁמַיִמָּה וְיִקְחֶנָּה לָּנוּ וְיִשְׁמַעְנוּ
 אֹתָהּ וְנַעֲשֶׂנָּה: יֵג וְלֹא־מֵעַבְרָה לָּהֶם הוּא לֵאמֹר מִי יַעֲבֹר־לָּנוּ אֶל־עֵבֶר הַיָּם
 וְיִקְחֶנָּה לָּנוּ וְיִשְׁמַעְנוּ אֹתָהּ וְנַעֲשֶׂנָּה: יֵד כִּי־קָרוֹב אֵלֶיךָ הַדָּבָר מְאֹד בְּפִיךָ
 וּבִלְבָבְךָ לַעֲשׂוֹתָּ: [שְׂבִיעִי וּמִפְטִיר] [רְבִיעִי כְּשֶׁהֵן מַחוּבְּרִין] טו רְאֵה נְתַתִּי
 לְפָנֶיךָ הַיּוֹם אֶת־הַחַיִּים וְאֶת־הַטּוֹב וְאֶת־הַמּוֹת וְאֶת־הָרָע: טז אֲשֶׁר אֲנִי
 מְצַוְךָ הַיּוֹם לֵאמֹר לֹא־הִנֵּה אֶת־יְהוָה אֱלֹהֶיךָ לְלַכֹּת בְּדַרְכָּיו וּלְשַׁמֵּר מִצְוֹתָיו וְחֻקֹּתָיו
 וּמִשְׁפָּטָיו וְחַיִּיתָ וְרַבִּיתָ וּבִרְכָּךְ יִהְיֶה אֱלֹהֶיךָ בְּאֶרֶץ אֲשֶׁר־אַתָּה בָּא־שָׁמָּה
 לְרִשְׁתָּהּ: יז וְאִם־יִפְנֶה לְבָבְךָ וְלֹא תִשְׁמָע וְנִדְחִיתָ וְהִשְׁתַּחֲוִיתָ לְאֱלֹהִים אֲחֵרִים
 וְעַבַּדְתָּם: יח הִגַּדְתִּי לָכֶם הַיּוֹם כִּי אִבֹּד תִּאֲבֹדוּן לֹא־תֵאָרִיכֶן יָמִים עַל־
 הָאָדָמָה אֲשֶׁר אַתָּה עֹבֵר אֶת־הַיַּרְדֵּן לָבוֹא שָׁמָּה לְרִשְׁתָּהּ: יט הִעַדְתִּי בְכֶם
 הַיּוֹם אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ הַחַיִּים וְהַמּוֹת נְתַתִּי לְפָנֶיךָ הַבְּרָכָה וְהַקְלָלָה
 וּבְחִירַת בָּחַיִּים לְמַעַן תַּחֲיֶה אַתָּה וְזַרְעֶךָ: כ לֹא־הִבֵּה אֶת־יְהוָה אֱלֹהֶיךָ לְשַׁמֵּעַ
 בְּקוֹלִי וּלְדַבְּקָה־בִּי כִּי הוּא חַיִּיךָ וְאֶרֶץ יִמֶיךָ לְשֹׁכֵת עַל־הָאָדָמָה אֲשֶׁר נִשְׁבַּע
 יְהוָה לֹאֲבֹתֶיךָ לֵאמֹר הֵם לִיצִתְךָ וּלְיַעֲקֹב לְתֵת לָהֶם:

Surely, this Instruction which I enjoin upon you this day is not too confusing for you, nor is it beyond your reach.

It is not in the heavens, that you should say, "Who can go up to the heavens and get it for us and impart it to us, so we can observe it?"

Neither is it beyond the sea, that you should say, "Who among us can cross to the other side of the sea and get it for us and impart it to us, so we can observe it?"

No, the thing is very close to you, in your mouth and in your heart, to observe it.

Seder Kriat ha-Torah



Torah Service

See, I set before you this day life and success, death and difficulty.

