



High Holidays 2021/5782



# Family Education Experience Machzor

Compiled by Beth Albee, Jamie Katz, and Farrah Udell

## *A word from Rabbi David Glickman...*

In Jewish tradition we say different brachot for various types of “benefits” or “enjoyments” we receive in life. There are unique and special blessings for seeing a new fruit in the spring, there’s a different blessing for a mountain than for witnessing shooting stars, there are blessings for seeing a head of state or witnessing a rainbow.

One type of blessing that is particularly poignant this year is for seeing a friend you haven’t seen in a long time.

If someone has had no contact with someone (no zoom, no messages, etc.) in 12 months or more, the blessing is:

בָּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים.

*Baruch Atah Adonai M’chayeh HaMeitim.*

Blessed are You, Adonai, who gives life to the dead.

This is because in the ancient world, if you didn’t see someone for 12 months or longer there was a likelihood they had passed away. In this time of Covid, these are real anxieties as well, which makes this an appropriate blessing.

Another blessing that is particularly relevant for these times is saying *she’hechyanu*, like we say on holidays or over a new garment. We recite this blessing for not seeing someone for 30 days or more. Let’s take a moment to pause and appreciate the gift of being in communal space with people we haven’t seen in more than 30 days.

בָּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֵחַיָנוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לְזִמַּן הַזֶּה.

*Baruch Atah Adonai Eloheinu Melech ha’olam shehecheyanu v’kiyemanu v’higianu lazman hazeh.*

Blessed are You, Adonai, our God, King of the universe, who has granted us life and sustenance and permitted us to reach this season.

## Modeh Ani | I Am Thankful

מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁהִחַיְתָּהּ בִּי נִשְׁמָתִי בְּחֶמְלָה, רַבָּה אֱמוּנָתְךָ:

*Modeh ani l'fanecha, melech chai v'kayam, she-hechezarta bi nishmati b'chemla, rabbah emunatecha.*

I give thanks to You living and everlasting King for You have restored my soul with mercy. Great is Your faithfulness.



TODAY is Rosh Hashanah, the first day of the Jewish New Year.

*TODAY we have a chance to start again.*

TODAY we can think about last year and all the things that have happened. We grew taller and stronger. We learned new skills. We made new friends. We celebrated birthdays and holidays.

*TODAY we can thank God for all the wonderful things that have happened since last Rosh Hashanah.*

TODAY we can decide to make next year even better.

*We can pray, we can make up for our mistakes, and we can share.*

In Hebrew, we call praying TEFILLAH. We call making up for our mistakes TESHUVAH. And we call sharing TZEDAKAH.

## Thank You, Adonai our God, Source of blessing,

For letting me see a new day.  
For making me a Jewish person.  
For giving me freedom.  
For forming me in Your image.  
For providing me with all my needs.  
For creating heaven and earth.  
For opening our eyes to all that is around us.  
For strengthening those who are tired or afraid.  
For offering us guidance and hope.

## Kol Haneshama | Every Soul | Psalm 150

הַלְלוּהוּ בְצִלְצֵלֵי־שָׁמַע הַלְלוּהוּ בְצִלְצֵלֵי תְרוּעָה:  
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ:

*Halleluhu betzil'tzilei shama halleluhu betzil'tzilei teruah.*

*Kol ha-neshama tehallel Yah halleluyah.*

Praise God with resounding cymbals. Praise God with clanging cymbals.

Let every soul praise God. Praise God.



## Bar'chu | Call to Prayer

*We rise.*

בָּרְכוּ אֶת יְהוָה הַמְּבָרָךְ:

*Bar'chu et Adonai ham'vorach.*

Bless Adonai Who is blessed.

*The congregation responds and then the leaders repeat:*

בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד:

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

Blessed is Adonai, Who is praised forever and ever.

*We are seated.*

## Yotzer Or | Morning Light

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ  
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל:

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

Blessed are You, Adonai our God, King of the Universe,  
Former of light, Creator of darkness, Maker of peace, and  
Creator of all things.



