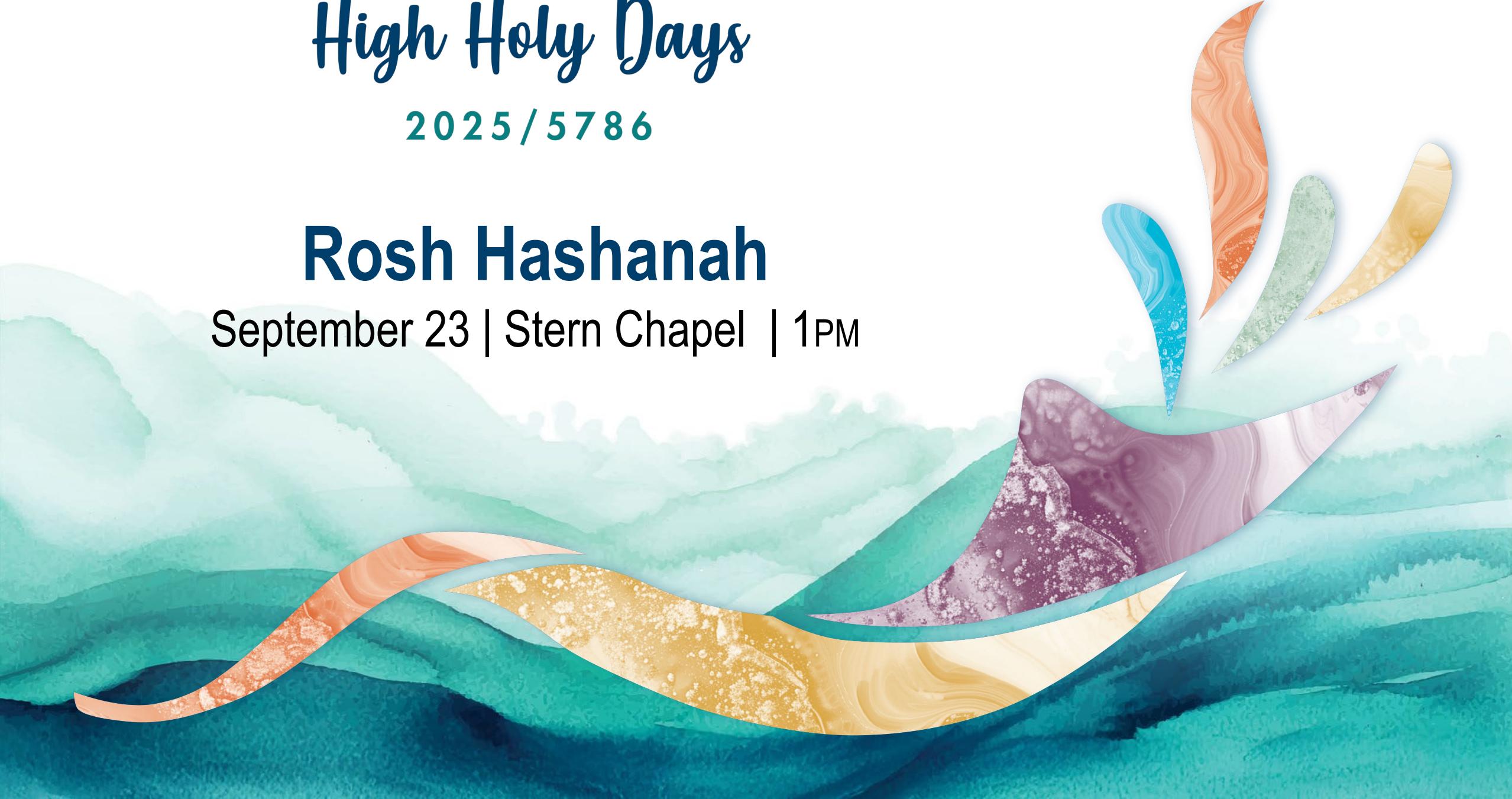


High Holy Days

2025/5786

Rosh Hashanah

September 23 | Stern Chapel | 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

Music and lyrics by 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



Come, come alone, come with fear, come with love
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?

