



YOM KIPPUR

PRAYER AND MUSIC OF THE HEART

Come

Music by Chava Mirel, lyrics by Stacey Zisook Robinson

Come, come all of you, come all of us and bless the one who blesses
Blessed is the blessed one, blessed is the giver of blessing, blessed in this moment now, and every now to come

P'tach Libi

Amidah, music by Rabbi Noam Katz

פְּתַח לְבִי בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
עֲשֵׂה לְמַעַן שְׂמֹךְ, עֲשֵׂה לְמַעַן יִמְיָנֶךָ,
עֲשֵׂה לְמַעַן קֹדְשְׁתֶּךָ, עֲשֵׂה לְמַעַן תּוֹרַתְךָ.

*P'tach libi b'Toratecha, uv'mitzvotcha tirdof nafshi
aseih l'ma'an sh'mecha, aseih l'ma'an y'minecha
aseih l'ma'an k'dushatecha, aseih l'ma'an Toratecha*

Open my heart to Your Torah—let my soul be eager to pursue Your mitzvot.
Do this for the sake of Your name; do this for the sake of Your strength;
do this for the sake of Your holiness; do this for the sake of Your Torah.

PART I

Psalm 121:1

*Esa einai el heharim
m'ain yavo ezri?*

I lift my eyes to the mountains;
from where will my help come?

אֲשָׂא עֵינַי אֶל-הַהָרִים
מֵאֵין יָבֵא עֲזָרִי:

Min HaMeitzar

Psalm 118:5-6, by Deborah Sacks Mintz

*Min hameitzar karati Ya מִן-הַמֵּצָר קָרָאתִי יְיָ
Anani vamerchav Ya אֲנִי בַמֶּרְחָב יְיָ:
Adonai li lo Ira וַיְהִי לִי לֹא אֵירָא
Ma yaaseh li adam מַה-יַּעֲשֶׂה לִּי אָדָם:*

From the narrow place I called out to God;
[God] answered me with expansiveness.
Adonai is for me, I will not fear;
What can a person do to me?

Sometimes

By David Whyte

Sometimes
if you move carefully through the forest
breathing
like the ones in the old stories

who could cross
a shimmering bed of dry leaves without a sound,
you come to a place
where the only task
is to trouble you
with tiny
but frightening requests
conceived out of nowhere
but in this place
beginning to lead everywhere.

Requests to stop what
you are doing right now
and
to stop what you are becoming while you do it,

questions that can make or unmake a life,
questions that have patiently
waited for you,
questions that have no right to go away.

For quiet reflection:

What questions have been patiently waiting for you?

PART II

Psalm 121:2

*Ezri m'im Adonai,
oseh shamayim va'aretz*

My help comes from the Eternal,
maker of heaven and earth.

Yah Ana Em'tza'acha

Music by Dan Nichols, poem by Yehuda HaLevi

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

Where might I go to find You,
exalted, Hidden One?
Yet where would I not go to find You,
ever present, Eternal One?
My heart cries out to You:
Please draw near to me.
The moment I reach out for You,
I find You reaching in for me.

Sequoia Sempervirens

By Tamara Madison

...Some of these trees have been here
Since Vikings drove their boats
Onto the shores of Newfoundland
Some of these trees were seedlings
While the Mayans were worshiping time
While the dire wolf and saber-toothed
Tiger roamed North America
Some of these trees have survived
Lightning strikes and forest fires
Some of these trees house creatures
Of the forest floor in burned-out caves
At the base of their ruddy trunks.
Some of these trees have become
Living pipes, chimneys, hollowed out

עֲזָרִי מֵעַם יְהוָה
עֲשֵׂה שָׁמַיִם וָאָרֶץ:

יְהִי אָנְהָ אֶמְצָאָךְ
מִקוֹמָךְ נִעְלָה וְנִעְלָם
וְאָנְהָ לֹא אֶמְצָאָךְ
כְּבוֹדְךָ מְלֵא עוֹלָם.
דַּרְשִׁיתִי קִרְבָּתְךָ
בְּכָל לִבִּי קִרְאתִיךָ
וּבְצִאתִי לְקִרְאתִיךָ
לְקִרְאתִי מִצִּאתִיךָ.

By fire. They have grown beyond
Their trauma and focus now
On the daily climb, the adding-on
Of needle and bark, on nature's drive
To rise above and see beyond
Until the day when death will fell them
And the earth will add them to its riches.
We can be like these trees, pull on
The layers of living like
Fine new garments
House the needy in the caverns of our grief,
Grow beyond the stories of our scars
Stretch our branches toward the bristling stars.

Lamdeini

Music by Cantor Benjie Ellen Schiller, poem by Leah Goldberg

Teach me, O God, a blessing, a prayer
on the mystery of a withered leaf,
on ripened fruit so fair,
to breathe, to know, to hope, to despair.
Teach my lips a blessing, a hymn of praise,
as each morning and night
You renew Your days,
lest my day be today as the one before;
lest routine set my ways.

*Lamdeini Elohai bareich
v'hitpalel lameid et siftotai
b'racha v'shir hallel.*

לְמַדֵּינִי אֱלֹהֵי בְרָךְ
וְהִתְפַּלֵּל לְיָמֶד אֶת שִׁפְתוֹתַי
בְּרַכָּה וּשְׁשִׁיר הַלֵּל.