## A Thought on God's Ways

God requires us to struggle for justice  
and to work for freedom.

God asks us to end poverty  
and to increase peace.

God invites us to become partners  
in the work of creation.

May what we create make the world better and more beautiful.

What is a way that you add to the world through your creativity?

## A Thought on Oneness

Oneness is not sameness. Rainbows of colors delight us. Mountains and valleys challenge us. Different ideas stretch our minds. We are all on this planet together. We must find ways to come together and live in peace. We must find ways of sharing the earth's resources and enjoying its beauty. Oneness celebrates and unites differences. Oneness is the connection of people, God and nature.

## On Saying the *Shema* on *Yom Kippur*

After reciting the *Shema* on *Yom Kippur*, we respond aloud by saying, "Blessed is the name of Your glorious Reign forever and ever." This is the only time of the year when we say this aloud. Some think it's because we were once prohibited by an emperor or king to declare God as our ruler. And so, we whispered our response very quietly. But when the people gathered on *Yom Kippur*, they found the courage to shout out this verse.

Some think that since we live in a country where we are free to worship God in our own way, we should always shout out this response. Others believe that by saying it aloud only once a year, we remember times when we were not free. Saying it on *Yom Kippur* then becomes very special. What do you think?

## Shema V'ahavta | Listen and Love

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

*Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.*

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

Hear, O'Israel: Adonai is our God, Adonai is One.

Blessed is God's Name, Whose glorious kingdom is forever and ever.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לֵבְבְךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ: וְהָיוּ הַדְּבָרִים

הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל־לִבְבְךָ: וְשָׁנַנְתָּם לְבִנְיֶיךָ וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ

בְּבֵיתְךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין

עֵינֶיךָ: וְכָתַבְתָּם עַל־מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

*V'ahavta et Adonai Elohecha, b'chol l'avvacha uv'chol nafsh'cha uv'chol m'odecha.*

*V'hayu had'varim ha-eileh asher anochi m'tzav'cha hayom al l'avvecha.*

*V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha uv'lecht'cha*

*vaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha v'hayu*

*l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.*

And you shall love Adonai, your God, with all your heart, with all your soul, and with all your might. Place these words that I command you on this day in your heart. Teach them to your children and talk about them when you sit in your home, when you walk on the way, when you lie down to sleep, and when you rise up. Tie them as a symbol on your hands and between your eyes. Write them on the doorposts of your house and on your gates.



## Amidah | Standing

*We rise.*

אֲדֹנָי, שְׁפַתִּי תִפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ:

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

Adonai, open my lips, and my mouth will declare Your glory.



בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱמוֹתֵינוּ אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק  
וְאֱלֹהֵי יַעֲקֹב אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר  
וְהַנּוֹרָא אֵל עֲלִיּוֹן גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמָּהוֹת  
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

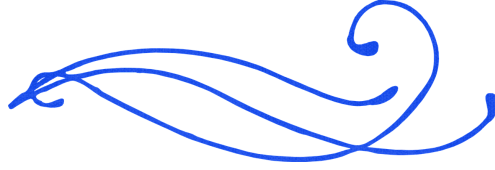
זְכַרְנוּ לְחַיִּים מֶלֶךְ חַפֵּץ בְּחַיִּים וְכֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים:  
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם וּפְקֹד שָׂרָה.

