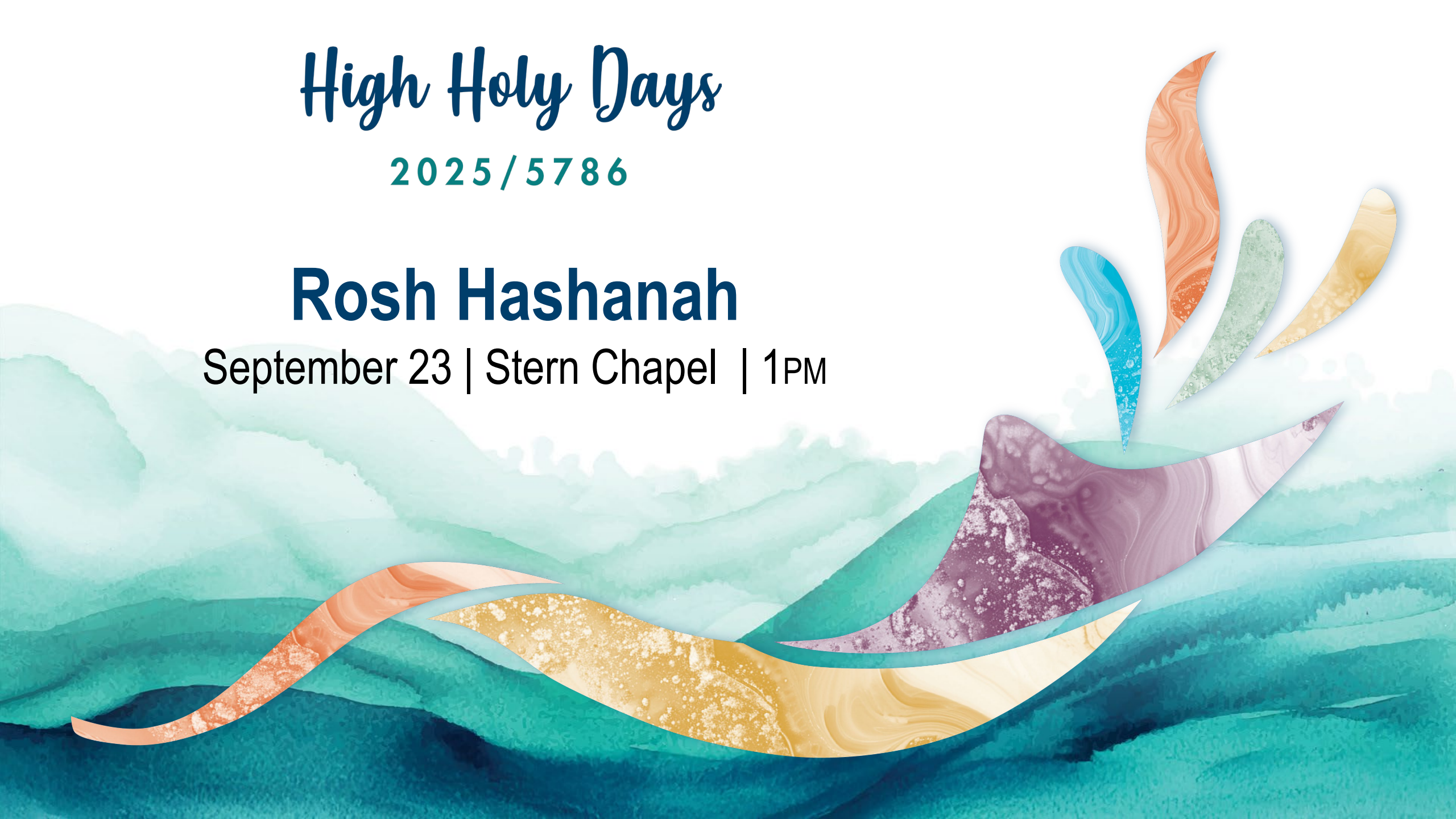


High Holy Days

2025 / 5786

Rosh Hashanah

September 23 | Stern Chapel | 1PM





Forget About Enlightenment

By John Wellwood

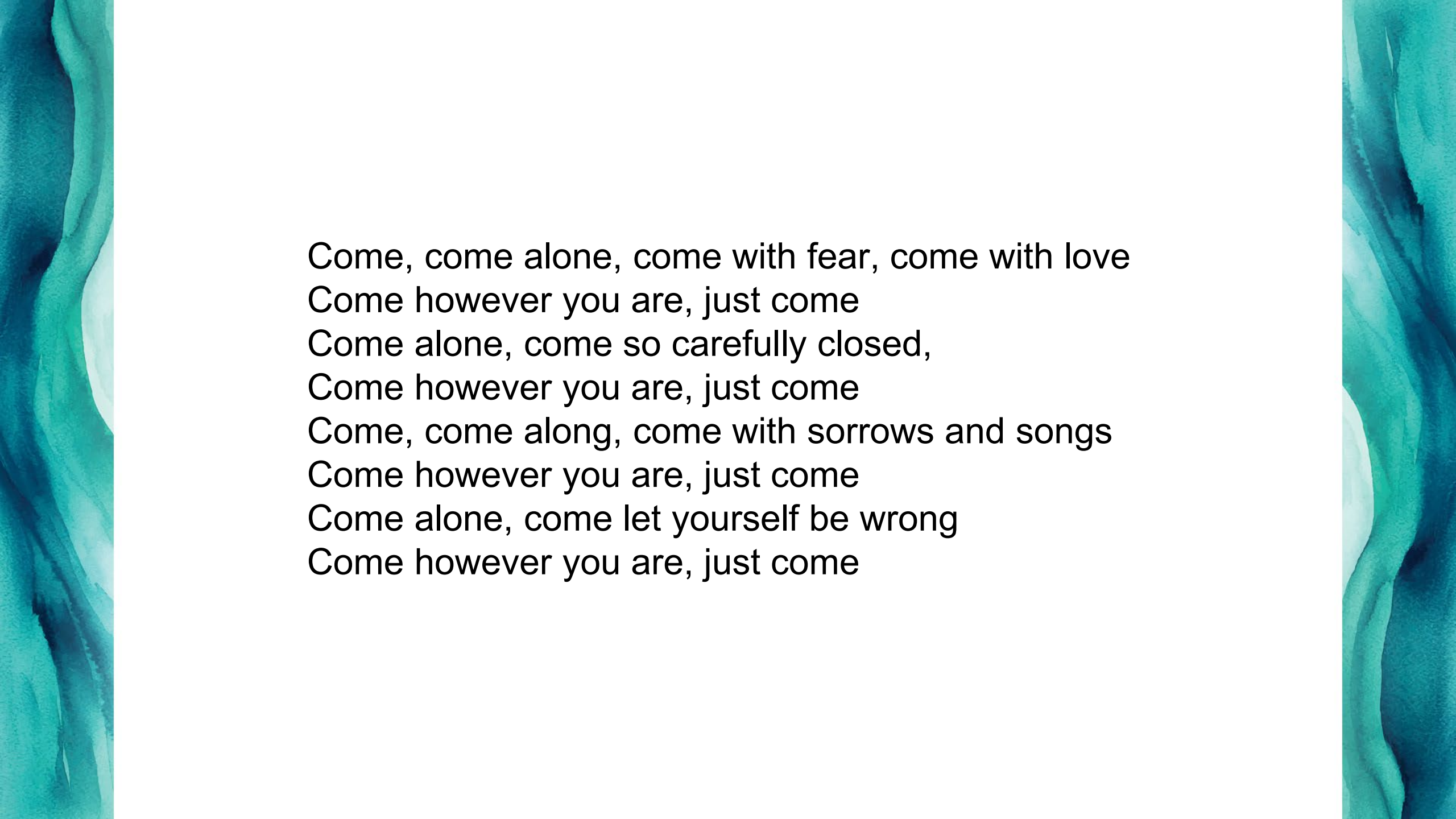
Forget about enlightenment.
Sit down wherever you are
And listen to the wind singing in your veins.
Feel the love, the longing, and the fear in your bones.
Open your heart to who you are, right now,
Not who you would like to be.
Not the saint you're striving to become.
But the being right here before 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)

