

*connection • community • conversation • celebration  
gratitude • love • joy • laughter • journey • exploration  
welcoming • engaging • inspiring • thought-provoking*

# HIGH HOLY DAYS



*lively • affirming • freeing • diverse • adventurous  
music • friends • family • Jews and their loved ones  
discovery • thankfulness • healing • renewal*

## Yom Kippur Afternoon Services

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Hudson Gardens • October 2011



# Healing Service

## *Ana El Na*

From deep within the home of my soul,  
Now let the healing, the healing begin.

*Ana el na r'fa na lah.* (4X)

Heal our bodies. Open our hearts.  
Awaken our minds. *Ehyeh/Shechinah.*

Aryeh Hirschfeld

## *Asher Yatzar:* a blessing for our bodies

Blessed are You, our Eternal God, Creator of the Universe, who has made our bodies in wisdom, creating openings, arteries, glands, and organs, marvelous in structure, intricate in design. Should but one of them, by being blocked or opened, fail to function, it would be difficult to stand before You. Wondrous Fashioner and Sustainer of Life, Source of our health and our strength, we give You thanks and praise.

*Mother/Father God, God of the broken-hearted, God of the strong and the weak, God of the angry and the grieving – we stand before You today in pain, in doubt, in fear. Many blessings have been taken from us. We hesitate to even call out to You and yet we must. With every breath, we must try to be mindful of being alive. God, thank You for the gift of this breath.*

*Esa Einai* (Psalm 121)

אֲשָׁא עֵינַי אֶל-הַהָרִים מֵאֵין יְבוּא עֲזָרִי.  
עֲזָרִי מֵעַיִם יְהוָה עוֹשֶׂה שָׁמַיִם וָאָרֶץ:

*Esa einai el he-harim.*

*Mei-ayin mei-ayin yavo ezri?*

*Ezri mei-im Adonai,*

*oseh shamayim va'aretz.*

I lift my eyes up to the mountains.

From where, oh from where does my help come?

My help comes from the One,

Maker of the heavens and the earth.

***Elohai Neshamah:*** a blessing for our souls

My God, the soul which you have placed within me is pure. You have created it, You have formed it, You have breathed it into me. You preserve it within me, and You will one day take it from me and restore it to me in the time to come. So long as my soul is within me, I acknowledge You, my God and God of all generations. Blessed are You, God, Who awakens my soul each day, in order that I may once again awaken.

אֱלֹהֵי נִשְׁמָה שְׁנַתַּת בִּי מִתּוֹרָה הִיא:

*Elohai n'shamah sh'natata bee t'hora-hee.*

My God, the soul you gave to me is pure.

*Dear God: Thank You for creating many possibilities, so that one day I may feel sick, the next day I may feel well. Thank You for creating my body as a house for my spirit, and thank You for sustaining my spirit.*

*I thank You God for giving me life today. Please help me to tolerate my pain and that part of my body which is not healthy, to love the sick parts and to affirm that which gives me health. Let me continue to see my own goodness and to give myself strength and courage to allow my love to touch those in my life whom I love so dearly.*

## The God of Life

We pray that we might know before whom we stand: the Power whose gift is Life, who helps us to live, even when life is a struggle.

We pray for winds to disperse the choking air of sadness, for cleansing rains to make parched hopes flower, and to give all of us the strength to rise up towards the sun.

We pray for love to encompass us for no other reason save that we are human — that we all blossom into persons who have gained power over our own lives.

We pray to stand upright, even when we stumble, even when there is pain.  
We pray to break the bonds that keep us from the world of beauty.

We pray for opened eyes that we may see and treasure our authentic selves.  
We pray that we may walk in the garden of a purposeful life, our own powers in touch with the Power of the world.

Praise to the God whose gift is Life, whose cleansing rains let parched women and men flower toward the sun.

## Angels Blessing

בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל,  
מִיְמִינִי מִיְכָאֵל, וּמִשְׂמָאלֵי גַבְרִיאֵל,  
וּמִלְפָנַי אֱוִרִיאֵל, וּמֵאַחֲרַי רְפָאֵל,  
וְעַל רֹאשִׁי שְׁכִינַת - אֵל:

*B'shem Ha-Shem (2X)*  
*Elohai Yisrael*  
*mi-mini Mi-cha-eil,*  
*u-mi-smoli Gav-ri-eil*  
*U-mil-fa-nai Uriel*  
*u-mei-achoraiR'fa-eil.*  
*v'al roshi (2X)*  
*Shechinat Eil.*

In the name of the Holy One,  
the God of Israel  
On my right is Mi-cha-el,  
my left is Gavriel  
In front of me is Uriel,  
behind me R'fa-eil  
And over me, surrounding me –  
Shechinat Eil.