Trusty and True

Music and lyrics by Damien Rice

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



Ahavah Raba

Music by Lila Flood, arr. Shir Ya'akov

Ahavah (with LOVE)

אהַבָּה

Ahavah raba (with abundant LOVE)

אהַבָּה רַבָּה

Ahavtanu (You have loved us)

אהַבְּתָנוּ

Adonai Eloheinu (Adonai, our God)

יְהִי אֱלֹהֵינוּ



Shofar Service

Malchuyot — The Divine in All Things

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

ברוך אתה, ייְהוָה
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קָדַשְׁנוּ בְמִצְוֹתָיו,
וַצִּינוּ לְשֶׁמֹועַ קֹול 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'higiyenu laz'man hazeh.*

ברוך אתה ייִ
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁהַחֲיָנוּ וּקְיַמְנוּ
וּהַגִּיעָנוּ לְזָמָן 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 — (x2)
meivin uma'azin, mabit umakshiv
l'kol, l'kol t'kiateinu.
Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder malchuyoteinu.*

אֶרְשֶׁת שְׁפָתֵינוּ יָעַרְבֵּ לִפְנֵיךְ
אֵל רָם וְנִשְׁאָ
מִבֵּין וּמִאֵין, מִבֵּית וּמִקְשֵׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וַתִּקְבֵּל בְּרָחָמִים וּבְרָצֹן סְדָר
מִלְכִיּוֹתֵנוּ

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.

ברוך אתה, ייִ, רופא כל בשר ומפליא לעשות.

*Baruch Atah, Adonai
Rofei chol basar umaflia laasot (x2)*

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

ברוך אתה, ייִהוָה אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
יֹצֵר אֹור וּבָרוּא חֹשֶׁךְ, עָשָׂה שָׁלוֹם וּבָרוּא אֶת-הַכָּל.

*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.



Blessing Before Reading the Torah

Bar'chu et Adonai ham'vorach.

ברכו את יי' המברך.

Congregation responds:

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

ברוך יי' המברך לעולם ועד.

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

ברוך יי' המברך לעולם ועד.

Baruch atah, Adonai

ברוך אתה, יי'

Eloheinu, Melech haolam,

אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

asher bachar banu mikol ha'amim,

אשר בחר בנו מכל העמים

v'natan lanu et Torato.

ו נתן לנו את תורתו.

Baruch atah Adonai, notein haTorah.

ברוך אתה יי', נותן התורה.

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

בְּרָאֵשֶׁת בָּרָא אֱלֹהִים אֶת הַשְׁמִים וְאֶת הָאָרֶץ: וְהָאָרֶץ קִיְּתָה תְּהִוֵּה וּבָהּוּ וְחַשְׁךְ
עַל-פָּנֶי תְּהָוָם וְרוּם אֱלֹהִים מַרְחַפְתָּה עַל-פָּנֶי הַמִּים: וַיֹּאמֶר אֱלֹהִים יְהִי אֹור
וַיְהִי אֹור: וַיֹּרֶא אֱלֹהִים אֶת-הָאֹור כִּי-טוֹב וַיִּבְדַּל אֱלֹהִים בּוּין הָאֹור וּבֵין הַחַשְׁךְ:
וַיֹּקַרְא אֱלֹהִים | לְאֹור יוֹם וְלְחַשְׁךְ קָרָא לֵילָה וַיֹּהֵי עֶרֶב וַיֹּהֵי בָּקָר 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.*

**ברוך אתה, ייְהוָה,
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתָן לְנוּ תּוֹרַת אֶמֶת,
וּמְהֵי עַולָּם נְטוּעַ בְּתֹוכֵנוּ.
ברוך אתה, ייְהוָה, 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.



