

Family  
T'fillah  
Together

*High Holidays 5781  
With Eliana Light*

This Machzor belongs to:

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# This Machzor is dedicated to:

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Think of a person, a value, an idea

*-- something or someone --*

inspiring you this year!

## **What's inside**

Welcome and Packing List- page 3

Rosh Hashanah Day One- page 4

Rosh Hashanah Day Two- page 12

Ten Days Checklist- page 22

Kol Nidre- page 23

Yom Kippur Day- page 28

# Welcome!

Here we are, once again, at the High Holidays. While so much is different this year, the core of it all remains: love, joy, justice, and a commitment to working towards bettering ourselves and bettering the world. While we are disappointed not to gather in person, may we remember that the Jewish calendar comes in cycles, and we will have so many more holy opportunities to celebrate. May we let this year be something new, and ask “what do the ancient words of the prayer book have to say to us right at this moment?” May we sing, play, dance, learn, reflect, and grow. May we model for our children, and may they teach us beyond measure. May we be present when we can and show ourselves compassion when we cannot. May we be grateful for what is, fight for what needs to change, and love as much as possible.

Shanah Tovah,

*Eliana*

## **Packing List**

- Rosh Hashanah Day One: Apples and honey (sub for allergies, of course!)
- Rosh Hashanah Day Two: Noise makers (instruments, pots and pans, anything!)
- Kol Nidre: A tallit (prayer shawl) or blanket
- Yom Kippur Day: A photo or keepsake of someone you love that you are remembering this year
- Each day: This machzor, a comfy space to be together, a connected device, your voices, and your spirits!

## Rosh Hashanah Day One:

*How can we make this a good and sweet new year?*

Shanah Tovah U'metukah- A Good and Sweet New Year!

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
שְׁתַּחֲדֵשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה

Yehi Ratzon Milfanecha

Adonai Eloheinu V'elohei Avoteinu

*She'techadeeeeeeeesh Aleinu*

*She'techadeeeeeeeesh Aleinu*

*Shana Tovah (clap clap clap clap) U'metukah*

May it be, may it be

A year of sweetness

For you and me! *By Eliana Light*

Shehecheyanu- We Made It!

בָּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחַיֵּנוּ וְקִיּוּמֵנוּ וְהַגִּיעָנוּ לְזִמְן הַזֶּה

Baruch atah Adonai, Eloheinu Melech Haolam,

Shehecheyanu, V'kiy'manu, V'higianu Laz'man Hazeh.

*We experience Your blessing, Holy One of all time and space,  
through being present in this sacred time. Melody By Tzvika Pik*

Ma Tov- Noticing Our Space

מָה טוֹבוֹ אֶהְלִיךָ, יַעֲקֹב; מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.

Mah Tov Ohalecha Ya'akov Mishkenotecha Yisrael

*Your dwelling places are so good; Your sacred spaces are so, so good.*

Asher Yatzar- Noticing our Bodies

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 ה' / הויה Baruch Atah, Adonai/Havayah  
רופא כל בשר ומפליא לעשות Rofei Chol Basar Umafli La'asot  
*At this moment, we experience your blessing, holy one,  
through the bodies' wondrous ability to heal. Melody By Dan Nichols*

Ashrei- Sitting With What Is

אשרי יושבי ביתך עוד יהללוך סלה  
Ashrei Yoshvei Veitecha Od Yehalelucha Selah.  
*Ahhh- Sitting in Your house, I am content.  
It will always be enough. Melody By Dan Merer*

Ahavah Rabbah- An Enormous Love!

אהבה רבה אהבתנו Ahavah Rabbah Ahavtanu  
*We are loved with a great love.*

Shema- Stop. Breathe. Listen. Be.

שמע ישראל, ה' אלהינו, ה' אחד  
Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad  
*Listen up, G!D-wrestlers!  
No matter what you name G!D, G!D is present, G!D is One.*

ברוך שם כבוד מלכותו לעולם ועד.  
Baruch Sheim K'vod Malchuto L'olam Va'ed  
*The name of our universe is "blessing," for all time*

## V'ahavta- Responding with Love

V'ahavta et Adonai Elohecha b'chol  
 l'vav'cha uv'chol nafsh'cha uv'chol  
 m'odecha. V'hayu had'varim  
 ha'eleh asher anochi m'tzav'cha  
 ha-yom al l'vavecha. V'shinantam  
 l'vanecha v'dibarta bam b'shivt'cha  
 b'veitecha uv'lech'techa va-derech  
 uv'shoch-b'cha u-v'kumecha.  
 Uk'shartam l'ot al yadecha v'hayu  
 l'totafot bein einecha. Uch'tavtam  
 al m'zuzot beitecha uvish'arecha.

וְאַהֲבַתְּ אֶת ה' אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ  
 וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ: וְהָיוּ  
 הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְּךָ  
 הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבִנְיָךְ  
 וּדְבַרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
 בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקָשַׁרְתָּם  
 לְאֹזֶן עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין  
 עֵינֶיךָ: וְכָתַבְתָּם עַל-מְזוּזֹת בֵּיתְךָ  
 וּבִשְׁעָרֶיךָ:

*Aspire to give love back to the Holy One, to the universe, to each other, with all your heart, soul, and a little extra. Put these words of love on your heart. Speak love with your family, with yourself, at home, each evening, and each morning. Bind them on your hand and act with love; Bind them on your eyes and see with love. Put these words on your doors and on your gates; Open them in love.*

## Adonai S'fatai- We Ask for Help First

אֲדַנִּי שְׁפַתִּי תִפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ  
 Adonai, S'fatai Tiftach U'fi Yagid Tehilatecha  
*Holy One, if you help me to call out to that which is beyond me, I will*

*Take a moment and reflect...*

What is good and sweet in your life, right now?

*Think, feel, and then share.*

Oseh Shalom-May we Bring Peace!

עוֹשֶׂה שְׁלוֹם בְּמִרְמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ

Oseh Shalom Bimromav Hu Ya'aseh Shalom Aleinu

May the one/s, may the one/s who make/s peace

bring peace down, bring peace down *Melody By Elana Jagoda*

*Let's connect!*

Who are you? Where are you?

What is something good and sweet about this moment?

And how will you make this upcoming year sweet?

*What a blessing to be together!*

Hineini- I am Here!

I am here, here I am

I am here, oh here I am

הִנֵּנִי Hineini

Oh, here I am. *By Michelle Citrin*

Hayom- We can Start Today!

