

## שְׁחִירִית לְרֹאשׁ הַשָּׁנָה - Rosh HaShanah Morning Service

### Pure Heart

*Music by Yoel Sykes and Daphne Rosenberg, Text from Psalms 51, 12*

Create a pure heart in me, Great Spirit, create a pure heart in me.

And renew a true soul within me, and renew a true soul within.

### Wild Geese

*by Mary Oliver*

You do not have to be good.	over the prairies and the deep trees,
You do not have to walk on your	the mountains and the rivers.
knees	Meanwhile the wild geese, high in the
for a hundred miles through the desert	clean blue air,
repenting.	are heading home again.
You only have to let the soft animal	Whoever you are, no matter how
of your body	lonely,
love what it loves.	the world offers itself to your
Tell me about despair, yours, and I	imagination,
will tell you mine.	calls to you like the wild geese, harsh
Meanwhile the world goes on.	and exciting -
Meanwhile the sun and the clear	over and over announcing your place
pebbles of the rain	in the family of things.
are moving across the landscapes,	

### Morning Has Broken

*by Yusuf / Cat Stevens and Eleanor Farjeon*

Morning has broken like the first morning  
Blackbird has spoken like the first bird  
Praise for the singing, praise for the morning  
Praise for them springing fresh from the word  
  
Sweet the rains new fall, sunlit from heaven  
Like the first dewfall on the first grass  
Praise for the sweetness of the wet garden  
Sprung in completeness where your feet pass  
  
Mine is the sunlight, mine is the morning  
Born of the one light, Eden saw play  
Praise with elation, praise every morning  
God's recreation of the new day

## Placing My Hand On My Heart

by Bonnie Gruszecki

Placing my hand on my heart  
A loving reminder  
To hold myself with compassion  
As I see myself as I truly am  
When I have missed the mark,  
Stumbled, fumbled  
Tripped over my own feet  
Gotten in my own way.  
Placing my hand on my heart.  
Holding my heart in my hand.

## Elohai N'shamah - אֱלֹהֵי נִשְׁמָה - For Our Souls

אֱלֹהֵי, נִשְׁמָה שְׁנַתָּה בִּי טְהוֹרָה הִיא. אַתָּה בְּרֵאתָהּ, אַתָּה יִצְרַתָּהּ, אַתָּה נִפְחַתָּהּ בִּי,  
וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי, וְאַתָּה עֲתִיד לְטָלָהּ מִמֶּנִּי, וְלִהְיוֹתָהּ בִּי לְעֵתִיד לְבָא. כָּל  
זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי, מוֹדָה\מוֹדָה\מוֹדֶת אֲנִי לְפָנֶיךָ יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי  
וְאֲמוֹתַי, רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנִּשְׁמוֹת.

*Elohai, n'shama shenatata bi t'horah hi. Atah v'ratah, Atah y'tzartah,  
Atah n'fachtah bi, v'Atah m'shamrah b'kirbi v'Atah atid lit'lah mimeni  
ul'hachazirah bi le'atid lavo. Kol z'man shehan'shamah b'kirbi,  
modeh/modah/modet ani l'fanecha, Adonai Elohai v'Eilohei avotai  
v'imotai, Ribon kol hama'asim, Adon kol han'shamot*

O Source, the soul You have given me is pure. You created it, You formed it, and You breathed it  
into me. You watch over it within me. As long as my soul is within me, I offer thanks to You,  
*Adonai*, The Holy Presence of all Generations, Source of all Creation, Sovereign of all souls.

בָּרוּךְ אַתָּה יְיָ אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.

*Baruch Atah Adonai asher b'yado nefesh kol chai v'ruach kol b'sar ish.*

Blessed is The One, whose hand holds every living soul and the breath of all people.

## Eagle Poem

by Joy Harjo

To pray you open your whole self  
To sky, to earth, to sun, to moon  
To one whole voice that is you.  
And know there is more  
That you can't see, can't hear;

Can't know except in moments  
Steadily growing, and in languages  
That aren't always sound but other  
Circles of motion.  
Like eagle that Sunday morning  
Over Salt River. Circled in blue sky  
In wind, swept our hearts clean  
With sacred wings.  
We see you, see ourselves and know  
That we must take the utmost care  
And kindness in all things.  
Breathe in, knowing we are made of  
All this, and breathe, knowing  
We are truly blessed because we  
Were born, and die soon within a  
True circle of motion,  
Like eagle rounding out the morning  
Inside us.  
We pray that it will be done  
In beauty.  
In beauty.

