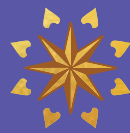


פתח לבנו

*Open Our  
Hearts*



*HIGH HOLY DAYS  
FAMILY SERVICE*

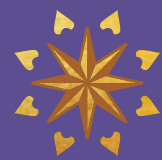


## AN INTRODUCTION

**D**URING the 5778 school year, a group of 5th and 6th graders from the Lese Center for Living Judaism (LCLJ) had the extraordinary opportunity to redesign Central Synagogue's Family Service Machzor. Using techniques of Project Based Learning, our students sought to answer the question: How can we make the Machzor for the High Holy Days speak to both our ancient tradition and our modern Central community? The artwork, discussion questions, prayer interpretations, and reflections in this prayer book are their answer.

פתח לבנו

Open Our  
Hearts



High Holy Days  
Family Service

CENTRAL SYNAGOGUE  
NEW YORK CITY 2018/5779





In making this Machzor, we have learned so much. We have learned the meaning of prayers, and then re-created them to fit our modern generation. We have enjoyed our large group discussions, talking to the clergy, and figuring out what we think about the prayers. We have enjoyed getting to come up with ideas for how the prayer book should turn out, and it was fun to add input from the other kids as well. We are thankful to Central Synagogue and the LCLJ for all the tools and resources they have given us to make this wonderful project. We are all excited to see our masterpiece come together and be used, and we hope you like it!

The 5778 LCLJ Machzor Class: Vivian Auerbach, Mia Baruh, Daniel Bean, Layla Blitzer, Hannah Crystal, Ava Davis, Caroline Goldman, Charlotte Hartog, Cassidy Horowitz, Izzy Kent, Oliver Konopko, Nate Schmelkin, Julia Weiner, and David Youngwood.  
Teachers: Lily Goldstein and Shani Ben-Or.

KEY: All writing in this font indicates the students' words and ideas. The symbols mean:



This prayer is about . . .



Our ideas for the page were . . .



We want this page to make people feel . . .

*“Let us bequeath to our children not riches,  
but the spirit of reverence.”*

*This machzor is dedicated  
to my wonderful daughter,  
Carolyn Belfer,  
on her special birthday.*

*Love,  
SUSAN SIMON*



# בְּרִכּוֹת הַשַּׁחַר

## Birchot HaShachar Morning Blessings

מֵה־טוֹב אֱהָלֶיךָ יַעֲקֹב, מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.	Mah-tovu ohalecha Ya-akov, mishk'notecha Yisrael.
וְאֲנִי בָּרוּב חַסְדֶּךָ אָבוֹא בֵּיתְךָ, אֶשְׁתַּחֲוֶה אֶל־הַיְכָל־קֹדֶשְׁךָ בִּירְאֶתְךָ.	Va-ani b'rov chasd'cha avo veitecha, eshtachaveh el-heichal-kodsh'cha b'yiratecha.
יְיָ אֱהָבְתִי מֵעוֹן בֵּיתְךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ.	Adonai ahavti m'on beitecha umkom mishkan k'vodecha.
וְאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרַעָה אֶבְרַח לִפְנֵי יְיָ עֹשִׂי.	Va-ani eshtachaveh v'echra-ah evr'chah lifnei-Adonai osi.
וְאֲנִי תְפִלַּתִּי־לְךָ, יְיָ, עֵת רִצּוֹן, אֱלֹהִים בְּרוּב־חַסְדֶּךָ, עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ.	Va-ani t'filati-l'cha, Adonai, eit ratzon, Elohim b'rov-chasdecha, aneini be-emet yish-echa.

How lovely are your tents, O Jacob, your dwelling places, O Israel!  
In Your abundant lovingkindness, O God, let me enter Your  
house, worship in Your holy temple. I love Your house, O Eternal  
One, the place where Your glory dwells. So I worship with humil-  
ity; I seek blessing in the presence of God, my Maker. May my  
prayer now, Eternal One, find favor before You. In Your great love,  
O God, answer me with Your truth.



Mah Tov comes from a story in the bible about a prophet who was sent to curse the Israelites. When he saw the Israelites, he was in awe, and instead of a curse he blessed them and complimented them for dwelling together in tents. The prayer reminds us that we are strong when we are together and that our house is wherever we are. Mah Tov expresses praise for our community's spiritual home.



When people read this prayer, we hope that they will feel like the synagogue is a happy, comfortable and safe place, like the tents that the Israelites made.



## Opening Prayer

Take a deep breath

Clear your mind

Get any worries out of your head

Don't think of them during the service – they'll distract you

Focus on the service, the High Holy Days

They're important

It's a new start

You get a chance for forgiveness

Reset – Restart – Renew

This is another chance

To be a better person.

וְעִיּוֹן תְּפִלָּה, v'iyun t'filah,  
to pray with sincerity,

“To pray deeply and with all your heart.” Juliet, Grade 4

וְהִכָּאת שְׁלוֹם בֵּין אָדָם לַחֲבֵרוֹ. vahava-at shalom bein adam lachaveiro.  
to make peace when there is strife.

“Help people calm down.” Henry, Grade 3

וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם. V'talmud torah k'neged kulam.

But the study of Torah is equal to them all.



This prayer is a check list of good deeds of which we can never do enough. The prayer is recited every morning. It encourages us to never stop trying to be better people and to make the world a better place.



Our idea was to get a new perspective on the obligations and translate them into the language younger kids can understand. We did this by actually asking other kids at the LCLJ what these commandments meant to them, and using their answers. This translation reinterprets the acts, helps kids understand them, and shows us that those obligations can mean many different things to many different people.



We hope people will feel inspired to do these acts, whether they are the original obligations or the translated ones. We hope that they stop and think about these things and realize that they can do them as well, that it isn't too hard and it's very possible.

## מתן תורה *Matan Torah* The Gift of Torah

אֵלוּ דְּבָרִים שְׂאִין לָהֶם שְׁעוֹר, Eilu d'varim she-ein lahem shiur,  
שְׂאָדָם אוֹכֵל פְּרוֹתֵיהֶם בְּעוֹלָם הַזֶּה she-adam ocheil peiroteihem ba-olam hazeh  
וְהִקְרָן קִיָּמַת לוֹ לְעוֹלָם הַבָּא, v'hakeren kayemet lo la-olam haba,  
וְאֵלוּ הֵן. v'eilu hein.

These are the obligations without measure; their fruit we eat now, their essence remains for us in the world to come:

כְּבוֹד אָב וְאִם, Kibud av va-eim,  
To honor parents,

“Listen to my mom and dad.” Oliver, Grade 3  
“Thank your parents for everything.” Jordan, Grade 6

וְגִמְלוֹת חֲסָדִים, ug'milut chasadim,  
to perform acts of love and kindness,

“To be a good friend and help people.” Ella, Grade 3

וְהִשְׁכַּמַּת בֵּית הַמְדְּרָשׁ שַׁחֲרִית וְעֶרְבִית, v'hashkamat beit hamidrash shacharit v'arvit,  
to attend the house of study,

“Learn something in any way possible.” Olivia, Grade 3

וְהִכְנַסַּת אוֹרְחִים, v'hachnasat orchim,  
to welcome the stranger,

“To open your home to a stranger and give to others that are less fortunate.” Noha, Grade 3

וּבְקוֹר חוֹלִים, uvikur cholim,  
to visit the sick,

“To show care to a family member or friend who's sick.” Jesse, Grade 3

וְהִכְנַסַּת כָּלָה וְחָתָן, v'hachnasat kalah v'chatan,  
to rejoice with the wedding couple,

“To celebrate a person's wedding.” Robert, Grade 5

וּלְוִיַּת הַמֵּת, ulvayat hameit,  
to console the bereaved,

“Make someone feel better when one of their loved ones dies.”  
Emma, Grade 3

הללויה Hal'luyah Psalm 150

הללו יה. Hal'lu Yah.  
הללו־אל בְּקֹדֶשׁוֹ, Hal'lu-El b'kodsho,  
הללויהו בְּרַקִיעַ עֻזוֹ. hal'luhu birkia uzo.  
הללויהו בְּגִבּוֹרֹתָיו, Hal'luhu vigvurotav,  
הללויהו כְּרֹב גְּדֻלוֹ. hal'luhu k'rov gudlo.  
הללויהו בְּתִקְעַ שׁוֹפָר, Hal'luhu b'teika shofar,  
הללויהו בְּנִבְל וְכִנּוֹר. hal'luhu b'neivel v'chinar.  
הללויהו בְּתוֹף וּמַחֹל, Hal'luhu b'tof umachol,  
הללויהו בְּמִנִּים וְעֻגָב. hal'luhu b'minim v'ugav.  
הללויהו בְּצִלְצִל־שִׁמְעַ, Hal'luhu v'tziltz'lei-shama,  
הללויהו בְּצִלְצִל־תְּרוּעָה. hal'luhu b'tziltz'lei t'ruah.  
כֹּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, Kol hanshamah t'haleil Yah,  
הללו־יְהוָה. hal'lu-Yah.