Teach me, O God, a blessing, a prayer.
Teach my lips a blessing, a hymn of praise.

Musicians

Matthew Banks (clarinet)
Jesse Fry (piano)
Efren Guzman (percussion)
Max Einsohn and Shannyn Einsohn (singers)

Part III

Psalm 121:3-7

Al yitein lamot raglecha

al yanum shomrecha.

Hinei lo yanum v'lo yiyshan

shomeir Yisrael.

Adonai shomrecha

Adonai tzilcha

al yad y'minecha.

Yomam hashemesh lo yakehkah

v'yareach balailah.

Adonai yishmarcha mekol ra

yismor et nafshecha..

God will not let your foot give way;

your guardian will not slumber;

See, the guardian of Israel

neither slumbers nor sleeps!

The Eternal is your guardian,

Adonai is your protection

at your right hand.

By day the sun will not strike you,

nor the moon by night.

Adonai will guard you from all harm;

Adonai will guard your life.

Holy

Music and lyrics by Netanel Goldberg, arranged by

Philip Orem

Fly like a river

Flow with the ocean

Fly on the wind that blows throw the winter

Dream about love

Believe in your dreams

Live in the ocean of love

Close your eyes and fill the wind that is blowing

Open up your hands and sing

I am holy

I am holy

I am here to live this life

Dance in not knowing

Know your perfect power

Dance like a lion in the wild

Laugh like a child

Sing in full presents

Sing with the lion in the wild

Close your eyes and fill the wind that is blowing

Open up your hearts and sing

I am holy

I am holy

I am open to see flowers blooming

I am here to live this life

To the New Year

By W.S. Merwin

With what stillness at last

You appear in the valley

Your first sunlight reaching down

To touch the tips of a few

High leaves that do not stir

As though they had not noticed

And did not know you at all

Then the voice of a dove calls

From far away in itself

To the hush of the morning

So this is the sound of you

Here and now whether or not

Anyone hears it this is

Where we have come with our age

Our knowledge such as it is

And our hopes such as they are

Invisible before us

Untouched and still possible.

Ashira L'Adonai

Psalm 13:6, music by Yonatan Razel

Vaani b'chasd'chah vatachti,

וַאֲנִי בְחַסְדְּךָ בָטַחְתִּי,

yageil libi bishuatecha;

יָגֵל לְבִי בִישׁוּעָתְךָ,

ashira l'Adonai ki gamal alai. אֲשִׁירָה לַיהוָה כִּי גָמַל עָלַי.

I have trusted in Your loving kindness;

my heart will exult in Your deliverance;

I will sing to Adonai, who has dealt kindly with me.

For quiet reflection:

What are the sparks of holiness in your life?

PART IV

Psalm 121:8

Adonai yismar tzetcha uvoecha יהוה ישמר צאתך ובואתך
Meatah v'ad olam. מעתה ועד עולם:

The Eternal will guard your going and coming
now and forever.

What to Do in the Darkness

By Marilyn McEntyre

Go slowly
Consent to it
But don't wallow in it
Know it as a place of germination
And growth
Remember the light
Take an outstretched hand if you find one
Exercise unused senses
Find the path by walking it
Practice trust
Watch for dawn

Kinder

Music and lyrics by Copper Wimmin, arranged by
Philip Orem

For quiet reflection:

What steps can you take to bring more light into your
family, our community, and our world?

Psalm 121

Shir hamaalot.

Esa einai el heharim

mei-ayin yavo ezri?

Ezri mei-im Adonai,

osei shamayim vaaretz.

Al yitein lamot raglecha

al yanum shomrecha.

Hinei lo yanum v'lo yiyshan

shomeir Yisrael.

Adonai shomrecha

Adonai tzilcha

al yad y'minecha.

Yomam hashemesh lo yakehkah

v'yareach balailah.

Adonai yishmarcha mekol ra

yismor et nafshecha.

Adonai yismar tzetcha uvoecha

Meatah v'ad olam.

שיר למעלות
אשא עיני אל ההרים
מאין יבא עזרי:
עזרי מעם יהוה
עשה שמים וארץ:
אל יתן למוט רגלך
אל ינום שמךך:
הנה לא ינום ולא יישן
שומר ישראל:
יהוה שמךך
יהוה צלך
על יד ימינך:
יומם השמש לא יכבה
וירח בלילה:
יהוה ישמרך מכל רע
ישמר את נפשך:
יהוה ישמר צאתך ובואתך
מעתה ועד עולם:

A song for ascents.

I turn my eyes to the mountains;

from where will my help come?

My help comes from Adonai,

maker of heaven and earth.

God will not let your foot give way;

your guardian will not slumber;

See, the guardian of Israel

neither slumbers nor sleeps!

The Eternal is your guardian,

Adonai is your protection

at your right hand.

By day the sun will not strike you,

nor the moon by night.

Adonai will guard you from all harm;

Adonai will guard your life.

The Eternal will guard your going and coming

now and forever.

Psalm 121

Music by Yosef Karduner