Prayer for the State of Israel

From Siddur Tefilat Ha-Adam

צָרָר יִשְׂרָאֵל וְגֹאָלוֹ בָּרוּךְ נָא אֶת מִדִּינַת יִשְׂרָאֵל, רַאשְׁית צְמִיחַת גָּאָלֵינוּ.
הָגַן עַלְיָה בְּרַב מִסְדָּה, וּפֶרֶשׁ עַלְיָה סְכָת שְׁלוֹמָה. שְׁלַח אֹרֶךְ וְאַמְתָּח
לְרַאשְׁיָה, לְשׁוֹפְטִיָּה וְלִנְבָּחָרִיָּה, וּמִתְקַנֵּס בְּעֵצָה טֹבָה מִלְפָנָיֶךָ, לְמַעַן
יַלְכֵו בְּדַרְךָ הַצָּדָקָה, הַחֲפֵשׁ וְהַיְשָׁרָה.

Rock and Redeemer of Yisrael, bless the State of Yisrael, the dawning of our redemption. Shield it with Your compassion and spread over it the sukkah of Your shalom. May a spark of Your spirit inspire the actions of its elected leaders and officials, judges and advisors that they may follow the path of justice, liberty and righteousness.

מַזְקֵּן אֶת יְהִי מַגְנֵּן אָרֶץ קָדְשָׁנוּ, וְהַנְּחִילָם יְשֻׁוָּעָה וּמִימִים, וְנִתְּתֵּן שָׁלוֹם
בָּאָרֶץ, וְשָׁמַחַת עַוְלָם לִיּוֹשְׁבֵיהָ. פָּקֵד נָא לְבָרְכָה אֶת אַחֲינוּ וְאֶחָיוֹתֵינוּ
בֵּית יִשְׂרָאֵל בְּכָל אֶרְצֹות פָּזּוּרֵיהֶם. טַע בְּלָבָם אַהֲבַת צִיּוֹן.
הָאָצֵל מְרוּחָךְ עַל כָּל יוֹשְׁבֵי אָרְצָנוּ.

Strengthen the spirit and the hands of those who build and protect our holy land and grant them salvation and life. Bring Shalom to this land and everlasting joy to its inhabitants. Be with all the people of Israel wherever they are. Plant within their hearts the love of Zion. Spread Your spirit over all the inhabitants of our land.

הַסִּיר מַקְרֵבָנוּ שְׁנָאָה וְאִיָּהָה, קִנְאָה וְרִשְׁעָוָת. וַיַּטְעַ בְּלִבָּנוּ אֶחָבָה וְאֶחָמָה,
שְׁלָום וְרַעֲוָת. וַקִּים בָּמִתְרָה פָּזָוּ נְבִיאָךְ: לֹא יִשְׂא גּוֹי אֶל גּוֹי חֶרֶב,
וְלֹא יַלְמְדוּ עוֹד מַלְחָמָה. וַנָּאֹמֶר: אָמֵן.

Uproot hatred and animosity, jealousy and evil. Plant in our hearts
love and kinship, peace and friendship. And speedily fulfill the
vision of Your prophet: Nation will not lift up sword against nation,
neither shall they learn war anymore. And let us say: Amen.



Ahavah Raba

Music by Lila Flood, arr. Shir Ya'akov

Ahavah (with LOVE)

אהַבָּה

Ahavah raba (with abundant LOVE)

אהַבָּה רַבָּה

Ahavtanu (You have loved us)

אהַבְּתָנוּ

Adonai Eloheinu (Adonai, our God)

יְהִי אֱלֹהֵינוּ

Sh'ma

Music by Debbie Friedman; Text: Deuteronomy 6:4

שְׁמָעֵ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד
בָּרוּךְ שֵׁם קְבُוד מֶלֶכְתּוּ לְעוֹלָם וְעַד.

*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

וְאַהֲבָתְךָ אֶת יְהוָה,
בְּכָל לִבְבֶךָ, וּבְכָל נֶפֶשֶךָ, וּבְכָל מַאֲדָךָ.
וְהִי מְדָבָרִים הַאֲלֵה, אֲשֶׁר אָנֹכִי
מְצַוֶּךָ הַיּוֹם, עַל לִבְבֶךָ.