Hayom T'amtzeinu, <b>Amen</b> Hayom T'varcheinu, <b>Amen</b> Hayom T'gadleinu, <b>Amen</b> Hayom Tidrsheinu L'Tovah, <b>Amen</b> Hayom Tich't'veinu L'chayim Tovim, <b>Amen</b> Hayom T'kabeil B'rachamim Uv'ratzon Et T'filateinu, <b>Amen</b> Hayom Tish'mah Shav'ah'teinu, <b>Amen</b> Hayom Tit'm'cheinu Bimin Tzid'kecha, <b>Amen</b>	הַיּוֹם תִּאֲמָצְנוּ. אָמֵן הַיּוֹם תִּבְרַכְנוּ. אָמֵן הַיּוֹם תִּגְדְּלוּנוּ. אָמֵן הַיּוֹם תִּדְרְשׁנוּ לְטוֹבָה. אָמֵן הַיּוֹם תִּכְתְּבוּנוּ לְחַיִּים טוֹבִים. אָמֵן הַיּוֹם תִּקְבַּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתָנוּ. אָמֵן הַיּוֹם תִּשְׁמַע שׁוֹעֲתָנוּ. אָמֵן הַיּוֹם תִּתְמַכְנוּ בְּיָמִין צְדָקָךְ. אָמֵן
<p><i>Today we are strengthened, blessed, and ready to grow. Today we seek our happiness. Today we are inscribed for a good life. We are heard. We are accepted. We are committed to justice. Today! Melody by Noah Aronson</i></p>	

Kaddish Shalem- Amen!

Yitgadal v'yitkadash sh'mei raba. <b>Amen!</b> B'al'ma di v'ra chirutei, v'yamlich malchutei B'chayeichon uv'yomeichon uv'chayei d'chol beit yisra-eil, Ba'agala uvizman kariv, v'imru <b>Amen!</b> Y'hei sh'mei raba m'varach l'alam ul'al'mei al'maya. Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei v'yithadar v'yitaleh V'yithalal sh'meih d'kudsha <b>Brich Hu!</b> L'eila l'eila min kol birchata v'shirata tushb'chata v'nechemata, da'amiran b'alma, v'imru <b>Amen!</b> Titkabeil tz'lot'hon uvaut'hon d'chol yisrael kadam avuhon di vishmaya v'imru <b>Amen!</b>
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Y'hei sh'lama raba min sh'maya,  
 V'chayim aleinu v'al kol yisrael, v'imru **Amen!**  
 Oseh shalom bimromav, hu ya-aseh shalom aleinu v'al kol yisrael, v'al kol  
 yoshvei teivel, v'imru **Amen!** *Melody By Yossele Rosenblatt*

Aleinu- It is up to us

<p>Aleinu l'shabeyach la'adon hakol,          latet g'dulah l'yotzer b'reshit,          shelo asanu k'goyei ha'aratzot          v'lo samanu k'mishp'chot          ha'adamah,          sh'lo sam chelkenu kahem,          v'goralenu k'chol hamonam.          Va'anachnu korim          umishtachavim umodim          Lifnei melech malchei ham'lachim,          hakadosh baruch hu.</p>	<p>עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,          לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית          שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת          וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה          שֶׁלֹּא שָׂם חֵלְקֵנוּ כִּפְהֵם          וְגָרְלָנוּ כְּכֹל הַמּוֹנֵם          וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים          לְפָנֵי מֶלֶךְ, מְלִכֵי הַמְּלָכִים,          הַקָּדוֹשׁ בְּרוּךְ הוּא.</p>
<p><i>It is on us to praise, to acknowledge that which is above us,          and to work towards a world of One-ness.</i></p>	
<p>V'hashevota el levavecha          ki Adonai hu ha'elohim</p>	<p>וְהִשְׁבַּת אֶל לִבְּךָ.          כִּי ה' הוּא הָאֱלֹהִים</p>
<p><i>And you will know this by heart: all-that-is is above me. Melody by Shir Yaakov Feit</i></p>	
<p>V'ne'emar v'hayah Adonai          l'melech al kol ha'arets.          Bayom hahu yihye Adonai echad          ush'mo echad.</p>	<p>וְנֹאמַר וְהָיָה ה' לְמֶלֶךְ עַל כָּל הָאָרֶץ.          בַּיּוֹם הַהוּא יִהְיֶה ה' אֶחָד          וּשְׁמוֹ אֶחָד:</p>
<p><i>On that day, we will remember: G?D is one, and we are one.</i></p>	

Kaddish Yatom- A Moment of Memory.

Yitgadal v'yitkadash sh'mei raba. **Amen.**

B'alma divra chirutei, v'yamlich malchutei b'chayeichon uvyomeichon uvchayei  
d'chol beit yisrael, Ba'agala uvizman kariv, v'im'ru: **Amen.**

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

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh,  
V'yithadar v'yit'aleh v'yit'halal sh'mei d'kud'sha, **b'rich hu,**  
L'eila l'eila mikol birchata v'shirata, tushb'chata v'nechemata  
da'amiran b'alma v'im'ru: **Amen.**

Y'hei shlama raba min sh'maya v'chayim aleinu v'al kol yisrael, v'im'ru: **Amen.**

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

You are a Blessing!

You are a blessing  
Every Day  
When I watch you grow  
Learn and play  
So I'll love you and keep you  
and I'll hug you and kiss you  
Forever ever and ever, and ever

You are a blessing  
Every day  
When you care for me  
help our family  
I'll love you and keep you  
and I'll hug you and kiss you  
Forever ever and ever, and ever

May G!D bless You  
May G!D keep You

Shine light on you  
 Help you find peace  
 May G!D watch you  
 and stay and with you  
 Forever ever and ever, and ever

Y'varech'cha  
 Adonai V'yishmerecha:  
 Ya'er Adonai Panav  
 Eilecha Vichuneka.  
 Yisa Adonai Panav Eilecha  
 V'yasem Lecha Shalom:  
*Melody by Emily Teck*

יְבָרְכְךָ ה' וַיִּשְׁמְרֶךָ.  
 יָאֵר ה' פָּנָיו  
 אֵלֶיךָ וַיַּחַנְךָ.  
 יִשָּׂא ה' פָּנָיו אֵלֶיךָ  
 וַיִּשֶׂם לְךָ שָׁלוֹם.

Blessing for Fruit- Stop and Savor.

בָּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הָעֵץ  
 Baruch Atah Adonai, Eloheinu Melech Ha'olam, Borei P'ri Ha'etz  
*We experience Your blessings, Holy One of all time and space,  
 through savoring this fruit from trees.*

Shanah Tovah U'metukah- A Good and Sweet New Year!

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
 שְׂתַחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה  
 Yehi Ratzon Milfanecha Adonai Eloheinu V'elohei Avoteinu

*She'techadeeeeeeeesh Aleinu*

*She'techadeeeeeeeesh Aleinu*

*Shana Tovah (clap clap clap clap) U'metukah*

May it be, may it be, a year of sweetness for you and me! *By Eliana Light*

## Rosh Hashanah Day Two:

*How can we use our unique voices? How can we connect to each other?*

### Barchu- Our Call to Community

leader:

בָּרַחְנוּ אֶת ה' הַמְּבֹרָךְ Barchu Et Adonai Ha'mevorach

all:

בָּרוּךְ אֲדֹנָי הַמְּבֹרָךְ לְעוֹלָם וָעֶד Baruch Adonai Ha'mevorach L'Olam Va'ed

*Praise that which is worth praising!*

### Shema- We are One.

שְׁמַע יִשְׂרָאֵל, ה' אֱלֹהֵינוּ, ה' אֶחָד

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad

*Listen up, G!D-wrestlers!*

*No matter what you name G!D, G!D is present, G!D is One.*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch Sheim K'vod Malkhuto L'olam Va'ed

*The name of our universe is "blessing," for all time*

### V'ahavta- Responding with Love

V'ahavta et Adonai Elohecha b'chol  
l'vav'cha uv'chol nafsh'cha uv'chol  
m'odecha. V'hayu had'varim  
ha'eleh asher anochi m'tzav'cha  
hayom al l'vavckha. V'shinantam  
l'vanecha v'dibarta bam b'shivt'cha  
b'veitecha uv'lechtecha vaderech  
uv'shochb'cha uv'kumecha.  
Uk'shartam l'ot al yadecha v'hayu

וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ  
וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ: וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ  
הַיּוֹם עַל-לִבְבְּךָ: וּשְׁנַנְתָּם לְבִנְיָךְ  
וּדְבַרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם  
לְאוֹת עַל-יָדְךָ וְהָיוּ לְטִטְפַת בֵּין

<p>l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.</p>	<p>עֵינֶיךָ: וּכְתַבְתֶּם עַל־מְזוּזוֹת בְּיַתְדְךָ וּבְשַׁעְרֶיךָ:</p>
<p><i>Aspire to give love back to the Holy One, to the universe, to each other, with all your heart, soul, and a little extra. Put these words of love on your heart. Speak love with your family, with yourself, at home, each evening, and each morning. Bind them on your hand and act with love; Bind them on your eyes and see with love. Put these words on your doors and on your gates; Open them in love.</i></p>	

Mi Chamocha- The Freedom to be One

<p>מִי כָמֹכָה בְּאֵלִים ה'. מִי כָמֹכָה נֶאֱדָר בְּקֹדֶשׁ. נוֹרָא תְהִלּוֹת עֲשֵׂה פְּלֵא Mi Chamocha Ba'eilim Adonai? Mi Kamocha Ne'edar BaKodesh? Nora Tehilot, Oseh Feleh? <i>What compares to oneness, among all that we could glorify? What else wraps us in holiness, leading us to recognize the miracles and wonders that surround us?</i></p>
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Adonai S'fatai- We Ask for Help First

<p>אֲדַנִּי שְׁפַתִּי תִפְתָּח וּפִי יִגִּיד תְהִלָּתְךָ Adonai, S'fatai Tiftach U'fi Yagid Tehilatecha <i>Holy One, if you help me to call out to that which is beyond me, I will</i></p>
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<p><i>Take a moment and reflect...</i> How do you remain connected? <i>Think, feel, and then share.</i></p>
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Oseh Shalom-May we Bring Peace!

עוֹשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
Oseh Shalom Bim'ro'mav Hu Ya'aseh Shalom Aleinu  
May the one/s, may the one/s who make/s peace  
bring peace down, bring peace down *Melody By Elana Jagoda*

Avinu Malkeinu-We Can't go it Alone

<p>Avinu Malkeinu, Choneinu Va'aneinu, Avinu Malkeinu, Choneinu V'anaeinu Ki Ein Banu Ma'asim Aseh Imanu Tzedakah Vachessed Aseh Imanu Tzedakah Vachessed V'hoshi'einu</p>	<p>אָבִינוּ מֶלְכֵנוּ, חֲנֻנוּ וְעָנָנוּ אָבִינוּ מֶלְכֵנוּ חֲנֻנוּ וְעָנָנוּ כִּי אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ</p>
<p><i>Shomreinu, Tzureinu</i> Our Guardian, Our Rock</p> <p><i>Boreinu, Oseinu</i> Our Creator, Our Maker</p> <p><i>Shechinateinu, Oreinu</i> Our Presence, Our Light</p>	
<p><i>We call out to the One-ness of the Universe using human language: Care for us like a just Ruler; Love us like a calming parent. We know we did nothing to deserve being born into this beautiful life, yet here we are. We hope for justice, lovingkindness, and redemption for us and for the whole world.</i></p>	

## Sounding, and Hearing, the Call of the Shofar

Min Hameitzar- Calling Out, Opening Up

מִן־הַמִּצָּר קָרָאתִי יְיָ עֲנֵנִי בַּמְרָחֵב יְיָ:  
Min Hameitzar Karati Ya, Anani Vamerchav Ya.  
*From narrowness I called; from expansiveness I was answered*  
*Melody by Michael Rosenberg*

Blessing for Hearing the Shofar- Stop and Sanctify

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְשִׁמּוֹעַ קוֹל שׁוֹפָר.  
Baruch Ata Adonai, Eloheinu Melech Ha'olam, Asher Kidshanu  
B'mitzvotav Vitzivanu Lishmoa Kol Shofar.  
*We experience Your blessing, Holy One of all time and space, in this opportunity  
for holiness, through listening to the call of the shofar.*

Shehecheyanu- We Made It!

בָּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה  
Baruch atah Adonai, Eloheinu Melech Haolam,  
Shehecheyanu, V'kiy'manu, V'higianu Laz'man Hazeh.  
*We experience Your blessing, Holy One of all time and space,  
through being present in this sacred time. Melody By Tzvika Pik*

T'kiyah- Shevarim- T'ruah

## My Voice Can Change the World!

I will open my eyes (I will open my eyes)  
I will not look away (I will not look away)  
I will use this gift I've been given everyday

*I have a voice; my voice is powerful  
My voice can change the world  
I have a voice; my voice is powerful  
My voice can change the world- change the world!*

I will give of myself (I will give of myself)  
I will reach out my hand (I will reach out my hand)  
I will use this heart I've been given to take a stand  
*I have a voice; my voice is powerful  
My voice can change the world  
I have a voice; my voice is powerful  
My voice can change the world- change the world!*

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשִׂנוּ בְּצַלְמְ אֱלֹהִים  
Baruch Ata Adonai Eloheinu Melech Ha'olam She'asanu B'tzelem Elohim  
*We are blessed to have been made in the divine image*

I will fight for the truth (I will fight for the truth)  
I'll stand up for what's right (I'll stand up for what's right)  
I will use this strength I've been given to be a light

*I have a voice; my voice is powerful  
My voice can change the world  
I have a voice; my voice is powerful  
My voice can change the world- change the world! By Elana Arian*



*Let's connect!*

Who are you? Where are you?  
How will you use your voice to make things  
better in the coming year?  
How will you listen to the voices of others calling for change?  
*What a blessing to be together!*

Happy Birthday, World!

הַיּוֹם הָרַת עוֹלָם Hayom Harat Olam  
*Today, the world was born!*

Psalm 150-Give it all you've Got! Halleluyah!

הַלְלוּיָהּ. הַלְלוּ אֵל בְּקוֹדֶשׁוֹ. הַלְלוּהוּ בְּרִקיעַ עֵזוֹ: הַלְלוּהוּ בְּגִבּוֹרֹתָיו.  
הַלְלוּהוּ כְּרֹב גְּדֻלוֹ: הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר. הַלְלוּהוּ בְּנִבְל וְכִנּוֹר: הַלְלוּהוּ  
בְּתֹף וּמְחֹל. הַלְלוּהוּ בְּמִנִּים וְעִגָּב: הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע. הַלְלוּהוּ  
בְּצִלְצְלֵי תְרוּעָה: כָּל הַנְּשָׁמָה תְהִלֵּל יָהּ. הַלְלוּיָהּ: כָּל הַנְּשָׁמָה תְהִלֵּל יָהּ.  
הַלְלוּיָהּ

Hallelyah! Hallelu El Bekodsho, Halleluhu Birkiya Uzo  
Halleluhu Bigvurotav, Halleluhu K'rov Gudlo  
Halleluhu Beteka Shofar, Halleluhu Benevel Vechinor  
Halleluhu Betof U'Machol, Halleluhu Beminim Veugav  
Halleluhu Betzil'tzilei Shama, Halleluhu Betzil'tzilei Teruah  
Kol Haneshama Tehallel Yah, Halleluyah!

*Celebrate the power and goodness and potential of being alive by living fully, by singing and playing instruments and dancing and making a holy noise. Let every breath be "yes," let every breath be praise of All-That-Is. Halleluyah! Sufi melody*

Hayom- We can Start Today!

Hayom T'amtzeinu, <b>Amen</b> Hayom T'varcheinu, <b>Amen</b> Hayom T'gadleinu, <b>Amen</b> Hayom Tidsheinu L'Tovah, <b>Amen</b> Hayom Tich't'veinu L'chayim Tovim, <b>Amen</b> Hayom T'kabeil B'rachamim Uv'ratzon Et T'filateinu, Amen Hayom Tish'mah Shav'ah'teinu, <b>Amen</b> Hayom Tit'm'cheinu Bimin Tzid'kecha, <b>Amen</b>	הַיּוֹם תְּאַמְצֵנוּ. אָמֵן הַיּוֹם תְּבָרַכְנוּ. אָמֵן הַיּוֹם תְּגַדְּלֵנוּ. אָמֵן הַיּוֹם תְּדַרְשֵׁנוּ לְטוֹבָה. אָמֵן הַיּוֹם תְּכַתְּבֵנוּ לְחַיִּים טוֹבִים. אָמֵן הַיּוֹם תְּקַיֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ. אָמֵן הַיּוֹם תִּשְׁמַע שׁוֹעֲתֵנוּ. אָמֵן הַיּוֹם תִּתְמַכְּנוּ בְּיָמִין צְדָקָךְ. אָמֵן
<p><i>Today we are strengthened, blessed, and ready to grow. Today we seek our happiness. Today we are inscribed for a good life. We are heard. We are accepted. We are committed to justice. Today! Melody by Noah Aronson</i></p>	

Kaddish Shalem- Amen!

Yitgadal v'yitkadash sh'mei raba. <b>Amen!</b> B'al'ma divra chirutei, v'yamlich malchutei B'chayeichon uv'yomeichon uv'chayei d'chol beit yisrael, Ba'agala uvizman kariv, v'imru <b>Amen!</b> Y'hei sh'mei raba m'varach l'alam ul'al'mei al'maya. Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei v'yithadar v'yitaleh V'yithalal sh'mei d'kudsha <b>Brich Hu!</b> L'eila l'eila min kol birchata v'shirata tushb'chata v'nechemata, da'amiran b'alma, v'imru <b>Amen!</b> Titkabeil tz'lot'hon uvaut'hon d'chol yisrael kadam avuhon di vishmaya v'imru <b>Amen!</b>
--

Y'hei shlama raba min sh'maya,  
 V'chayim aleinu v'al kol yisrael, v'imru **Amen!**  
 Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol yisrael, v'al kol  
 yoshvei teivel, v'imru **Amen!** *Melody By Yossele Rosenblatt*