*Baruch Atah, Adonai Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak v'Elohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Leah. Ha-El hagadol hagibor v'hanora, El elyon, gomel chasadim tovim, v'koneih hakol, v'zocher chasdei avot v'imahot, umeivi go'el liv'nei v'neihem l'ma'an sh'mo b'ahavah.*

**Zohreinu l'hayim Melech hafetz b'hayim, v'hotveinu b'sefer hahayim, l'ma'anha Elohim hayim.** *Melech ozeir umoshi'a umagen. Baruch Atah, Adonai, magen Avraham u'foked Sarah.*

We praise You, Adonai, our God and God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah. You are a great, mighty, powerful, and supreme God who acts with loving-kindness, creates everything, remembers the good deeds of our fathers and mothers, and brings redemption to their children's children for the sake of God's name and love. **Remember us for life and inscribe us in the Book of Life, for Your sake, Living God.** You are our leader, helper, life saver, and shield. We praise You, Adonai, Shield of Abraham and Protector of Sarah.





אתה גבור לעולם אדוני מחיה מתים אתה רב להושיע: מכלל חיים בחדס מחיה  
מתים ברחמים רבים סומך נופלים ורופא חולים ומתיר אסורים ומקים אמונתו  
לישני עפר, מי כמוך בעל גבורות ומי דומה לך מלך ממית ומחיה ומצמיח  
ישועה:

**מי כמוך אב הרחמים זוכר יצוריו לחיים ברחמים:**

**ונאמן אתה להחיות מתים: ברוך אתה יהוה מחיה המתים:**

*Atah gibor l'olam, Adonai, m'chayeh meitim atah, rav l'hoshia.  
M'chalkeil chayim b'chesed, m'chayeh meitim b'rachamim rabim, someich noflim,  
v'rofei cholim, umatir asurim, um'kayem emunato lischeinei afar. Mi chamochah  
baal g'vurot umi domeh lach, melech meimit um'chayeh umatzmiach y'shuah.*

***Mi chamochah Av harachamim, zocheir y'tzurav l'chayim b'rachamim.***

*V'ne-eman atah l'hachayot meitim. Baruch atah, Adonai, m'chayeh hameitim.*

You are a powerful God who gives life to the dead and saves us all. You are a God who fills life with loving-kindness, gives life to the dead with great care, supports those who have fallen down, heals those who are sick, frees those who are captive, and keeps faith with those who sleep in the dust. Who is like You, God, and who can compare to You, the Power who gives life to everything and causes freedom to sprout forth?

**Who is like You merciful Father, Who remembers His creatures for life, in His mercy.**

You are faithful to give life to the dead. We praise You, Adonai, who gives life to the dead.

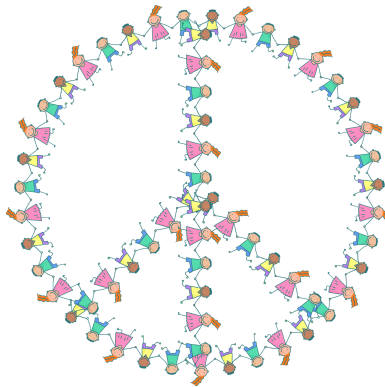
Help us to look into our hearts to judge ourselves. Give us the strength and courage to improve in the coming year.

We know, too, that our days on earth are precious. Only you can predict our future. But only we can decide how to live our lives.

בְּרֹאשׁ הַשָּׁנָה יִפְתְּחוּן וּבַיּוֹם צוֹם כִּפּוּר יִחְתְּמוּן.  
וּתְשׁוּבָה וּתְפִילָה וְצַדִּיקָה מֵעַבְרִין אֶת רוֹעַ הַגְּזֵרָה.

*B'rosh hashanah yikateivun, uv'yom tzom kippur ye'chateimun.  
U'teshuvah, u'tefillah, u'tzedakah ma'avirin et ro'a ha'g'zerah.*

On Rosh Hashanah it is written, on Yom Kippur it is sealed. Through turning toward a better path, prayer, and tzedakah, we can make our lives better. May You soften our judgment, God, for You are the God of life.