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

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.

וְשִׁנָּתָם לְבָנֶיךָ וְדִבְרָתָ בָּם,
בְּשִׁבְתְּךָ בְּבֵיתֶךָ וּבְלִכְתְּךָ בְּדַרְךָ,
וּבְשִׁכְבְּךָ וּבְקוּמְךָ.

*V'shinantam l'venecha 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.

וְקִשְׁרָתֶם לְאוֹת עַל יָדֶךָ,
וְהִי לְטַטָּפָת בֵּין עֵינֶיךָ.
וְכִתְבָּתֶם עַל מְזוֹזָת בֵּיתֶךָ וּבְשַׁעֲרֵיךָ.

*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.

לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם אֶת-כָּל-מִצְוֹתִי
וְהִיִּתֶם קָדְשִׁים לְאֱלֹהִיכֶם: אַנְיִ יהוָה אֱלֹהִיכֶם.
אֲשֶׁר הַצָּאתִי אֶתְכֶם מִאֶרֶץ מִצְרָיִם
לְהִיּוֹת לְכֶם לְאֱלֹהִים אַנְיִ יהוָה אֱלֹהִיכֶם.

*L'ma'an tiz'keru va'asitem et kol mitzvotai
vi'hyitem k'doshim l'Eloheichem:
Ani Adonai Eloheichem.*

*asher hotzeiti et'chem mei'eretz Mitzrayim
li'hyot lachem l'Elohim Ani Adonai Eloheichem.*

Remember My mitzvot, and do them. In this way, you become holy. I am the Eternal One, your God. 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 neighbor as yourself."

Music by Elana Arian

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

וְאַהֲבָתְךָ לְרַעְךָ כְּמַוְךָ

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*

וְאַהֲבָתְךָ לְרַעַךָּ כְּמוֹךָ

Who could be saved?
How might the world be softer?
Who could your 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*

וְאַהֲבָתְךָ לְרַעַךָּ 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

ברוך אתה, ייְהוָה, זוכֶר 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 — (x2)
meivin uma'azin, mabit umakshiv
l'kol, l'kol t'kiateinu.
Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder malchuyoteinu.*

אֶרְשֶׁת שְׁפָתֵינוּ יָעַרְבֵּ לִפְנֵיךְ
אֵל רָם וְנִשְׁאָ
מִבֵּין וּמִאֵין, מִבֵּית וּמִקְשֵׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וַתִּקְבֵּל בְּרָחָמִים וּבְרָצֹן סְדָר
מִלְכִיּוֹתֵנוּ

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!*



1 Kings 19:9-13

וַיָּבֹא־שָׁם אֶל־הַמִּעֵרָה וַיַּלֵּךְ שָׁם וַיָּגֹהּ דְּבַר־יְהוָה אֲלֵיכָו וַיֹּאמֶר לוֹ מַה־לִךְ פֶּה
אֲלֵיכָהּ וַיֹּאמֶר קָנָא קָנָא תִּלְהֹה | אֱלֹהֵי צְבָאֹת פִּיכְעֹזְבָּנִי יִשְׂרָאֵל
אַת־מִזְבְּחֹתִיךְ תְּרַסֵּוּ וְאַת־נְבִיאִיךְ תְּרַגוּ בְּחֶרֶב וְאַוְתָר אָנָי לְבָדִי וַיְבַקְשָׁוּ
אַת־נְפָשִׁי לְקַחְתָּה:

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.”

ויאמר צא ועמדת בקר לפנֵי יהוה והפָה יהוה עבר ורום גדוֹלה וחזק מפרק
הרים ומשבר סלעים לפנֵי יהוה לא ברום יהוה
ואמר ברום רעש לא ברעש יהוה:

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.