For I command you this day, to love the Eternal your God, to walk in God's ways, and to keep God's commandments, God's laws, and rules, that you may thrive and increase, and that the Eternal your God may bless you in the land that you are about to enter and possess.

But if your heart turns away and you are lured into the worship and service of other gods, I declare to you this day that you shall certainly perish; you shall not long live on the soil that you are crossing the Jordan to enter and possess.

I call heaven and earth to witness against you this day: I have put before you life and death, blessing and curse.

Choose life—if you and your offspring would live— by loving the Eternal your God, listening to God's commands, and holding fast to them. For thereby you shall have life and shall live for a long time on the soil that the Eternal promised to your ancestors, Abraham, Isaac, and Jacob, to give to them.



Blessing after reading Torah

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

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

Baruch atah Adonai, noten
ha'Torah.

בָּרוּךְ 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.
וְתִמְכֶּיהָ מְאֹשָׁר:
דַּרְכֶּיהָ דַּרְכֵי-נֶעֱם. וְכָל-
נְתִיבוֹתֶיהָ שָׁלוֹם:

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 יִכָּתִיבוּן וּבְיוֹם
צוֹם כִּפּוּר יִיחָתְמוּן

*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 מַעֲבִירִין אֶת רֹעַ הַגְּזֵירָה

*Through return and through prayer and 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 and that we don't understand. But there is a lot we can do to help others and heal the world. There are three important ways we can start to 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

Look into your mirror...

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
דָּפִי. הִעֵוִינוּ. וְהִרְשָׁעְנוּ. וְדָנְנוּ.
חָמַסְנוּ. טָפַלְנוּ שָׂקֶר.
יַעֲצֻנוּ רָע. כָּזְבְנוּ. לָצְנוּ. מָרְדְנוּ.
נֶאֱצָנוּ. סָרְרְנוּ. עָוִינוּ. פָּשַׁעְנוּ.
צָרְרְנוּ. קִשִּׁינוּ עֶרְף. רָשָׁעְנוּ.
שִׁחַתְנוּ. תַּעֲבֹנוּ. תַּעֲיִינוּ. 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
זוֹלָתְךָ

אָבִינוּ מֶלְכֵנוּ. עֲשֵׂה עִמָּנוּ
לְמַעַן שְׁמֶךָ

אָבִינוּ מֶלְכֵנוּ. חֲדָשׁ עָלֵינוּ שָׁנָה
טוֹבָה

אָבִינוּ מֶלְכֵנוּ. חֲנֵנוּ 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, kakatuv
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 לַאֲדוֹן הַכֹּל, לַתֵּת
גְּדֻלָּה לַיּוֹצֵר בְּרֵאשִׁית
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים.
וְנָתַן-לָנוּ אֶת תּוֹרָתוֹ.

וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים לִפְנֵי מֶלֶךְ מַלְכֵי
הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.
שֶׁהוּא נוֹטֶה שָׁמַיִם וְיוֹסֵד אֶרֶץ,
וּמוֹשֵׁב יָקָרוֹ בַּשָּׁמַיִם מִמַּעַל,
וּשְׁכִינַת עֶזוֹ בְּגִבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת
מַלְכֵנוּ, אָפֶס זִוְלָתוֹ, כִּפְתּוּב
בְּתוֹרָתוֹ: וְיָדַעַת הַיּוֹם וְהַשַּׁבָּת
אֶל לְבָבְךָ כִּי יי הוּא הָאֱלֹהִים
בַּשָּׁמַיִם 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.



Second Paragraph of the Aleinu

Our hopes for the world:

Va'hasheivota el l'vavecha, ki
Adonai hu ha-Elohim

וְהַשְׁבֵּתָ אֶל לְבָבְךָ. כִּי יְהוָה
הוּא הָאֱלֹהִים:

V'ne'emar: v'hayah Adonai l'melech
al kol ha-arets,
ba-yom ha-hu yihyeh Adonai echad
ush'mo echad

וְנֹאמַר. יְהוָה יְהוָה לְמֶלֶךְ עַל-
כָּל־הָאָרֶץ.
בַּיּוֹם הַהוּא יְהוָה יְהוָה אֶחָד
וְשְׁמוֹ אֶחָד:

Realise this today and take it to heart; that the Eternal One is God

So it is prophesied: The Eternal shall be Sovereign over all the earth.