## Prayer for Peace

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרִנָּסָה טוֹבָה נִזְכָּר וְנִכְתָּב לְפָנֶיךָ אֲנַחְנוּ וְכָל עַמְּךָ בֵּית  
יִשְׂרָאֵל לְחַיִּים טוֹבִים וְלְשָׁלוֹם: בְּרוּךְ אַתָּה יְהוָה עֹשֶׂה הַשָּׁלוֹם:

*B'seifer chayim b'rachah v'shalom ufarnasah tovah, nizacher v'nikatev l'fanecha,  
anachnu v'chai amcha beit Yisrael, l'chayim tovim ul'shalom.*

May we and all the Jewish people be remembered and recorded in Your book for a good and peaceful life. Praised are You, Adonai, Source of peace.

**During the High Holidays**, we reflect on the good things we have done, and remind ourselves to fix the things we have done wrong.

By saying we're sorry,

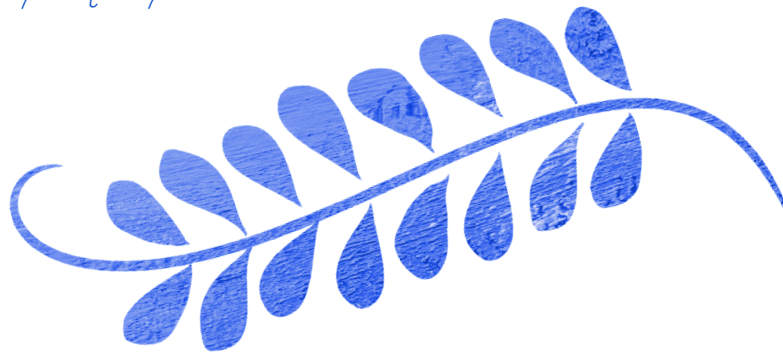
By making up with the person we hurt,

And by promising never to do that hurtful thing again,

We do *teshuvah* and return to a better path.

**Today** we can decide to fix our hurtful actions, and celebrate our kind ones. Let us think to ourselves about the things we did last year.

*We say our own prayers quietly.*



## **A Thought - Ten Days for Changing**

*Rosh Hashanah* begins the Ten Days of *Teshuvah* (Returning). Between *Rosh Hashanah* and *Yom Kippur*, we try to get back on the right track. We pray to God to forgive us for mistakes, but God cannot forgive us for things we have done to family and friends. We need to say we are sorry to family and friends and ask for their forgiveness. We must also promise not to hurt them again.

## A Thought on Saying that We have Done Wrong

Our God and God of our ancestors, let our prayers reach You and not be ignored. We are not so bold or foolish to think that we have been perfect and have not made mistakes. To be honest, we must admit we have missed the mark.

*“Kol Yisrael areivim zeh lazeh - All Jews are responsible for one another.”* We confess our sins as a group to show that we all must take responsibility for each other.

### Ashamnu | We Have Fallen Short

(Said only on Yom Kippur)

We stand, confess our wrongdoings, and ask for God’s forgiveness.

*The leader chants and the congregation repeats each phrase, tapping our heart each time:*

אֲשָׁמְנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבַּרְנוּ דְּפִי.  
הִעָוִינוּ. וְהִרְשָׁעְנוּ. זָדַנּוּ. חָמְסְנוּ. טָפְלְנוּ וְשָׁקַר.  
יַעֲצָנוּ רָע. כִּזְבְּנוּ. לָצַנוּ. מָרְדְּנוּ. נֹאֲצָנוּ. סָרְרְנוּ. עָוִינוּ. פָּשַׁעְנוּ. צָרְרְנוּ. קִשְׁיָנוּ עֲרָף.  
רָשָׁעְנוּ. שִׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲיִנוּ. תַּעֲתָעְנוּ:

*Ashamnu; Bagadnu; Gazalnu; Dibarnu dofi;*

*He’evinu; V’hirshanu; Zadnu; Hamasnu; Tafalnu sheker;*

*Ya’atsnu ra; Kizavnu; Latsnu; Maradnu; Niatsnu; Sararnu; Avinu; Pashanu;*

*Tsararnu; Kishinu oref;*

*Rashanu; Shichatnu; Ti-avnu; Ta-inu; Titanu.*

We have been cruel.