Ahavah raba (with abundant LOVE)

Ahavtanu (You have loved us)

Adonai Eloheinu (Adonai, our God)

אַהֲבָה

אַהֲבָה רַבָּה

אַהֲבַתָּנוּ

יְיָ 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.*

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וַיְצַנֵּנוּ לְשִׁמּוֹעַ 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.*

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ
וְהִגִּיעָנוּ לַזְּמַן 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.*

אַרְשֶׁת שְׁפָתֵינוּ יַעְרַב לְפָנֶיךָ
אֵל רַם וְנִשָּׂא
מִבֵּין וּמֵאֲזִין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
מַלְכוּתֵנוּ

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 umafla 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

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שָׁלוֹם 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.



Blessing Before Reading the Torah

Bar'chu et Adonai ham'vorach.

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.

Congregation responds:

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

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

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

בָּרוּךְ יְיָ הַמְּבָרָךְ 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 הִיְתָה תֵהוֹ וְבָהוּ וְחָשָׁךְ:
עַל־פְּנֵי תְהוֹם וְרוּחַ אֱלֹהִים מְרַחֶפֶת עַל־פְּנֵי הַמַּיִם: וַיֹּאמֶר אֱלֹהִים יְהי אוֹר
וַיְהי־אוֹר: וַיַּרְא אֱלֹהִים אֶת־הָאוֹר כִּי־טוֹב וַיַּבְדֵּל אֱלֹהִים בֵּין הָאוֹר וּבֵין הַחָשָׁךְ:
וַיִּקְרָא אֱלֹהִים | לָאוֹר יוֹם וְלַחֹשֶׁךְ 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.



Prayer for the State of Israel

From Siddur Tefilat Ha-Adam

צור יִשְׂרָאֵל וְגוֹאֲלוֹ בָּרַךְ נָא אֶת מְדִינַת יִשְׂרָאֵל, רֹאשִׁית צְמִיחַת גְּאֻלָּתֵנוּ.
הִגֵּן עָלֶיהָ בְּרַב חֲסִדֶּדָה, וּפָרַשׁ עָלֶיהָ סִכַּת שְׁלוֹמָהּ. שְׁלַח אוֹרְךָ וְאַמְתְּךָ
לְרֹאשֵׁיהָ, לְשׁוֹפְטֶיהָ וּלְנִבְחָרֶיהָ, וְתַקְנֵם בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, לְמַעַן
יִלְכוּ בְּדֶרֶךְ הַצְּדָק, הַחֶפֶז וְהַיֶּשֶׁר.

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.

חֲזַק אֶת יָדֶי מְגַנֵּי אֶרֶץ קִדְשֵׁנוּ, וְהַנְחִילֵם יְשׁוּעָה וְחַיִּים, וְנָתַתָּ שְׁלוֹם
בָּאֶרֶץ, וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֶיהָ. פֶּקֶד נָא לְבָרְכָהּ אֶת אֲחֵינוּ וְאֶחְיוֹתֵינוּ
בֵּית יִשְׂרָאֵל בְּכָל אֲרָצוֹת פְּזוּרֵיהֶם. טַע בְּלִבָּם אֶהֱבַת צִיּוֹן.
הֶאֱצֵל מְרוֹחְךָ עַל כָּל יוֹשְׁבֵי אֶרְצֵנוּ.

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.

הִסֵּר מִקֶּרְבָּנוּ שִׁנְאָה וְאַיִבָּה, קִנְיָה וְרִשְׁעוּת. וְטַע בְּלִבֵּנוּ אֲהָבָה וְאַחֻוָּה,
שָׁלוֹם וְרַעוּת. וְקַיִם בְּמַהֲרָה חֲזוֹן נְבִיאָךְ: לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב,
וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה. וְנֹאמַר: 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)

Ahavah raba (with abundant LOVE)

Ahavtanu (You have loved us)

Adonai Eloheinu (Adonai, our God)