Aleinu- It is up to us

<p>Aleinu l'shabeyach la'adon hakol,          latet g'dulah l'yotzer b'reshit,          shelo asanu k'goyei ha'aratzot          v'lo samanu k'mishp'chot          ha'adamah,          sh'lo sam chelkenu kahem,          v'goralenu k'chol hamonam.          Va'anachnu korim          umishtachavim umodim          Lifnei melech malchei ham'lachim,          hakadosh barukh hu.</p>	<p>עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,          לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית          שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת          וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה          שֶׁלֹּא שָׂם חֵלְקֵנוּ כִּפְהֵם          וְגָרְלָנוּ כְּכֹל הַמּוֹנֵם          וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים          לְפָנֵי מֶלֶךְ, מְלִכֵי הַמְּלָכִים,          הַקָּדוֹשׁ בְּרוּךְ הוּא.</p>
<p><i>It is on us to praise, to acknowledge that which is above us,          and to work towards a world of One-ness.</i></p>	
<p>V'hashevota el levavecha          ki Adonai hu ha'elohim</p>	<p>וְהִשְׁבֹּת אֶל לִבְּךָ.          כִּי ה' הוּא הָאֱלֹהִים</p>
<p><i>And you will know this by heart: all-that-is is above me.</i></p>	
<p>V'ne'emar v'hayah Adonai          l'melech al kol ha'arets.          Bayom hahu yihye Adonai echad          ushmo echad.</p>	<p>וְנֵאמַר וְהָיָה ה' לְמֶלֶךְ עַל כָּל הָאָרֶץ.          בַּיּוֹם הַהוּא יִהְיֶה ה' אֶחָד          וְשְׁמוֹ אֶחָד:</p>
<p><i>On that day, we will remember: G?D is one, and we are one.</i></p>	

Kaddish Yatom- A Moment of Memory.

Yitgadal v'yitkadash sh'mei raba. **Amen.**

B'alma div'ra chirutei, v'yamlich malchutei b'chayeichon uv'yomeichon uv'chayei  
d'chol beit yisrael, ba'agala uvizman kariv, v'imru: **amen.**

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

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh,  
V'yithadar v'yit'aleh v'yit'halal sh'mei d'kud'sha, **brich hu,**  
L'eila l'eila mikol birchata v'shirata, tushb'chata v'nechemata  
da'amiran b'alma v'imru: **amen.**

Y'hei shlama raba min sh'maya v'chayim aleinu v'al kol yisrael, v'im'ru: **amen.**

Oseh shalom bimromav, hu ya'aseh shalom aleinu  
v'al kol yisrael, v'al kol yoshvei teivel v'imru: **amen.**

You are a Blessing!

You are a blessing  
Every Day  
When I watch you grow  
Learn and play  
So I'll love you and keep you  
and I'll hug you and kiss you  
Forever ever and ever, and ever

You are a blessing  
Every day  
When you care for me  
help our family  
I'll love you and keep you  
and I'll hug you and kiss you  
Forever ever and ever, and ever

May G!D bless You  
May G!D keep You

Shine light on you  
 Help you find peace  
 May G!D watch you  
 and stay and with you  
 Forever ever and ever, and ever

Y'varechecha  
 Adonai V'yish'm'recha:  
 Ya'er Adonai Panav  
 Eilecha V'ichuneka.  
 Yisa Adonai Panav Eilecha  
 V'yasem L'cha Shalom:  
*Melody by Emily Teck*

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ.  
 יָאֵר יְהוָה פָּנָיו  
 אֵלֶיךָ וַיַּחַנֶּךָ.  
 יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ  
 וַיִּשֶׂם לְךָ שָׁלוֹם.

## Aseret Y'mei Tshuvah- The Ten Days of Repentance

The days between Rosh Hashanah and Yom Kippur have traditionally been a time for learning, asking forgiveness, and thinking about how we can be better. Below is a checklist with ten suggestions of activities to do as a family in this special time.

- ❑ Listen to [“Ten Days”](#) by Billy Jonas. Dance or drum along!
- ❑ Look at photos and watch videos of your family over this past year. Share your favorite family memories.
- ❑ Draw a picture of what a “better world” would look like.
- ❑ Create a “family covenant” with guidelines that help everybody work together and be their best. Sign and decorate!
- ❑ Write cards to each other. What do you love and appreciate about the members of your family? Be specific!
- ❑ Looking back on the year, is there anyone that you want to apologize to? Work with your family to write an apology. Call or write to this person, knowing you have support from those you love.
- ❑ Take a trip into nature. See how many amazing things you notice.
- ❑ Read a book together that is a family favorite, that you may not have read in a long time. What does it have you teach you right now?
- ❑ Think about what you would like to change in the world. Choose a cause that is fighting for that change, and research how you can help.
- ❑ Prepare for Yom Kippur by listening to this playlist, exploring [these resources](#), or reading through the upcoming prayers. What would you like to feel, learn, and give on Yom Kippur?

## Kol Nidre

*How can we take responsibility for our actions?*

Oseh Shalom- We Start with Peace

עוֹשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ

Oseh Shalom Bim'ro'mav Hu Ya'aseh Shalom Aleinu

May the one/s, may the one/s who make/s peace

bring peace down, bring peace down *Melody By Elana Jagoda*

Or Zarua- We Plant Light

אוֹר זָרַע לְצַדִּיק וּלְיִשְׂרָי לֵב שִׂמְחָה

Or Zarua Latzadik, U'l'yishrei Lev Simcha

*Doing justice plants light in ourselves and in the world.*

*Being upright-of-heart grows joy. Melody By Rick Recht*

Kol Nidre- All Our Promises

Kol Nidrei Ve'esarei,  
Va'chamei V'konamei  
V'chinuyei V'kinusei U'shevuot  
Dindarna U-d'ishtabana  
U'dacharimna  
V'da'asarna Al Nafshatana  
Mi'Yom Kippurim Zeh  
Ad Yom Kippurim  
Ha'ba Aleinu L'tovah  
Kul'hon Icharatna V'hon  
Kul'hon Y'hon Sh'ran  
Sh'vikin, Sh'vitin

כָּל נִדְרֵי וְאֶסְרֵי  
וְחַרְמֵי וְקוֹנָמֵי  
וְכַנּוּיֵי וְקִנּוּסֵי וְשְׁבוּעוֹת  
דִּנְדָרְנָא וְדִאֲשַׁתְּבַעְנָא  
וְדִאֲחַרִּימָנָא  
וְדִאֲסָרְנָא עַל נַפְשַׁתְנָא  
מִיּוֹם כְּפוּרִים זֶה  
עַד יוֹם כְּפוּרִים  
הֶבֱא עָלֵינוּ לְטוֹבָה  
כְּלֵהוֹן אֲחַרְטָנָא בְּהוֹן  
כְּלֵהוֹן יְהוֹן שְׁרֹן  
שְׁבִיקוֹן שְׁבִיתוֹן

<p>B'teilin Um'vutalin          La Sharirin V'la Kayamin          Nidrana La Nidrei          Ve'esarana La Esarei          U'sh'vuatana La Sh'vuot</p>	<p>בְּטֵילִין וּמְבֻטָּלִין          לֹא שָׂרִירִין וְלֹא קַיָּמִין          נִדְרָנָא לֹא נִדְרֵי          וְאֶסְרָנָא לֹא אֶסְרֵי          וְשְׁבוּעָתָנָא לֹא שְׁבוּעוֹת</p>
<p><i>In recognition that we are not perfect, we state an ancient legal formula, retracting all the promises we might make from this Yom Kippur to the next. We worry we will not do enough, that we did not do enough, but tonight we start fresh with a clean slate.</i></p>	

What We Do- Makes a Difference!