*Let us welcome the Divine Presence and Her light into our presence. May we see Her spark in our daily undertakings. May we cherish and acknowledge Her divinity in our humanity. Amen.*

## A Litany for Healing

When Miriam became ill, her brother Moses prayed, *El na re-fa-na lah* —  
“please God, heal her.” As we chant these words, we quietly **speak the names**  
of those for whom we seek healing.

*Ana El na ana el na ana el na  
re-fa-na lah . . .*

May the One who blesses all Life, bless and heal these people  
who struggle against illness.

May those afflicted with disease be blessed with faith,  
courage, loving and caring.

May they know much support and sustenance from their family,  
their friends, their loving companions and their communities.

May those who seek ways of healing through increased medical knowledge,  
and those who care for the sick daily be blessed with courage, stamina and  
communal support.

We pray that the Power that lights up the world every morning  
will bring light to those who are ill;  
That the Power that turns seeds into blossoms  
may flow through those who languish.

We pray that those who are in our hearts may be blessed with  
a complete healing of body and soul.  
But if that is not to be, if their lives are near their end,  
we pray that their death may be gentle, as they slip into God’s embrace.

May all, the sick and the well together, be granted  
courage and hope. And let us say: Amen.

## **Mishebeirach for Healing**

*Mishebeirach avoteinu*  
*M'kor ha-bracha l'imoteinu*  
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.

*Mishebeirach imoteinu*  
*M'kor ha-bracha la-avoteinu*  
Bless those in need of healing  
With *refuah shleimah*  
The renewal of body  
The renewal of spirit  
And let us say Amen.

Debbie Friedman

*Blessed are You, Source of Strength, sustaining Power who has created me and kept me alive with all of the present imperfections of my body.*

*I awake in pain, but still I awake. My life is sacred. My life has purpose and my soul houses holy spirit. I pray for healing and to heal others. I gratefully acknowledge today with its infinite possibilities and opportunities. And let me say, Amen.*

## **Kol Ha-olam Kulo**

כָּל הָעוֹלָם כְּלוֹ גֶּשֶׁר צָר מְאֹד  
וְהַעֲקָר לֹא לְפַחַד כָּלֵל:

*Kol ha-olam kulo geshher tzar m'od*  
*V'ha-ikar lo l'fached klal.*

The whole world is just a narrow bridge.  
And above all, above all  
is not to fear, not to fear at all.

Nachman of Bratzlav

*Blessed be God, who holds me to Her breast when I am broken and cradles me when my body and spirit ache.*

## *B'yado*

בְּיָדוֹ אֶפְקִיד רֹחִי בְּעֵת אִישָׁן וְאֶעֱרָה:  
וְעַם רֹחִי גְוִיָּתִי יְהוּה לִי וְלֹא אִירָא:

*B'yado af-kid ruchi b'eit ishan v'a-i-ra.  
V'im ru-chi g'viati Adonai li v'lo i-ra.*

In God's hand, I place my soul  
When I sleep and when I wake.  
And with my soul, my body too.  
God loves me so, I will not fear.

from *Adon Olam*

*Beloved Being, watch over me today in this time of discomfort and pain. Help me to focus on healing and soothe my soul. Bring courage and acceptance.*

*Blessed is our Eternal God, Creator of the universe, who has made me as He/She wanted me, so that I may open my heart to love my body/self as I am. Thank You for opening my heart.*

## *Birkat Kohanim (Priestly Blessing)*

יְבָרְכֶךָ יְהוּה וְיִשְׁמְרֶךָ:  
יָאֵר יְהוּה פָּנָיו אֵלֶיךָ וִיחַנֶּךָ:  
יֵשֶׁא יְהוּה פָּנָיו אֵלֶיךָ וְיִשֶׁם לְךָ שְׁלוֹם:

*Y'va-rech-cha Adonai v'yish-m'recha.  
Ya-eir Adonai panav ei-lecha v i-chu-neka.  
Yi-sa Adonai panav ei-lecha v'ya-seim l'cha shalom.*

May God bless you and keep you.  
May the light of God's presence shine on you and be gracious to you.  
May God's presence be near to you and bless you with peace.

*Thank You God for the light that is breaking through the sky, the sun that shines upon my face, my mind that is still alert and functioning despite my limitations and pain. Throughout the day you will join me on this journey, so that I will never be alone or frightened, for I know You will be there. I am thankful for what I am capable of enjoying this day.*

*Blessed is the Eternal One who gives me the ability to remember those blessings which are still mine to affirm, and the strength to arise anew this day.*

### ***Oseh Shalom***

**עֲשֵׂה שְׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן:**

*Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael v'imru amein.*

May the One who creates harmony above make peace for us  
and for all Israel, and for all who dwell on earth.

And say: Amen.

# *Yizkor*/Memorial Service

*A stone rests on my desk with the word "Amen" written on it.  
It is a piece of a tomb, a vestige from a Jewish cemetery  
destroyed a thousand years ago, in the city where I was born.  
One word, "Amen," is cut deep into the stone-  
A hard and final Amen for all that is past and will not return,  
a soft and melodious amen like a prayer.  
Amen and amen, and may it be His will.*

*Tombstones break, words pass, words are forgotten,  
lips that uttered them turn to dust,  
languages die like people,  
and other languages are resurrected,  
gods in the heavens change, gods come and go.  
Prayers remain forever.*

Yehuda Amichai, translated by Karen Alkalay-Gut

It is hard to speak of oneness when our world is not complete, when those who once brought wholeness to our life have gone, and naught but memory can fill the emptiness their passing leaves behind.

But memory can tell us only what we were, in company with those we loved; it cannot help us find what each of us, alone, must now become.

Yet no person is really alone; those who live no more echo still within our thoughts and words, and what they did has become woven into what we are.

We do best homage to our dead by living our lives fully even in the shadow of our loss. For each of our lives is worth the life of the whole world. In each one is the breath of the Ultimate One.

In affirming the One, we affirm the worth of each one whose life, now ended, brought us closer to the Source of Life, in whose union no person is alone and every life finds purpose.

Eternal One, what are we human beings  
that You should know about us,  
we children of the flesh  
that You should take account of us?  
A person is like a vapor,  
Our days as quickly passing as a shadow.  
In the morning we flourish and grow tall,  
In the evening we are cut down, dried up.  
Do *teshuvah*, children of the flesh!

Psalms 90, 144

### **The Holy of Holies**

In the paper-mache of my memory  
There is a Garden of my making  
Where you continue to roam  
Unbounded, unfettered and exquisite.  
It is here that I tell you all that has burdened me  
On the steppes of my heart.  
Amid the hydrangea and orange trumpet blossoms  
My secrets are laid bare to you  
Even the darkest ones  
that take flight under the gleaming sun.  
I have no fear in the Garden  
Just truth and love.  
In the concrete of my reality  
There is a hole in my heart  
Where you are no longer.  
Your voice, your kind eyes, your hand  
Are no longer-- to comfort or seek comfort.  
Amid the barriers and the bleak streets  
I seek you out but you are not there.  
In this charcoal winter  
I try to talk but there is nothing  
But a pain that throbs like frostbite.  
My mourning whips like the wind  
In the frigid truth of your death, I am fearful.  
Deep in the Holy of Holies is  
Life's mystery of mysteries.  
And it is where  
my memory and my reality meet.

Joshua Lesser

How often in a puzzling time  
We turn around to mama  
Asking, "What does this all mean?"

How often in a quiet hour  
We turn around to the beloved of our life  
Asking, "Do you remember when we both...?"

We feel the answer.  
The knowing nod near moves the breeze  
But there is no breeze.

The answer murmurs only in our mind  
The smile lives somewhere in our eyes  
No one else can see what has sown itself in us.

We are their earth.

Our words, our accents,  
Half our songs, our tears,  
All are flowers from their lives  
Sweetening our blood  
Perfuming our flesh.

Others say, "What a good person you are..."  
We know the roots  
However we two struggled when they stood beside us  
From the struggle or beyond it rose  
So much of us,  
So much we need  
To keep the conversation going.

"I'm my own person!" we always said.  
But we weren't.  
We never were  
Without them we are  
Less.

And more  
Because their shouting colors bloom  
In us, if anywhere,  
We must move the breeze along  
To spread the fragrance  
To listen past the breezes to the blow of breezes  
Where the answers begin.

On Wings of Awe

## For a Parent

Move to the front  
of the line  
a voice says, and suddenly  
there is nobody  
left standing between you  
and the world, to take  
the first blows  
on their shoulders.  
This is the place in books  
where part one ends, and  
part two begins,  
and there is no part three.  
The slate is wiped  
not clean but like a canvas  
painted over in white

so that a whole new landscape  
must be started,  
bits of the old  
still showing underneath -  
those colors sadness lends  
to a certain hour of evening.  
Now the line of light  
at the horizon  
is the hinge between earth  
and heaven, only visible  
a few moments  
as the sun drops  
its rusted padlock  
into place.

Linda Pastan

In many houses  
all at once  
I see my mother and father  
and they are young  
as they walk in.

Why should  
my tears come,  
to see them laughing?

That they cannot  
see me  
is of no matter.

I was once  
their dream;  
now  
they are mine.

Author unknown

## Yizkor

It's almost midnight  
and I'm sitting here in the living room  
keeping your yahrzeit candle company.  
It's so many years now  
I close my eyes to remember  
something real about you  
and you know what I thought of  
I saw you ironing  
it was his underwear!

When I was a little girl I wondered if someday  
I'd love someone enough to iron his underwear.  
Well, I've been married twenty years  
And I love him very much  
but I don't iron his underwear.  
I don't even turn it right side out  
I don't even fold it.  
I sort of stuff it in the drawer.  
Truly I love him very much  
but I still think what I thought when I was 11 –  
no one sees your underwear.

