

HIGH HOLY DAYS

2023/5784

Rosh Hashanah Second Congregational Service

SEPTEMBER 16 | 1PM

Forget About Enlightenment

By John Wellwood

Forget about enlightenment.
Sit down wherever you are
And listen to the wind singing in your veins.
Feel the love, the longing, and the fear in your bones.
Open your heart to who you are, right now,
Not who you would like to be.
Not the saint you're striving to become.
But the being right here before you, inside you, around you.
All of you is holy.
You're already more and less
Than whatever you can know.
Breathe out, touch in, let go.

Trusty and True

Damien Rice



We've wanted to be trusty and true
But feathers fell from our wings
We've wanted to be worthy of You
But weather rained on our dreams

And we can't take back what is done, what is passed
So fellas lay down your fears
'Cause we can't take back what is done, what is passed
So let us start from here

'Cause we never wanted to be lusty or lewd
Nor tethered to prudish strings
And we never wanted to be jealously tuned
Nor withered into ugly things

But we can't take back what is done, what is passed
So fellas, lay down your spears
'Cause we can't take back what is done, what is passed
So let us start from here

And if all that you are is not all you desire then come



Come, come alone, come with fear, come with love
Come however you are, just come
Come alone, come with friends, come with foes
Come however you are, just come
Come alone, come with me, then let go
Come however you are, just come
Come alone, come so carefully closed,
Come however you are, just come

Come, come along, come with sorrows and songs
Come however you are, just come
Come alone, come let yourself be wrong
Come however you are, just come



Reflection 1

Where are you?
What are you bringing into this space?
Where do you start today?

Ahavah Raba

Music by Lila Flood, arr. Shir Ya'akov

Ahavah (with LOVE)

אַהֲבָה

Ahavah raba (with abundant LOVE)

אַהֲבָה רַבָּה

Beit Yisrael (the House of Israel)

בֵּית יִשְׂרָאֵל

Am'cha ahavta (Your people, You have LOVED)

עַמְּךָ אָהַבְתָּ

Shofar Service

Malchuyot — The Divine in All Things

*Baruch Atah, Adonai,
Eloheinu, Melech HaOlam,
asher kid'shanu b'mitzvotav,
v'tizvanu lishmoa kol shofar.*

בָּרוּךְ אַתָּה, יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,
וְצִוְּנוּ לִשְׁמֹעַ קוֹל שׁוֹפָר.

Source of blessing, Eternal our God,
You fill the universe with majestic might —
Summoning us to hear the sound of the shofar.

*Baruch Atah, Adonai
Eloheinu, Melech HaOlam,
shehecheyanu, v'kiyamanu,
v'higiyanu laz'man hazeh.*

ברוך אתה יי,
אלהינו מלך העולם,
שְׁהַחַיְנו וְקִיַּמְנוּ
וְהִגִּיעַנוּ לַזְמַן הַזֶּה.

Source of blessing, Eternal our God, You fill the universe with
majestic might – Giving us life, upholding the life within us, And
bringing us to this time.

Areshet S'fateinu

Music by Yossele Rosenblatt

*Areshet s'fateinu ye-erav l'fanecha,
El ram v'nisa —
meivin uma'azin, mabit umakshiv
l'kol t'kiateinu.
Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder malchuyoteinu.*

אַרְשֶׁת שְׁפָתֵינוּ יַעְרַב לְפָנֶיךָ
אֵל רָם וְנִסָּא
מִבֵּין וּמֵאֲזִין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעֹתֵנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבִרְצוֹן סֵדֶר
מַלְכוּיֹתֵנוּ

Let the wishes of our lips — our heart's desire —
be pleasing before You, God Most High.
You are knowing and attentive,
watchful and aware when we call out:
T'kiah! Lovingly, favorably receive our prayers of *Malchuyot!*

Asher Yatzar

Music by Dan Nichols

I thank You for my life, body and soul
Help me realize 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

בָּרוּךְ אַתָּה, יי, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

*Baruch Atah, Adonai
Rofei chol basar umaflia laasot
Baruch Atah, Adonai
Rofei chol basar umaflia laasot*

Blessed are You, Adonai, who heals all flesh, working wondrously.

Yotzeir Or/Light and Darkness

Music by Elana Arian

Light and darkness, each and every one
Light and darkness, each and every one

בָּרוּךְ אַתָּה, יי 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.*

Praised are you Adonai, Creator of light and
darkness, renewing creation each day.
You light our way, every day, with love.

Eternity Utters A Day

Music: Dan Nichols; Text: Rabbi Abraham Joshua Heschel

A thought has blown the marketplace away
There is a song on the wind and joy in the trees
Shabbat has arrived in the world
Scattering a song in the silence of the night
And eternity utters a day, and eternity utters a day.

Blessing Before Reading the Torah

Bar'chu et Adonai ham'vorach.

בְּרַכּוּ אֶת יְיָ הַמְבֹרָךְ.

Congregation responds:

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

בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד.

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

בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד.

Baruch atah, Adonai

בָּרוּךְ אַתָּה, יְיָ

Eloheinu, Melech haolam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

asher bachar banu mikol ha'amim,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים

v'natan lanu et Torato.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Baruch atah, Adonai, notein haTorah.

בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever. Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You Adonai, who gives the Torah.

Bereishit: Genesis 1:1-5

בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ: וְהָאָרֶץ הָיְתָה תִּהְיוּ וְנִהְיוּ וְחָשָׁךְ:
עַל־פְּנֵי תְהוֹם וְרוּחַ אֱלֹהִים מְרַחֶפֶת עַל־פְּנֵי הַמַּיִם: וַיֹּאמֶר אֱלֹהִים יְהי אוֹר
וַיְהי־אוֹר: וַיֵּרָא אֱלֹהִים אֶת־הָאוֹר כִּי־טוֹב וַיַּבְדֵּל אֱלֹהִים בֵּין הָאוֹר וּבֵין הַחֹשֶׁךְ:
וַיִּקְרָא אֱלֹהִים | לְאוֹר יוֹם וּלְחֹשֶׁךְ קָרָא לַיְלָה וַיְהי־עֶרֶב וַיְהי־בֹקֶר יוֹם אֶחָד:

¹When God began to create heaven and earth – ² the earth being unformed and void, with darkness over the surface of the deep and a wind from God sweeping over the water – ³God said, “Let there be light”; and there was light. ⁴God saw that the light was good, and God separated the light from the darkness. ⁵God called the light Day, and the darkness God called Night. And there was evening and there was morning, a first day.

Blessing After Reading the Torah

*Baruch atah, Adonai
Eloheinu, Melech haolam,
asher natan lanu Torat emet,
v'chayei olam nata b'tocheinu.
Baruch atah, Adonai, notein haTorah.*

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
בָּרוּךְ אַתָּה, יי, נוֹתֵן הַתּוֹרָה.

Blessed are you, Adonai our God, Sovereign of the universe,
who has given us a Torah of truth, implanting within us eternal life.
Blessed are You, Adonai, who gives the Torah.

Ahavah Raba

Music by Lila Flood, arr. Shir Ya'akov

Ahavah (with LOVE)

אַהֲבָה

Ahavah raba (with abundant LOVE)

אַהֲבָה רַבָּה

Beit Yisrael (the House of Israel)

בֵּית יִשְׂרָאֵל

Am'cha ahavta (Your people, You have LOVED)

עַמְּךָ אָהַבְתָּ

Sh'ma

Music by Debbie Friedman; Text: Deuteronomy 4:5

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ 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 glorious majesty forever and ever.

V'ahavta

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מַאֲדֶךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי
מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ.

*V'ahavta et Adonai Elohecha,
b'chol l'vavcha uv'chol naf'sh'cha uv'chol m'odecha.
V'hayu ha-d'varim ha-eileh, asher Anochi
m'tzav'cha hayom, al l'vavecha.*

You shall love God with all your mind, with all your strength,
with all your being. Set these words which
I command you this day upon your heart.

וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָם,
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלֶכְתְּךָ בַּדֶּרֶךְ,
וּבְשָׁכְבְּךָ, וּבְקוּמְךָ.

*V'shinantam l'vanecha v'dibarta bam
b'shivt'cha b'veitecha, uv'lecht'cha
vaderech, uv'shochb'cha uv'kumecha.*

Teach them faithfully to your children;
speak about them in your home and when you are away,
when you lie down and when you get up.

וְקִשְׂרָתָם לְאוֹת עַל יָדְךָ,
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

*Uk'shartam l'ot al yadecha,
v'hayu l'totafot bein aynecha.
Uch'tavtam al m'zuzot beitecha uvisharecha.*

Bind them as a sign upon your hand;
let them be a symbol before your eyes;
write them on the doorposts of your house and on your gates.

לִמְעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי
וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם.
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לִהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

*L'ma'an tiz'keru va'asitem et kol mitzvotai
vi'hyitem k'doshim l'Eloheichem:
Ani Adonai Eloheichem.
asher hotzeiti et'chem mei'erezt Mitzrayim
li'hyot lachem l'Elohim Ani Adonai Eloheichem.*

Remember My mitzvot, and do them. In this way, you become holy.
I freed your people from Egyptian slavery long ago,
so that you might be my people. I am the Eternal One, your God.

If We Loved Like That

Text inspired by Leviticus 19:18: "You shall love your fellow human as yourself."

Music by Elana Arian

V'ahavta l'rayacha kamocha
L'rayacha kamocha
Kamocha

וְאַהֲבַתָּ לְרֵעֶךָ כְּמוֹךָ

How would the world look
How might our days be lighter
How could the heart feel
How might the lens get wider
If we loved like that
Really loved like that

V'ahavta l'rayacha kamocha
L'rayacha kamocha
Kamocha



וְאַהֲבַתָּ לְרֵעֶךָ כְּמוֹךָ

Who could be saved?
How might the world be softer
Who could heart heal
What is the gift you'd offer
If we loved like that
Really loved like that

V'ahavta l'rayacha kamocha
L'rayacha kamocha
Kamocha

וְאַהֲבַתָּ לְרֵעֶךָ כְּמוֹךָ

How would the world look?