וְאַחֲרֵ תְּرֻעָּת אֵשׁ לֹא בָּאֵשׁ יָהּוָה וַיֹּאמֶר הָאֵשׁ קֹול דָּמָמָה דָּקָה: וַיֹּהִי | כַּשְׁמַע
אֵלִיָּהוּ וַיַּלְטֵ פָנָיו בַּאֲדִירָתוֹ וַיֵּצֵא וַיַּעֲמֹד פָתָח הַמִּעֵרָה וַיַּגְּנַהּ אֲלֵיו קֹול וַיֹּאמֶר
מַה-לְךָ פָה אֵלִיָּהוּ

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

As you attune to your own still, small voice,
what is something you have done in
the past year that you regret?

It could be an action, words you have used,
or a choice you have made.

Avinu Malkeinu

Traditional

*Avinu Malkeinu, choneinu va'aneinu
Avinu Malkeinu, choneine va'aneinu
Ki ein banu ma'asim.*

*Ase imanu tzedakah vachesed,
Ase imanu tzedakah vachesed
v'hoshieinu.*

אָבִינוּ מֶלֶכְנוּ, חָנָנוּ וְעַנָּנוּ,
אָבִינוּ מֶלֶכְנוּ, חָנָנוּ וְעַנָּנוּ,
כִּי אֵין בָּנוּ מַעֲשִׂים.

עֲשֵׂה עָמָנוּ צְדָקָה וְחִסְדָּ,
עֲשֵׂה עָמָנוּ צְדָקָה וְחִסְדָּ, וְהוֹשִׁיעָנוּ.

*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.

וְנַתְּנֵה תְּקֵף קְדוּשַׁת הַיּוֹם —

כִּי הוּא נֹרֶא וְאִים.

וּבָוֹתְנֵשָׁא מֶלֶכְוִתְךָ,

וַיַּכְּבֹ� בְּחִסְדְּכָסָאךְ,

וַתֵּשֶׁב עַלְיוֹ בָּאָמָת.

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.



B'Rosh Hashanah

*B'rosh Hashanah yikateivun;
Uv'Yom Tzom Kippur,
Uv'Yom Tzom Kippur yeichateimun:*

**בָּרָאשׁ הַשָּׁנָה יִכְתְּבֹו,
וּבָיוֹם צְוָם כְּפֹר יִתְמַמּוּ**

On Rosh Hashana it is written,
on the Fast of Yom Kippur it is sealed



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 hurricane and who by melting glaciers;
who by forest fire and who by flood;
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 come home and who will not;
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.*

וַתִּשׁוּבָה, וַתִּפְלֹה, וַצְדָּקָה
מַעֲבִירִין אֶת רֵעַ הַגָּזֶרֶת.

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:*

*“Kadosh, kadosh, kadosh Adonai tz’vaot,
m’lo chol-haaretz k’vodo.”*

נָקַדְשָׁ אֶת שְׁמֶךָ בְּעוֹלָם,
כִּשְׁם שְׁמַקְדִּישִׁים אֹתוֹ
בָּשָׁמַיִּים מָרוּם,
פְּכַתּוֹב עַל יָד נְבִיאָךְ:
וְקָרָא זוּ אֶל-זֶה וְאָמַר:

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.*

“Baruch k’vod Adonai mim’komo.”

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.”

אדיר אָדִירֵנו, יְיָ אָדִינֵנו -
מה-אדיר שְׁמֵךְ בְּכָל הָאָרֶץ.

ברוך כבود-יְיָ מִפְּקוּמוֹ.

*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 מֶלֶךְנוּ, הוּא מֹשִׁיעֵנוּ -
וּ הוּא יִשְׁמִיעֵנוּ בְּרַחֲמֵינוּ
לְעִינֵינוּ כֹל חַי :
אַנְיִי יְיָ אֱלֹהֵיכֶם.

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

*“Yimloch Adonai l’olam;
Elohayich, Tziyon, l’dor vador —
hal’lu-Yah!”*

ימלך יי לעוֹלָם,
אלְהַיְךְ צִיּוֹן, לְדוֹר וּדוֹר,
הַלְלוּ-יְהָה.