On that day the Eternal shall be One, and known as One.

I miss you today.

Today families come together

And so, today, I miss you more than I normally do.

I thought about you when we sang the prayer you loved,

And I remembered how you used to share your tallit with me
when I got cold.

I thought about the way that you always whispered something
funny and made me laugh when I was supposed to be quiet.

I felt nervous as the service ended because I knew that I would
need to stand up for this prayer, and I didn't know if I could do it
without crying.

I hope you know that even as I try to say the words of the *Kaddish*,
what I'm really saying is that I miss you today and that I love you
always.



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 L'elah mikol 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 שֵׁמֶה רַבָּא.
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דִּי-כָל בֵּית
יִשְׂרָאֵל בְּעָגְלָא וּבְזִמָּן קָרִיב
וְאָמְרוּ אָמֵן

יְהֵא שֵׁמֶה רַבָּא מְבָרַךְ. לְעֵלָם
וּלְעֵלְמֵי עֵלְמָיָא

יִתְבָּרַךְ. וְיִשְׁתַּבַּח. וְיִתְפָּאֵר.
וְיִתְרוֹמֵם. וְיִתְנַשֵּׂא. וְיִתְהַדָּר.
וְיִתְעַלֶּה. וְיִתְהַלָּל שֵׁמֶה דִּי-
קִדְשָׁא בְּרִיךְ הוּא.

לְעֵלָא לְעֵלָא מְכָל-בִּרְכָתָא
וְשִׁירָתָא תְּשַׁבַּחְתָּא וְנַחֲמָתָא
דִּי-אֲמִירָן בְּעֵלְמָא וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן.

עֹשֶׂה שָׁלוֹם בְּמִרְוֵמָיו. הוּא
יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל-כָּל-
יִשְׂרָאֵל וְאָמְרוּ אָמֵן.



Adon Olam

Adon olam, asher malach, b'terem
kol y'tzir nivra.
L'et na'asah k'cheftzo kol, azai
melech sh'mo nikra.

V'acharey kichlot hakol, l'vado
yimloch nora.
V'hu haya, v'hu hoveh, v'hu yih'yeh
b'tifara.

V'hu echad, v'eyn sheni l'hamshilo,
l'hachbira.
B'li reishit, b'li tachlit, v'lo ha'oz
v'hamisrah.

V'hu Eli, v'chai go'ali, v'tzur chevli
b'yom tzarah.
V'hu nisi u'manusi, m'nat kosi
b'yom ekra.

B'yado afkid ruchy b'et ishan
v'a'irah.

V'im ruchy g'viyati, Adonai li v'lo ira.

*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.*

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל-
יָצִיר וְנִבְרָא.
לְעֵת נַעֲשֶׂה כְּחֶפְצוֹ כָּל, אֲזִי מְלֶךְ
שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָּכָל הַכֹּל, לְבָדּוֹ יִמְלֹךְ
נֹרָא.
וְהוּא הָיָה, וְהוּא הוֹנֶה, וְהוּא יִהְיֶה,
בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁילוֹ
לְהַחֲבִירָה.
בְּלִי רֵאשִׁית בְּלִי תְּכֵלִית, וְלֹא הָעֵז
וְהַמְשָׁרָה.

וְהוּא אֱלֹהֵי יְחִי גּוֹאֲלִי, וְצוֹר חֲבָלֵי
בְּיוֹם צָרָה.
וְהוּא נָסִי וּמְנוֹסִי מִנֶּת כּוֹסֵי בְּיוֹם
אֶקְרָא.

בְּיָדּוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן
וְאַעֲרָה.
וְעַם רוּחִי גְּוִיָּתִי, יְיָ לִי וְלֹא אֵירָא.

**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 חֶסֶד יִבְנֶה

yai dai 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