“I want to make a confession, to give an accounting to myself, and to God. In other words, to measure my life and actions against the lofty ideals I’ve set for myself. To compare that which should have been with that which was...”

- *Hannah Senesh, diary entry October 11, 1940*



Awaken

Music and text by Cantor Ellen Dreskin

Awaken my soul to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Awaken my heart to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Awaken my life to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Shofar Service Zichronot — Remembrance

בָּרוּךְ אַתָּה, יְיָ, זֹכֵר הַבְּרִית.

Baruch atah Adonai, zocheir habrit.

Blessed are You, Adonai —
You remember the covenant. You remember us.

Areshet S'fateinu

Music by Yossele Rosenblatt

*Areshet s'fateinu ye-erav l'fanecha,
El ram v'nisa —
meivin uma'azin, mabit umakshiv
l'kol t'kiateinu.*

*Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder zichronoteinu.*

אַרְשֶׁת שְׁפָתֵינוּ יַעְרֵב לְפָנֶיךָ
אֵל רָם וְנִסָּא
מִבֵּין וּמֵאֲזִין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
זְכְּרוֹנוֹתֵינוּ

Let the wishes of our lips — our heart's desire —
be pleasing before You, God Most High.
You are knowing and attentive,
watchful and aware when we call out:
T'kiah! Lovingly, favorably receive our prayers of *Zichronot!*

1 Kings 19:3-13

וַיֵּרָא וַיִּקָּם וַיֵּלֶךְ אֶל־נֶפֶשׁוֹ וַיָּבֹא בְּאֵר שֶׁבַע אֲשֶׁר לַיהוּדָה וַיַּנֵּחַ אֶת־נַעֲרֹ
שָׁם: וְהוּא־הָלַךְ בְּמִדְבָּר דֶּרֶךְ יוֹם וַיָּבֹא וַיֵּשֶׁב תַּחַת רֵתֶם אַחַת [אַחַד] וַיִּשְׁאַל
אֶת־נַפְשׁוֹ לָמוּת וַיֹּאמֶר | רַב עָתָה יְהוָה קַח נַפְשִׁי כִּי לֹא־טוֹב אֲנִכִּי מֵאַבְתָּי:

³Frightened, he [Elijah] fled at once for his life. He came to Beer-sheba, which is in Judah, and left his servant there;

⁴ he himself went a day's journey into the wilderness.

He came to a broom bush and sat down under it, and prayed that he might die. "Enough!" he cried. "Now, O Adonai, take my life, for I am no better than my fathers."

וַיֵּשֶׁב וַיֵּיטֵן תַּחַת רֵתֶם אַחַד וְהָנָהֳזָה מִלֶּאֱדָן נִגַּע בּוֹ וַיֹּאמֶר לוֹ קוּם אֲכֹל:
וַיֵּבֶט וְהָנָה מִרְאֲשֵׁתִי עֵגֶת רִצְפִּים וְצַפַּחַת מִיִּם וַיֹּאכַל וַיִּשְׁתַּ וַיֵּשֶׁב וַיֵּשֶׁב:
וַיֵּשֶׁב מִלֶּאֱדָן יְהוָה | שְׁנִית וַיִּגַּע־בּוֹ וַיֹּאמֶר קוּם אֲכֹל כִּי רַב מִמֶּךָ הַדֶּרֶךְ: ח וַיִּקָּם
וַיֹּאכַל וַיִּשְׁתֶּה וַיֵּלֶךְ בִּכְחַ | הָאֲכִילָה הָהִיא אַרְבָּעִים יוֹם וְאַרְבָּעִים לַיְלָה עַד הָרִ
הָאֱלֹהִים חֲרֹב:

⁵He lay down and fell asleep under a broom bush. Suddenly an angel touched him and said to him, "Arise and eat." ⁶He looked about; and there beside his head, was a cake baked on hot stones and a jar of water! He ate and drank, and lay down again. ⁷The angel of God came a second time and touched him and said, "Arise and eat, or the journey will be too much for you." ⁸He arose and ate and drank, and with the strength from that meal he walked forty days and forty nights as far as the mountain of God at Horeb.

וַיֵּבֶא-שָׁם אֶל-הַמְעָרָה וַיֵּלֶן שָׁם וַהֲנִיָּה דְבַר-יְהוָה אֵלָיו וַיֹּאמֶר לוֹ מִה-לָּךְ פֹּה
אֵלֶיךָ: וַיֹּאמֶר קִנָּא קִנָּאתִי לַיהוָה | אֱלֹהֵי צְבָאוֹת כִּי-עָזְבוּ בְרִיתְךָ בְּנֵי יִשְׂרָאֵל
אֶת-מִזְבְּחֶיךָ הָרְסוּ וְאֶת-נְבִיאֶיךָ הָרְגוּ בַחֶרֶב וְאֹתָר אֲנִי לְבָדִי וַיִּבְקֹשׁ
אֶת-נַפְשִׁי לְקַחְתָּהּ:

⁹There he went into a cave, and there he spent the night. Then the word of God came to him. Adonai said to him, "Why are you here, Elijah?" ¹⁰He replied, "I am moved by zeal for Adonai, the God of Hosts, for the Israelites have forsaken Your covenant, torn down Your altars, and put Your prophets to the sword. I alone am left and they are out to take my life."

וַיֹּאמֶר צֵא וְעֲמִדְתָּ בְּהָר לִפְנֵי יְהוָה וַהֲנִיָּה יְהוָה עָבַר וְרוּחַ גְּדוֹלָה וַחֲזָק מְפָרֵק
הָרִים וּמִשְׁבֵּר סִלְעִים לִפְנֵי יְהוָה לֹא בְרוּחַ יְהוָה
וְאַחֵר הָרוּחַ רָעַשׁ לֹא בְרָעַשׁ יְהוָה:

¹¹"Come out," He called, "and stand on the mountain before GOD."
And lo, GOD passed by. There was a great and mighty wind, splitting mountains and shattering rocks by GOD's power; but GOD was not in the wind. After the wind — an earthquake; but GOD was not in the earthquake.

ואחר תרעש אש לא באש יהוה ואחר האש קול דממה דקה: ויהי | כשמע
אליהו וילט פניו באדירתו ויצא ויעמד פתח המערה והנה אליו קול ויאמר
מה־לך פה אליהו: ויאמר קנא קנאתי ליהוה | אלהי צבאות כי־עזבו בריתך בני
ישראל את־מזבחתיך הרסו ואת־גביאיך הרגו בחרב ואותך אני לבדי ויבקשו
את־נפשי לקחתה:

¹² After the earthquake — fire; but GOD was not in the fire. And after the fire — a still small voice. ¹³ When Elijah heard it, he wrapped his mantle about his face and went out and stood at the entrance of the cave. Then a voice addressed him:
“Why are you here, Elijah?”

Reflection 2

What is something you have done in the
past year that you regret?
(Action, word, choice)

Regret Cloud

On your phone, please scan the
QR code to participate.



Avinu Malkeinu

Avinu Malkeinu, choneinu va'aneinu
Avinu Malkeinu, choneine va'aneinu
Ki ein banu ma'asim.
Ase imanu tzedakah vachessed,
Ase imanu tzedakah vachessed
v'hoshieinu.

אָבינוּ מלְכֵנוּ, חֲנֵנוּ וְעֲנֵנוּ,
אָבינוּ מלְכֵנוּ, חֲנֵנוּ וְעֲנֵנוּ,
כִּי אֵין בָּנוּ מַעֲשִׂים.
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד,
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד, וְהוֹשִׁיעֵנוּ.

Avinu Malkeinu, be kind to us and answer us,
even though we have not done enough good deeds.
Be charitable and loving to us and save us.

Untaneh Tokef

Music by Morris Barash

*Untaneh-tokef k'dashat hayom —
Ki hu nora v'ayom.
Uvo tinasei malchutecha,
v'yikon b'chesed kisecha;
V'teisheiv alav be-emet.*

וּנְתַנֶּה תִּקְוָה קְדֻשַׁת הַיּוֹם -
כִּי הוּא נוֹרָא וְאֵלִים.
וּבּוֹ תִּנָּשֵׂא מַלְכוּתְךָ,
וַיִּכּוֹן בְּחֶסֶד כִּסְאֶךָ,
וַתֵּשֶׁב עָלָיו בְּאֵמֶת.

Let us proclaim the power of the day —
a day whose holiness awakens deepest awe
and inspires highest praise for Your dominion,
for Your throne in a throne of love;
Your reign is a reign of truth.

*Emet ki atah hu dayan,
umochiach v'yodei-a va-eid,
v'choteiv v'choteim, v'sofeir umoneh,
v'tizkor kol hanishkachot
V'tiftach et sefer hazichronot,
umei-eilav yikarei —
v'chotam yad kol adam bo.*

אֵמֶת כִּי אַתָּה הוּא דִּין
וּמוֹכִיחַ וַיּוֹדֵעַ וְעֵד,
וְכוֹתֵב וְחוֹתֵם, וְסוֹפֵר וּמוֹנֶה,
וַתִּזְכֹּר כָּל הַנִּשְׁכַּחֹת.
וַתִּפְתַּח אֶת סֵפֶר הַזִּכְרוֹנוֹת,
וּמֵאֲלֵיו יִקְרָא -
וְחוֹתֵם יָד כָּל אָדָם בּוֹ.

In truth,
You are judge and plaintiff, counselor and witness.
You inscribe and seal. You record and recount.
You remember all that we have forgotten.
And when You open the Book of Memories,
it speaks for itself —
for every human hand leaves its mark,
an imprint like no other.