אַהֲבָה

אַהֲבָה רַבָּה

אַהֲבַתָּנוּ

יְיָ אֱלֹהֵינוּ

Sh'ma

Music by Debbie Friedman; Text: Deuteronomy 6:4

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

וְאַהֲבַתָּ אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ.
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,
וּבְשֹׁכְבְּךָ, 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 מַזְזוֹת 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
וְהָיִיתֶם 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'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

וְאַהֲבַתָּ לְרֵעֲךָ 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

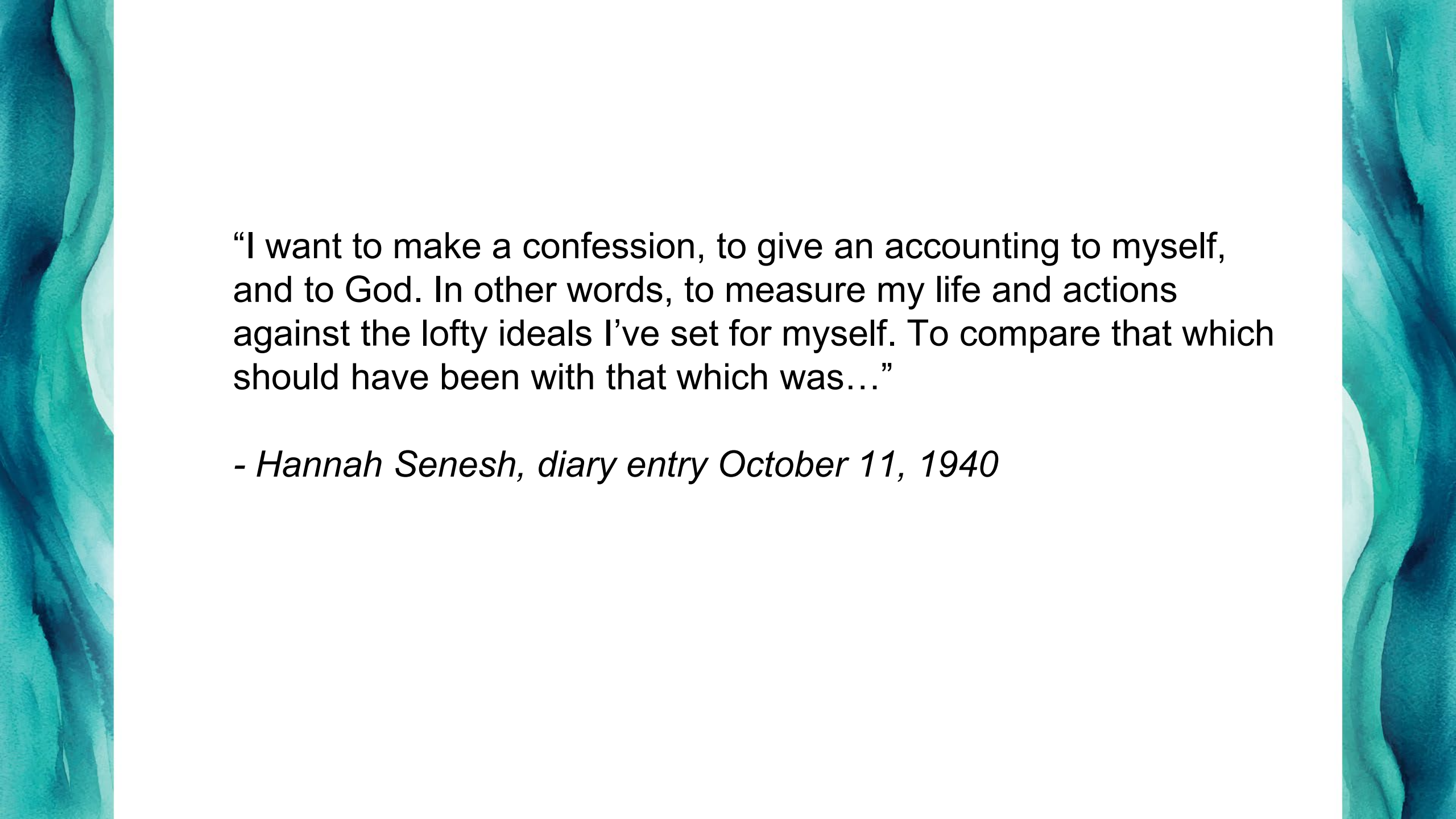
וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ

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

וְאַהֲבַת 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, זוֹכֵר 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.*

אַרְשֶׁת שְׁפָתֵינוּ יַעְרַב לְפָנֶיךָ
אֵל רַם וְנִסָּא
מִבֵּין וּמֵאֲזִין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
מַלְכוּתֵנוּ

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־הַמְּעָרָה וַיֵּלֶן שָׁם וַהֲנִה דְּבַר־יְהוָה אֵלָיו וַיֹּאמֶר לוֹ מַה־לְּךָ פֹּה
אֵלֶיךָ וַיֹּאמֶר קָנָא קָנָאתִי לַיהוָה | אֱלֹהֵי צִבְאוֹת כִּי־עָזְבוּ בְרִיתְךָ בְּנֵי יִשְׂרָאֵל
אֶת־מִזְבְּחֶיךָ הָרָסוּ וְאֶת־נְבִיאֶיךָ הָרְגוּ בַּחֶרֶב וְאֹתִיר אֲנִי לְבַדִּי וַיִּבְקֹשׁוּ
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 וְעִמַּדְתָּ בְּהָר לִפְנֵי יְהוָה וְהִנֵּה יְהוָה עֹבֵר וְרוּחַ גְּדוֹלָה וְחֶזֶק מִפָּרֶק
הָרִים וּמִשֹּׁבַר סִלְעִים לִפְנֵי יְהוָה לֹא בְרוּחַ יְהוָה
וְאַחֲרֵי הָרוּחַ רֶעַשׁ לֹא בְּרֶעַשׁ 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.

וְאַחֵר הָרַעַשׁ אֵשׁ לֹא בָאָהּ יְהוָה וְאַחֵר הָאֵשׁ קוֹל דְּמָמָה דְּקָה: וַיְהִי | כְּשִׁמְעַ
אֱלִיָּהוּ וַיִּלָּט פָּנָיו בְּאַדְרֵתוֹ וַיֵּצֵא וַיַּעֲמֵד פֶּתַח הַמְעָרָה וַהֲנִה אֱלֹהֵי קוֹל וַיֹּאמֶר
מִה־לָּךְ פֶּה אֱלִיָּהוּ:

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 vachessed,
Ase imanu tzedakah vachessed
v'hoshieinu.*

אָבִינוּ מַלְכֵנוּ, חֲנֵנוּ וְעֲנֵנוּ,
אָבִינוּ מַלְכֵנוּ, 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'teishiv alav be-emet.*

— וַנְתַנֶּה תִקְוָה קְדֻשַׁת הַיּוֹם
כִּי הוּא נוֹרָא וְאֵלִים.
וְבוֹ תִנָּשֵׂא מַלְכוּתְךָ,
וְיִכּוֹן בְּחֶסֶד כִּסֵּאֲךָ,
וְתֵשֵׁב 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.