Praise God in the sanctuary;  
praise the One whose power the heavens proclaim.  
Praise God for mighty acts;  
praise the One for surpassing greatness.  
Praise with shofar blast;  
praise with harp and lute.  
Praise with drum and dance;  
praise with strings and pipe.  
Praise with cymbals sounding;  
praise with cymbals resounding!  
Let all that breathes praise God! Hal'luyah!



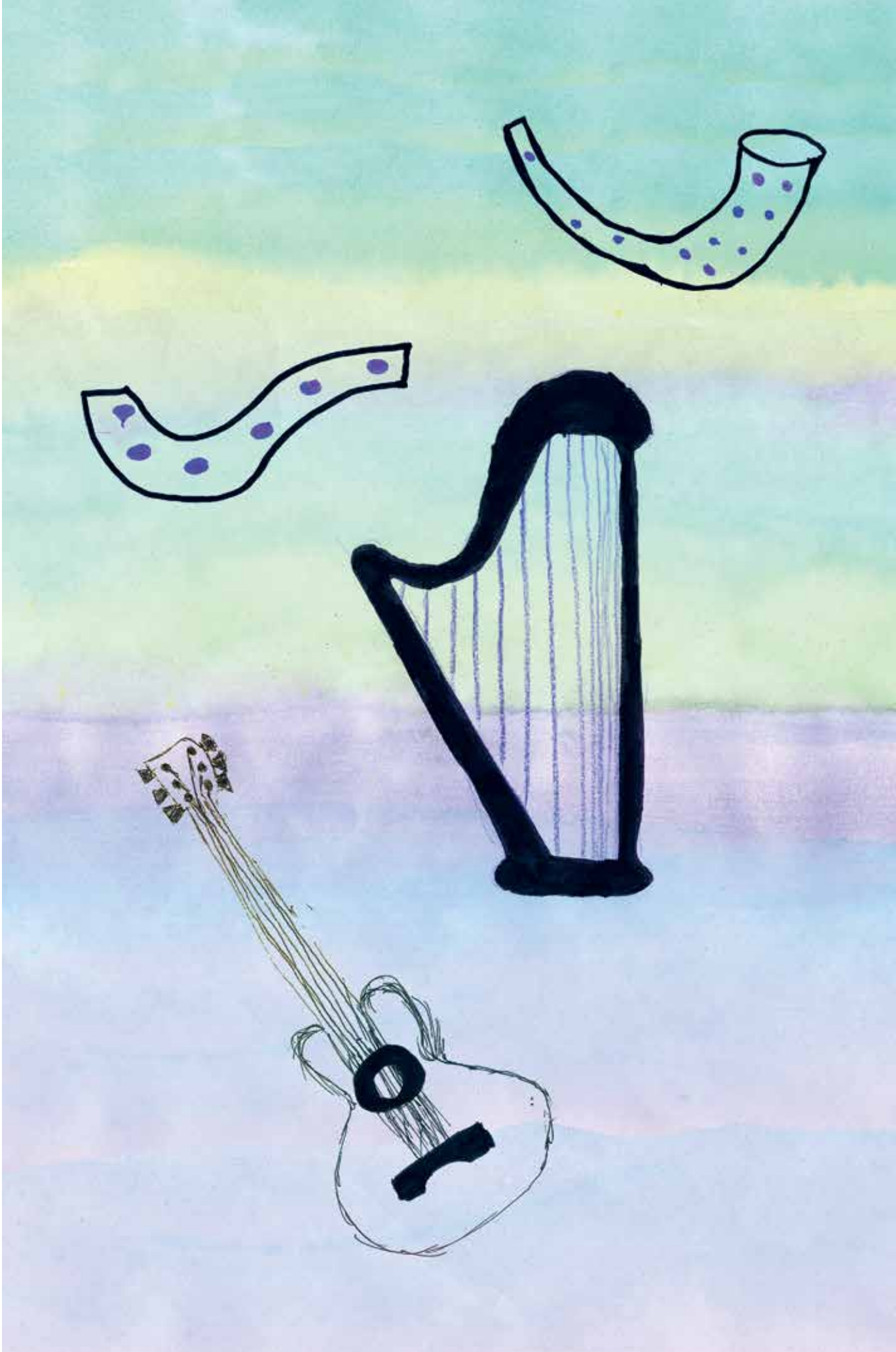
This prayer is about praising God with musical instruments, because Hallelujah means praise God.



Our ideas were to paint all of the instruments that were involved in the prayer, on the page. We thought it would be cool to draw images that depict the instruments that we use to praise God.



We hope that our page leaves the reader feeling good and closer to God, because that is what this prayer is all about.



יום הולדת, יום הולדת. Yom huledet, yom huledet.  
היום הרת עולם. Hayom harat olam.  
Happy birthday—it's the birthday of the world.

*It's easy to forget to say  
What a gift, another day.  
God is great! God is all!  
Let's fill ourselves with wonder and awe.  
Can you make stars? Can you make trees?  
Can you make rocks, bananas or bees?  
God did it all in six short days —  
Let's celebrate God's miraculous ways.*

יום הולדת, יום הולדת. Yom huledet, yom huledet.  
היום הרת עולם. Hayom harat olam.  
Happy birthday—it's the birthday of the world.

*Thank you for all the good we have  
Thank you for food to eat  
Thank you for these high holidays  
Thank you for family.*

ברוך אתה יי, Baruch Atah Adonai,  
יוצר המאורות. yotzeir ham-erot.  
We praise You, Creator of light.



## שמע וברכותיה Sh'ma Uvirchoteha Sh'ma and Its Blessings

### ברכו Bar'chu The Call to Prayer

ברכו את יי המברך. Bar'chu et Adonai hamvorach.  
ברוך יי המברך לעולם ועד. Baruch Adonai hamvorach l'olam va-ed.  
Bless the Eternal, the Blessed One.  
Blessed is the Eternal, the Blessed One, now and forever.

### יוצר Yotzeir Creation

ברוך אתה יי, אלהינו מלך העולם,  
יוצר אור ובורא השק, Baruch Atah Adonai, Eloheinu melech ha-olam,  
עשה שלום ובורא את הכל. oseh shalom uvorei et hakol.  
We praise You, our God, for creation.  
You created light and darkness.  
You have given us the promise of peace and reign over all.

*It was dark, nothing stirred.  
No barking dogs, no twittering birds.  
Then God said, "Let there be light!"  
And it was so, and it was right.  
God made the sun, made the sky,  
Gave us warmth, my oh my!  
God made the world for you and me,  
Let's celebrate all that we see!*



## אהבה רבה *Ahavah Rabah* The Gift of Torah

Dear friend,

You have been given many gifts from God. Also, if you ask, you may receive something in return. You have learned about your past because of God. However, there is still so much more to learn. You have been given the gift to keep Judaism alive. If you do so, and pass this gift to your children, they will keep it alive as well. You have been given this gift. Being Jewish means you get a religion, a community, a history, a place to pray, a past of struggles, laws and responsa, interpretations, life cycle events, a language, holidays, a chance for forgiveness, a connection to God, and the Torah. You have been blessed by God.

Sincerely,  
A fifth grader

וְקִרְבַּתְנֵנוּ לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאֵמֶת,	V'keiravtanu l'shimcha hagadol selah be-emet,
לְהוֹדוֹת לְךָ וּלְיַחֲדֶךָ בְּאַהֲבָה.	l'hodot l'cha ulyachedcha b'ahavah.
בְּרוּךְ אַתָּה יי, הַבּוֹחֵר בְּעַמּוֹ	Baruch Atah Adonai, habocheir b'amo
יִשְׂרָאֵל בְּאַהֲבָה.	Yisrael b'ahavah.

Great is Your love for us, Eternal God, and deep Your compassion. You gave us the gift of Torah.

*Let us affirm our commitment to Torah, our people's legacy of learning and faith.*

Have compassion upon us, Source of mercy, guide us to learn, teach, observe, and uphold the teachings of Torah.

*For the sake of our ancestors, our children, and all creation, we keep Torah and its teachings alive.*

*Blessed are You, O God. You have lovingly chosen Your people Israel to receive the gift of Torah.*



The prayer is about all that God has given you.



One of our ideas was to write a letter to prepare for the prayer that was coming. It explains all the things that we've received from God so kindly, so they can appreciate it all.

## A Meditation on Creation and Light



Light doesn't just mean light – it also means the ability to sense the world around us.



We're thankful to God for giving us our soul every morning.

Celebrate life

Light = Hope



We're astonished by creation – my, oh my!

We are creation

Celebrate all we have

**CREATION**



Thankful for what we eat/see/hear/touch/smell/feel



Yotzeir is about creation. It's about expressing thanks for all that God has created — our soul, trees, birds, puppies, life, vision, hearing, health.



Using the themes of creation and celebration, we came up with inspirational words of wisdom and pictures that connected to the prayer.



We want people to feel thankful for all of creation.

יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

שְׁמַע יִשְׂרָאֵל

Sh'ma Yisrael, Adonai Eloheinu, Adonai echad.

Hear, O Israel: Adonai is our God, Adonai is One.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.



## גאולה G'ulah Freedom

Standing on the parted shores of history, we still believe what we were taught before ever we stood at Sinai:

That wherever we are, it is eternally Egypt. That there is a better place, a Promised Land; that the winding way to that promise passes through the wilderness.