I'm all grown up now  
completely grown up now  
and still I don't get it –  
no one sees your underwear.

I'm not being critical  
I'm not making fun  
It's just that we both have to face it –  
I'm a different kind of wife.

You're gone  
and he's gone  
and the foyer is gone  
the ironing board is gone  
and the underwear is gone.

All that remains is me  
sitting in this chair  
looking at the yahrzeit candle  
remembering.

Merle Feld

## ***Yizkor: Private Memorials***

In remembrance of a male:

**יִזְכּוֹר אֱלֹהִים אֶת-נִשְׁמַת \_\_\_\_\_ שְׁהָלַךְ לְעוֹלָמוֹ:  
אָנָּה תְּהִי נַפְשׁוֹ צְרוּרָה בְּצָרוֹר הַחַיִּים וּתְהִי מְנוּחָתוֹ כְּבוֹד:  
שְׁבַע שְׂמֵחוֹת אֶת-פְּנֵיךָ נְעִימוֹת בְּיַמֵּינְךָ נְצַח: אָמֵן:**

Let God remember the soul of \_\_\_\_\_ who went to his place of eternal rest. Please let his soul be bound up with the living in the continuum of life, and may his rest be honorable. Grant him abundant joy in your presence, and sweet pleasures at Your right hand for eternity. Amen.

In remembrance of a female:

**יִזְכּוֹר אֱלֹהִים אֶת-נִשְׁמַת \_\_\_\_\_ שְׁהָלְכָה לְעוֹלָמָה:  
אָנָּה תְּהִי נַפְשָׁהּ צְרוּרָה בְּצָרוֹר הַחַיִּים וּתְהִי מְנוּחָתָהּ כְּבוֹד:  
שְׁבַע שְׂמֵחוֹת אֶת-פְּנֵיךָ נְעִימוֹת בְּיַמֵּינְךָ נְצַח: אָמֵן:**

Let God remember the soul of \_\_\_\_\_ who went to her place of eternal rest. Please let her soul be bound up with the living in the continuum of life, and may her rest be honorable. Grant her abundant joy in your presence, and sweet pleasures at Your right hand for eternity. Amen.

## Each of Us Has a Name

Each of us has a name  
given by God  
and given by our parents

Each of us has a name  
given by our stature and our smile  
and given by what we wear.  
Each of us has a name  
given by the mountains  
and given by our walls.

Each of us has a name  
given by the stars  
and given by our neighbors

Each of us has a name  
given by our sins  
and given by our longing.

Each of us has a name  
given by our enemies  
and given by our love.

Each of us has a name  
given by our celebrations  
and given by our work.

Each of us has a name  
given by the seasons  
and given by our blindness.

Each of us has a name  
given by the sea  
and given by  
our death.

Zelda

## *El Malei Rachamim*

אל מלא רחמים שוכן במרומים  
המצא מנוחה נכונה תחת כנפי השכינה  
במעלות קדושים ומהורים כזהר הקיץ מזהירים  
לנשמות יקירינו וקדושינו שהלכו לעולמם:  
אנא בעל הרחמים הסתירם בצל כנפך לעולמים  
וצרור-חיים את נשמתם:  
יהוה הוא נחלם ויגוחו בשלום על משכבם  
ונאמר אמן:

*El malei rachamim shochein bam-ro-mim.  
Ha-m'tzei m'nucha n'cho-nah tachat kanfei ha-sh'chinah  
b'ma-alot k'doshim u-t'horim k'zohar ha-rakia maz-hirim  
l'nishmot yakireinu u-k'dosheinu sheh-halcha l'olamam.  
Ana ba-al ha-rachamim ha-sti-reim b'tzeil k-na-fecha l'olamim  
u-tzror-ha-chayim et nish-matam.  
Adonai hu nachalatam v'yanuchu v'shalom al mish-kavam  
v'nomar amein.*

God filled with compassion, dwelling in the heavens' heights,  
bring proper rest beneath the wings of Your Shechinah,  
amid the ranks of the holy and the pure,  
illuminating like the brilliance of the skies  
the souls of our beloved and holy  
who went to their eternal place of rest.  
May You who are the Source of Mercy  
shelter them beneath Your wings eternally,  
and bind their souls among the living,  
that they may rest in peace.  
And let us say: Amen.

In the rising of the sun and in its going down, we remember them.  
In the blowing of the wind and the chill of winter, we remember them.  
In the opening of the buds and the rebirth of spring, we remember them.  
In the blueness of the sky and the warmth of summer, we remember them.  
In the rustling of leaves and in the beauty of autumn we remember them.  
In the beginning of the year and when it ends, we remember them.

So long as we live, they too shall live,  
for they are now a part of us, as we remember them.

When we are weary and in need of strength, we remember them.  
When we are lost and sick at heart, we remember them.  
When we have a joy we crave to share, we remember them.  
When we have decisions that are difficult to make, we remember them.  
When we have achievements that are based on theirs, we remember them.