B'Rosh Hashanah

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

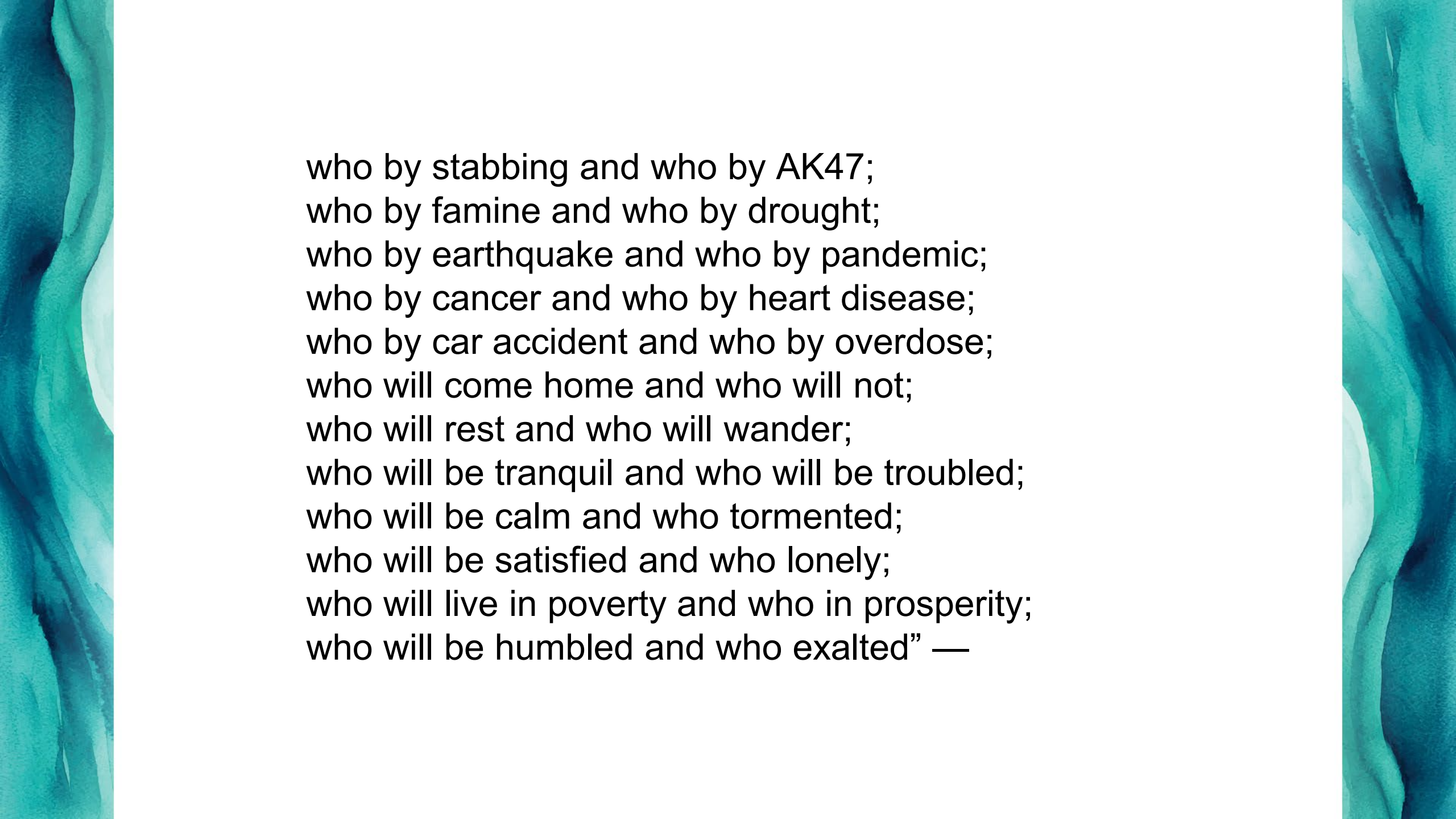
בְּרֹאשׁ הַשָּׁנָה יִכָּתֵב, וּבְיוֹם צוֹם כִּפּוּר יִחְתֶּמּוּן

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.*

וּתְשׁוּבָה, וּתְפִלָּה, וּצְדָקָה
מַעְבִּירִין 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:*

נְקַדֵּשׁ אֶת שִׁמְךָ בְּעוֹלָם,
כְּשֵׁם שֶׁמְקַדִּישִׁים אוֹתוֹ
בְּשִׁמֵי מָרוֹם,
כְּכַתוּב עַל יַד נְבִיאֶךָ:
וְקָרָא זֶה אֶל-זֶה וְאָמַר:

“Kadosh, kadosh, kadosh Adonai tz'vaot, m'lo chol-haaretz k'vodo.” קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְיָ צְבָאוֹת, מְלֵא כָל-הָאָרֶץ כְּבוֹדּוֹ.

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.*

אֲדִיר אֲדִירֵנוּ, יְיָ אֲדֹנֵינוּ -
מַה-אֲדִיר שִׁמְךָ בְּכָל הָאָרֶץ.

“Baruch k’vod Adonai mim’komo.”