B'rosh Hashana

B'Rosh HaShanah yikateivun;

Uv'Yom Tzom Kippur,

Uv'Yom Tzom Kippur yeichateimun:

בְּרֹאשׁ הַשָּׁנָה יִכָּתֵבוּן,

וּבְיוֹם צוֹם כִּפּוּר יִחְתַּמּוּן

On Rosh Hashanah this is written;
on the Fast of Yom Kippur this is sealed:

How many will pass away from this world,
how many will be born into it;
who will live and who will die;
who will reach the ripeness of age,
who will be taken before their time;
who by forest fire and who by flood;
who by hurricane and who by melting glaciers;

who by war and who by terrorism;
who by white nationalism and who by antisemitism;
who by stabbing and who by AK47;
who by famine and who by drought;
who by earthquake and who by pandemic;
who by cancer and who by heart disease;
who by car accident and who by overdose;
who will rest and who will wander;
who will be tranquil and who will be troubled;
who will be calm and who tormented;
who will be satisfied and who lonely;
who will live in poverty and who in prosperity;
who will be humbled and who exalted" —

Ut'shuvah

Music by Todos Greenberg

*Ut'shuvah, ut'filah, ut'zdekah
maavirin et roa hag'zeirah.*

וּתְשׁוּבָה, וּתְפִלָּה, וּצְדָקָה
מַעֲבִירִין אֶת רֹעַ הַגְּזִירָה.

With t'shuvah, t'filah and tzedakah —
the search within, our reach for the holy, our service to others —
we give meaning and depth to our days.

K'dushah

Music by Elana Arian

*N'kadeish et shimcha baolam,
k'shem shemakdishim oto
bishmei marom;
kakatuv al yad n'vi-echa:
V'kara zeh el-zeh v'amar:*

נִקְדֵּשׁ אֶת שִׁמְךָ בְּעוֹלָם,
כְּשֵׁם שִׁמְךָ דִּישִׁים אוֹתוֹ
בְּשִׁמֵי מְרוֹם,
כְּכָתוּב עַל יַד נְבִיאֶךָ:
וְקָרָא זֶה אֶל-זֶה וְאָמַר:

*"Kadosh, kadosh, kadosh Adonai tz'vaot, קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְיָ צְבָאוֹת,
m'lo chol-haaretz k'vodo."* מְלֵא כָל-הָאָרֶץ כְּבוֹדוֹ.

We sanctify Your name in the world, a celestial song sanctifies You
in realms beyond our world, in the words of Your prophet:

"Holy Holy Holy is the God of heaven's hosts.
The fullness of the whole earth is God's glory."

*Adir adireinu, Adonai adoneinu —
mah-adir shimcha b'chol haaretz.*

אָדיר אָדירֵנוּ, יי אָדֹנֵינוּ -
מַה-אָדיר שִׁמְךָ בְּכָל הָאָרֶץ.

"Baruch k'vod Adonai mim'komo."

בָּרוּךְ כְּבוֹד-יְי מִמְקוֹמוֹ.

God of Strength who gives us strength,
God of Might who gives us might —
how magnificent the signs of Your Being throughout the earth.

"Blessed is the splendor that shines forth from the Eternal."

*Echad hu eloheinu, hu avinu,
hu malkeinu, hu moshi-einu —
v'hu yashmi-einu b'rachamav
l'einei kol chai:
"Ani Adonai Eloheichem."*

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,
הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ -
וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו
לְעֵינֵי כָל חַי:
אֲנִי יְי אֱלֹהֵיכֶם.

Our God is one —
Avinu and Malkeinu, sovereign Source of life and liberation —
revealing with mercy to all who live: "I am Andonai your God."

*"Yimloch Adonai l'olam;
Elohayich, Tziyon, l'dor vador —
hal'lu-Yah!"*

יְמַלֵּךְ יי לְעוֹלָם,
אֱלֹהֶיךָ, צִיּוֹן, לְדוֹר וָדוֹר ,
הַלְלוּ-יָהּ.

"The Eternal shall reign for all time,
your God for all generations, Zoin — Halleluyah!"

Mi Shebeirach

Music by Debbie Friedman; Text by Debbie Friedman and Drorah Setel

*Mi shebeirach avoteinu
M'kor hab'rachah l'imoteinu.*

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

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 hab'rachah laavoteinu.*

מִי שֶׁבִּרַךְ אִמּוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

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

Shofar Service Shofarot — Revelations

*Baruch atah, Adonai,
shomei-a kol t'ruat amo Yisrael
b'rachamim.*

בָּרוּךְ אַתָּה יְי,
שׁוֹמֵעַ קוֹל תְּרוּעַת עַמּוֹ יִשְׂרָאֵל
בְּרַחֲמִים.

Blessed are You in our lives, Adonai,
You hear, with love, the shofar —
true voice of Your people Israel.