So long as we live, they too shall live,  
for they are now a part of us, as we remember them.

Standing now before the Source of Life and Death, let us join in hopefulness and praise, in blessing, and in trust:

### **Mourner's Kaddish**

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעָלְמָא דִּי בְּרָא כִרְעוּתָהּ וְיִמְלִיךָ מַלְכוּתָהּ  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָהּ וּבְזִמְנָהּ קָרִיב וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵא רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיהּ:

יְתַבְרַךְ וְיִשְׁתַּבַּח וְתַפְאָר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְתַּדַּר וְיִתְעַלָּה וְיִתְהַלַּל  
שְׁמֵא דְקַדְשָׁא בְּרִיךְ הוּא:

לְעֵלָּא לְעֵלָּא מְכַל בְּרַכְתָּא וְשִׂדְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאָמִירָן בְּעָלְמָא  
וְאָמְרוּ אָמֵן:

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

עוֹשֶׂה שְׁלוֹם בְּמִדְוָמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן:

*Yitgadal v'yitkadash sh'mei raba  
b'almah divra chirutei.  
V'yamilich malchutei  
b'chai-yiechon u-v'yom-eichon  
u-v'chayei d'chol beit yisra-el  
ba-agala u-vizman kariv  
v'imru amen.*

Let God's name be made great and holy  
in the world created as God willed.  
May God complete the holy realm  
in your own lifetime, in your days,  
and in the days of all the house of Israel,  
quickly and soon.  
And say: Amen.

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

May God's great name be blessed,  
forever and as long as worlds endure.

*Yitbarach v'yshtabach v'it'pa-ar  
v'yitromam v'yitnasei v'yithadar  
v'yithaleh v'yithalal  
sh'mei d'kudsha b'rich hu.*

May it be blessed, praised, and glorified,  
held in honor, viewed with awe,  
embellished, and revered. And may  
the blessed name of holiness be hailed

*L'eilah l'eilah mikol birchata v'shirata  
tush-b'chata v'nech'mata  
da-amiran b'alma v'imru amen.*

though it be higher by far than all the  
blessings, songs, praises and consolations  
that we utter in this world. Say: Amen.

*Y'hei shlama raba min sh'maya  
v'chayim aleinu v'al kol yisra-el  
v'imru amen.*

May Heaven grant a universal peace  
and life for us, and for all Israel.  
Say: Amen.

*Oseh shalom bimromav  
hu ya-aseh shalom aleinu  
v'al kol yisra-el  
v'al kol yoshvei teivel  
v'imru amen.*

May the One who creates harmony above,  
make peace for us and  
and for all Israel,  
for all who dwell on earth.  
Say: Amen.

# *Neilah*

## **Return Again**

Return again, return again, return to the home of your soul.  
Return again, return again, return to the home of your soul.  
Return to who you are  
Return to what you are  
Return to where you are  
Born and reborn again.  
Return again, return again, return to the home of your soul.

Shlomo Carelbach

The drama of this day draws near its climax.  
Our bodies weaken as the end appears.  
As our flesh diminishes the space for our soul expands  
yearning to close the distance from the One which gave it birth.

When the Shofar sounds and this day withdraws behind the curtain of the night  
we shall begin to miss each other's company,  
we who crowded out each other's space,  
we who filled each other's space with awe.

And so, in these last scenes before the night descends  
Let us reach out to touch each other's souls,  
that, like God before the lights came up upon the first creation,  
we might hover over that day,  
that new and holy, pure and radiant, year for which we hunger -  
a year in which we have discovered in a room of strangers wings to God.

## *Hashiveinu*

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנִשְׁוֵבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם:

*Hashiveinu Adonai eilecha v'nashuva chadesh yameinu k'kedem.*

Return us, Precious One, let us return!  
Renew our days, as You have done of old!

## Open for Me

פְּתַחוּ לִי שַׁעְרֵי צְדָק אֲנֵי בָּם אֲוֹדָה יְהוָה:

*Pitchu li sha'arei tzedek  
avo vam o-deh Yah.*

Open for each of us the gates of justice  
then shall we enter, acknowledging our Source.

פְּתַח לָנוּ שַׁעַר. בְּעֵת נִעְלָה שַׁעַר. כִּי פָנָה יוֹם:  
הַיּוֹם יִפְנֶה. הַשֶּׁמֶשׁ יָבוֹא וְיִפְנֶה. נְבוֹאָה שַׁעְרֶיךָ:  
אָנָּה אֵל נָא. שָׂא נָא. סְלַח-נָא. מְחַל-נָא.  
חַמַּל-נָא. רַחֵם-נָא. כַּפֵּר-נָא. כְּבִשׁ חַטָּא וְעוֹן:

*P'tach lanu sha-ar. B'eit n'ilat sha-ar. Ki fanah yom.  
Ha-yom yifneh. Ha-shemesh yavo v'yifneh. Navo-ah sh'a-reicha.  
Ana el na. Sa-na. S'lach-na. M'chal-na.  
Chamal-na. Ra-chem-na. Ka-per na. K'vosh cheit v'avon.*

Open the gate for us now when the gates are closing.  
For day is passing, day is passing.  
The sun turns home.  
Let us come into Your gates.  
Please, God:  
Please spare...  
Please forgive...  
Please have mercy...  
Please erase...  
Please have compassion...  
Please absolve...  
Help us overcome sin and wrong-doing.