בָּרוּךְ כְּבוֹד-יְיָ מִמְּקוֹמוֹ.

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 יַשְׁמִיעֵנוּ בְּרַחֲמָיו
לְעֵינֵי כָל חַי:
אֲנִי יי 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!”*

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

“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*

יְהִי אָנֹכָה אֶמְצְאֶךָ
מִמְּקוֹמְךָ נֵעֶלְה וְנֵעֲלָם
וְאָנֹכָה לֹא אֶמְצְאֶךָ
כְּבוֹדְךָ מִלֵּא עוֹלָם.
דָּרַשְׁתִּי קִרְבְּתְךָ
בְּכָל לִבִּי קִרְאֲתִיךָ
וּבִצִּיאתִי לְקִרְאֲתְךָ
לְקִרְאֲתִי מִצִּיאתִיךָ.

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.*

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

אַרְשֶׁת שְׁפָתֵינוּ יַעְרַב לְפָנֶיךָ
אֵל רַם וְנִסָּא
מִבֵּין וּמֵאֲזִין, מִבֵּיט וּמִקְשִׁיב
לְקוֹל תְּקִיעָתֵנוּ:
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר
מַלְכוּתֵנוּ

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 sukat sh'lomecha

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ

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.*

מִי שֶׁבִּירַךְ 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 שֶׁבִּירַךְ 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.



Al Kol Eileh

Music and lyrics by Naomi Shemer

Al hadvash ve'al ha'okets
Al hamar vehamatok
Al biteynu hatinoket
shmor eyli hatov.

עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַמֶּר וְהַמָּתוֹק,
עַל בִּתְנוּ הַתִּינֻקֶּת
שְׁמֹר אֵלַי הַטּוֹב.

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

עַל הָאֵשׁ הַמְּבַעֶרֶת,
עַל הַמַּיִם הַזָּכִים,
עַל הָאִישׁ הַשׁוֹב הַבֵּיתָה
מִן הַמְּרַחֲקִים.

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.*

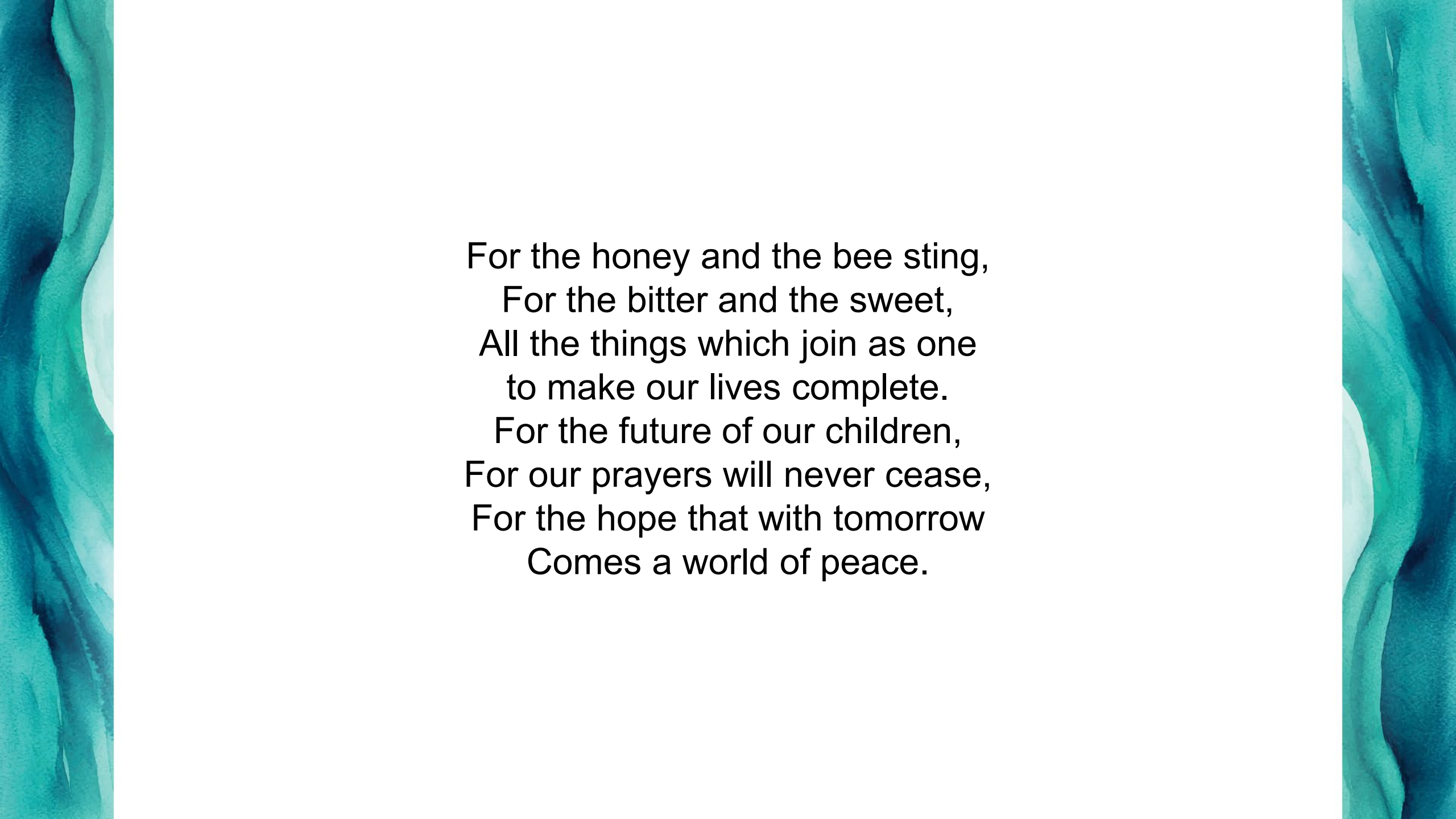
עַל כָּל אֵלֶּה, עַל כָּל אֵלֶּה,
שְׁמֹר נָא לִי אֱלֹהֵי הַטּוֹב.
עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַחֵמֶר וְהַמָּתוֹק.