That there is no way to get from here to there except by joining hands, marching together.

מי כמכה באלם יי? Mi chamocha ba-eilim Adonai?

Who is like you Eternal One, among the gods that are worshipped?

מי כמכה נאדר בקדש, מי כמכה נאדר בקדש,  
נורא תהלת, עשה פלא. nora t'hilot, oseh feleh.

Who is like You, majestic in holiness, awesome in splendor, doing wonders?

שירה חדשה שבחו גאולים Shira chadashah shibchu g'ulim  
לשמך על שפת הים. l'shimcha al s'fat hayam.  
יחד כלם הודו והמליכו ואמרו, Yachad kulam hodu v'himlichu v'amru,  
יי מלך לעלם ועד. Adonai yimloch l'olam va-ed.

With new song, inspired, the redeemed people praised Your name at the sea shore; in unison they offered thanks and proclaimed Your sovereignty; and they said, "The Eternal will reign forever and ever!"

ואהבת את יי אלהיך בכל לבבך V'ahavta et Adonai Elohecha, b'chol-l'vav'cha  
ובכל נפשך ובכל מאדך; והיו uvchol-nafsh'cha uvchol-m'odecha. V'hayu  
הדברים האלה אשר אנכי מצוה hadvarim ha-eileh asher anochi m'tzav'cha  
היום עלי לבבך; ושננתם לבניך hayom al l'vavecha. V'shinantam l'vanecha  
ודברת בם בשבתך בביתך v'dibarta bam, b'shivt'cha b'veitecha,  
ובלכתך בדרך ובשכבך uvlecht'cha vaderech, uvshochb'cha  
ובקומך; וקשרתם לאות עליך uvkumecha. Ukshartam l'ot al-yadecha,  
והיו לטפת בין עיניך; וכתבתם v'hayu l'totafot bein einecha. Uchtavtam  
על מזוזות ביתך ובשעריך; למען al-m'zuzot beitecha uvish-arecha. L'ma-an  
תזכרו ועשיתם את כל מצותי והייתם tizk'ru va-asitem et-kol-mitzvotai, viyitem  
קדשים לאלהיכם: אני יי אלהיכם k'doshim l'Eloheichem. Ani Adonai Eloheichem  
אשר הוצאתי אתכם מארץ מצרים asher hotzeiti et-chem mei-eretz Mitzrayim  
להיות לכם לאלהים אני יי אלהיכם: liyot lachem l'Elohim. Ani Adonai Eloheichem.

You shall love your Eternal God with all your mind, with all your strength, and with all your being. Set these words, which I command you this day, upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be a symbol before your eyes; inscribe them on the doorposts of your house and on your gates. Be mindful of all My mitzvot, and do them: so shall you consecrate yourselves to your God. I am your Eternal God who led you out of Egypt to be your God; I am your Eternal God.



# A Prayer for Parents and Children

(written by our Machzor students and their parents)

## תפילה T'filah Prayer

אֲדֹנָי, שִׁפְתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ. Adonai, s'fatai tiftach, ufi yagid t'hilatecha.  
Adonai, open my lips, that my mouth may declare Your praise.

### אבות ואמהות Avot v'Imahot God of All Generations

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,  
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִיבְקָה,  
אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה,  
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,  
גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכּוֹל,  
וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת,  
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם,  
לְמַעַן שְׂמוֹ בְּאַהֲבָה. Baruch Atah Adonai, Eloheinu v'Elohei  
avoteinu v'imoteinu, Elohei Avraham,  
Elohei Yitzchak, v'Elohei Yaakov,  
Elohei Sarah, Elohei Rivkah,  
Elohei Rachel, v'Elohei Leah,  
ha-El hagadol hagibor v'hanora, El elyon,  
gomeil chasadim tovim, v'koneih hakol,  
v'zocheir chasdei avot v'imahot,  
umeivi g'ulah livnei v'neihem,  
l'ma-an sh'mo b'ahavah.

Praised be our God, God of our fathers and mothers: God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Leah, and God of Rachel; great, mighty, and awesome God, God supreme. Your ways are ways of love. You remember the faithfulness of our ancestors, and all of our generations survive through You.

זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חַפְּזֵי  
בְּחַיִּים. וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים,  
לְמַעַן אֱלֹהִים חַיִּים. מֶלֶךְ עוֹזֵר  
וּמוֹשִׁיעַ וּמְגַן. בָּרוּךְ אַתָּה יי,  
מְגַן אַבְרָהָם וְעִזְרַת שָׂרָה. Zochreinu l'chayim, melech chafeitz  
bachayim. V'chotveinu b'sefer hachayim,  
l'ma-ancha Elohim chayim. Melech ozeir  
umoshia umagein. Baruch Atah Adonai,  
magein Avraham v'ezrat Sarah.

Remember us unto life, God who delights in life, and inscribe us in the Book of Life, for Your sake, O God of life. You are our Protector and our Help. Blessed are You, Eternal One, Shield of Sarah and Abraham.

PARENT: Sometimes I tell you to do things without explaining why.

CHILD: Sometimes I do things on impulse without thinking about the consequences.

PARENT: I will put away my phone when you are talking to me.

CHILD: I will pay attention when you are talking to me.

PARENT: I will try to let you do things your own way, as I know you often have good ideas.

CHILD: I will try to listen and consider your ideas, even if I strongly feel that I don't need any suggestions.

PARENT: I will try to trust you more, and let you be more independent.

CHILD: I will try to be more trustworthy, and not let you down with my decisions.

PARENT: I promise to make you a priority and be on time and be present.

CHILD: I promise to understand that you have responsibilities, and I will be patient.

PARENT: I will not demand perfection, but I will ask you to work hard and always maintain your integrity.

CHILD: I will always try my best and appreciate all that I have.

PARENT: Sometimes I will do things you will not understand, but I promise to try to explain them to you.

CHILD: Sometimes I will do things you do not understand, but I promise to try to explain them to you.

PARENT: I will try to lead you as a responsible individual.

CHILD: I will accept what you teach while making my own decisions.

PARENT: I will try to explain my decisions, even when you won't like them.

CHILD: I will try to understand, even when I don't like what you say.

PARENT: I will try to set a better example of appreciating what we have.

CHILD: I will try to be more grateful for what we have.

קדוּשַׁת הַיּוֹם *K'dushat HaYom* The Holiness\* of This Day  
 ראש השנה *Rosh Hashanah* Rosh Hashanah\*

On Rosh Hashanah we celebrate a beginning, the birthday of the world and the start of a new year. And on Rosh Hashanah we celebrate an ending, too. For all its good and all its bad, last year is behind us now. Yet, on our High Holy Days we take one last look behind, especially to see how we might have done just a little better, seeing the things that we would really like to change.

We thank You, God, for the year that has passed.

We tried to do our best, but our best was not always good enough. At times we aimed too high and missed our aim, or forgot ourselves and did things we knew we should not do.

We made mistakes, and we are sorry for the mistakes we made. A new year starts with this High Holy Day season.

Help us, O God, to do the best we can with the gifts You have given us. Help us to use our strengths and our talents to make the world a better place for all.

בָּרוּךְ אַתָּה יְיָ, מֶלֶךְ עַל כָּל הָאָרֶץ, *Baruch Atah Adonai, melech al kol ha-aretz,*  
 מְקַדֵּשׁ יִשְׂרָאֵל [וְהַשַּׁבָּת] *m'kadeish Yisrael [v'haShabbat]*  
 וַיּוֹם הַזִּכְרוֹן. *v'yom hazikaron.*

Our praise to You, Adonai, ruler of all the earth: who blesses the people Israel, [Shabbat,] and this Day of Remembrance.



Dictionary: קדוּשַׁת *K'dushat* = Holiness: Different, special, set apart.  
 ראש השנה *Rosh Hashanah* = Head of the year, day of remembering the year that passed.

גְבוּרוֹת *G'vurot* God's Great Strength

Your strength, God, is very great;

Help us to use our strength for good and not for evil.

You are the source of life and blessing;

Help us to choose life for ourselves and families.

You are the support of the falling;

Help us to lift up the fallen;

You are the giver of freedom;

Help us to bring freedom to those who need it.

בָּרוּךְ אַתָּה יְיָ, מְחַיֵּה הַכּוֹל. *Baruch Atah Adonai, m'chayeih hakol.*

Blessed are You Adonai, Giver of Life.





## וּנְתַנֶּה תְּקֵף

### Untaneh Tokef Our Accounting

וּנְתַנֶּה תְּקֵף קְדוּשַׁת הַיּוֹם, Untaneh tokef k'dushat hayom,  
 כִּי הוּא נוֹרָא וְאִיּוֹם. וּבוֹ תִנְשֵׂא ki hu nora v'ayom. Uvo tinasei  
 מַלְכוּתֶךָ וַיִּכּוֹן בְּחֶסֶד בְּסֶאֱדָה malchutecha v'yikon b'chesed kis-echa  
 וְתֵשֵׁב עָלָיו בְּאֵמֶת. v'teishev alav be-emet.

Let us proclaim the sacred power of this day.  
 It is awesome and full of dread.