I can only answer the question “What am I to do?” if I can answer the prior question,  
“Of what story or stories do I find myself a part?”

*Alasdair MacIntyre*

## Amidah: Before the Open Ark

*I want to do the right thing, but often I don't know just what the right thing is. Every day I know I have come short of what I would like to have done. Yet as the years pass and I see the very world itself – with its oceans and mountains and plains – as something unfinished, a peculiar little satisfaction hunts out the corners of my heart. Sunsets and evening shadows find me regretful at tasks undone, but sleep and the dawn and the air of the morning touch me with freshening hopes.*

Carl Sandburg

All through these days – from Rosh Hashanah until this moment – we have reflected on the unfinished, the broken, the wrongs, the mistakes, the bad choices. And it is such a relief to be able to be honest with myself, to discover that there still are things I can do to undo the drift in my life that I have permitted to change me from the person I always dreamed I might be into a person who settles for “less” and who has diminished his hope, pride, and dedication to ideals that have carried me forward in life.

We have said that You, O God, know all that lies hidden, that before You all our secrets are known, that all that we cannot confess even to the people closest to us is open for Your review.

Therefore when I rise and stand before Your Holy Ark to speak to You of what I have learned and felt – of what I see still remains in holiness beyond the distraction and boredom which are mine and mine alone, I will be standing before You to acknowledge I am neither bent nor broken, and that I have learned that even now it is important to stand for the truths for which my ancestors stood. This task commands my full attention; it is the boundary between making a difference or falling into despair or indifference.

I have worked hard to sustain meaning and integrity in my life, and that is compelling. I want to be nearer to You, I want to feel holiness, I want to be part of something greater and more enduring than this brief moment of life.

Permit me to speak with You for a moment; permit me to say that I am sorry; permit me to say I will try harder to sustain this honesty and bring it into the course of my extraordinary ordinary life. I will not dwell in longing or regret over what cannot be changed, knowing it is a life of *tzedek*, right action, that is the true sign I am changing my ways.

For a moment let me acknowledge the good I have done here and there, the ways in which I have touched some part of the world and made it better for my time in it.

I take small steps toward You, O God, and am grateful that You have been my companion for all these years. I thank You for this quiet that has given me time to know myself and my duty. It is so good to know that I am not alone.

Lawrence M. Pinsker

## Ashamnu

אֲשַׁמְנוּ בְּגִדְנוּ גִזְלָנוּ דִּבְרָנוּ דְּפִי.  
הִיעֲוֵנו וְהִרְשָׁנוּ וְדָנוּ חֲמָסְנוּ מִפְּלָנוּ שְׂקָר.  
יַעֲצָנוּ רָע בְּזַבְנוּ לְצָנוּ מְרִדְנוּ נֶאֱצָנוּ  
סָרְדְנוּ עֲבִינוּ פִּשְׁעָנוּ צָרְדְנוּ קִשְׁיֵנוּ עֵרְף.  
רִשְׁעָנוּ שְׁחָתְנוּ תַעֲבָנוּ תַעֲיֵנוּ תַעֲתָעָנוּ:

<i>Ashamnu:</i>	We have sinned against others.
<i>Bagadnu:</i>	We have betrayed people who trusted us.
<i>Gazalnu:</i>	We have stolen people's money, time or friendship.
<i>Dibarnu dofi:</i>	We have used words to mislead, create barriers, and as weapons.
<i>He-evinu:</i>	Our actions have led others to evil.
<i>V'hirshanu:</i>	We have encouraged others to do evil.
<i>Zadnu:</i>	We have refused to admit we could be wrong.
<i>Chamasnu:</i>	We have manipulated others.
<i>Tafalnu sheker:</i>	We preferred to believe lies than accept the truth.
<i>Ya-atznu ra:</i>	We have been bad examples to others.
<i>Kizavnu:</i>	We have lied.
<i>Latznu:</i>	We have made light of the pain of others.
<i>Maradnu:</i>	We have created unnecessary strife.
<i>Ni-atznu:</i>	We have dishonored God in the way we live our lives.
<i>Sararnu:</i>	We have lived as though there were no spiritual element in our lives.
<i>Avinu:</i>	We have done what we know to be wrong to get what we want.
<i>Pashanu:</i>	We have ignored the pain of others.
<i>Tzararnu:</i>	We have oppressed.
<i>Kishinu oref:</i>	We have persistently done deeds that hurt ourselves and others.
<i>Rashanu:</i>	We have been violent.
<i>Shichatnu:</i>	We have let our impulses rule our lives.
<i>Ti-avnu:</i>	We have degraded ourselves.
<i>Ta-inu:</i>	We have gone astray.
<i>Ti-tanu:</i>	We have led others astray.