“The Eternal shall reign for all time,
your God for all generations, Zion — Halleluyah!”



Yah Ana Em'tza'acha

Music by Dan Nichols, poem 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*

יְהָ אָנָה אֶמְצָאָךְ
מֶקוּמְךָ נָעַלָה וּנְעַלָם
וְאָנָה לֹא אֶמְצָאָךְ
כְּבוֹדְךָ מֶלֶא עַולָם.
דָּרְשָׁתִי קָרְבָתְךָ
בְּכָל לְבִי קָרָאתִיךָ
וּבְצָאתִי לִקְרָאתְךָ
לִקְרָאתִי מְצָאתִיךָ.

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.



Hope

By Tslil Yam

I no longer respond to questions
Like “how are you?” or “what’s up?”
Or “what has changed from last year”

But if you ask me
“What do you need?”
I’ll know what to say,
Hope.



Shofar Service

Shofarot — Revelations

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

ברוך אתה יי',
שומע קול תרועת עמו ישראל
ברחמים.

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 — (x2)
meivin uma'azin, mabit umakshiv
l'kol, l'kol t'kiateinu.
Utkabeil b'rachamim, b'rachamim
uvratzon seder, seder malchuyoteinu.*

אֶרְשֶׁת שְׁפַתִּינוּ יָעַרְבֵּ לִפְנֵיךְ
אֵל רָם וְנִשְׁאָ
מִבֵּין וּמִאֵין, מִבֵּית וּמִקְשֵׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וַתִּקְבֵּל בְּרָחָמִים וּבְרָצֹן סְדָר
מִלְכִיּוֹתֵנוּ

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!*



Ufros Aleinu

Traditional

Ufros aleinu sukot sh'lomecha

כְּפָרֹשׁ עֲלֵינוּ סְכִתְתַּתְ שְׁלוֹמָךְ

Spread over us the shelter of Your peace.



Mi Shebeirach

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

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

מֵי שִׁבְרָךְ אֲבוֹתֵינוּ
מִקּוֹר הַבָּרָכָה לְאָמוֹתֵינוּ

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.*

מֵי שִׁבְרָךְ אָמוֹתֵינוּ
מִקּוֹר הַבָּרָכָה לְאָבוֹתֵינוּ

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



Al Kol Eileh

Music and lyrics by Naomi Shemer

Al hadvash ve'al ha'okets

Al hamar vehamatok

Al biteynu hatinoket

shmor eyli hatov.

על הדבש ועל העקץ,
על המר והממתוק,
על בתנו הטעינקתו
שמר אליו הטוב.

Guard over these things: the honey and the bee sting, the bitter and the sweet, our little daughter, O God of goodness.

Al ha'esh hamevo'eret

Al hamayim hazakim

Al ha'ish hashav habayta

min hamerkhakim

על האש המבערת,
על המים חזקים,
על האיש השב הביתה
מן המרתקים.

For the burning flame, the pure water,
for the one who returns home from afar.

Chorus:

*Al kol eileh, al kol eileh,
Shmor nah li eyli hatov
Al hadvash ve'al ha'okets
Al hamar vehamatok.*

על כל אלה, על כל אלה,
שומר נא לי אליו הטוב.
על הדבש ועל העז,
על המר והמתוק.

Guard over all these things, O God of goodness, watch over me.
The Honey and the bee sting, the bitter and the sweet.

*Al na ta'akor natu'a
Al tishkakh et hatikvah
Hashiveyni va'ashuva
El ha'arets hatovah.*

אל נא פָעַקְרָנְטָעַ,
אל תְשַׁבַּח אֶת הַתְּקוֹהָ
הַשִּׁיבָנִי וְאַשְׁוֹבָה
אֶל הָאָרֶץ הַטוֹבָה.

Don't uproot the planted, don't forget the hope, help me to return,
and I will return to the good land.