בְּרֹשׁ הַשָּׁנָה יִכְתְּבוּן, B'Rosh HaShanah yikateivun;  
 וּבְיוֹם צוֹם כִּפּוּר יִחְתְּמוּן. uvYom Tzom Kippur yeichateimun.

On Rosh Hashanah it is written, on Yom Kippur it is sealed:

- Who will be excited for the day and who will be upset?
- Who will want everything and who will be overwhelmed with sadness?
- Who will want the world to be good and who will want fairness?
- Who will start arguments and who will be the peacemaker?
- Who will be fearful and who will be lonely?
- Who will be afraid of change and who will copy friends?
- Who will bully to have power and who will change the world with their actions?
- Who will be calm when things go wrong?
- Who will be frightened by the difficult tasks?
- Who will be poor, never grateful for what they have?
- Who will be rich, happy with exactly what is theirs?

וּתְשׁוּבָה, וּתְפִלָּה, וְצְדָקָה Utshuvah, utfilah, utzdakah  
 מַעֲבִירִין אֶת רֵעַ הַגְּזֵירָה. ma-avirin et ro-a hag'zeirah.

But Self-Reflection, Prayer, and Tzedakah – they have the power to change the nature of our lives. These return us to God.  
 May we go forth with celebration and forgiveness.  
 May we go forth with rejoicing, forgiven for yesterday's mistakes, hopeful for tomorrow – to a year of great goodness.

## קְדוּשַׁת הַיּוֹם K'dushat HaYom The Holiness of This Day

### יוֹם כִּפּוּר Yom Kippur\*

- There is holiness when we strive to be true to the best we know.  
 There is holiness when we are kind to someone who cannot possibly be of service to us.
- There is holiness when we promote family harmony.  
 There is holiness when we love—truly and honestly and unselfishly.
- There is holiness when we are willing to be laughed at for what we believe in.  
 There is holiness when we forget what divides us and remember what unites us.
- There is holiness when we remember the lonely and bring cheer into a dark corner.  
 There is holiness when we share—our bread, our ideas, our enthusiasm.

בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ עַל כָּל הָאָרֶץ, Baruch Atah Adonai, melech al kol ha-aretz,  
 מְקַדֵּשׁ יִשְׂרָאֵל [וְהַשַּׁבָּת] m'kadeish Yisrael [v'haShabbat]  
 וְיוֹם הַכִּפּוּרִים. v'yom hakippurim.

Our praise to You, Adonai, ruler of all the earth: who blesses the people Israel, [Shabbat,] and this Day of Atonement.

Dictionary: יוֹם כִּפּוּר Yom Kippur = A fresh start. An opportunity to think about what we have done in the past.

The following refers to the facing page, "Our Accounting":



This prayer acknowledges that in life we sometimes face tough and scary situations beyond our control. This prayer challenges us to think about how to handle these situations, and be more responsible when making choices for ourselves. It relates to the High Holy Days because it helps us reflect on the year that passed so that we can make better choices in the new year.



We wanted to make the prayer kid friendly so that all ages can understand how to deal with future challenges. Doing this makes it so that all people, young and old, know that they can make their own choices and realize the impact of them.



We hope this page will leave people feeling thoughtful. We want people to ponder their choices, for them to view the world differently, and have a new perspective in their own journey. We wish for people to carry these thoughts through life, so they may think hard about the decisions they make.



These are not easy things to consider.  
 But once we have done this hard work,  
 we can look ahead to the new year,  
 beginning now, with excitement and hope.  
 What new adventures await me?  
 How will we respond to new challenges?  
 Will we continue to try even when we want to give up?  
 Will we act every day with kindness and respect?  
 Will we learn and grow from every new experience?

Adonai, help me to be the best I can be in the new year.  
 Help me to see the good that is inside me—my talents,  
 my creativity, my kindness—so that I can help  
 make this world a better place for all of us.

**עֲשֵׂה שָׁלוֹם** *Oseh Shalom*

עֲשֵׂה שָׁלוֹם בְּמִרְמֵינוּ, Oseh shalom bimromav,  
 הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ hu ya-aseh shalom aleinu  
 וְעַל כָּל יִשְׂרָאֵל v'al kol Yisrael  
 וְעַל כָּל יוֹשְׁבֵי תֵבֵיל v'al kol yoshvei teiveil.  
 וְאָמְרוּ אָמֵן. V'imru amen.

May the One who causes peace to reign in the high heavens,  
 let peace descend on us, on all Israel, and all humanity,  
 and let us say: *Amen*.



## Silent Meditation

Each new year brings new beginnings.  
 New friends  
 New ideas  
 New activities  
 New dreams  
 New projects.

But before we move ahead, we use this day to look back.  
 To reflect on:  
 What we have done  
 What we have said  
 What we have not done  
 What we should have said.

For a moment now, we think of the people we love,  
 whom we trust:  
 Family, friends, teachers, colleagues, teammates.  
 Did we think of the stranger?  
 Did we treat them all well?  
 Did we learn from them with open minds and hearts?

And how did we fill our days?  
 Did we take advantage of every opportunity?  
 Help others in need?  
 Take good care of our bodies and our minds?  
 Did we notice and preserve the beauty of the world around us?

אָבִינוּ מִלְּכֵנוּ, כְּתִבְנוּ בְּסֵפֶר חַיִּים טוֹבִים.  
Avinu Malkeinu, kotveinu b'sefer chayim tovim.

Avinu Malkeinu, give us blessing in the Book of Life.

אָבִינוּ מִלְּכֵנוּ, חֲדָשׁ אֵלֵינוּ שָׁנָה טוֹבָה.  
Avinu Malkeinu, chadeish aleinu shanah tovah.

Avinu Malkeinu, let the new year be a good year for us.

אָבִינוּ מִלְּכֵנוּ, מְלֵא יָדֵינוּ מִבְּרֻכּוֹתֶיךָ.  
Avinu Malkeinu, malei yadeinu mibirchotecha.  
Avinu Malkeinu, fill our hands with blessing.

אָבִינוּ מִלְּכֵנוּ, חֲנֹנוּ וְעֲנֵנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים.  
Avinu Malkeinu, choneinu va-aneinu, ki ein banu ma-asim.

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.  
Asei imanu tzedakah vachessed v'hoshi-einu.

Avinu Malkeinu, be gracious and answer us, for we have little worth.

Treat us generously and with kindness, and be our help.

A MUSICAL REFLECTION: I listened to many versions of Avinu Malkeinu. My favorite was one recorded by Barbra Streisand in a setting composed by Max Janowski. I felt that this was a very grand and regal prayer, unlike other versions that sounded more like pop than this grand one. I feel that this is important for Avinu Malkeinu because this prayer is about being heard.

THOUGHT QUESTIONS: Can't God come in any form?

What form does God take for you?

Why does God have to be a father?

Why is God our king?



The prayer is about asking God to hear our voice. It is a new year, a new beginning, so we want God to hear us and accept our prayers even though we have sinned in the past.



We decided to show the prayer with simpler words so people can connect to it more easily. We also wanted to show what a student thought of different renditions of the melody that goes with these words. Lastly, we included questions asking about God, because this prayer forces you to think about who is on the other side of your prayers.



We hope people will feel that they have another chance, and that God is hearing them. For the musical reflection, we wanted to show that you can feel differently if the song is sung differently, and that the questions make you reflect on what you are hearing.



## סֵדֶר קְרִיאַת הַתּוֹרָה

### Seder K'riat HaTorah

## Service for Reading the Torah

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה, וּדְבַר יְיָ מִירוּשָׁלַיִם.  
Ki mitziyon teitzei torah, udvar Adonai mirushalayim.

Ki mitziyon teitzei torah, udvar Adonai mirushalayim.

For out of Zion shall go forth Torah, and the word of God from Jerusalem.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.  
Baruch shenatan torah l'amo Yisrael bikdushato.

Baruch shenatan torah l'amo Yisrael bikdushato.

Praised be the One, who in holiness gives Torah to our people Israel.

### אָבִינוּ מִלְּכֵנוּ Avinu Malkeinu

אָבִינוּ מִלְּכֵנוּ, שְׁמַע קוֹלֵנוּ.  
Avinu Malkeinu, sh'ma koleinu.

Avinu Malkeinu, hear our voice.

אָבִינוּ מִלְּכֵנוּ, חָטָאנוּ לְפָנֶיךָ.  
Avinu Malkeinu, chatanu l'fanecha.

Avinu Malkeinu, we have made mistakes against You.

אָבִינוּ מִלְּכֵנוּ, חַמְלֵנוּ וְעַל עוֹלָלֵנוּ וְטַפֵּינוּ.  
Avinu Malkeinu, chamol aleinu v'al olaleinu v'tapeinu.

Avinu Malkeinu, have kindness for us and our children.

Avinu Malkeinu, have kindness for us and our children.

אָבִינוּ מִלְּכֵנוּ, כְּלֵה דָּבָר וְחָרֵב וְרָעָב מֵעַלֵינוּ.  
Avinu Malkeinu, kaleih dever v'cherev v'ra-av mei-aleinu.

Avinu Malkeinu, make an end to sickness, war, and hunger.

Avinu Malkeinu, make an end to sickness, war, and hunger.