We have teased.

We have lied.

We have acted violently.

We have cheated.

We have boasted exceedingly.

We have been false.

We have mocked.

We have gossiped.

We have acted wickedly.

We have fought.

We have been unfair.

We have acted selfishly.

We have led others astray.

## *Al Cheyt* | For the Sin | עַל חַטָּא

(Said only on Yom Kippur)



We have **missed the mark** on purpose.

We have **missed the mark** by not caring.

We have **missed the mark** by using words carelessly.

We have **missed the mark** by using words to hurt.

We have **missed the mark** by not being kind to animals.

We have **missed the mark** by fighting and being mean.

We have **missed the mark** by lying.

We have **missed the mark** by not standing up for what is right.

We have **missed the mark** by not respecting parents and teachers.

We have **missed the mark** by giving up hope.

וְעַל כָּלֵם אֱלֹהֵי סְלִיחוֹת. סְלַח לָנוּ. מַחֵל לָנוּ. כַּפֵּר לָנוּ:

*V'al kulam Eloha s'lichot s'lach lanu m'chal lanu, kaper lanu.*

For all of these, God of forgiveness, pardon us, forgive us, grant us a new beginning.

# אבינו מלכנו

It is said that the prayer, *Avinu Malkeinu*, had its beginning when Rabbi Akiva opened the ark to ask God to send rain to the dry land.

In this prayer, we talk to God in the same way we talk to a loving parent. We feel that our lives are special because God cares about us and everything we do – like a parent cares for a child.

God is not a person. God does not sit with a book and enter names into it. So what do you think it means when we ask God "to be recorded" for a good year in the Book of Life?



## Avinu Malkeinu | Our Father, Our King

We open the ark and rise.

*Avinu Malkeinu*, You who are our only God, grant us a good New Year.

*Avinu Malkeinu*, rid us of oppressors and make an end to war and destruction.

*Avinu Malkeinu*, forgive and pardon our sins.

*Avinu Malkeinu*, help us to turn to You.

*Avinu Malkeinu*, heal the sick and remember those in need.

*Avinu Malkeinu*, write us in the Book of Happiness.

*Avinu Malkeinu*, write us in the Book of Forgiveness.

*Avinu Malkeinu*, show us mercy and loving-kindness.

*Avinu Malkeinu*, do not turn us away unanswered.

אָבֵינוּ מֶלְכֵנוּ חֲנֻנוּ וְעֲנֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:

*Avinu Malkeinu, honeinu va'aneinu, ki ein banu ma'asim; aseh imanu tzedakah va'hesed v'hoshi'einu.*

Our Father, our King, favor us and answer us, for we have no good deeds; treat us justly and with loving-kindness and save us.



### 13 Attributes of Mercy

יְהוָה יְהוָה. אֵל רַחוּם וְחַנּוּן. אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת: נֹצֵר חֶסֶד לְאַלְפִים. נִשְׂא עוֹן וּפְשָׁע וְחַטָּאָה וְנִקְיָה:

*Adonai, Adonai, El rachum v'chanun, erech, apayim, v'rav chesed ve'emet, notzer chesed la'alafim, nosei avon vafe'sha v'chata'ah v'nakeh.*

Adonai, Adonai, almighty, compassionate, and patient, slow to anger and great in kindness and truth. God preserves kindness for thousands of generations, You accept our shortcomings and pardon our sins.





## Shofar Service

(Said only on Rosh Hashanah)

We rise.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְשִׁמְעַת קוֹל  
שׁוֹפָר:

*Baruch Atah Adonai Eloheinu Melech ha'olam asher kid'shanu b'mitzvotav  
v'tzivanu lishmoah kol shofar.*

Blessed are You, Adonai, our God, King of the Universe Who sanctified us with His commandments and commanded us to hear the sound of the shofar.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהִחַיְנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה:

*Baruch Atah Adonai Eloheinu Melech ha'olam shehecheyanu v'kiyemanu v'higianu  
lazman hazeh.*

Blessed are You, Adonai, our God, King of the universe, who has granted us life and sustenance and permitted us to reach this season.