What I do matters (What I do matters)  
 What I say matters (What I say matters)  
 What I choose matters (What I choose matters)  
 I am deciding to choose more love *By Eliana Light*

Shehecheyanu- We Made It!

בָּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחַיְנוּ וְקִיָּמְנוּ וְהִגִּיעָנוּ לְזִמְן הַזֶּה  
 Baruch Atah Adonai, Eloheinu Melech Haolam,  
 Shehecheyanu, V'kiy'manu, V'higianu Laz'man Hazeh.  
*We experience Your blessing, Holy One of all time and space,  
 through being present in this sacred time. Melody By Tzvika Pik*

Barchu- We're in this Together

leader:  
 בָּרוּךְ אַתָּה ה' הַמְּבֹרָךְ Barchu Et Adonai Ha'mevorach  
 all:  
 בָּרוּךְ אַתָּה ה' הַמְּבֹרָךְ לְעוֹלָם וָעֶד Baruch Adonai Ha'mevorach L'Olam Va'ed  
*Praise that which is worth praising!*



Shema- Listen to the Inner Voice.

שְׁמַע יִשְׂרָאֵל, ה' אֶל־לֵהִינוּ, ה' אֶחָד

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad

*Listen up, G!D-wrestlers!*

*No matter what you name G!D, G!D is present, G!D is One.*

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch Sheim K'vod Malchuto L'olam Va'ed

*The name of our universe is "blessing," for all time*

V'ahavta- This Takes So Much Love!

V'ahavta et Adonai Elohecha b'chol  
l'vav'cha uv'chol nafsh'cha uv'chol  
m'odecha. V'hayu had'varim  
ha'eleh asher anochi m'tzav'cha  
ha'yom al l'vavecha. V'shinantam  
l'vanecha v'dibarta bam b'shivt'cha  
b'veitecha uv'lekh'tcha vaderech  
uv'shochb'cha ucv'kumecha.  
Uck'shartam l'ot al yadecha v'hayu  
l'totafot bein einecha. Uch'tavtam  
al mezuzot beitecha uvish'arecha.

וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לִבְּךָ  
וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ: וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ  
הַיּוֹם עַל־לִבְּךָ: וְשִׁנַּנְתָּם לְבִנְיָךָ  
וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֹתְךָ  
בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקִשְׂרָתָם  
לְאָזְנוֹת עַל־יְדֶיךָ וְהָיוּ לְטֹטְפֹת בֵּין  
עֵינֶיךָ: וְכִתַּבְתָּם עַל־מְזוּזֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ:

*Aspire to give love back to the Holy One, to the universe, to each other, with all your heart, soul, and a little extra. Put these words of love on your heart. speak love with your family, with yourself, at home, each evening, and each morning. Bind them on your hand and act with love; Bind them on your eyes and see with love. Put these words on your doors and on your gates; Open them in love.*

Mi Chamocha- The Freedom of Responsibility

מִי כְּמִכָּה בְּאֵלִים ה'. מִי כְּמִכָּה נִאֲדָר בְּקֹדֶשׁ. נוֹרָא תְהִלּוֹת עֲשֵׂה פְּלֶא

Mi Chamocha Ba'eilim Adonai? Mi Kamocha Ne'edar BaKodesh?

Nora Tehilot, Oseh Feleh?

*What compares to oneness, among all that we could glorify? What else wraps us in holiness, leading us to recognize the miracles and wonders that surround us?*

Adonai S'fatai- We Ask for Help First

אֲדַנִּי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ

Adonai S'fatai Tiftach U'fi Yagid Tehilatecha

*Holy One, if you help me to call out to that which is beyond me, I will*

*Take a moment and reflect...*

How would you like to choose differently?

*Think, feel, and then share.*

13 Attributes- What do we Wish to Emulate?

הוֹיָה, הוֹיָה אֵל רַחֲוִים וְחַנּוּן אֶרְךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת:

נִצֵּר חֶסֶד לְאֻלָּפִים. נִשָּׂא עוֹן וּפָשַׁע וְחַטָּאָה וְנִקָּה

Havayah, Havayah, el Rachum V'chanun, Erech Apayim V'rav Chesed V'emet.

Notzer Chesed L'alafim. Noseh Avon Vafesha V'chata'ah V'nakeh

*All-that-is, All-that-is, we call you by the values we wish to see more of in the world: merciful, compassionate, patient, full of lovingkindness and truth, sending love through the generations, forgiving mistakes, and giving second chances. Melody By Nava Tebila*

## Kaddish Yatom- A Moment of Memory.

Yitgadal v'yitkadash sh'mei raba. **Amen.**

B'alma div'ra chirutei, v'yamlich malchutei b'chayeichon uvyomeichon uvchayei  
d'chol beit yisrael, Ba'agala uvizman kariv, v'imru: **Amen.**

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

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh,  
V'yithadar v'yit'aleh v'yit'halal sh'mei d'kud'sha, **Brich Hu,**  
L'eila l'eila mikol birchata v'shirata, tushb'chata v'nechemata  
da'amiran b'alma v'imru: **Amen.**

Y'hei shlama raba min sh'maya v'chayim aleinu v'al kol yisrael, v'im'ru: **Amen.**

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

## Oseh Shalom- We End with Peace

עוֹשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ

Oseh Shalom Bim'ro'mav Hu Ya'aseh Shalom Aleinu

May the one/s, may the one/s who make/s peace

bring peace down, bring peace down *Melody By Elana Jagoda*

## Yom Kippur Day

*How can we look back, look inside, and move forward with growth and change?*

### Hayom- Setting the Tone of This Day

Hayom T'amtzeinu, Hayom T'varcheinu, Hayom T'gadleinu, <b>Amen</b>	הַיּוֹם תְּאַמְצֵנוּ. הַיּוֹם תְּבָרְכֵנוּ. הַיּוֹם תְּגַדְּלֵנוּ. אָמֵן
Today, give us strength Today, give us blessing Today, help us to grow- Amen. <i>Melody By Craig Taubman</i>	

### Shema- Start From a Place of Listening

שְׁמַע יִשְׂרָאֵל, ה' אֱלֹהֵינוּ, ה' אֶחָד Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad <i>Listen up, G!D-wrestlers!</i> <i>No matter what you name G!D, G!D is present, G!D is One.</i>  בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד. Baruch Sheim K'vod Malkhuto L'olam Va'ed <i>The name of our universe is "blessing," for all time</i>
--

V'ahavta- We Do This Work Out of Love, For Ourselves and Each Other

V'ahavta et Adonai Elohecha b'chol  
l'vav'cha uv'chol nafsh'cha uv'chol  
m'odecha. V'hayu hadvarim ha'eleh  
asher anochi m'tzav'cha hayom al  
l'vavckha. V'shinantam l'vanecha  
v'dibarta bam b'shivt'cha b'veitecha  
uv'lech'tcha vaderech  
uv'shochb'cha uv'kumecha.  
Uk'shartam l'ot al yadecha v'hayu  
l'totafot bein einekha. Uch'tavtam  
al m'zuzot beitecha uvish'arecha.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ  
וּבְכָל-נַפְשֶׁךָ וּבְכָל-מְאֹדְךָ: וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ  
הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבִנְיָךָ  
וּדְבַרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקִשְׂרָתָם  
לְאָזְנוֹת עַל-יְדֶיךָ וְהָיוּ לְטֹטְפֹת בֵּין  
עֵינֶיךָ: וְכִתַּבְתָּם עַל-מְזוּזֹת בֵּיתְךָ  
וּבִשְׁעָרֶיךָ:

*Aspire to give love back to the Holy One, to the universe, to each other, with all your heart, soul, and a little extra. Put these words of love on your heart. speak love with your family, with yourself, at home, each evening, and each morning. Bind them on your hand and act with love; Bind them on your eyes and see with love. Put these words on your doors and on your gates; Open them in love.*

Adonai S'fatai- We Ask for Help First

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ  
Adonai, S'fatai Tiftach U'fi Yagid Tehilatecha

*Holy One, if you help me to call out to that which is beyond me, I will*

*Take a moment and reflect...*

What is your *kavanah*, your intention, for this day?

*Think, feel, and then share.*

Oseh Shalom- We Start with Peace in Ourselves

עוֹשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ

Oseh Shalom Bim'ro'mav Hu Ya'aseh Shalom Aleinu

May the one/s, may the one/s who make/s peace

bring peace down, bring peace down *Melody By Elana Jagoda*

Avinu Malkeinu- We Call Out for Care and Love

Avinu Malkeinu,  
Choneinu Va'aneinu,  
Avinu Malkeinu, Choneinu  
V'anaeinu Ki Ein Banu Ma'asim  
Aseh Imanu Tzedakah Vachessed  
Aseh Imanu Tzedakah Vachessed  
V'hoshi'einu

אָבֵינוּ מֶלְכֵנוּ, חֲנֻנוּ וְעָנְנוּ  
אָבֵינוּ מֶלְכֵנוּ חֲנֻנוּ וְעָנְנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ

*We call out to the One-ness of the Universe using human language: Care for us like a just Ruler; Love us like a calming parent. We know we did nothing to deserve being born into this beautiful life, yet here we are. We hope for justice, lovingkindness, and redemption for us and for the whole world.*

## Yizkor- We Remember

There are stars up above,  
So far away we only see their light  
Long, long after the star itself is gone.  
And so it is with people that we loved --  
Their memories keep shining ever brightly  
Though their time with us is done.  
But the stars that light up the darkest night,  
These are the lights that guide us.

As we live our days, these are the ways  
We remember, we remember.

*By Hannah Senesz. Melody by Jeff Klepper*

*Share with your family...*

Who are you remembering today?  
What can you do to honor their memory?

*May their memory be a blessing*

## Kaddish Yatom- We Grieve and Love Together

Yitgadal v'yitkadash sh'mei raba. **Amen.**

B'alma div'ra chirutei, v'yamlich malchutei b'chayeichon uvyomeichon uvchayei  
d'chol beit yisrael, Ba'agala uvizman kariv, v'imru: **Amen.**

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

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh,  
V'yithadar v'yit'aleh v'yit'halal sh'mei d'kud'sha, **B'rich Hu,**  
L'eila l'eila mikol birchata v'shirata, tushb'chata v'nechemata  
da'amiran b'alma v'imru: **Amen.**

Y'hei shlama raba min sh'maya v'chayim aleinu v'al kol yisrael, v'imru: **Amen.**

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

## Hineini- I am Here

I am here, here I am  
I am here, oh here I am  
הִינֵנִי Hineini  
Oh, here I am. *By Michelle Citrin*

## 13 Attributes- Values as Our Guide

הוֹיָהּ, הוֹיָהּ אֵל רַחֻם וְחַנוּן אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת:  
נִצֵּר חֶסֶד לְאַלְפִים. נֹשֵׂא עוֹן וְפָשַׁע וְחַטָּאָה וְנִקָּה  
Havayah, Havayah, El Rachum V'chanun, Erech Apayim V'rav Chesed V'emet.  
Notzer Chesed L'alafim. Noseh Avon Vafesha V'chata'ah V'nakeh  
*All-that-is, All-that-is, we call you by the values we wish to see more of in the world:  
merciful, compassionate, patient, full of lovingkindness and truth, sending love through  
the generations, forgiving mistakes, and giving second chances. Melody By Nava Tebila*

## Zoch'reinu L'chayim- Learning from Our Own Past

זְכַרְנוּ לְחַיִּים, וְכָתְבוּנוּ בְּסֵפֶר הַחַיִּים  
Zoch'reinu l'chayim, Zoch'reinu l'chayim,  
Remember us, remember us, remember us for life  
V'chotveinu b'seifer hachayim  
And write us in, and write us in, in the book of life