אָבִינוּ מִלְּכֵנוּ, כְּלֵה כָּל צָר וּמִשְׁטֵיץ מֵעַלֵינוּ.  
Avinu Malkeinu, kaleih kol tzar umastin mei-aleinu.

Avinu Malkeinu, make an end to all struggle.

Avinu Malkeinu, make an end to all struggle.



## Blessing Before the Reading of the Torah

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ.	Bar'chu et Adonai hamvorach.
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.	Baruch Adonai hamvorach l'olam va-ed.
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.	Baruch Adonai hamvorach l'olam va-ed.
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.	Baruch Atah Adonai, Eloheinu melech ha-olam, asher bachar banu mikol ha-amim v'natan lanu et torato.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.	Baruch Atah Adonai, notein hatorah.

Bless the Eternal, the Blessed One.

Blessed is the Eternal, the Blessed One,  
now and forever.

Blessed is the Eternal, the Blessed One, now and forever.

Blessed are You, Eternal, our God, supreme Power of the universe,  
who embraced us and gave us this Teaching, having chosen us to embody  
Torah among the peoples of the earth.

## Torah Reading for Rosh Hashanah: Genesis 21:1-12

וַיְהוּדָה פָקַד אֶת־שָׂרָה כַּאֲשֶׁר אָמַר  
וַיַּעַשׂ יְהוָה לְשָׂרָה כַּאֲשֶׁר דִּבֶּר; וַתְּהַרֵּ  
וַתֵּלֵד שָׂרָה לְאַבְרָהָם בֶּן לִזְקֻנָיו לְמוֹעֵד  
אֲשֶׁר־דִּבֶּר אֱלֹהִים; וַיִּקְרָא אַבְרָהָם  
אֶת־שֵׁם־בְּנֵו הַנּוֹלֵד־לוֹ אֲשֶׁר־יָלְדָה־לוֹ  
שָׂרָה יִצְחָק; וַיִּמַּל אַבְרָהָם אֶת־יִצְחָק  
בְּנֵו בֶן־שְׁמֹנֶת יָמִים כַּאֲשֶׁר צִוָּה אֱתוֹ  
אֱלֹהִים; וַאֲבָרָהָם בֶּן־מֵאָת שָׁנָה בְּהוֹלֵד  
לוֹ אֵת יִצְחָק בְּנֵו; וַתֹּאמֶר שָׂרָה צָחֵק  
עָשָׂה לִי אֱלֹהִים בְּלִי־שִׁמְעָה יִצְחָק־לִי;  
וַתֹּאמֶר מִי מִלֵּל לְאַבְרָהָם הִינִיקָה  
בָּנִים שָׂרָה כִּי־יָלְדָתִי בֶן לִזְקֻנָיו; וַיְגַדֵּל  
הַיֵּלֵד וַיִּגְמַל וַיַּעַשׂ אַבְרָהָם מִשְׁתָּה גָדוֹל  
בְּיוֹם הַגְּמִל אֶת־יִצְחָק; וַתִּרְאֵ שָׂרָה  
אֶת־בְּנֵו־הַגֵּר הַמִּצְרַיִת אֲשֶׁר־יָלְדָה  
לְאַבְרָהָם מִצְחָק;

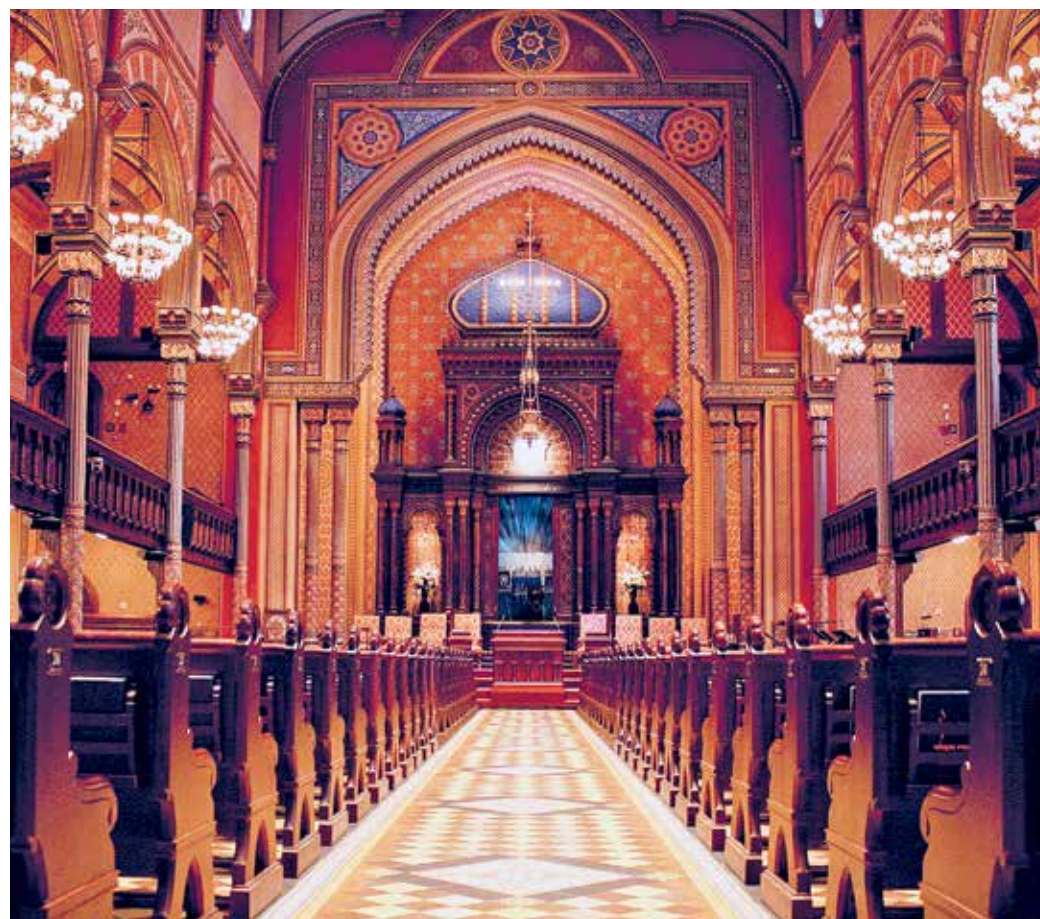
1 Adonai took note of Sarah as He had promised, and Adonai did for Sarah as He had spoken. 2 Sarah conceived and bore a son to Abraham in his old age, at the set time of which God had spoken. 3 Abraham gave his newborn son, whom Sarah had borne him, the name of Isaac. 4 And when his son Isaac was eight days old, Abraham circumcised him, as God had commanded him. 5 Now Abraham was a hundred years old when his son Isaac was born to him. 6 Sarah said, "God has brought me laughter; everyone who hears will laugh with me." 7 And she added, "Who would have said to Abraham that Sarah would suckle children! Yet I have borne a son in his old age." 8 The child grew up and was weaned, and Abraham held a great feast on the day that Isaac was weaned. 9 Sarah saw the son whom Hagar the Egyptian had borne to Abraham playing.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד. Sh'ma Yisrael, Adonai Eloheinu, Adonai echad.  
Hear, O Israel: Adonai is our God, Adonai is One.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵינוּ,  
קָדוֹשׁ וְנוֹרָא שְׁמוֹ. Echad eloheinu, gadol adoneinu,  
kadosh v'nora sh'mo.  
Our God is One; Our God is great; holy and awesome is God's name.

לְךָ יְיָ הַגְּדֻלָּה וְהַגְּבוּרָה L'cha Adonai hagdulah v'hagvurah  
וְהַתְּפָאֶרֶת וְהַנְּצַח וְהַהוֹדָה, v'hatiferet v'haneitzach v'hahoda,  
כִּי־כֹל בַּשָּׁמַיִם וּבָאָרֶץ. ki-chol bashamayim uva-aretz.  
לְךָ יְיָ הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא L'cha Adonai hamamlachah v'hamitnasei  
לְכֹל לְרוֹשׁ. l'chol l'rosh.

Yours, O God, is the greatness, the power, the glory, the victory, and the  
majesty: for all that is in heaven and earth is Yours. You, O God, are  
Sovereign; You are supreme over all.