## Psalm 150

*Hal'luYah!*

*Hal'lu-El b'kodsho, Hal'luhu birki'a uzo,  
Hal'luhu big'vurotav, Hal'luhu k'rov gudlo.  
Hal'luhu b'teka shofar, Hal'luhu b'neivel  
v'chinor;*

*Hal'luhu b'tof umachol, Hal'luhu b'minim  
v'ugav.*

*Hal'luhu b'tziltz'lei-shama, Hal'luhu  
b'tziltz'lei tru'a.*

*Kol han'shama t'haleil Yah, Hal'luYah!*

הללו יה!  
הללו־אל בקדשו, הללוהו בְּרִקְיעַ עֶזוֹ,  
הללוהו בגבורתו, הללוהו כְּרֹב גִּדְלוֹ.  
הללוהו בְּתִקְעַ שׁוֹפָר, הללוהו בְּנִבְלָה  
וְכִנּוֹר,  
הללוהו בְּתוֹף וּמַחֲוֹל, הללוהו בְּמִנִּים  
וְעוּגָב.  
הללוהו בְּצִלְצְלֵי־שָׁמַע, הללוהו  
בְּצִלְצְלֵי תְרוּעָה.  
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה, הללו יה!

Halleluyah! Praise to You for Your manifest holiness, praise to You for Your overarching strength. Praise to You for Your mighty acts, praise to You for Your abundant greatness. Praise God with blasts of the horn, praise God with harp and lyre. Praise God with timbrel and dance, praise God with lute and pipe. Praise God with resounding cymbals, praise God with loud clashing cymbals. Let every single soul praise You! Let all that breathes praise You! Halleluyah!

## Exquisite Surrender: Poem for the Days of Awe

by David Hanig

We are called upon to surrender.	There is no path to be found.
But we don't know who or what we are surrendering to.	There is only this exquisite mystery, This perilous unknown.
So we wander in the wilderness of our minds	This neon question mark Is our gift and our solace.
Searching for the illusive path.	
We will never find that path.	Please, Surrender to that . . .

## Bar'chu - בָּרְכוּ

*Bar'chu et Adonai ham'vorach.*

בָּרְכוּ אֶת יְיָ הַמְּבָרֵךְ.

Praise the Great Spirit of All Life, to whom our praise is due.

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

בָּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

Praise the Great Spirit of All Life, to whom our praise is due, now and forever.

## Think of Others

by Mahmoud Darwish

As you prepare your breakfast, think of others.	As you sleep and count the planets, think of others;
Don't forget to feed the pigeons.	there are people who have no place to sleep.
As you conduct your wars, think of others.	As you liberate yourself with metaphors think of others;
Don't forget those who seek peace.	those who have lost their right to speak.
As you pay your water bill, think of others.	And as you think of distant others, think of yourself and say
Think of those who have only clouds to drink from.	"I wish I were a candle in the darkness."
As you return home, your own home, think of others.	
Don't forget those who live in tents.	

## Calling You

by Peter Rowan

We all live on our own mountain, our own mountain so high,  
From my mountain to your mountain to my mountain so high, I'm calling you...

## Sh'ma – שמע

*Sh'ma Yisrael Adonai Eloheinu, Adonai echad.* שמע ישראל יהוה אלהינו יהוה אחד.

*Baruch Sheim K'vod malchuto l'olam va'ed.* ברוך שם כבוד מלכותו לעולם ועד.

Hear O Israel, The Divine Source is our Sovereign, The Divine Source is One. Blessed is the Essence of Glorious Majesty now and forever.

## There's a Hole in My Sidewalk: The Romance of Self-Discovery

by Portia Nelson

Chapter One of My Life. I walk down the street. There's a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It isn't my fault. It still takes forever to find a way out.

Chapter Two. I walk down the same street. There's a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place! But it isn't my fault. And it still takes a long time to get out.

Chapter Three. I walk down the same street. There's a deep hole in the sidewalk. I see it there. I still fall in. It's a habit! My eyes are open. I know where I am. It is my fault. I get out immediately.

Chapter Four. I walk down the same street. There's a deep hole in the sidewalk. I walk around it.

Chapter Five. I walk down a different street.

## Mi Chamocha - מי כמכה

מי כמכה באלים יי, מי כמכה נאדר בקדש, נורא תהילת, עשה פלא. שירה חדשה שבחו גאולים לשמך על-שפת הים יחד כלם הודו והמליכו ואמרו: יהוה ימלך לעולם ועד: צור ישראל קומה בעזרת ישראל ופדה כנאמך יהודה וישראל, גאלנו יהוה צבאות שמו קדוש ישראל: ברוך אתה יהוה גאל ישראל:

*Mi chamocha ba'eilim Adonai? Mi kamocha nedar bakodesh, norah t'hilot, oseih fele? Shirah chadasha shibchu g'ulim l'shimchah al-s'fat hayam yachad kulam hodu v'himlichu v'amru: Adonai yimloch l'olam va'ed.*

“Who is like You, O Spirit of All, among those called gods? Who is like You, majestic in holiness? Awesome in praises, You do amazing things!” Standing at water’s edge, those who were saved praised You with a new song – a song of praise, a song of coronation: “May The Source of Life be our ruler forever!”

## **We Are Verbs: A Poem for the Days of Awe**

*by Blaze Ardman*

I asked God what I can do to  
improve myself and the world.

The Source of Consciousness  
blessed me with an answer.

Remember, God said, that I am  
becoming what I am becoming, as are  
you.

Know that from each fresh moment to  
the next,

you are born and reborn again.

We are verbs, you and I, said God.

Kindness is a verb. When you do  
kindness,

you give wings to hope;

Compassion is a verb. When you do  
compassion,

you activate the energy of empathy;

Generosity is a verb.

When you do generous, you raise the  
vibration of gratitude;

Listening is a verb.

When you do listening, you awaken  
understanding;

Peace is a verb.

When you do peace, the energy of  
wisdom reverberates;

Stillness is a verb.

When you do stillness, the energy of  
faith is restored;

Prayer is a verb.

When you do prayer, the energy of  
joy, healing potential, and return  
ignites.

May you be blessed to know that your  
seemingly small acts

kindle everlasting flames of love,  
goodness, repair.

May you be blessed to know

You are the redeemed and the  
redeemer

You are the blessed and the blessing

You are the lover and the beloved.

And so together,

we are the unbounded light of  
consciousness,

the unending essence of divine spark,  
life unfolding through eternity.

May you be so blessed.

## **What a Wonderful World**

*by George David Weiss and Robert Thiele*

I see trees of green, red roses too

I see them bloom for me and you

And I think to myself...what a wonderful world

I see skies of blue, and clouds of white

The bright blessed day, the dark sacred night

And I think to myself...what a wonderful world

The colors of the rainbow so pretty in the sky

Are also on the faces of people going by

I see friends shaking hands saying, "How do you do?"  
They're really saying...I love you

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

## **Silent Prayer**

### **A Prayer for the Ability to Pray**

*by Naomi Levy (adapted)*

Dear Divine Source, as I pray, day after unpredictable day,  
May the voice of my soul spring forth from my lips,  
May I turn to You, Holy One, in tears, in laughter, and in song.  
And may my prayers be answered. Amen.

### **Singing For Our Lives**

*by Holly Near*

We are a gentle angry people,  
And we are singing, singing for our lives.

We are a justice seeking people  
We are young and old together  
We are a land of many colours  
We are a vibrant rainbow people  
We are all in this together  
We are a gentle loving people

### **Unetaneh Tokef: Facing our Environmental Challenge**

*by Rabbi Nathan Martin*

We declare the sacred power of this day  
We stand on the edge of possibility and loss  
Like the angels, let us sound the great shofar  
Let us strain to hear the still small voice  
calling us  
To awareness  
To hope

To truth  
That we face a world where we are more vulnerable  
To fires that can't be contained,  
Heat that overwhelms,  
Mega-storms that scatter us like debris,  
Bitter conflicts over water, oil, food,  
Fossil fuel industries who put profits above the planet —  
And the morally questionable banks that finance them  
Species that are losing their last foothold in our world.  
Let us turn to our ancient wisdom  
To *teshuvah* – a shift in consciousness  
*Tefillah* – sharing our yearnings and our grief  
And *tzedakah* – always the work of justice  
So that we can write ourselves into the book of compassion and resilience  
Each of us letters of light facing the darkness.

### Who by Fire

*by Leonard Cohen*

And who by fire, who by water  
Who in the sunshine, who in the nighttime  
Who by high ordeal, who by common trial  
Who in your merry, merry month of May  
Who by very slow decay  
And who shall I say is calling?  
  
And who in her lonely slip, who by barbiturate  
Who in these realms of love, who by something blunt  
Who by avalanche, who by powder  
Who for his greed, who for his hunger  
And who shall I say is calling?  
  
And who by brave assent, who by accident  
Who in solitude, who in this mirror  
Who by his lady's command, who by his own hand  
Who in mortal chains, who in power  
And who shall I say is calling?



## Start Close In

by David Whyte

Start close in,  
don't take the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don't want to take.

Start with  
the ground  
you know,  
the pale ground  
beneath your feet,  
your own  
way to begin  
the conversation.

Start with your own  
question,  
give up on other  
people's questions,  
don't let them  
smother something  
simple.

To hear  
another's voice,  
follow  
your own voice,

*Ut'shuvah ut'filah utz'dakah ma'avirin et  
ro'a hag'zeirah.*

But Returning, Prayer and Acts of Kindness will carry us through the severe decree.

wait until  
that voice  
becomes an  
intimate  
private ear  
that can  
really listen  
to another.

Start right now  
take a small step  
you can call your own  
don't follow  
someone else's  
heroics, be humble  
and focused,  
start close in,  
don't mistake  
that other  
for your own.

Start close in,  
don't take  
the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don't want to take.

ותשובה ותפלה וצדקה מעבירין את  
רע הגזירה.

## My Shelter from the Storm

by Lorraine Colon

When Life's darkest clouds gather over me,  
I seek shelter from impending storms;  
Curtains are drawn closed, all the doors secured ---  
And soon Life's grotesque profile transforms

Darkness spreads its arms like a faithful friend,  
Offering comfort and asylum here;  
(I'd rather not see what lurks in the light --  
What we can't see we tend not to fear)

In my solitude, peace and harmony  
Join to banish thoughts of bitterness;  
Soon yesterday's pains fade and slip away ---  
Precious gift of sweet Forgetfulness!

And should the anguish prove unbearable  
My beleaguered soul succumbs to prayer;  
Please, don't pity me . . . I've been here before . . .  
Misery always seeks its darkest lair

But I find that Time, with its healing hands  
Soothes and calms the tempests of the mind,  
And from my shelter I emerge, renewed,  
Leaving Life's most loathsome hours behind

## מי שְׁבִירַח - Mi Shebeirach

Music by Debbie Freidman, Text by Debbie Friedman and Drorah Setel

*Mi Shebeirach avoteinu M'kor  
habrachah l'imoteinu.*

מי שְׁבִירַח אֲבוֹתֵינוּ מְקוֹר 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  
habrachah l'avoteinu.*

מי שְׁבִירַח אִמּוֹתֵינוּ מְקוֹר הַבְּרָכָה  
לְאֲבוֹתֵינוּ.

Bless those in need of healing with *r'fua sh'leima*, the renewal of body, the  
renewal of spirit, and let us say, amen.

## Peace is the Rock

*by Andrea Johnston*

Peace is not the opposite of war;  
it is a kind of war.  
Peace demands  
strong arms, strong hearts,  
thick skin protecting  
relentless hope,

courage  
against pointless aggression.  
Peace demands patience,  
endurance,  
and perseverance.  
Endless perseverance.  
Peace is the rock. We are Sisyphus.

## Down By the Riverside

I'm gonna lay down my sword and shield, down by the riverside...  
I ain't gonna study war no more, I ain't gonna study war no more...

*Lo yisa goy el goy cherev lo yil'm'du  
od milchamah.*

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב לֹא יִלְמְדוּ עוֹד  
מִלְחָמָה

Nation shall not lift up sword against nation, neither shall they learn war anymore.

## Wildpeace

*by Yehuda Amichai*

Not the peace of a cease-fire,  
not even the vision of the wolf and the  
lamb,  
but rather  
as in the heart when the excitement is  
over  
and you can talk only about a great  
weariness.  
I know that I know how to kill,  
that makes me an adult.  
And my son plays with a toy gun that  
knows  
how to open and close its eyes and  
say Mama.  
A peace  
without the big noise of beating

swords into ploughshares,  
without words, without  
the thud of the heavy rubber stamp:  
let it be light, floating, like lazy white  
foam.

A little rest for the wounds—  
who speaks of healing?  
(And the howl of the orphans is  
passed from one generation  
to the next, as in a relay race:  
the baton never falls.)

