

# YOM KIPPUR

## PRAYER AND MUSIC OF THE HEART

### HINEI MAH TOV

Psalm 133:1, music and lyrics by Cantor Becky Mann

Open the door, open your eyes  
Open your heart, see what's inside

Lay down your walls, lay down your fears  
Lean into love, You are welcome here

Maker of day, Maker of night  
Feed me with song, let me be Your light

*Hinei mah tov umah na-im* הִנֵּה מַה-טוֹב וּמַה-נָּעִים  
*Shevet achim gam yachad* שֵׁבֶט אַחִים גַּם יַחַד.

How good and how pleasant it is that brothers/sisters  
dwell together.

### P'TACH LIBI

Amidah, music by Rabbi Noam Katz

פִּתַּח לִבִּי בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.  
עֲשֵׂה לִמְעַן שְׁמֶךָ, עֲשֵׂה לִמְעַן יְמִינְךָ,  
עֲשֵׂה לִמְעַן קִדְשֶׁתְךָ, עֲשֵׂה לִמְעַן תוֹרַתְךָ.

*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'ayin yavo ezri?*

אֲשָׂא עֵינַי אֶל-הַהָרִים  
מֵאֵין יָבֹא עֲזָרִי:

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

### MIN HAMEITZAR

Psalm 118:5-6, by Deborah Sacks Mintz

*Min hameitzar karati Ya*  
*Anani vamerchav Ya*  
*Adonai li lo Ira*  
*Ma yaaseh li adam*

מִן-הַמֵּצָר קָרָאתִי יְיָ  
עֲנֵנִי בְּמֶרְחָב יְיָ:  
וַיְהִיָּה לִי לֹא אִירָא  
מַה-יַּעֲשֶׂה לִי 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'utzeiti 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 worshipping 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  
עֹשֶׂה שָׁמַיִם וָאָרֶץ:

יְהוָה אֲנִי אֶמְצְאָךְ  
מִקוֹמְךָ נֶעְלָה וְנֶעְלָם  
וְאֵנָּה לֹא אֶמְצְאָךְ  
כְּבוֹדְךָ מְלֵא עוֹלָם.  
דַּרְשִׁיתִי קִרְבָּתְךָ  
בְּכָל לִבִּי קִרְאָתִיךָ  
וּבִצְרָתִי לְקִרְאָתִיךָ  
לְקִרְאָתִי מִצְרָתִיךָ.

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 לְמִיד אֶת שִׁפְתוֹתַי  
בְּרָכָה וְשִׁיר 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

Vlad Leybovich  
Michelle Leybovich-  
Glikin  
Sydney Olinick  
Larry Robins  
Mike Sims  
Jeanne Zamutt

### ENSEMBLE

Jamie Asch  
Heath Einstein  
Anthony Holmes

## 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 yishmorcha mikol ra*

*yishmor 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

אֶל-יָתֵן לַמּוֹט רַגְלְךָ

אֶל-יָנוּם שְׁמֶרְךָ:

הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן

שׁוֹמֵר יִשְׂרָאֵל:

יְהוָה שְׁמֶרְךָ

יְהוָה צִלְךָ

עַל-יַד יְמִינְךָ:

יוֹמָם הַשֶּׁמֶשׁ לֹא-יִכָּבֵה

וְיָרַח בַּלַּיְלָה:

יְהוָה יִשְׁמְרְךָ מִכָּל-רָע

יִשְׁמֹר אֶת-נַפְשְׁךָ:

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,*

*yageil libi bishuatecha;*

*ashira l'Adonai ki gamal alai.*

וְאֲנִי בְּחַסְדְּךָ בָּטַחְתִּי,

יִגַּל לִבִּי בִישׁוּעָתְךָ,

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 yishmor tzetcha uvoecha* יהוה ישמר צאתך ובוֹאֶךָ  
*Meatah v'ad olam.* מֵעַתָּה וְעַד-עוֹלָם:

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?

### KEN Y'HI RATZON

Music by Elana Arian

May I/you/we be safe, may I/you/we be free,  
may I/you/we find space, space to just be.

Ken y'hi ratzon (2x)

May I/you/we find our way back home.

Ken y'hi ratzon (2x)

May I/you/we find our way back home.

כֵּן יְהִי רָצוֹן

כֵּן יְהִי רָצוֹן

### 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 yiysan*

*shomeir Yisrael.*

*Adonai shomrecha*

*Adonai tzilcha*

*al yad y'minecha.*

*Yomam hashemesh lo yakehkah*

*v'yareach balailah.*

*Adonai yishmorcha mikol ra*

*yishmor et nafshecha.*

*Adonai yishmor tzetcha uvoecha*

*Meatah v'ad olam.*

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

שִׁיר לַמַּעֲלוֹת  
אֲשָׁא עֵינַי אֶל-הַהָרִים  
מֵאֵן יָבֹא עֲזָרִי:  
עֲזָרִי מֵעַם יְהוָה  
עֹשֶׂה שָׁמַיִם וָאָרֶץ:  
אֶל-יָתֵן לַמּוֹט רַגְלִיךָ  
אֶל-יָנוּם שְׁמֹרְךָ:  
הֲנֵה לֹא יָנוּם וְלֹא יִישָׁן  
שׁוֹמֵר יִשְׂרָאֵל:  
יְהוָה שְׁמֹרְךָ  
יְהוָה צִלְךָ  
עַל-יַד יְמִינֶךָ:  
יוֹמָם הַשֶּׁמֶשׁ לֹא-יִכָּבֵד  
וַיָּרֵחַ בַּלַּיִל:  
יְהוָה יִשְׁמְרֶךָ מִכָּל-רָע  
יִשְׁמֹר אֶת-נַפְשֶׁךָ:  
יְהוָה יִשְׁמֹר-צֵאתְךָ וּבּוֹאֶךָ  
מֵעַתָּה וְעַד-עוֹלָם: