

HIGH HOLY DAYS 2025/5786

Yom Kippur

PRAYER AND MUSIC OF THE HEART

OCTOBER 2, 2025 | 10 TISHREI 5786

From Brokenness to Hope through Psalm 118



Psalm 118:1-4

Praise God, who is good —
whose steadfast love is eternal.

הודו ליהוה כִּי טוֹב כִּי לְעוֹלָם חֶסֶדּוֹ:

Let Israel declare, "God's steadfast
love is eternal."

יֹאמְרוּנָא יִשְׂרָאֵל כִּי לְעוֹלָם חֶסֶדּוֹ:

Let the house of Aaron declare,
"God's steadfast love is eternal."

יֹאמְרוּנָא בֵּית־אַהֲרֹן כִּי לְעוֹלָם חֶסֶדּוֹ:

Let those who fear God declare,
"God's steadfast love is eternal."

יֹאמְרוּנָא יְרֵאֵי יְהוָה כִּי לְעוֹלָם חֶסֶדּוֹ:

A Sanctuary of Time

Music by Elana Arian; English text by Jonathan Aaron; Hebrew text: liturgy

Ya dai dai...

A sanctuary of time, a space for us to repair.

The events to leave behind, a space for us to prepare.

Let us enter

Boachem l'shalom

בּוֹאֲכֶם לְשָׁלוֹם

*Baruch atah Adonai, Eloheinu Melech ha'olam,
she'hecheyanu, v'kiyamanu, v'higiyanu (2x)
laz'man hazeh.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ
לְזֶמַּן הַזֶּה

Ya dai dai...

P'tach Libi

Music by Rabbi Noam Katz; Hebrew text: Amidah

*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*

פְּתַח לִבִּי בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.
עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינְךָ,
עֲשֵׂה לְמַעַן קְדֻשַּׁתְךָ, עֲשֵׂה לְמַעַן תּוֹרַתְךָ.

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.

MUSIC AND HONORS

Musicians

Jesse Fry, piano
Daria Oleinik, violin
Efren Guzman,
percussion

Yom Kippur

Afternoon Ensemble

Jamie Asch
Heath Einstein
Katherine Krause
Vlad Leybovich
Sydney Olinick
Larry Robins
Leona Ross
Gabrielle Williams

Torah Readers

Elly Ortman
Stella Cohen
Dylan Harris
Leona Ross
Sofie Tortorice
Sam Leybovich-Glikin

Haftarah Reader

Brad Sham

Sh'ma/Echad

Music by Solomon Sulzer

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Listen, Israel: Adonai is our God, Adonai is One!

Echad Eloheinu, Gadol Adoneinu

Kadosh V'nora sh'mo.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵינוּ קְדוֹשׁ וְנוֹרָא שְׁמוֹ.

One and magnificent is our God; God's name is holy, inspiring in awe.

Hodu l'Adonai

Music by Debbie Friedman, lyrics Psalm 118:1

Hodu l'Adonai ki tov, ki l'olam chasdo, ki l'olam chasdo.

הוֹדוּ לַיהוָה כִּי טוֹב כִּי לְעוֹלָם חַסְדּוֹ:

Give thanks to God, for God is good. God's mercy endures forever.

Part 2 | BROKEN

Psalm 118:5-6

In distress I called on Yah;

מִן־הַמִּצָּר קָרָאתִי יְהוָה עֲנֵנִי בְּמִרְחַב יְהוָה:

Yah answered me and brought me relief.

יְהוָה לִי לֹא אֵירָא מִה־יַּעֲשֶׂה לִי אָדָם:

Min HaMeitzar

Music by Deborah Sacks Mintz, lyrics Psalm 118:5-6

Min hameitzar karati Ya

Anani vamerchav Ya

Adonai li lo Ira

Ma yaaseh li adam

מִן־הַמִּצָּר קָרָאתִי יְהוָה

עֲנֵנִי בְּמִרְחַב יְהוָה:

יְהוָה לִי לֹא אֵירָא

מִה־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?

How the Worst Day of my Life Became the Best

Andrea Gibson, adapted

When I realized the storm
was inevitable, I made it
my medicine.

Took two snowflakes
on the tongue in the morning,
two snowflakes on the tongue
by noon.

There were no side effects.
Only sound effects. Reverb
added to my lifespan,
an echo that asked —

*What part of your life's record is skipping?
What wound is on repeat?
Have you done everything you can
to break out of that groove?*

By nighttime, I was intimate
with the difference
between tying my laces
and tuning the string section

of my shoes, made a symphony of walking
away from everything that did not
want my life to sing...

...I opened and opened
until I could imagine that the pain
was the sensation of my spirit
not breaking,

that my mind was a parachute
that could always open
in time,
that I could wear my heart
on my sleeve and never grow
out of that shirt.

That every falling leaf is a tiny kite
with a string too small to see, held
by the part of me in charge
of making beauty
out of grief.

Anneini, Psalm 118:5 and 21

Music and English text by Noah Aronson

*Min hametzar karati Yah
Annani vamerchav Yah
Od'cha ki anitani
vat'hi-li lishua
Anneini*

I called out to You from a narrow place,
Your answer came to me from a wide open space.
My heart cried out to You, wherever You are,
Your hand reached out to me, *min hameitzar*.

מִן־הַמֵּצָר קָרָאתִי יְיָ
עֲנֵנִי בַמֶּרְחָב יְיָ
אוֹדְךָ כִּי עָנִיתָנִי
וַתֵּהִי־לִי לִישׁוּעָה
עֲנֵנִי

Part 3 | RETURN

Psalms 118:7-12

God is on my side,
I have no fear;
what can mortals do to me?

יְהוָה לִי בְעֹזְרִי וְאֵי אֶרְאֶה בְּשׁוֹנְאֵי:

With God on my side as my helper,
I will see the downfall of my foes.

טוֹב לַחֲסוֹת בִּיהוָה מִבָּטֹחַ בְּאָדָם:

It is better to take refuge in God
than to trust in mortals;

טוֹב לַחֲסוֹת בִּיהוָה מִבָּטֹחַ בְּנָדִיבִים:

it is better to take refuge in God
than to trust in the great.

כָּל־גּוֹיִם סָבְבוּנִי בַשֵּׁם יְהוָה כִּי אֲמִילָם:

All nations have beset me;
by God's name I will surely cut them down.

סָבְבוּנִי גַם־סָבְבוּנִי בַשֵּׁם יְהוָה כִּי אֲמִילָם:

They beset me, they surround me;
by God's name I will surely cut them down.

סָבְבוּנִי כְדַבּוּרִים דָּעֲכוּ כְאֵשׁ קוֹצִים בַּשֵּׁם יְהוָה כִּי אֲמִילָם:

They have beset me like bees;
they shall be extinguished like burning thorns;
by God's name I will surely cut them down.

דִּחָה דְחִיתֵנִי לִנְפֹל וַיהוָה עֲזָרֵנִי:

Beach

Stanley Plumly

The end, I think, will be a little like looking down as far as I can see to where the wind has kicked up the tide and turned it all the same — sea, spume, the air. There might even be someone walking toward me, the way in the edge-of-the-ocean blue light they'll be obscure until the last moment. I think it'll be late afternoon, the sky that luminous oyster white into which things disappear. I'll stop to look at the sky, and the moment I do I realize I'm alone, I misunderstood the figure coming toward me, which, considering the time of day, is as it should be, especially now that the wind has kicked up a little and the white sun has almost dropped under the soft gray almost stillness of the water, it seems just the right hour to be, again, alive.

We Return/Hashiveinu

Music by Elana Arian and Noah Aronson; lyrics Lamentations 5:21

We return again
We return again and again to You

Hashiveinu Adonai
eilecha v'nashuva
Chadeish yameinu kekedem

הַשִּׁיבֵנוּ יְיָ
אֱלֹהֵינוּ וְנָשׁוּבָה,
חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Turn us to you, Adonai, and we will return;
Renew our days as in the past.

If Not Now

Words and music by Carrie Newcomer

Chorus:

If not now, tell me when
If not now, tell me when.
We may never see this moment
Or place in time again
If not now, if not now, tell me when.

I see sorrow and trouble in this land. (2x)
Although there will be struggle we'll make the
change we can.
If not now (2x), tell me when.

Chorus

I may never see the promised land. (2x)
And yet we'll take the journey
And walk it hand in hand
If not now, tell me when.

Chorus

We'll work until it's done
Every daughter every son,
Every soul that ever longed for something better,
Something brighter.
It will take a change of heart for this to mend. (2x)
But miracles do happen every shining now and then
If not now (2x), tell me when.

Chorus

Yah Ana Em'tza'acha

Music by Dan Nichols and Cantor Ellen Dreskin, arr. Cantor Richard Cohn, lyrics by Yehuda Halevi

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

יְהוָה אֲנִי אֶמְצָאֲךָ מְקוֹמְךָ נִעְלָה וְנִגְלָה
וְאֲנִי לֹא אֶמְצָאֲךָ כְּבוֹדְךָ מְלֵא עוֹלָם.
דָּרַשְׁתִּי קִרְבָּתְךָ בְּכָל לִבִּי קִרְאֲתִיךָ
וּבְצִאֲתִי לְקִרְאֲתְךָ לְקִרְאֲתִי מְצִאֲתִיךָ.

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.

Psalms 118:13-19

You pressed me hard,
I nearly fell;
but God helped me.

עָזַר יְיָ וַיִּמָּרֶת יְהוָה וַיִּהְיֶה לִּי שׁוּעָה:

Yah is my strength and might,
and has become my deliverance.

קוֹל רָחֵם וַיִּשׁוּעָה בְּאַהֲלֵי צְדִיקִים יָמִין יְהוָה עָשָׂה חֵיל:

The tents of the victorious resound
with joyous shouts of deliverance,
"God's right hand is triumphant!"

יָמִין יְהוָה רֹמְמָה יָמִין יְהוָה עָשָׂה חֵיל:

God's right hand is exalted!
God's right hand is triumphant!"

לֹא-אֲמוֹת בִּי-אֲחִיָּה וְאֶסְפֹּר מַעֲשֵׂי יְהוָה:

I shall not die but live
and proclaim the works of Yah.

יִסֹּר יִסְרֵנִי יְהוָה וְלִפְנוֹת לֹא נִתְּנִי:

Yah punished me severely,
but did not hand me over to death.

בְּתַחוּלִי שְׁעָרֵי-צֶדֶק אֲבֹאֲרָם אוֹדָה יְהוָה:

Open the gates of victory for me
that I may enter them and praise Yah.

And Will They Ever Come

Leah Goldberg

And will they ever come, days of forgiveness and grace,
when you'll walk in the fields, simple wanderer,
and your bare soles will be caressed by the clover,
or the wheat-stubble will sting your feet, and its sting will be sweet?
Or the rainfall will catch you, it's downpour pounding
on your shoulders, your breast, your neck, your head.
And you'll walk in the wet fields, quiet widening within
like light on the cloud's rim.
And you'll breathe in the scent of the furrow, full and calm,
And you'll see the sun in the rain-pool's golden mirror,
And all things are simple and alive, you may touch them,
and you are allowed, you are allowed to love.
You'll walk in the field. Alone, unscorched by the blaze
of the fires, along roads stiffened with blood and terror.
And true to your heart you'll again be humbled and softened,
as one of the grass, as one of humankind.

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.*

לְמַדִּינִי אֱלֹהֵי בָרֵךְ
וְהִתְפַּלֵּל לְמַד אֶת שִׁפְתוֹתַי
בְּרָכָה וְשִׁיר הַלֵּל.

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

Pitchu Li / Ozi V'zimrat Yah

Music by Shlomo Carlebach, Psalm 118:19 / Music by Rabbi Shefa Gold, lyrics Psalm 118:14

Pitchu li sha'arei tzedek, avo vam odeh Yah

פְּתֹחוּ לִי שַׁעְרֵי צֶדֶק אֲבֹאֲבָם אוֹדֶה יְהוָה:

Open the gates of victory for me
that I may enter them and praise God.

Ozi v'zimrat Yah, vayhi li lishuah

עֲזִי וְזִמְרַת יְהוָה וַיְהִי לִי לִישׁוּעָה:

God is my strength and might and has become my deliverance.

Part 5 | HOPE

Psalm 118:20-29

This is the gateway to God —
the victorious shall enter through it.

זֶה הַשַּׁעַר לַיהוָה צְדִיקִים יָבֹאוּ בוֹ:

I praise You, for You have answered me,
and have become my deliverance.

אוֹדֶה כִּי עֲנִיתָנִי וַתִּהְיֶינִי לִישׁוּעָה:

The stone that the builders rejected
has become the chief cornerstone.

אֶבֶן מַאֲסוֹ הַבּוֹגֵם הָיְתָה לְרֹאשׁ פִּנָּה:

This is God's doing;
it is marvelous in our sight.

מֵאֵת יְהוָה הָיְתָה הַזֹּאת הִיא נִפְלְאוֹת בְּעֵינֵינוּ:

This is the day that God has made —
let us exult and rejoice on it.

זֶה־הַיּוֹם עָשָׂה יְהוָה נִגִּילָה וְנִשְׂמְחָה בּוֹ:

○ Eternal One, deliver us!
○ Eternal One, let us prosper!

אֲנֵנוּ יְהוָה הוֹשִׁיעָה נָא אֲנֵנוּ יְהוָה הַצְלִיחָה נָא:

May everyone who enters be blessed in the name of God;
we bless you from the House of God.

בְּרוּךְ הָבָא בְּשֵׁם יְהוָה לְבָרְכֵנוּכֶם מִבֵּית יְהוָה:

The Eternal is God, who has given us light;
bind the festal offering to the horns of the altar with cords.

אֵל! יְהוָה וַיֵּאָר לָנוּ אֶסְרוּ־חַג בַּעֲבֹתַיִם עַד־קַרְנוֹת הַמִּזְבֵּחַ:

You are my God and I will praise You;
You are my God and I will extol You.

אֵלֵי אַתָּה וְאוֹדֶךָ אֱלֹהֵי אֶרֶמוֹמֶךָ:

Praise God, who is good—
whose steadfast love is eternal.

הוֹדוּ לַיהוָה כִּי־טוֹב כִּי לְעוֹלָם חַסְדּוֹ: { פ }

We Rise

Music and lyrics by Batya Levine

We rise humbly hearted
Rise
Won't be divided
Rise
With spirit to guide us
Rise

Chorus (2x):

In hope In prayer
We find ourselves here
In hope, in prayer
We're right here

We rise
All of the children
Rise
Elders with wisdom
Rise
Ancestors surround us
Rise

We rise
Up from the wreckage
Rise
With tears and with
courage
Rise
Fighting for life
We rise

Chorus

We rise
Humbly hearted
Rise
Won't be divided
Rise
With spirit to guide us
Rise

Chorus

A Portable Paradise

Roger Robinson

And if I speak of Paradise,
then I'm speaking of my grandmother
who told me to carry it always
on my person, concealed, so
no one else would know but me.
That way they can't steal it, she'd say.
And if life puts you under pressure,
trace its ridges in your pocket,
smell its piney scent on your handkerchief,
hum its anthem under your breath.
And if your stresses are sustained and daily,
get yourself to an empty room — be it hotel,
hostel or hovel — find a lamp
and empty your paradise onto a desk:
your white sands, green hills and fresh fish.
Shine the lamp on it like the fresh hope
of morning, and keep staring at it till you sleep.

What A Wonderful World

Music and lyrics by Bob Thiele and George David Weiss

I see trees of green, red roses too
I see them bloom for me and for you
And I think to myself, what a wonderful world.

Hashamayim k'chulim, anan hu lavan
V'habokeir bahir, u'valayla ishan
Ve'achlom le'atzmi, eizeh achla olam

הַשָּׁמַיִם כְּחוּלִים, עָנָן הוּא לָבָן
וְהַבֹּקֶר בָּהִיר, וּבַלַּיְלָה אִשָּׁן
וְאַחֲלֹם לְעֵצְמִי, אֵיזָה אַחֲלָה עוֹלָם

The sky is blue and clouds of white,
The morning is clear, at night smokey,
And I dream to myself, what a wonderful world

Chorus:

V'chol tziv'ei hakeshet, yafim vachadashim
P'rusim achrei hageshem, al p'nei ha'ananim
V'hayom ko yafeh, v'kal li kol kach
Lomar sh'ani oheiv otach

וְכָל צִבְעֵי הַקֶּשֶׁת, יָפִים וְחֲדָשִׁים
פְּרוּשִׁים אַחֲרֵי הַגֶּשֶׁם, עַל פְּנֵי הָעֲנָנִים
וְהַיּוֹם כֹּה יָפֵה, וְקָל לִי כֹל כָּךְ
לוֹמַר שְׁאֲנִי אוֹהֵב אוֹתָךְ

All the colors of the rainbow, so pretty and new
Spread out after the rain on the face of the clouds
And the day is so beautiful, it's easy for me
to say "I love you."

V'hinei tinokot, bochim ba'mita
Ma she'hem yilm'du, l'olam lo eidah
Az ani shar l'atzmi, eizeh achla olam

וְהִנֵּה תִינוּקוֹת, בּוֹכִים בַּמִּטָּה
מָה שֶׁהֵם יִלְמְדוּ, לְעוֹלָם לֹא אֵדַע
אֲזִי אֲנִי שָׂר לְעֵצְמִי, אֵיזָה אַחֲלָה עוֹלָם

I hear babies cry, just watch them grow
They'll learn much more, than I'll ever know
And I think to myself, what a wonderful world

Chorus

Az ani shar l'atzmi eizeh achla olam

אֲזִי אֲנִי שָׂר לְעֵצְמִי, אֵיזָה אַחֲלָה עוֹלָם

Yes I sing to myself, what a wonderful world.

Aleinu L'shabei'ach

Music by Ellen Dreskin and Dan Nichols, arr. Philip Orem

Aleinu l'shabeiach

It's time to live our praise

עֲלֵינוּ לְשַׁבֵּחַ

Aleinu l'shabeiach

It's time to live our praise

עֲלֵינוּ לְשַׁבֵּחַ

It's up to us to call ourselves to task
to sing what's good and true
To bring about redemption,
it's what we were freed to do.
For what's the point of being here,
if we're not moved to change our ways?

It's up to us to own the visions,
we are an answer to a call
It's up to us to live the words we speak,
for the benefit of all
It's up to us to bow down deeply
There's a broken world to raise

Aleinu l'shabeiach

It's time to live our praise

עֲלֵינוּ לְשַׁבֵּחַ

Aleinu l'shabeiach

It's time to live our praise

עֲלֵינוּ לְשַׁבֵּחַ

We are carrying the stories
Of the one who came before.
What stories will be told of us
when we are here no more?
We commit ourselves to action
It brings meaning to our days.

Zeh Hayom

Music by Netanel Goldberg, lyrics Psalm 118:24

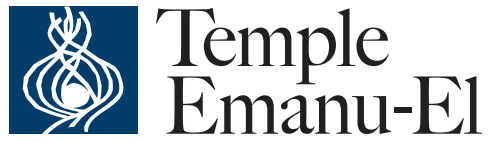
Zeh hayom asah Adonai

Nagila v'nism'cha vo

זֶה הַיּוֹם עָשָׂה יְהוָה
נְגִילָה וְנִשְׁמְחָה בּוֹ :

This is the day that God has made
Let us exult and rejoice in it!





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