*TEKIAH, SHEVARIM TERUAH, TEKIAH*

תְּקִיעָה. שְׁבָרִים תְּרוּעָה. תְּקִיעָה:

*TEKIAH, SHEVARIM, TEKIAH*

תְּקִיעָה. שְׁבָרִים. תְּקִיעָה:

*TEKIAH, TERUAH, TEKIAH GEDOLAH*

תְּקִיעָה. תְּרוּעָה. תְּקִיעָה גְדוֹלָה:

# D'var Torah



## Mi shebeirach | Prayer for Healing

(words by Debbie Friedman)

*Mi shebeirach avoteinu M'kor hab'rachah 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.

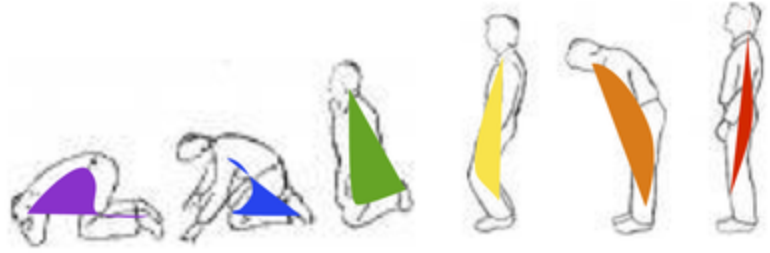
*Mi shebeirach imoteinu M'kor habrachah l'avoteinu.*

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



## Aleinu | It is for Us

*We rise.*



עֲלִינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל לְתַת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית שְׁלֵא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת וְלֹא שָׁמְנוּ  
כְּמִשְׁפָּחוֹת הָאֲדָמָה שְׁלֵא שָׁם חָלַקְנוּ כְּהֵם וְגוֹרְלָנוּ כְּכֹל הַמּוֹנֵם: וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
וּמוֹדִים לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִים הַקְּדוֹשׁ בְּרוּךְ הוּא, שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אָרֶץ, וּמוֹשֵׁב  
יָקָרוֹ בְּשָׁמַיִם מִמַּעַל, וְשׂוֹכֵנֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד, אֱמֶת מְלַכְנוּ אֶפְס  
זוֹלָתוֹ כְּפָתוּב בְּתוֹרָתוֹ וְיָדְעָתָּ הַיּוֹם וְהַשַּׁבָּת אֶל לְבָבְךָ כִּי יְהוָה הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל  
וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד: ◻ כְּפָתוּב בְּתוֹרָתְךָ: יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד: וְנִאֲמַר יְהוָה  
יְהוָה יִמְלֹךְ עַל כָּל הָאָרֶץ בְּיוֹם הַהוּא יְהוָה אֶחָד וְשִׁמוֹ אֶחָד:

*Aleinu l'shabei-ach la'adon hakol, latet g'dulah l'yotzeir b'reishit, shelo asanu k'goyei  
ha'aratzot, v'lo samanu k'mishp'chot ha'adamah. Shelo sam chelkeinu kahem,  
v'goraleinu k'chol hamonam. Vaanachnu kor'im umishtachavim umodim, lifnei Melech  
mal'chei hamlachim HaKadosh Baruch Hu.*

*Shehu noteh shamayim v'yosed aretz, umoshav y'karo bashamayim mima'al  
ush'chinat 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 HaElohim  
bashamayim mimaal, v'al ha'arets mitachat, ein od.*

◻ *Kakatuv be'toratecha: "Adonai yimloch le'olam va'ed." V'ne-emar, v'hayah Adonai  
l'Melech al kol haaretz. Bayom hahu yih'yeh Adonai echad ush'mo echad.*

God made the heavens and the earth. God lives in the heavens above and God's powerful presence is in the highest of high places. God is ours and there is nothing else. God is our true king. There is nothing beside God. It is written in God's Torah: "You will know this day and understand in your heart that Adonai is the only God in heaven above and on the earth below. There is none other.