Areshet S'fateinu

Music by Yossele Rosenblatt

*Areshet s'fateinu ye-erav l'fanecha,
El ram v'nisa —
meivin uma'azin, mabit umakshiv
l'kol t'kiateinu.
Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder shoftoteinu.*

אַרְשֶׁת שְׁפָתֵינוּ יַעְרֵב לְפָנֶיךָ
אֵל רָם וְנִסָּא
מִבֵּין וּמֵאָזִין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעֹתֵינוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
שׁוֹפְרוֹתֵינוּ

Let the wishes of our lips — our heart's desire —
be pleasing before You, God Most High.
You are knowing and attentive,
watchful and aware when we call out:
T'kiah! Lovingly, favorably receive our prayers of *Shofarot!*

Blessing Before Reading the Torah

Bar'chu et Adonai ham'vorach.

בְּרַכּוּ אֶת יְיָ הַמְבָרֵךְ.

Congregation responds:

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

בָּרוּךְ יְיָ הַמְבָרֵךְ לְעוֹלָם וָעֶד.

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

בָּרוּךְ יְיָ הַמְבָרֵךְ לְעוֹלָם וָעֶד.

Baruch atah, Adonai

בָּרוּךְ אַתָּה, יְיָ

Eloheinu, Melech haolam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

asher bachar banu mikol ha'amim,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים

v'natan lanu et Torato.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Baruch atah, Adonai, notein haTorah.

בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever. Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You Adonai, who gives the Torah.

Genesis 21:14-19

יָד וַיִּשְׁכֶּם אַבְרָהָם | בִּבְקָר וַיִּקַּח לֶחֶם וְחִמַּת מַיִם וַיִּתֵּן אֶל-הָגָר שָׁם עַל-שִׁכְמָהּ
וְאֶת-הַיֶּלֶד וַיִּשְׁלַח וַתֵּלֶךְ וַתִּתַּע בְּמִדְבַּר בָּאָר שָׁבַע: טו וַיִּכְלוּ הַמַּיִם מִן-הַחֲמַת
וַתִּשְׁלַךְ אֶת-הַיֶּלֶד תַּחַת אֶחָד הַשִּׁיחִים: טז וַתֵּלֶךְ וַתִּשָּׁב לָהּ מִנְּגֵד הָרְחֹק כְּמִטְחָוִי
קִשְׁתָּ כִּי אָמְרָה אֶל-אֲרָאָה בְּמוֹת הַיֶּלֶד וַתִּשָּׁב מִנְּגֵד וַתִּשָּׂא אֶת-קִלְעָה וַתִּבְדֹּךְ:

¹⁴Early next morning Abraham took some bread and a skin of water, and gave them to Hagar. He placed them over her shoulder, together with the child, and sent her away. And she wandered about in the wilderness of Beer-sheba. ¹⁵When the water was gone from the skin, she left the child under one of the bushes, ¹⁶and went and sat down at a distance, a bowshot away; for she thought, "Let me not look on as the child dies." And sitting thus afar, she burst into tears.

יז וישמע אלהים את־קול הנער ויקרא מלאך אלהים | אל־הגר מן־השמים
ויאמר לה מה־לך הגר אל־תיראי כי־שמע אלהים אל־קול הנער באשר
הוא־שם: יח קומי שאי את־הנער והחזיקי את־ידך בו כי־לגוי גדול אשימנו:
יט ויפקח אלהים את־עיניה ותרא באר מים ותלך ותמלא את־החמת מים
ותשק את־הנער:

¹⁷God heard the cry of the boy, and an angel of God called to Hagar from heaven and said to her, "What troubles you, Hagar? Fear not, for God has heeded the cry of the boy where he is. ¹⁸Come, lift up the boy and hold him by the hand, for I will make a great nation of him." ¹⁹Then God opened her eyes and she saw a well of water. She went and filled the skin with water and let the boy drink.

Blessing After Reading the Torah

*Baruch atah, Adonai
Eloheinu, Melech haolam,
asher natan lanu Torat emet,
v'chayei olam nata b'tocheinu.
Baruch atah, Adonai, notein haTorah.*

ברוך אתה, יי
אלהינו, מלך העולם,
אשר נתן לנו תורת אמת,
וחיי עולם נטע בתוכנו.
ברוך אתה, יי, נותן התורה.

Blessed are you, Adonai our God, Sovereign of the universe,
who has given us a Torah of truth, implanting within us eternal life.
Blessed are You, Adonai, who gives the Torah.

Awaken

Music and text by Cantor Ellen Dreskin

Awaken my soul to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Awaken my heart to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Awaken my life to all its potential
A letter inscribed in an infinite scroll
Both a guest and a gift in this life I am living
May I be for a blessing as I come and I go.

Reflection 3

What is something that you want to
change now? What is your first step?