Torah Reading for Yom Kippur: Leviticus 19:1-14

1 וידבר יהוה אל־משה לאמר: 2 דבר אל־כָּל־עַדְת בְּנֵי־יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם קְדוֹשִׁים תִּהְיוּ כִּי קָדוֹשׁ אֲנִי יְהוָה אֱלֹהֵיכֶם: 3 אִישׁ אִמּוֹ וְאָבִיו תִּירָאוּ וְאֵת שַׁבְּתוֹתַי תִּשְׁמְרוּ אֲנִי יְהוָה אֱלֹהֵיכֶם: 4 אֲלֵתִפְנוּ אֱלֹהֵי־אֱלִילִים וְאֵלֵהִי מִסִּכָּה לֹא תַעֲשׂוּ לָכֶם אֲנִי יְהוָה אֱלֹהֵיכֶם: 5 וְכִי תִזְבְּחוּ זֶבַח שְׁלָמִים לַיהוָה לְרִצְוֹנְכֶם תִּזְבְּחוּהוּ: 6 בְּיוֹם זִבְחֲכֶם יֹאכַל וּמִמָּחֳרָת וְהַנּוֹתֵר עַד־יוֹם הַשְּׁלִישִׁי בָאֵשׁ יִשְׂרָף: 7 וְאִם הָאֹכֵל יֹאכַל בְּיוֹם הַשְּׁלִישִׁי פְגוּל הוּא לֹא יִרְצֶה: 8 וְאֹכְלוֹ עֹנֵן יִשָּׂא כִּי־אֵת־קֹדֶשׁ יְהוָה חָלַל וְנִכְרְתָה הַנֶּפֶשׁ הַהִוא מֵעַמִּיהָ: 9 וּבְקִצְרְכֶם אֶת־קִצִּיר אֲרֻצְכֶם לֹא תִכַּלּה פֶּאֶת שֶׂדֶךְ לְקַצֹּר וּלְקַט קִצִּירָךְ לֹא תִלְקֹט: 10 וְכִרְמְךָ לֹא תַעֲזוֹלֵל וּפְרֹט כִּרְמְךָ לֹא תִלְקֹט לְעֵנִי וּלְגֵר תַּעֲזוֹב אֹתָם אֲנִי יְהוָה אֱלֹהֵיכֶם: 11 לֹא תִגְנְבוּ וְלֹא־תִכְחָשׂוּ וְלֹא־תִשְׁקְרוּ אִישׁ בְּעַמִּיתוֹ: 12 וְלֹא־תִשָּׁבְעוּ בַשִּׁמְי לִשְׁקֹר וְחָלַלְתָּ אֶת־שֵׁם אֱלֹהֶיךָ אֲנִי יְהוָה: 13 לֹא־תַעֲשֶׂק אֶת־רֵעֶךָ וְלֹא תִגְזֹל לֹא־תִלֵּין פְּעֻלַּת שְׂכִיר אֶתְּךָ עַד־בֹּקֶר: 14 לֹא־תִקְלַל חֵרֶשׁ וּלְפָנַי עוֹר לֹא תִתֵּן מִכֶּשֶׁל וִירַאת מַאֲלֵהֶיךָ אֲנִי יְהוָה:

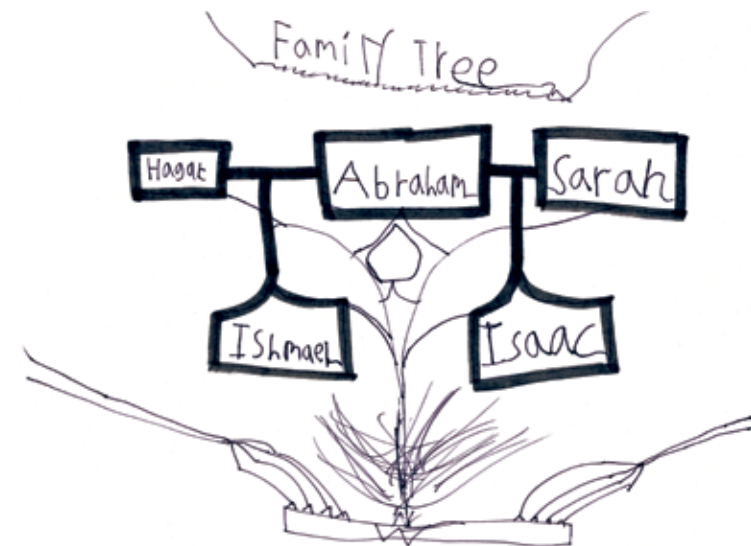
1 Adonai spoke to Moses, saying: 2 Speak to the whole community of Israel, and say to them: You shall be holy, for I, Adonai, am holy. 3 Revere your parents, each one of you, and keep My Sabbaths; I, the eternal, am your God. 4 Do not turn to idols, nor make for yourselves molten gods; I, the eternal, am your God. 5 When you sacrifice an offering of well-being to Adonai, sacrifice it so that it may be accepted on your behalf. 6 It shall be eaten on the day you sacrifice it, or on the day following; but what is left by the third day must be consumed in fire. 7 If it should be eaten on the third day, it is an offensive thing, it will not be acceptable. 8 And one who eats of it shall bear the guilt for having profaned what is sacred to Adonai; that person shall be cut off from kin. 9 When you reap the harvest of your land, do not reap the corners of your field, and do not glean the fallen ears of your crop. 10 Nor may you strip your vineyard bare, nor gather the overlooked grapes; you must leave them for the poor and the stranger; I, the eternal, am your God. 11 You must not steal; you must not act deceitfully nor lie to one another. 12 And you must not swear falsely by My name, profaning the name of your God; I am Adonai. 13 You must not oppress your neighbor. Do not commit robbery. The wages of a laborer should not remain with you overnight until morning. 14 Do not curse the deaf, nor put a stumbling block before the blind: show reverence for your God; I am Adonai.

10 וְתֹאמַר לְאַבְרָהָם גֵּרֵשׁ הָאִמָּה הַזֹּאת וְאֶת־בְּנָהּ כִּי לֹא יִירָשׁ בְּיָהָאִמָּה הַזֹּאת עִסְבִּנִי עִסְיִצְחָק: 11 וַיִּרַע הַדָּבָר מְאֹד בְּעֵינָי אַבְרָהָם עַל אֹדֶת בְּנֹו: 12 וַיֹּאמֶר אֱלֹהִים אֶל־אַבְרָהָם אֲלֵי־רַע בְּעֵינֶיךָ עַל־הַנֶּעַר וְעַל־אִמְתְּךָ כֹּל אֲשֶׁר תֹּאמַר אֵלֶיךָ שָׂרָה שְׁמַע בְּקוֹלָהּ כִּי בְיִצְחָק יִקְרָא לָךְ זָרַע:

10 She said to Abraham, “Cast out that slave-woman and her son, for the son of that slave shall not share in the inheritance with my son Isaac.” 11 The matter distressed Abraham greatly, for it concerned a son of his. 12 But God said to Abraham, “Do not be distressed over the boy or your slave; whatever Sarah tells you, do as she says, for it is through Isaac that offspring shall be continued for you.

SUMMARY:

Abraham and Sarah were very old and could not have a child, but God performed a miracle and they were able to. Abraham and Sarah named him Isaac. When Isaac was eight days old they performed a ceremony to welcome him to the world. Isaac gave Sarah laughter. Later, Sarah saw Ishmael, the son of Abraham and Hagar, the house servant, and shunned her and her child from the house because she did not want Isaac to share Abraham's stuff with his half brother. This made Abraham very anxious because he worried about his son. God says, whatever Sarah says goes. Hagar and her child are sent to the desert and God took care of them.



THOUGHT QUESTIONS:

1. Do you think it is okay that Sarah threw Hagar and her child out?
2. What do you think about God telling Abraham not to worry about Hagar?
3. Why do you think that a child for Abraham and Sarah was a miracle?

## Blessing After the Reading of the Torah

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,  
 וְחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ.  
 בָּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה. Baruch Atah Adonai, Eloheinu melech ha-olam,  
 asher natan lanu torat emet,  
 v'chayei olam nata b'tocheinu.  
 Baruch Atah Adonai, notein hatorah.

We praise You, Eternal God, Sovereign of the universe: You have given us a Torah of truth, implanting within us eternal life.  
 We praise You, O God, Giver of the Torah.

וְזוֹת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה  
 לִפְנֵי בְּנֵי יִשְׂרָאֵל עַל-פִּי יי  
 בְּיַד-מֹשֶׁה. V'zot hatorah asher-sam Mosheh  
 lifnei b'nei Yisrael al-pi Adonai  
 b'yad-Mosheh.

This is the Torah that Moses placed before the people of Israel to fulfill the word of God.

## Returning the Torah to the Ark

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ,  
 וְתִמְכֶּיָּהּ מְאֹד.  
 דְּרָכֶיהָ דְּרָכֵי-נֹעַם,  
 וְכָל-נְתִיבוֹתֶיהָ שָׁלוֹם.  
 הֲשִׁיבֵנוּ יי אֱלֹהֵינוּ וְנָשׁוּבָה,  
 חֲדָשׁ יָמֵינוּ כְּקֶדֶם. Eitz chayim hi lamachazikim bah,  
 v'tomcheha m'ushar.  
 D'racheha darchei-noam,  
 v'chol n'tivoteha shalom.  
 Hashiveinu Adonai eilecha v'nashuvah,  
 chadeish yameinu k'kedem.

Behold, a good doctrine has been given to you, My Torah; do not forsake it. It is a tree of life to those who hold it fast, and all who cling to it find happiness. Its ways are ways of pleasantness, and all its paths are peace.

Help us to return to You, O God; then truly shall we return.  
 Renew our days as in the past.

## SUMMARY: Be Holy Because God is Holy

### RULES FROM THE HOLINESS CODE

- Revere your parents.
- Keep my sabbath.
- Do not turn to idols nor make yourself molten Gods.
- When you reap the harvest of your land, do not reap the corners of your field and do not glean the fallen ears of your crop.
- You must not steal, you must not act deceitfully or lie to one another.
- You must not swear falsely by My name, profaning the name of your God.
- You must not oppress your neighbor.
- The wages of a laborer should not remain with you overnight until morning.
- Do not curse the deaf, nor put a stumbling block before the blind.
- Show reverence for your God.

