

# YOM KIPPUR N'ilah Connection



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All prefaces to prayers written and adapted by David-Anthony Curtis.

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# אל נורא עלילה

## EIL NORA ALILAH

As we reach the end of Yom Kippur, the greatest amount of Light is now revealed to us. We begin our N'ilah connection with this ancient Sephardic hymn, written by Moses ibn Ezra.

Eil nora alilah.

*Eternal One who performs awesome deeds,*

hamtzi lanu m'chilah,

*grant us pardon,*

b'sha-at ha-n'ilah.

*at the time of conclusion.*

אל נורא עלילה,  
המציא לנו מחילה,  
בשעת הנעילה.

M'tei mispar k'ru-im,

*The few bidden ones,*

l'cha ayin nosim,

*lift their eyes to You,*

um'saldim b'chilah,

*and utter praises with trembling,*

b'sha-at ha-n'ilah.

*at the time of conclusion.*

מתי מספר קרואים,  
לך עין נושאים,  
ומסלדים בחילה,  
בשעת הנעילה.

Shofchim l'cha nafsham,

*The pour out their soul to You,*

m'cheih pisam v'cha-ch'sham,

*erase their misdeeds and deception,*

v'hamtzi-eim m'chilah,

*and grant them pardon,*

b'sha-at ha-n'ilah.

*at the time of conclusion.*

שופכים לך נפשם,  
מחה פשעם וכחשם,  
והמציאם מחילה,  
בשעת הנעילה.

Hayeh lahem l'sitrah,

*Be refuge for them,*

v'chal'tzei mimeirah,

*and save the from curse,*

v'chatmeim l'hod ul'gilah,

*and seal them for joy and glory,*

b'sha-at ha-n'ilah.

*at the time of conclusion.*

היה להם לסתרה,  
וחלצים ממארה,  
וחתמים להוד ולגילה,  
בשעת הנעילה.

Chon otam v'racheim,

*Be forgiving and merciful to them,*

v'chol locheitz v'locheim

*and execute judgement against all*

חון אותם ורחם,  
וכל לוחץ ולוחם

aseih bahem p'lilah,  
*who judge them,*  
 b'sha-at ha-n'ilah.  
*at the time of conclusion.*

Z'chor tzidkat avihem,  
*Remember the righteousness of their ancestors,*  
 v'chadeish et y'meihem,  
*and renew their days,*  
 k'kedem et ut'chilah,  
*and in earlier times,*  
 b'sha-at ha-n'ilah.  
*at the time of conclusion.*

Kara na sh'nat ratzon,  
*Please call this a year of good will,*  
 v'hasheiv sh'eirit hatzon,  
*and return the remnant of the flock,*  
 l'Ahalivah v'ahalah,  
*to Ahalivah (Jerusalem),*  
 b'sha-at ha-n'ilah.  
*at the time of conclusion.*

M'cheih cha-av p'sha-im,  
*Annul transgressions as a cloud,*  
 va-aseih nah chesed  
*do mercy*  
 im m'kora-im s'gulah,  
*with those whom You have chosen,*  
 b'sha-at ha-n'ilah.  
*at the time of conclusion.*

Tiz'ku l'shanim rabot,  
*You will merit long years,*  
 habanim v'ha-avot,  
*the children and the parents,*  
 b'ditzah uv'tzahalah,  
*with happiness and jubilation,*  
 b'sha-at ha-n'ilah.  
*at the time of conclusion.*

Micha-eil sar Yisrael,  
*Michael minister of Israel,*  
 Eiliyahu v'Gavri-eil,  
*Elijah and Gabriel,*  
 basru na hag'ulah,  
*proclaim the redemption,*  
 b'sha-at ha-n'ilah.  
*at the time of conclusion.*

עֲשֵׂה בָּהֶם פְּלִילָה,  
 בְּשַׁעַת הַנְּעִילָה.

זְכוֹר צְדֻקַּת אֲבוֹתֵיהֶם,  
 וְחַדֵּשׁ אֶת יְמֵיהֶם,  
 כְּקֵדֶם וּתְחִילָה,  
 בְּשַׁעַת הַנְּעִילָה.

קָרָא נָא שְׁנַת רָצוֹן,  
 וְהָשִׁב שְׂאֵרֵי הַצֹּאן,  
 לְאַהֲלֵיבָה וְאַהֲלָהָ,  
 בְּשַׁעַת הַנְּעִילָה.

מַחֵה כְּעָב פְּשָׁעִים,  
 וַעֲשֵׂה נָה חֶסֶד  
 עִם מְקוֹרְאִים סְגֻלָּה,  
 בְּשַׁעַת הַנְּעִילָה.

תִּזְכּוּ לְשָׁנִים רַבּוֹת,  
 הַבָּנִים וְהָאֲבוֹת,  
 בְּדִיצָה וּבְצָהֳלָה,  
 בְּשַׁעַת הַנְּעִילָה.

מִיכָאֵל שַׂר יִשְׂרָאֵל,  
 אֵלִיָּהוּ וְגַבְרִיאֵל,  
 בַּשְּׂרוּ נָא הַגְּאֻלָּה,  
 בְּשַׁעַת הַנְּעִילָה.