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 likraticha,
likrati, m'tzaticha*

יְהוָה אָנֹכִי אֶמְצָאֲךָ
מִקוֹמְךָ נֵעֵלָה וְנִעְלָם
וְאָנֹכִי לֹא אֶמְצָאֲךָ
כְּבוֹדְךָ מְלֵא עוֹלָם.
דָּרַשְׁתִּי קִרְבָּתְךָ
בְּכָל לִבִּי קִרְאֲתִיךָ
וּבְצִיִּתִי לְקִרְאֲתִיךָ
לְקִרְאֲתִי מִצִּיִּתִּיךָ.

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.



Modim

Music by Debbie Friedman



*Mei'olam kivinu lach,
Mei'olam kivinu lach*

מֵעוֹלָם קִיּוּנוֹ לָךְ
מֵעוֹלָם קִיּוּנוֹ לָךְ



You have always been our hope.




I am grateful for breathing,
for walking strongly, for my body and
mind working as they should as I age.
I know this won't always be the case,
so I am trying to treasure these
moments, these days.





I am thankful for my community,
for the new and old friends who add
richness and texture to my life.



I am grateful for modern medicine
and its ability to heal our bodies.



The wind blowing through the trees.



I am grateful for the opportunity to
make meaningful contributions to
support others in a world that often
doesn't seem to provide enough.





Love



Miracles

Our dogs

The health of my family





I am so grateful for Temple.
It has enriched my life,
especially my spiritual life,
in ways too numerous to recount.





<i>Mei'olam kivinu lach,</i>	מעולם קיינו לך
<i>Mei'olam kivinu lach</i>	מעולם קיינו לך

You have always been our hope.





I am blessed to have a partner
who has added so much to my life
and continues to share adventures
and challenges with me.





I am thankful for all the life experiences
I have had — both the “good”
and the “bad” — because
I have learned that I really don’t know
the difference until God shows me why.



It is wonderful to be alive today.



I am thankful for my Sh'ma group
because it has provided me
a source for deep conversations
and meaningful connections.



I love being part of the Jewish religion,
the Jewish community, and the Jewish
people. We have an amazing history of
overcoming adversity, and resiliency is
written in our DNA. I am grateful for a
Divine soul in addition to our human
soul, prayers that acknowledge God in
the worst of times and the best of times,
and people who are bright, funny,
creative, generous, and compassionate.
What's not to love and feel joyful?





Home



Life

North Texas Food Bank

Matzah ball soup





We are so grateful to be part of
the Temple Emanu-El community.
Our Jewish identity and the love and
wisdom we receive as members can't
be replaced by anyone or anything.





Mei'olam kivinu lach, מעולם קוינו לך
Mei'olam kivinu lach מעולם קוינו לך



You have always been our hope.



I am grateful for the educational opportunities that have been available throughout my life, that allow me to contribute knowledge and affect change in the world.



I am blessed to have the freedoms in America that my father and grandfather fought bravely for. My grandparents took an unfathomable risk, coming to America with nothing but hope and faith that they could make better lives for their families. I cannot even begin to express my gratitude for their sacrifice.





What brings me joy is that I have been
given the blessing of growing old.
Not everyone gets that privilege.





Family and friends

Food and shelter



Good therapy



The warm and satisfying feeling
of people connecting with one another,
on almost any level.
That special sense of belonging.





The overt kindness of strangers who
know they will never see you again.





Mei'olam kivinu lach, מעולם קיינו לך
Mei'olam kivinu lach מעולם קיינו לך

You have always been our hope.





I am grateful for this Temple community
which I have come to love so much.
I am grateful for all the beautiful music
and the clergy and staff.





Writing is a creative expression that brings such joy to my soul and is a source of continued healing. It is also a form of prayer, connecting my story with others, and the Source of All Life.





Working in Temple's community garden





Traveling and experiencing
different cultures





Communities of learning, friendship
and worship





I'm thankful for my loving family,
my pain-free health, the wonders
of the natural world and the senses
I have left to experience them.





For plenty of food,
and for air conditioning



I'm grateful every day to be living
in this country, this state and in this city.
How fortunate we are to live in a place
where thousands and thousands of new
jobs are being created every month,
lifting so many people out of the
shackles of poverty.





Supporting my kids' journeys as they
discover their place in the world and
become who they choose to be.



Mei'olam kivinu lach, מעולם קוינו לך
Mei'olam kivinu lach מעולם קוינו לך

You have always been our hope.





The many opportunities that Judaism
provides us to become better Jews,
better citizens and better family
members through study of
Jewish texts and wisdom.





For renewal of faith

For every breath



Family!!!! ALWAYS!!





I am thankful each day for all the
blessings that I have experienced.
Despite times of deep pain and sorrow,
I always try to find the promise of a
brighter day ahead.




I am blessed to be loved and to be able
to share my love with others.



Stillness.
And in poet Mary Oliver's words,
"being quiet as a feather."



I am grateful for music which helps my
prayers soar to the Holy One.



At my age, just being here.

*Mei'olam kivinu lach,
Mei'olam kivinu lach*

מעולם קוינו לך
מעולם קוינו לך

You have always been our hope.