### THIS MEANS . . .

- Respect your parents.
- Observe Shabbat and take a day to rest.
- Don't make statues of something to pray to. Pray to God, the one and only God.
- Take care of the poor and the stranger.
- Don't steal, cheat, or lie.
- Use God's name respectfully.
- Be nice to your neighbor.
- Don't take advantage of people.
- Be aware of people who have different needs.
- Honor God.

Keep my Sabbath



Be nice to your neighbor



Show reverence for your God



Reap the harvest





## סֵדֶר תְּקִיעַת שׁוֹפָר

### *Seder T'kiat Shofar*

## Service for the Sounding of the Shofar

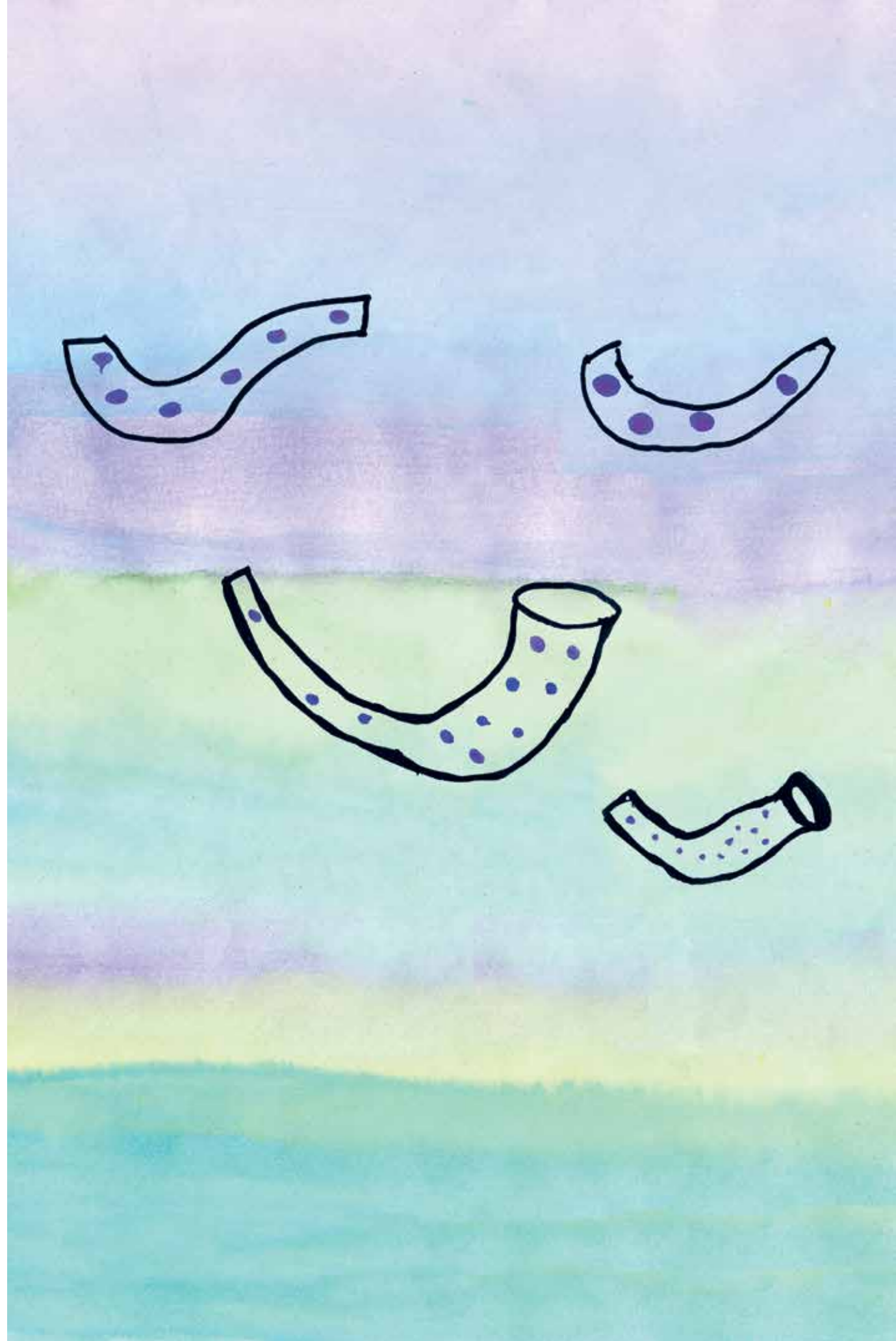
You know how you wake up in the morning because of the alarm going off on your phone or your clock? Well guess what? People didn't have that a long time ago, so how could they communicate and find out if something was going on? When people heard the shofar, many things could've been going on. If you heard a short quick sound, it could've meant that you should run, find shelter, and hide. Another call meant that it was Rosh Hashanah! A new year! It can tell us that another year is here and there is more to come.

בָּרוּךְ אַתָּה יי, Baruch Atah Adonai,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, Eloheinu melech ha-olam,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, asher kidshanu b'mitzvotav,  
וְצִוָּנוּ לִשְׁמוֹעַ קוֹל שׁוֹפָר. v'tzivanu lishmo-a kol shofar.

בָּרוּךְ אַתָּה יי, Baruch Atah Adonai,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, Eloheinu melech ha-olam,  
שֶׁהֶחַיָּנוּ וְקִיַּמָּנוּ וְהִגִּיעָנוּ shehecheyanu v'kiymanu v'higianu  
לְזֶמַן הַזֶּה. lazman hazeh.

Blessed are You, Adonai our God, Ruler of the universe,  
who hallows us with mitzvot,  
and calls us to hear the sound of the shofar.

Blessed are You, Adonai our God, Ruler of the universe,  
for giving us life, for sustaining us,  
and for enabling us to reach this season.



## שופרות *Shofarot* Awareness

Sound the horn, we'll bring together,  
On this day of chanting letter to letter.  
Warning everyone of what is to come.  
On this day of leaving the old behind,  
A new year has come into our minds,

T'kiah  
Sh'varim  
T'ruah  
The calls we say,  
The calls we sing.

תְּקִיעָה - שְׁבָרִים־תְּרוּעָה  
T'kiah - Sh'varim-T'ruah

תְּקִיעָה - שְׁבָרִים־תְּרוּעָה - תְּקִיעָה  
T'kiah - Sh'varim-T'ruah - T'kiah

תְּקִיעָה - שְׁבָרִים - תְּקִיעָה  
T'kiah - Sh'varim - T'kiah

תְּקִיעָה - תְּרוּעָה - תְּקִיעָה גְדוּלָה  
T'kiah - T'ruah - T'kiah G'dolah

אַרְשֶׁת שִׁפְתֵינוּ יַעֲרַב לְפָנֶיךָ,	Areshet s'fateinu ye-erav l'fanecha,
אֵל רֵם וְנִשָּׂא, מִבֵּין וּמֵאֲזִין,	El ram v'nisa, meivin uma-azin,
מִבֵּית וּמִקְשִׁיב לְקוֹל תְּקִיעֹתֵינוּ.	mabit umakshiv l'kol t'kiateinu.
וּתְקַבֵּל בְּרַחֲמִים וּבְרִצּוֹן	Utkabeil b'rachamim uvratzon
סֵדֶר שׁוֹפְרוֹתֵינוּ.	seder shofroteinu.

O God Supreme, accept the offering of our lips, the sound of the shofar. In love and favor hear us, as we call to You with the sound of the shofar.

Dictionary: שופר *Shofar* = A horn to symbolize the new year.  
An alarm clock waking you for the new year.

## מלכויות *Malchuyot* God's Greatness

Listen to us as our prayer is said,  
We're saying thank you for creating us,  
In this one sanctuary,  
It is safe, it is holy,  
We will rise together in gratitude.

תְּקִיעָה - שְׁבָרִים־תְּרוּעָה  
T'kiah - Sh'varim-T'ruah

תְּקִיעָה - שְׁבָרִים־תְּרוּעָה - תְּקִיעָה  
T'kiah - Sh'varim-T'ruah - T'kiah

תְּקִיעָה - שְׁבָרִים - תְּקִיעָה  
T'kiah - Sh'varim - T'kiah

תְּקִיעָה - תְּרוּעָה - תְּקִיעָה  
T'kiah - T'ruah - T'kiah

## זכרונות *Zichronot* Remembrance

People that we remember  
Have passed but still live on in our hearts.  
We learn, we grow, we keep them in mind.

תְּקִיעָה - שְׁבָרִים־תְּרוּעָה  
T'kiah - Sh'varim-T'ruah

תְּקִיעָה - שְׁבָרִים־תְּרוּעָה - תְּקִיעָה  
T'kiah - Sh'varim-T'ruah - T'kiah

תְּקִיעָה - שְׁבָרִים - תְּקִיעָה  
T'kiah - Sh'varim - T'kiah

תְּקִיעָה - תְּרוּעָה - תְּקִיעָה  
T'kiah - T'ruah - T'kiah

# Knocking the Heart



- Step 1. Make your hand into a fist.
- Step 2. Touch your heart with your fist.
- Step 3. Knock your heart softly as if you were knocking on a door.