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.*

אַל נָא תֵּעָקֹר נְטוּעַ,
אַל תִּשְׁכַּח אֶת הַתִּקְוָה
הַשִּׁיבֵנִי וְאַשׁוּבָה
אֶל הָאָרֶץ הַטּוֹבָה.

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.*

עַל כָּל אֵלֶּה, עַל כָּל אֵלֶּה,
שְׁמֹר נָא לִי אֱלֹהֵי הַטּוֹב.
עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַחֹמֶר וְהַמָּתוֹק.

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.*

אַל נָא תֵּעָקֹר נְטוּעַ,
אַל תִּשְׁכַּח אֶת הַתִּקְוָה
הַשִּׁיבֵנִי וְאַשׁוּבָה
אֶל הָאָרֶץ הַטּוֹבָה.

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.*

עַל כָּל אֵלֶּה, עַל כָּל אֵלֶּה,
שְׁמֹר נָא לִי אֱלֹהֵי הַטּוֹב.
עַל הַדְּבַשׁ וְעַל הָעֶקֶץ,
עַל הַמָּר וְהַמָּתוֹק.

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.*

אַל נָא תֵּעָקֹר נְטוּעַ,
אַל תִּשְׁכַּח אֶת הַתִּקְוָה
הַשִּׁיבֵנִי וְאַשׁוּבָה
אֶל הָאָרֶץ הַטּוֹבָה.

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'yamlich malchutei,
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv.
V'im'ru: Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ
שְׁמֵהּ רַבָּא.
בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵהּ,
וְיִמְלִיךְ מַלְכוּתֵהּ,
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעָגְלָא וּבְזִמָּן 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
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח,
וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא, וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
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.*

לְעֵילָא מִן כָּל בִּרְכָתָא
וְשִׁירָתָא, תְּשֻׁבָּתָא
וְנַחֲמָתָא, דְּאַמִּירָן
בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן
שְׁמַיָּא, וְחַיִּים עָלֵינוּ
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 שָׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם 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.



HIGH HOLY DAYS 2025/5786

Shanah Tovah!