Kaddish

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

יִתְגַּדַּל וְיִתְקַדַּשׁ
שֵׁמֶה רַבָּא.
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ,
וְיִמְלִיךְ מַלְכוּתָהּ,
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזְמַן קָרִיב.
וְאָמְרוּ: אָמֵן.

Exalted and hallowed be God's great name in the world which
God created, according to plan. May God's majesty be revealed
in the days of our lifetime and the life of all Israel — speedily,
imminently, to which we say 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,*

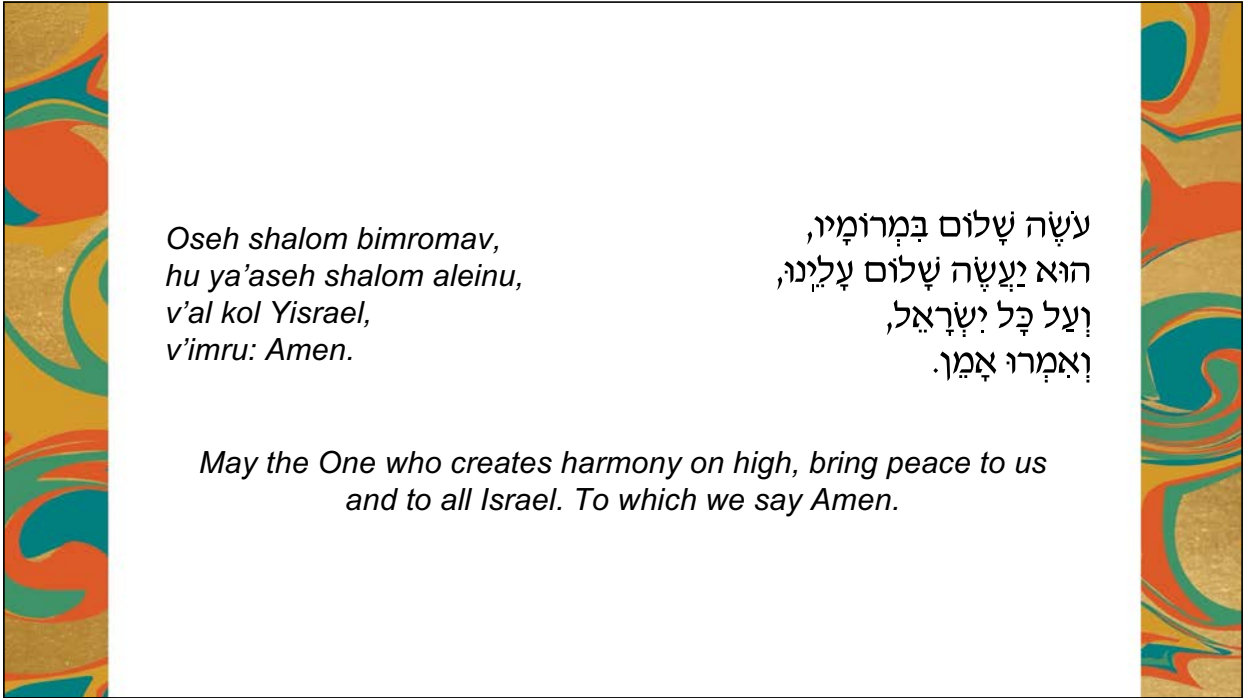
יְהִי שֵׁמֶה רַבָּא מְבָרַךְ
לְעַלְמִים וּלְעַלְמֵי עֲלְמֵיָא.
יִתְבָּרַךְ וַיִּשְׁתַּבַּח,
וַיִּתְפָּאֵר וַיִּתְרוֹמֵם
וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל
שֵׁמֶה דְּקֻדְשָׁא
בְּרִיךְ הוּא,

Blessed be God's great name to all eternity.
Blessed, praised, honored, exalted, extolled, glorified,
adored, and lauded be the name of the Holy Blessed One,

*L'eila min kol birchata
v'shirata, tushb'chata
v'nechemata, daamiran
b'alma. V'imru: Amen.
Y'hei sh'lama raba min
sh'maya, v'chayim aleinu
v'al kol Yisrael.
V'imru: Amen.*

לְעֵלָא מִן כָּל בִּרְכָתָא
וְשִׁירָתָא, תְּשֻׁבְחָתָא
וְנַחֲמָתָא, דְּאַמְיָרָן
בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.
יְהִי שְׁלָמָא רַבָּא מִן
שָׁמַיָא, וְחַיִּים עֲלֵינוּ
וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

Beyond all earthly words and songs of blessing, praise, and
comfort. To which we say Amen. May there be abundant peace
from heaven, and life, for us and all Israel. To which we say
Amen.



*Oseh shalom bimromav,
hu ya'aseh shalom aleinu,
v'al kol Yisrael,
v'imru: Amen.*

עֲשֵׂה שְׁלוֹם בְּמִרְמִיּוֹ,
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

*May the One who creates harmony on high, bring peace to us
and to all Israel. To which we say Amen.*



SHANAH TOVAH!