Let it come  
like wildflowers,  
suddenly, because the field  
must have it: wildpeace.

## Peace Will Come

*by Tom Paxton*

Peace, peace will, peace will come.

Let it begin with me.

We, we need, we need peace. Let it  
begin with me.

Oh, my own life is all I can hope to  
control.

Oh, let my life be lived for the good,  
good of my soul.

Let it bring peace.

Sweet peace, peace will come.

Let it begin with me.

*Sha...lom, shalom yavo sheyatchil iti -*

שָׁלוֹם יָבוֹא וְיִתְחַיֵּל אִתִּי

## Return

*by Joanne Fink*

As we embark on a journey of  
*teshuvah*,  
may reflection, introspection and  
soul-searching  
help us discover our sacred purpose.

As we turn, return and repent,  
may the cry for justice  
kindle a flame of hope,

and a spark a fire of commitment  
within each of our hearts.

May this sacred, spiritual journey  
light the way to a future based on  
equality, justice, hope and peace  
and help us return to ourselves,  
to our community and to our God.

## May the Life I Lead

May the life I lead... speak for me...

When I come to the end of my road

And I lay down my heavy load

May the life I lead... speak for me...

May the songs I sing, work I do, words I speak, path I walk, land I tend, seeds I  
sow, mountains I climb...

## Nothing Gold Can Stay

*by Robert Frost*

Nature's first green is gold,  
Her hardest hue to hold.  
Her early leaf's a flower;  
But only so an hour.

Then leaf subsides to leaf.  
So Eden sank to grief,  
So dawn goes down to day.  
Nothing gold can stay.

## Mourner's Kaddish - קדיש יתום

*Yitgadal v'yitkadash sh'meih raba  
b'alma di v'ra chiruteih, v'yamlich  
malchuteih b'chayeichon uv'yomeichon  
uv'chayei d'chol beit Yisraeil, ba'agala  
uviz'man kariv, v'imru: Amein.*

*Y'hei sh'meih raba m'varach  
l'alam ul'almei almaya.*

*Yitbarach v'yishtabach v'yitpa'ar  
v'yitromam v'yitnasei, v'yit'hadar  
v'yitaleh v'yithalal sh'meih d'kud'sha  
B'rich Hu, l'eila ul'eila min kol  
birchata v'shirata, tushb'chata  
v'nechemata, da'amiran b'alma,  
v'imru: Amein.*

*Y'hei sh'lama raba min sh'maya,  
v'chayim aleinu v'al kol Yisraeil,  
v'imru: Amein.*

*Oseh shalom bimromav, hu ya'aseh  
shalom aleinu, v'al kol Yisraeil v'al kol  
yoshvei teivel. V'imru: Amein.*

יתגדל ויתקדש שמה רבא בעלמא די ברא  
כרעותיה, ונמליך מלכותיה בחדייכון  
וביומיוכון ובחיי דכל בית ישראל. בעגלא  
ובזמן קריב ואמרו: אמן.

יהא שמה רבא מברך לעלם ולעלמי  
עלמיא:

יתברך וישתבח ויתפאר ויתרומם ויתנשא  
ויתקדר ויתעלה ויתהלל שמה דקדשא  
ברוך הוא, לעלא ולעלא מן כל ברכתא  
ושירתא, תשבחתא ונחמתא, דאמירן  
בעלמא, ואמרו: אמן.

יהא שלמא רבא מן שמיא וסוים עלינו ועל  
כל ישראל, ואמרו: אמן.

עושה שלום במרומו הוא יעשה שלום  
עלינו ועל כל ישראל ועל כל יושבי תבל  
ואמרו: אמן.

Exalted and hallowed be The Great Name, in the world which The Source created, according to plan. May God's majesty be revealed in the days of your lifetime and the life of all Israel - speedily, imminently. To which we say: Amen. Blessed be The Great Name to all eternity. Blessed, praised, honoured, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort, to which we say: Amen. May there be abundant peace from heaven and a good life for us and for all Israel, —and we say Amen. May the One who causes peace to reign in the high heavens, cause peace to reign among us, all Israel, and all the world, and let us say: Amen.

## Oseh Shalom - עושה שלום

*Oseh shalom bimromav hu ya'aseh  
shalom aleinu, v'al kol Yisraeil, v'al kol  
yoshvei teivel. V'imru: Amein.*

עושה שלום במרומו הוא יעשה שלום  
עלינו ועל כל ישראל ועל כל יושבי תבל  
ואמרו: אמן.

May the One who makes peace in the heavens make peace for us, for all Israel, and for all who dwell on the earth. And let us say: Amen

## Tashlich – תשליך

*Tashlich* literally means “cast away.” We take this time during our Rosh HaShanah services to consider the past year and to cast away everything that no longer serves us. We symbolically throw our sins, our bad habits, and our negativity into the water, and watch as they drift or sink out of sight. This is a chance to move past what isn’t right for us, and what doesn’t work for us. We make space in our lives to try again, to do better, to be better. We ask for help and guidance as we long to return to the purity, the holiness, and the completeness of our *n’shamah* נִשְׁמָה, our inner divinity, our soul.

## Hashiveinu – הַשִּׁיבֵנוּ

*Hashiveinu Adonai eilecha v’nashuvah,* הַשִּׁיבֵנוּ יְהוָה אֵלֶיךָ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ  
*chadeish yameinu k’kedem:* כְּקֵדָם:

Take us back, O Eternal, to Yourself, and let us come back; Renew our days as of old!

[Lamentations 5:21]

## What We Are Told

by Rabbi Vicki Hollander

We are told:

Go and learn from the water and  
Cast away our crumbs,  
Remnants of that which sustains us.

*We are told:*

*Go and learn from the water.  
For the water's face appears serene,  
While beneath, she teems with life,  
Entire worlds unseen.  
Reminding us it is time to look within  
ourselves.*

We are told, go and learn from the  
water.

For she contains remnants of primeval  
floods, forms of chaos.  
*A step closer toward coming home*

Reminding us of layers within  
ourselves

That rise and swell, forces of darkness  
that struggle to

Dim the forces of light

And as the year is birthed yet again

We are urged to look at the water,  
To learn from the water and to listen  
well.

*And we come and cast that which  
weighs us down,*

*And release it to the water,  
That we might leave the shore lighter,  
cleansed by water's lips.*

## Min HaMeitzar - מִן הַמֵּיצָר

*Min hameitzar, karati Yah, anani  
vamerchav Yah.*

מִן הַמֵּיצָר, קָרָאתִי יְהוָה, עָנְנִי בְּמִרְחָב  
יְהוָה.

From a narrow place I called out to God, The Source of All answered me within the expanse.

[Psalm 118:5]

## Each Crumb Tells a Story

by Rabbi Joshua Lesser

Some say they are sins  
That may be so  
But I say that each crumb tells a story  
Tales from the past year  
Stories that no longer serve me  
or my purpose  
They served some purpose, mind you  
just not the Purpose  
Fables I had concocted in my head  
Funny ones that were at someone's  
expense  
Mean ones that had some recompense  
And there were those that had  
almost no common sense  
Yet there were the stories I relied  
upon  
Some call them fancy names  
like excuse, justifications, or  
complaints and  
reasons  
It doesn't matter what names you give  
them  
What's important is that they are so  
darn  
comfortable

like a friend you outgrew, but is  
familiar  
all the same  
Now I realize that stories can be sweet  
as honey  
Just as sticky too  
Hard to part with or make do  
Sometimes they even seep  
deep down into the bones  
like the cold truth  
But I come to this river on the  
birthday of the world  
and I make a deal with Her  
I'll give up these dear tales of mine to  
the river  
if She swaps some in their place  
better ones because I know how to  
bargain  
Sounds like a haggling of cosmic  
proportions  
You may say it's just another tale  
But that is exactly what happens by  
the river on the  
birthday of the world

## Eili, Eili - אלי, אלי

by Hannah Szenes

*Eili, Eili, shelo yigameir l'olam:  
hachol v'hayam, rishrush shel  
hamayim, b'rak hashamayim, t'filat  
ha'adam.*

אלי, אלי, שלא יגמר לעולם: החול והים,  
רשרוש של המים, ברכ השמים תפלת  
האדם.

*Eili, Eili, I pray that these things never end: the sand and the sea, the rush of the  
waters, the crash of the heavens, the prayer of the heart.*

## A Prayer for Tashlikh

by Rabbi Rachel Barenblat

Here I am again  
ready to let go of my mistakes.  
Help me to release myself  
from all the ways I've missed the mark.  
Help me to stop carrying  
the karmic baggage of my poor  
choices.  
As I cast this bread upon the waters  
lift my troubles off my shoulders.