Ki Anu Amecha- We Are In This As a Community

<p>Ki anu amecha, v'atah eloheinu          Anu vanecha, v'atah avinu          Anu avadecha, v'atah adoneinu          Anu k'halecha, v'atah chelkeinu          Anu nachalatecha, v'atah goraleinu          Anu tzonecha, v'atah roeinu          Anu charmecha, v'atah notreinu          Anu fulatecha, v'atah yotz'reinu          Anu ra'ayatecha, v'atah dodeinu          Anu s'gulatecha, v'atah k'roveinu          Anu amecha, v'atah malkeinu          Anu ma'amirecha,          v'atah ma'amireinu</p>	<p>כִּי אָנוּ עַמְךָ וְאַתָּה אֱלֹהֵינוּ.          אָנוּ בְנֶיךָ וְאַתָּה אָבִינוּ:          אָנוּ עֲבָדֶיךָ וְאַתָּה אֲדֹנָנוּ.          אָנוּ קְהֵלְךָ וְאַתָּה חֻלְקֵנוּ:          אָנוּ נַחֲלֶתְךָ וְאַתָּה גֹרְלָנוּ.          אָנוּ צֹאנְךָ וְאַתָּה רוֹעֵנוּ:          אָנוּ כְרֵמְךָ וְאַתָּה נוֹטְרָנוּ.          אָנוּ פְעֻלֶתְךָ וְאַתָּה יוֹצְרָנוּ:          אָנוּ רְעִיתְךָ וְאַתָּה דוֹדָנוּ.          אָנוּ סִגְלֶתְךָ וְאַתָּה אֱלֹהֵינוּ.          אָנוּ עַמְךָ וְאַתָּה מֶלֶכְנוּ:          אָנוּ מְאִמְרֶיךָ וְאַתָּה מְאִמְרָנוּ:</p>
<p><i>For we are Your people; and You are our G!D.          We are Your children; and You are our Parent.          We are Your servants; and You are our Overseer.          We are Your congregation; and You are our Portion.          We are Your inheritance; and You are our Destiny.          We are Your flock; and You are our Shepherd.          We are Your vineyard; and You are our Keeper.          We are Your work; and You are our Creator.          We are Your dear ones and You are our Beloved.          We are Your treasure; and You are our G!D.          We are Your people; and You are our King.          We are Your distinguished ones; and You are our Distinction.</i></p>	

## Ki Anu Amecha- Modern Metaphors

We are the programmers, You are the software  
We are the air, You are the oxygen  
We are the comments, You are the Original Poster  
We are the radio, You are the waves  
We are the melody, You are the harmony  
We are the molecules, You are the binding force  
We are the photons, You are the light wave  
We are the variables, You are the function  
We are the athletes, You are the energy  
We are the phone, You are the SIM card  
We are the pinballs, You are the wizard  
We are the waves, You are the ocean

*Contributed by Lex Rofeberg, Max Chaiken, Nathan Light, Eliana Light, Barbara Powell, Robin Selinger, Julee Levine, Molly May, and Ellen Dreskin*

## Ashamnu- Open Up, Heart

*Tap, tap, tap your heart (x3)*  
*On Yom Kippur it's time to restart*

אֲשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ רַפִּי  
Ashamnu, Bagadnu, Gazalnu, Dibarnu Dofi....

We've made mistakes  
We've done bad things  
But this is what  
The new year brings  
A chance to change  
A chance to grow  
With one first step  
Nice and slow

*Tap, tap, tap your heart (x3)*  
*On Yom Kippur it's time to restart*

We've used bad words  
And hurt our friends  
But these mistakes  
Are not the end  
We do t'shuvah  
We choose to do good  
So we tap our heart  
To remind us we should

*Tap, tap, tap your heart (x3)*  
*On Yom Kippur it's time to restart By Eliana Light*

V'al Kulam- For all of This

וְעַל כָּל־מַעַלְמֵינוּ אֱלֹהֵי סְלִיחוֹת. סְלַח לָנוּ. מְחַל לָנוּ. כַּפֵּר לָנוּ.  
V'al Kulam Eloha Selichot. S'lach Lanu, M'chal Lanu, Kaper Lanu.  
*For all the times we missed the mark, forgiving One, forgive us, pardon us,  
grant us at-one-ment.*

*Share with your family...*

What would you like to do differently moving forward?  
How can the rest of the family support you in this?

*Take the time to do t'shuvah*

## With My Own Two Hands- I Can Change the World

I can change the world, with my own two hands  
Make a better place, with my own two hands  
Make a kinder place, with my own two hands  
*With my own, with my own two hands*

I can make peace on earth, with my own two hands  
And I can clean up the earth, oh with my own two hands  
And I can reach out to you, with my own two hands  
*With my own, with my own two hands*

I'm going to make it a brighter place, with my own two hands  
I'm going to make it a safer place, with my own two hands  
I'm going to help the human race, with my own two hands  
*With my own, with my own two hands*

I can hold you, in my own two hands  
I can comfort you, with my own two hands  
But you got to use, use your own two hands  
*Use your own, use your own two hands*  
*With my own, with my own two hands By Ben Harper*

## Olam Chesed Yibaneh- Building a World from Love

עוֹלָם חֶסֶד יִבְנֶה  
Olam Chesed Yibaneh

I will build this world from love...  
And you must build this world from love...  
And if we build this world from love...  
Then G?D will build this world from love...  
*Melody by Menachem Creditor and David Paskin*

*Let's connect!*

Who are you? Where are you?  
How will you build a world of love, with your own two hands?  
*What a blessing to be together!*

### Hayom- Making A Commitment, Today

Hayom T'amtzeinu, Hayom T'varcheinu, Hayom T'gadleinu, <b>Amen</b>	הַיּוֹם תְּאַמְצֵנוּ. הַיּוֹם תְּבָרְכֵנוּ. הַיּוֹם תְּגַדְּלֵנוּ. אָמֵן
Today, give us strength Today, give us blessing Today, help us to grow- Amen. <i>Melody By Craig Taubman</i>	

### Kaddish Shalem- Amen!

Yitgadal v'yitkadash sh'mei raba. **Amen!**  
B'al'ma divra chirutei, v'yamlich malchutei  
B'chayeichon uv'yomeichon uv'chayei d'chol beit yisrael,  
Ba'agala uvizman kariv, v'imru **Amen!**  
Y'hei sh'mei raba m'varach l'alam ul'al'mei al'maya.  
Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei v'yithadar v'yitaleh  
V'yithalal sh'mei d'kudsha **Brich Hu!**  
L'eila l'eila min kol birchata v'shirata  
tushb'chata v'nechemata, da'amiran b'alma, v'imru **Amen!**  
Titkabeil tz'lot'hon uvaut'hon d'chol yisrael  
kadam avuhon di vishmaya v'imru **Amen!**  
Y'hei shlama raba min sh'maya,  
V'chayim aleinu v'al kol yisrael, v'imru **Amen!**  
Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol yisrael, v'al kol  
yoshvei teivel, v'imru **Amen!** *Melody By Yossele Rosenblatt*



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