It is written in your Torah: "Adonai will rule forever and ever." And it is said: God will rule like royalty all over the world. On that day Adonai will be one and Adonai's name will be one.

## Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעָלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךָ מְלְכוּתָהּ בְּתַיִּיכוֹן

וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ **אָמֵן:**

**יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עָלְמַיָּא:**

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ

דְּקוּדְשָׁא, **בְּרִיךְ הוּא** לְעֵלְא וּלְעֵלְא מְכַל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחַתָּא וְנִחַמְתָּא,

דְּאֲמִירָן בְּעָלְמָא, וְאָמְרוּ **אָמֵן:**

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ **אָמֵן:** עוֹשֶׂה

הַשְּׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ **אָמֵן:**

*Yitgadal v'yitkadash sh'mei raba.*

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

***Y'hei sh'mei raba m'varach l'alam ul'almei almaya.***

*Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei, v'yit'hadar v'yitaleh v'yit'halal sh'mei d'Kud'sha **B'rich Hu**, l'eila min kol birchata v'shirata, tush b'chata v'nechematah, daamiran b'alma. V'imru: **Amen.***

*Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael. V'imru: **Amen.***

*Oseh shalom bimromav, Hu yaaseh shalom aleinu, v'al kol Yisrael. V'imru: **Amen.***

May God's name become great and holy in the world which God created according to God's desire. And may God rule over this kingdom during your lifetime and in your days, and in the lifetime of the entire house of Israel. May this happen soon and with speed. And let us say: Amen.

May God's great name be blessed now, in the future, and forever.

Let the name of the Holy One be blessed, praised, glorified, celebrated, uplifted, honored, raised up and acclaimed. Praised be God who is above and beyond any blessing, song, praise, and words of comfort that we could say in this world. And let us say: Amen.

May there be as much peace from heaven and a full life for us and for all of Israel. And let us say: Amen. May God who makes peace above in heaven, make peace for us, for all of Israel, and for everyone. And let us say: Amen.

On This Day

give us strength

bless us

help us grow

write us in Your Book of Life

accept our prayers

לְשָׁנָה טוֹבָה תִּכְתְּבוּנוּ.

*L'shana tovah tikatevu.*

May you be recorded for a good new year.



**O Lord, my God,**

I pray that these things never end

The sand and the sea

The rush of the waters

The crash of the heavens

The prayers of the heart.

גְּמַר חַתִּימָה טוֹבָה.

*G'mar chatima tovah.*

May you be sealed for a good new year.

## Adon Olam | Master of the Universe



אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל יִצִיר נִבְרָא:  
לַעֲת נַעֲשֶׂה בְּחֶפְצוֹ כָּל, אַזֵּי מֶלֶךְ שְׁמוֹ נִקְרָא:

וְאַחֲרֵי כָּלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא:  
וְהוּא הָיָה וְהוּא הֵנָּה, וְהוּא יִהְיֶה בְּתַפְאֲרָה:

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה:  
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה:

וְהוּא אֵלִי וְחֵי גּוֹאֲלִי, וְצוֹר חֲבָלֵי בְּעֵת צָרָה:  
וְהוּא נְסִי וּמְנוֹס לִי, מִנֶּת כּוֹסֵי בְּיוֹם אֶקְרָא:

בְּיָדוֹ אֶפְקִיד רִיחֵי, בְּעֵת אִישָׁן וְאַעִירָה:  
וְעַם רִיחֵי גְּוִיָּתִי, יִהְיֶה לִי וְלֹא אִירָא:

*Adon olam, asher malach, b'terem kol y'tzir nivra.  
L'et na'asah v'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'hamshil lo, 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'et tzarah.  
V'hu nisi umanos li, m'nat kosi b'yom ekra.*