## Why do we do this?

There are lots of ways to look at this. Some people do it to help open up your heart, to wake up your body to the importance of this moment, or even to symbolically punish yourself for the bad things you have done.

## What do you think about this?

I think that I get it, but it's a little bit weird, or extreme. It makes sense that we should be reminding ourselves not to do bad things.

I like how symbolic this prayer is. I think it is an effective reminder, to all of us, telling us not to do bad things to ourselves and other people.

## Thought Questions:

- Can you think of something you have done wrong in the past year?
- Why do we confess as a community?
- How can you do better in the coming year?



This prayer is about confessing our sins. It is important to confess our sins or we will repeat our mistakes. For example: if you bullied someone and didn't say you were sorry, you will live with that sin forever. On the other hand, if you say you are sorry, you will feel better.



Our idea for this page was to make the prayer kid friendly by providing instructions on how to perform the action.



We hope this prayer leaves people pondering over their mistakes and trying to be better.



# יהוי ליום כיפור

## Vidui l'Yom Kippur

### Confessional for Yom Kippur

We recite the Vidui to ask God for forgiveness for all the bad things our community has done. By reciting this prayer, we are showing that we are not perfect, and not so filled with pride. We are saying people commit so many sins that there is one or more for each letter in the alphabet! This isn't only about the sins we've committed—we do this together because it's hard to say sorry, and we support each other as we do it.

## אֲשָׁמְנוּ Ashamnu Our Mistakes

אֲשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבְרַנּוּ דָּפִי.	Ashamnu, bagadnu, gazalnu, dibarnu dofi.
הֵעֵינּוּ, וְהִרְשָׁעְנוּ, זָדְנוּ, חָמַסְנוּ,	He-evinu, v'hirshanu, zadnu, chamasnu,
טָפַלְנוּ שֶׁקֶר. יַעֲצֵנוּ רָע, כִּזְבַּנּוּ,	tafalnu sheker. Ya-atznu ra, kizavnu,
לָצַנּוּ, מָרַדְנוּ, נֹאצְנוּ, סָרַרְנוּ, עֵוִינוּ,	latznu, maradnu, niatznu, sararnu, avinu,
פָּשַׁעְנוּ, צָרַרְנוּ, קִשִּׁינוּ עֲרָף. רִשָּׁעְנוּ,	pashanu, tzararnu, kishinu oref. Rashanu,
שִׁחַתְנוּ, תַּעֲבַנּוּ, תַּעֲיִנוּ, תַּעֲתַעְנוּ.	shichatnu, tiavnu, ta-inu, titanu.

We have all done bad things; together we confess<sup>1</sup> these human sins<sup>2</sup>:

- We get angry
- We bully
- We are careless
- We destroy
- We are selfish
- We are false<sup>3</sup>
- We gossip
- We hate
- We are irresponsible
- We are jealous
- We are lazy

We all know we have done one of these things.

For every letter in the alphabet, there is a sin we have committed.

Dictionary: יהוי Vidui = Confessional: Admitting to doing something wrong. 1. Confessing means admitting to something you have done. 2. Sin means something you've done wrong. 3. False means being not true.

## ועל כלם V'al Kulam We Are Sorry

On this holy day of truth we say: “We are sorry, we are truly sorry, and hope to do better.” We say: “*Al Cheit*\*: *Al cheit shechatanu l'fanecha*, for the wrong we have done before You, we are truly sorry.”

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For being jealous of other people's luck,  
we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For being bad-tempered when we should have  
been cheerful, we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For failing to honor our teachers, we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For failing to honor our parents, we are sorry.

ועל כלם, אלוה סליחות, V'al kulam, Eloha s'lichot,  
סלח לנו, מחל לנו, כפר לנו. S'lach lanu, m'chal lanu, kaper lanu.  
For all these things, O God of forgiveness,  
pardon us and forgive us.



ועל כלם, אלוה סליחות, V'al kulam, Elo-ah s'lichot,  
סלח לנו, מחל לנו, כפר לנו. s'lach lanu, m'chal lanu, kaper-lanu.  
For all these things, O God of forgiveness,  
pardon us and forgive us.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For all these things, O God, for not always  
speaking the truth, we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For being stubborn and lazy, we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For hurting other people's feelings, we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For being unfair or spiteful, we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For speaking when we should have listened,  
we are sorry.

... על חטא שחטאנו לפניך ... Al cheit shechatanu l'fanecha ...  
For remaining silent when we should have spoken,  
we are sorry.

Dictionary: חטא Cheit = Sin: Missing the mark (a mistake).

קדיש יתום *Kaddish Yatom*

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא,  
 בְּעֵלְמָא דִּי בְרָא כְרְעוּתָהּ.  
 וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּיכוּן  
 וּבְיוֹמֵיכוּן, וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
 בְּעֵגְלָא וּבְזִמְן קָרִיב.  
 וְאָמְרוּ אָמֵן.  
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא.  
 יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.  
 בְּרִיךְ הוּא.  
 לְעֵילָא וְלְעֵילָא מִכּוֹל בִּירְחָתָא וְשִׁירְתָּא,  
 תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאִמְרֵיךְ בְּעֵלְמָא.  
 וְאָמְרוּ אָמֵן.  
 יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.  
 וְאָמְרוּ אָמֵן.  
 עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵינוּ, הוּא יַעֲשֵׂה  
 שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
 וְעַל כָּל יוֹשְׁבֵי תֵבֵיל.  
 וְאָמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'meih raba,  
 b'alma di v'ra chiruteih.  
 V'yamlich malchuteih b'chayeichon  
 uvyomeichon, uvchayei d'chol beit Yisrael,  
 ba-agala uvizman kariv.  
 V'imru amen.  
 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'yit-aleh v'yit-halal sh'meih d'kudsha.  
 B'rich hu.  
 Le'ila ul-eila mikol birchata v'shirata,  
 tushb'chata v'nechemata da-amiran b'alma.  
 V'imru amen.  
 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 teiveil.  
 V'imru amen.

Let the glory of God be extolled, God's great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: *Amen*.

Let God's great name be blessed for ever and ever.

Far beyond all the praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor, and exalt. And let us say: *Amen*.

For us and all of Israel, may the blessing of peace and the promise of life come true, and let us say: *Amen*.

May the One who causes peace to reign in the high heavens, let peace descend on us, on all Israel, and all humanity, and let us say: *Amen*.

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved. *Amen*.



עֲלֵינוּ *Aleinu* Adoration

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכּוֹל,  
 לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
 שֶׁלֹּא עֲשָׂנוּ כְּגוֹיֵי הָאָרֶצוֹת,  
 וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה,  
 שֶׁלֹּא שָׁם חִלְקֵנוּ כְּהֵם,  
 וְגִרְלָנוּ כְּכֹל הַמוֹנָם.  
 וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים  
 לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,  
 הַקָּדוֹשׁ בְּרוּךְ הוּא.

We must praise the God of all, the Maker of heaven and earth, who has set us apart from the other families of earth, giving us a destiny unique among the nations.

Therefore we bow in awe and thanksgiving before the One who is sovereign over all, the Holy and Blessed One.

וְנֹאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל-כָּל-הָאָרֶץ,  
 בַּיּוֹם הַהוּא יְהִי יְיָ אֶחָד  
 וְשִׁמוֹ אֶחָד.

On that day the age-old dream shall come true. On that day, O God, You shall be One and Your name shall be One.



## Try to Get a Bingo

Directions: Note all of the boxes that you are going to do in the new year.

<b>B I N G O</b>				
You are going to try new foods this year.	You will start recycling more.	You will pay more attention in school.	You will give more tzedakah this year.	You don't have any more questions about the service.
You are ready to leave this year and look forward to the new one.	You have changed throughout the course of these services.	You will show respect toward your teachers, family, and even strangers.	You are going to be nicer to your siblings.	You will not give up when things are hard and will always persevere.
You will find a new hobby.	You will participate more as a Jew this year.	<b>FREE SPACE</b>	You will attempt new challenges.	You will branch out and make new friends.
You used the shofar as a wake-up call.	You are going to be nicer to your parents.	You will ask good questions.	You will call a sick friend.	You will stand up for someone.
You will learn something new because you want to.	You will say sorry to someone and mean it.	You will try one new Jewish ritual.	You will clean your room without being asked.	You will pay attention when someone is talking to you.

## Closing Prayer - Rosh Hashanah

Take accountability.

Feel fresh and complete.

We have the whole year after Rosh Hashanah

We don't need to say everything during Rosh Hashanah.

May this new year . . .

May this new year be a fresh start to do good.

May this new year blossom like a flower.

May this new year bring joy.

May this new year bring good health.

May this new year bring growth.

May this new year bring new experiences.

May this new year bring new friendships.

May this new year strengthen the old friendships.

May this new year start with a clear conscience.

May this new year . . .

In this new year, may we plant new seeds and replenish the old.

## Closing Questions - Yom Kippur

Are you ready to leave the year in the past?

How will you be a better person?

How will the shofar awaken you?

How will this year be as—or more—exciting as last year?

Are your questions answered?

How have you changed this year?

How have you changed in these services?

Can you start?



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