Help me to know that last year is over,  
washed away like crumbs in the  
current.  
Open my heart to blessing and  
gratitude.  
Renew my soul as the dew renews the  
grasses.  
And we say together:  
Amen.

## Private Time by the Water

Questions to Ponder:

- Did I seek to fulfil my purpose this year?
- Was I there for the people who needed me?
- Do my relationships reflect *k'dushah* קדוּשָׁה, holiness?
- Did I take time to nurture my body and soul?
- Was I kind?
- Was I generous?
- Did I learn, teach, grow?

Take a deep breath. Send all that doesn't serve you into the water. Create a plan in your heart to take incremental steps towards more love, more peace, more fulfilment, and more wholeness this year. Apologize to yourself for the times when you missed the mark. Take another deep breath. Begin the process of forgiving yourself.

## Return to the Group

### Kein Yehi Ratzon - כֵּין יְהִי רָצוֹן

by Elana Arian

May I be safe, may I be free.  
May I find space, space to just be.  
*Kein Yehi Ratzon* - כֵּין יְהִי רָצוֹן  
May I find my way back home  
May you be safe... May we be safe...



This is to Me like the waters of Noah - for just as I have sworn that the waters of Noah should no more flood the earth; so have I sworn that I will not be angry with you, or rebuke you. For the mountains may move and the hills shake; but My kindness shall never depart from you, nor shall My covenant of peace be taken away - says The Eternal, who has taken you back in Love.

[Isaiah 54:9-10]

### אָבינוּ מַלְכֵינוּ - Avinu Malkeinu

*Avinu Malkeinu/Horeinu Shomreinu  
Choneinu va'aneinu  
Ki ein banu ma'asim  
Asei imanu tzedakah vachessed  
V'hoshieinu.*

אָבינוּ מַלְכֵנוּ\הוֹרֵינוּ שׁוֹמְרֵינוּ  
חֲנֻנוּ וְעֲנֻנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ:

*Avinu Malkeinu/Horeinu Shomreinu – Almighty and Merciful – answer us with grace, for our deeds are wanting. Save us through acts of justice and love.*

### Sounding the Shofar

The blast of the shofar wakes us up. It is a call to pay attention – to ourselves, to others, and to the world around us. This year, may we heed the shofar's call for justice, for righteousness, and for peace.

*Baruch Atah Adonai Eloheinu Melech  
ha'olam, asher kid'shanu b'mitzvotav,  
v'tzivanu lishmo'a kol shofar.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְשַׁמֵּעַ  
קוֹל שׁוֹפָר.

We praise You Source of All who rules the universe, for making us holy with Your commandments, and commanding us to hear the sound of the Shofar.

*Baruch Atah Adonai Eloheinu Melech  
ha'olam, shehecheyanu, v'kiy'manu,  
v'higi'anu laz'man hazeh.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁהַחַיֵּינוּ, וְקִיְמָנוּ, וְהִגִּיעָנוּ לַזְמַן הַזֶּה.

We praise You, Source of All, who rules the universe, who gave us life, sustained us, and brought us to this season.

תְּקִיעָה. שְׁבָרִים תְּרוּעָה. תְּקִיעָה.  
T'kiah. Sh'varim-T'ruah. T'kiah.  
תְּקִיעָה. שְׁבָרִים. תְּקִיעָה.  
T'kiah. Sh'varim. T'kiah.  
תְּקִיעָה. תְּרוּעָה. תְּקִיעָה גְּדוּלָה!  
T'kiah. T'ruah. T'kiah G'dolah!

## קדיש ומוציא - Kiddush and Motzi

*Baruch Atah Adonai Eloheinu Melech* בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.  
*ha'olam, borei p'ri hagafen.*

Praise To You, Spark of Life, Sovereign of the universe, Creator of the fruit of the vine.

*Baruch Atah Adonai Eloheinu Melech* בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.  
*ha'olam, hamotzi lechem min ha'aretz.*

Our praise to You, Spark of Life, Sovereign of the universe, who brings forth bread from the earth.

*Baruch Atah Adonai Eloheinu Melech* בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הָעֵץ.  
*ha'olam, borei p'ri ha'eitz.*

Praise To You, Spark of Life, Sovereign of the universe, Creator of the fruit of the tree.

*L'shana tova tikvateivu! - לְשָׁנָה טוֹבָה תִּכְוָתֵבוּ!*

May you be inscribed for a good year!