The sins we know,  
we have confessed to,  
and those that remain unknown to us  
remain to be revealed.  
As it is said, "The hidden things  
belong to the Eternal One, our God.  
What is revealed belongs to us and our children.

## *Avinu Malkeinu*

Our Father, our King, teach us how to make this year a new beginning.  
Our Mother, our Queen, teach us how to grow from the harshness of life.  
Our Source and our Destiny, teach us to accept what we are powerless to change.  
Our Guide and our Truth, teach us to change what must be changed.

Our Father, our King, teach us how to face disease and death.  
Our Mother, our Queen, teach us how to enjoy the gifts of life.  
Our Source and our Destiny, teach us how to make peace with our enemies.  
Our Guide and our Truth, teach us how we can best embrace our heritage.

### **Chorus:**

אָבִינוּ מַלְכֵנוּ חַנּוּנוּ וְעֲנֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:

*Avinu Malkeinu, chaneinu va'aneinu (2X) ki ein banu ma'asim  
Asei imanu, tz'dakah va'chesed (2X) v'hoshi-einu.*

*O Mother and Father of life. Please hear us and give us Your grace.  
Our Guide deep within us, O hear us and give us  
compassion and mercy and peace.  
O guide us through your grace, justice and mercy to all.  
O guide us and teach us, grant justice and mercy.  
We shall be free once again.*

Our Father, our King, teach us how we can best help humanity.  
Our Mother, our Queen, let us find pardon for our wrong-doings.  
Our Source and our Destiny, let us return to You, wholly and completely.  
Our Guide and our Truth, teach us how to help those who are ill.

Our Father, our King, let us write our names in the Book of Life.  
Our Mother, our Queen, help us to find meaningful work.  
Our Source and our Destiny, help us to learn how to love.  
Our Guide and our Truth, receive our prayers.

### **Chorus**

Our Father, our King, teach us how to be good lovers.  
Our Mother, our Queen, teach us how to be good parents.  
Our Source and our Destiny, teach us how to be good children.  
Our Guide and our Truth, teach us how to be good friends.

Our Father, our King, teach us how to be good citizens.  
Our Mother, our Queen, teach us how to be good people.  
Our Source and our Destiny, teach us to find our place in Your universe.  
Our Guide and our Truth, help us create a year of abundance and blessing.

### **Chorus**

The evening descends once more on the atoning sunlight of lives made more profound and thoughtful by the words and hours we have spent together. What opened when the moon last rose as an **Atonement Day** has become **At-One-Ment Day**, in which we have come closer to our people, have become more trusting of ourselves, and have come closer to the God before whom we have stood. The evening descends, and, we, strengthened and renewed, arise.

### *Aleinu – It is Up to Us*

It is up to us  
to hallow creation,  
to respond to Life  
with the fullness of our lives.

Therefore we bend the knee  
and shake off the stiffness that keeps us  
from the subtle graces of life  
and the supple gestures of love.

It is up to us  
to meet the world,  
to embrace the whole  
even as we wrestle with its parts.  
It is up to us  
to repair the world  
and to bind our lives to truth.

With reverence  
and thanksgiving  
we accept our destiny  
and set for ourselves  
the task of redemption.

Rami Shapiro

עֲלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכּוֹל  
לְתֵת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית  
שָׁנַתָּן לָנוּ תּוֹרַת אֱמֶת  
וְחַיֵּי עוֹלָם נִמְעַ בְּתוֹכֵנוּ:

*Aleynu l'shabeiach la-adon hakol*

*Lateit g'dulah l'yotzer b'reisheet*

*Sh'natan lanu torat emet*

*V'chayei olam nata b'tocheinu*

It is up to us to offer praises to the Source of all,  
to declare the greatness of the Author of creation,  
who gave to us teachings of truth. and planted eternal life within us.

וְאַנְחֵנוּ כּוֹרְעִים וּמְשַׁתְּחָוִים וּמוֹדִים  
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא:

*Va-anachnu korim u-mishtachavim u-modim  
lifnei melech malchei ha-m'lachim ha-kadosh baruch hu.*

And so, we bend the knee and bow, acknowledging the Sovereign  
who rules above all those who rule, the blessed Holy One.