For the honey and the bee sting,
For the bitter and the sweet,
All the things which join as one
to make our lives complete.
For the future of our children,
For our prayers will never cease,
For the hope that with tomorrow
Comes a world of peace.

Chorus:

*Al kol eileh, al kol eileh,
Shmor nah li eyli hatov
Al hadvash ve'al ha'okets
Al hamar vehamatok.*

על כל אלה, על כל אלה,
שמר נא לי אליו הטוב.
על הדבש ועל העקץ,
על הפמר והמתוק.

Guard over all these things, O God of goodness, watch over me.
The Honey and the bee sting, the bitter and the sweet.

*Al na ta'akor natu'a
Al tishkakh et hatikvah
Hashiveyni va'ashuva
El ha'arets hatovah.*

אל נא **תעלך נטויע**,
אל **תשכח את התקווה**
השיבני ואשובה
אל **הארץ מטובה**.

Don't uproot the planted, don't forget the hope, help me to return,
and I will return to the good land.



Reflection 3

With God's help and my own spirit,
what do I want to change in the coming year?
What is my first step?



Reflection 4

What one quality do you hope to bring into the world in the coming year?



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



Al Kol Eileh

Music and lyrics by Naomi Shemer

Chorus:

*Al kol eileh, al kol eileh,
Shmor nah li eyli hatov
Al hadvash ve'al ha'okets
Al hamar vehamatok.*

על כל אלה, על כל אלה,
שומר נא לי אליו הטוב.
על הדבש ועל העקץ,
על המר והממתוק.

Guard over all these things, O God of goodness, watch over me.
The Honey and the bee sting, the bitter and the sweet.

*Al na ta'akor natu'a
Al tishkakh et hatikvah
Hashiveyni va'ashuva
El ha'arets hatovah.*

אל נא מעקר נטויע,
אל תשכח את התקווה
השיבני ואשובה
אל הארץ מטובה.

Don't uproot the planted, don't forget the hope, help me to return,
and I will return to the good land.



Kaddish

*Yitgadal v'yitkadash
sh'mei raba.*

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

וַיְתַגֵּדֶל וַיְתַקְדִּשֶּׁ
שְׁמָה רַبָּא.
בְּעַלְמָא דִּי בָּרָא כְּרֻעֹתָה,
וַיְמַלֵּיךְ מַלְכוּתָה,
בְּחַיִיכָּו וּבְיוּמִיכָּו
וּבְחַיִּים דָּכְלִים בֵּית יִשְׂרָאֵל,
בְּעַגְלָא וּבְזָמָן קָרִיב.
וְאָמְרוּ אָמָן.

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,*

יְהִיא שֵׁם רַبָּא מִבְּרָךְ
לְעוֹלָם וְלְעוֹלָמִי עַלְמִיא.
יִתְבָּרַךְ וַיִּשְׁתַּבְּחָה,
וַיִּתְפָּאַר וַיִּתְרוּמָם
וַיִּתְנַשָּׁא, וַיִּתְהַדֵּר
וַיִּתְעַלֶּה וַיִּתְהַלֵּל
שֵׁם דָּקְדָּשָׁא
בָּרִיךְ 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.*

לְעֵלָה מִן כָּל בָּרְכַּתָּא
וְשִׁירַתָּא, תְּשִׁבְחַתָּא
וְנִחְמַתָּא, דָאָמִירָה
בְּעַלְמָה. וְאָמָרוּ אָמָן.
יְהָא שְׁלָמָה רַבָּא מִן
שְׁמִינִיא, וְחַיִים עַלְיָנוּ
וְעַל כָּל יִשְׂרָאֵל,
וְאָמָרוּ אָמָן.

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'a seh shalom aleinu,
v'al kol Yisrael,
v'imru: Amen.*

עֲשֵׂה שָׁלוֹם בְּמִרְׁוםִיוּ,
הָוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ,
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.



HIGH HOLY DAYS 2025/5786

Shanah Tovah!