*B'yado afkid ruchi, b'et ishan v'a'irah.  
V'im ruchi g'viyati, Adonai li v'lo ira.*

Master of the Universe Who reigned before any creature was created. At the time when all was made by God's will, then was God's Name proclaimed Ruler. And after all things shall cease to be, the Awesome One will reign alone. God was, God is, and God shall be in glory. God is One, and there is no second to compare to God, to associate [with God]. Without beginning, without end, power and dominion are God's. God is my God and my ever-living Redeemer, the Rock of my destiny in times of distress. God is my flag and my refuge; God is the portion of my cup on the day I call. Into God's hand I entrust my spirit [both] when I sleep and when I awaken. And with my spirit my body [too], Adonai is with me, I shall not fear.

## Sources

- Abrams, Judith Z. *Rosh Hashanah: A Family Service*. Minneapolis, MN: Kar-Ben Publishing, 1990.
- Bar-Cohn, David. *A Cognitive Confession (Vidui) for Yom Kippur*. The Torah -com, Accessed on 08/23/2021 from <<https://www.thetorah.com/article/a-cognitive-confession-vidui-for-yom-kippur>>.
- Building a Jewish Life: Rosh Ha-Shanah Mahzor*. Los Angeles, CA: Torah Aura Productions, 1988.
- Building a Jewish Life: Yom Kippur Mahzor*. Los Angeles, CA: Torah Aura Productions, 1988.
- Burns, Marlene. *Avinu Malkeinu*. Pixels. Accessed on 08/22/2021 from <<https://pixels.com/featured/avinu-malkeinu-marlene-burns.html>>.
- Goldwasser, Jeff. *We Bow, We Prostrate, We Give Thanks*. Reb Jeff, Accessed on 08/30/2021 from <<https://www.rebjeff.com/blog/we-bow-we-prostrate-we-give-thanks>>.
- Hallis, Yaron. *Adon Olam*. Hebrew Songs.com. Accessed on 08/25/2021 from <<http://www.hebrewsongs.com/song-adonolam.htm>>.
- Horwitz, Brad. *With All Your Heart: A Weekday Prayer Book*. Minneapolis, MN: Minneapolis Jewish Day School, 2004.
- Lewis, Jamie. *Machzor Katan: High Holiday Prayer Book For Families With Young Children*. KidsCan Music LLC / Behrman House, Inc., 2012.
- Mi Shebeirach Request*. Congregation Beth Ohr. Accessed on 08/23/2021 from <<https://www.cbohr.org/mi-shebeirach.html>>.
- My Jewish Learning. *Text of Yom Kippur Vidui*. My Jewish Learning, Accessed on 08/24/2021 from <<https://www.myjewishlearning.com/article/text-of-yom-kippur-vidui/>>.
- Nitkin-Kaner, Ora. *Vidui for Coronavirus*. Ritualwell: tradition and innovation. Accessed on 08/23/2021 from <<https://www.ritualwell.org/ritual/vidui-coronavirus>>.
- Overholt, John. *Shofar Sounding*. Fine Art America. Accessed on 08/22/2021 from <<https://fineartamerica.com/featured/shofar-sounding-john-overholt.html>>.
- Sefaria: a Living Library of Torah* <[www.sefaria.org](http://www.sefaria.org)>.
- Silberman, Shoshana. *Tiku Shofar: A High Holy Day Mahzor and Source Book for Students and Families*. The United Synagogue of Conservative Judaism Commission on Jewish Education, 1993.
- Wisemon, Carmi. *Our Father, Our King: The Power of "Avinu Malkeinu"*. Chabad.org. Accessed on 08/22/2021 from <[https://www.chabad.org/library/article\\_cdo/aid/4121710/jewish/Our-Father-Our-King.htm](https://www.chabad.org/library/article_cdo/aid/4121710/jewish/Our-Father-Our-King.htm)>.