בְּכַתוּב בְּתוֹרַתְךָ: יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד: וְנֹאמַר יְהוָה יְהוָה לְמֶלֶךְ  
עַל כָּל הָאָרֶץ בַּיּוֹם הַהוּא יְהוָה יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד:

*Kakativ b'torotecha: Adonai yimloch l'olam va-ed. V'ne-emar: V'hayah Adonai  
l'melech al kol ha-aretz. Bayom ha-hu yihyeh Adonai echad u-shmo echad.*

As it is written in Your *Torah*: "The Eternal One will reign now and forever."  
And it is said, "The Everlasting One will reign as Sovereign over all the earth.  
On that day shall The Many-Named be One. God's name be One."

### **When Moshiach Comes...**

When Moshiach comes...

The Pentagon will be a post office.  
The President will be in therapy  
at least once a week.  
The average American will speak three languages  
when Moshiach comes.

When Moshiach comes...

The National Anthem will be a jazz standard.  
The White House will be redecorated  
as the Rainbow Room.  
We'll proudly fly the flag  
when Moshiach comes.

People will often ask, "What day is today?"  
It will be fun to stand in line.  
We'll all have Bloomingdale's credit cards  
when Moshiach comes.

When Moshiach comes...

High school kids will be taught  
to be attentive lovers.  
Tampons and sanitary napkins will be free  
when Moshiach comes.

Those who rape will be taught, by men, to weep.  
Those who steal will be given what they want.  
Those who abuse will be held with loving arms  
when Moshiach comes.

"How shall we get rid of our dismantled weapons?"  
Who should be the first inducted into the  
Hall of Outstanding Gay Americans?  
How we will we apologize to each other  
when Moshiach comes?

When Moshiach comes...

Russia will be named Glasnostia  
The U.S. will be named the Altered States.  
We'll be much, much less afraid  
when Moshiach comes.

Africa will host the feast  
Glasnostia will offer the benediction.  
The Altered States will receive an invitation  
when Moshiach comes.

The UN will declare that "Zionism ain't all that bad."  
There will be no weapons in Jerusalem  
when Moshiach comes.

When Moshiach comes...

Whales and dolphins will send messages of congratulations.  
We'll still be allowed to kill mosquitos  
when Moshiach comes.

We'll proudly display our wrinkles  
We'll notice each other's eyes.  
We'll dream less of other worlds  
when Moshiach comes.

"I want to share this with my mother."  
"I wish my father had lived to see this."  
Will there be a resurrection  
when Moshiach comes?

When Moshiach comes...

We will wonder how long Moshiach intends to stay.  
We will try to be brave and stop weeping.  
We will forgive but not forget.  
when Moshiach comes.

Lawrence Bush, abridged

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

*Shma yisra-el Adonai Eloheinu adonai echad.*

Listen, God-wrestlers, the Unity beyond names is all One.

בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד: (three times)

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

Blessed is the Name whose realm is glory through all time and space.

יְהוָה הוּא הָאֱלֹהִים: (seven times)

*Adonai hu ha-Elohim. YHWH is God.*

### *Havdalah*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן:

*Baruch atah Adonai eloheinu melech ha-olam borei pri ha-gafen.*

Blessed are You, Eternal, our God, Source of all worlds, creator of the fruit of the vine.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְּנֵי בְשָׂמִים:

*Baruch atah Adonai eloheinu melech ha-olam borei minei v'sameem.*

Blessed are You, Eternal, our God, Source of all worlds, who creates fragrant spices.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מְאוּרֵי הָאֵשׁ:

*Baruch atah Adonai eloheinu melech ha-olam borei m'orei ha-eish.*

Blessed are You, Eternal, our God, Source of all worlds, who creates the light of fire.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל  
בֵּין אֹר לְחֹשֶׁךְ בֵּין יוֹם הַשְּׁבִיעִי לְשִׁשֶּׁת יָמֵי הַמַּעֲשֵׂה:  
בְּרוּךְ אַתָּה יְיָ הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל:

*Baruch atah Adonai eloheinu melech ha-olam ha-mavdil bein kodesh l'chol  
bein or l'choshech bein yom ha-sh'vi-i l'sheishet y'mei ha-ma-a-sei.  
Baruch atah Adonai ha-mavdil bein kodesh l'chol.*

Blessed are You, Eternal our God, Source of time and space,  
who separates between sacred and ordinary, light and dark,  
the seventh day and the six days of work.  
Blessed are You, Eternal, who separates the holy from the ordinary.

תְּקִיעַת גְּדוּלָה. *Tekiyah Gedolah!*

לְשָׁנָה הַבָּאָה בִּירוּשָׁלַיִם. *L'shanah haba'ah birushalayim!*

***Next year in Jerusalem!***

We hear so much in the final blast of the shofar - the royal sovereign is present, messianic hope is evoked, the ram has been substituted, we are awake, aroused from our slumber, we are called to continuous struggle, we are celebrating and rejoicing, we are crying and releasing everything that has transpired in this long, sacred day.

*Sheila Pelz Weinberg*

Don't remove the glasses and plates from the table. Don't rub the stain from the cloth. It is good to know: people were here before me.

*Yehuda Amichai*