# אשרי

## ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling. Since the Hebrew letters are the instruments that were used in the creation of the universe, this Psalm assists us to bring order and the power of creation into our lives.

Ashrei yoshvei veitecha,  
*Happy are those who dwell in Your house,*  
od y'hal'lucha selah.  
*they will forever praise You.*

Ashrei ha-am shekachah lo,  
*Happy the people whose portion is this,*  
ashrei ha-am she-Adonai Elohav.  
*happy the people for whom Hashem is the Eternal One.*

T'hilah l'David,  
*A Psalm of David,*

Aromim'cha Elohai ha-melech,  
*I shall exalt You, my Eternal One, the Sovereign,*  
va-var'chah shimcha l'olam va-ed.  
*and I shall bless Your name forever and ever.*

B'chol yom avar'cheka,  
*I shall bless You every day,*  
va-ahal'lah shimcha l'olam va-ed.  
*and I shall praise Your name forever and ever.*

Gadol Adonai um'hulal m'od,  
*Great is Hashem and exceedingly praised,*  
v'lig-dulato ein cheiker.  
*the Eternal's greatness is unfathomable.*

Dor l'dor y'shabach ma-asecha,  
*Generation to generation shall praise Your actions,*  
ug'vurotecha yagidu.  
*and recount Your mighty deeds.*

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,  
עוֹד יִהְלְלוּךָ סֵלָה.  
אֲשֶׁרִי הָעַם שְׁכַחָה לוֹ,  
אֲשֶׁרִי הָעַם שִׁיהוּה אֱלֹהָיו.  
תְּהִלָּה לְדָוִד,  
אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,  
וְאֶבְרַכָּה שְׁמֶךָ לְעוֹלָם וָעֶד.  
בְּכֹל יוֹם אֶבְרַכְךָ,  
וְאֶהְלַלְהָ שְׁמֶךָ לְעוֹלָם וָעֶד.  
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,  
וְלִגְדֻלָּתוֹ אֵין חֵקֶר.  
דֹּר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךָ,  
וְגִבוֹרֹתֶיךָ יִגִּידוּ.

Hadar k'vod hodecha,  
*The brilliance of Your splendid glory,*  
 v'divrei nifl'otecha asichah.  
*and the wonders of Your acts, I shall speak of.*

Ve-ezuz nor-otecha yomeiru,  
*They shall speak of the might of Your awesome acts,*  
 ug'dulat'cha asaprenah.  
*and I shall tell of Your greatness.*

Zecher rav tuv'cha yabiyu,  
*They shall remember Your abundant goodness,*  
 v'tzidkat'cha y'raneinu.  
*and Your righteousness they shall joyfully proclaim.*

Chanun v'rachum Adonai,  
*Gracious and merciful is Hashem,*  
 erech apayim ug'dal chasad.  
*slow to anger and great in kindness.*

Tov Adonai lakol,  
*Hashem is good to all,*  
 v'rachamav al kol ma-asav.  
*Your compassion extended to all of Your creatures.*

Yoducha Adonai kol ma-asecha,  
*All that You have made shall thank You Hashem,*  
 vachasidecha y'varchuchah.  
*and Your pious ones shall bless You.*

K'vod malchut'cha yomeiru,  
*They shall speak of the glory of Your realm,*  
 ug'vurat'cha y'dabeiru.  
*and talk of Your mighty deeds.*

L'hodiya livnei ha-adam g'vurotav,  
*Your mighty deeds You make known to all humankind,*  
 uch'vod hadar malchuto.  
*and the glory of Your splendid realm.*

Malchut'cha malchut kol olamim,  
*Yours is the realm of all worlds,*  
 umemshalt'cha b'chol dor vador.  
*and Your reign extends to each and every generation.*

Someich Adonai l'chol hanoflim,  
*Hashem supports all those who fall,*  
 v'zokeif l'chol hak'fufim.  
*and holds upright all those who are bent over.*

הַדָּר כְּבוֹד הוֹדֵךָ,  
 וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

וְעֵזוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ,  
 וְגִדְלַתְךָ אֲסַפְּרָנָה.

אֶזְכֹּר רַב טוֹבְךָ יְבִיעֵנו,  
 וְצִדְקַתְךָ יִרְנְנוּ.

חַנוּן וְרַחוּם יְהוָה,  
 אֶרְךָ אַפַּיִם וְגָדֹל חַסֵּד.

טוֹב יְהוָה לְכֹל,  
 וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

יִוְדוּךָ יְהוָה כָּל מַעֲשֵׂיךָ,  
 וְחַסִּידֶיךָ יְבָרְכוּכָה.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,  
 וְגִבוּרַתְךָ יִדְבְּרוּ.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ,  
 וְכְבוֹד הַדָּר מַלְכוּתְךָ.

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,  
 וּמִמְשַׁלְתְּךָ בְּכֹל דּוֹר וָדוֹר.

סוֹמֵךְ יְהוָה לְכֹל הַנִּפְלִים,  
 וְזוֹקֵף לְכֹל הַכְּפוּפִים.

**Einei chol eilecha y'sabeiru,**  
*The eyes of all look hopefully towards You,*  
**v'atah notein lahem**  
*and You give them their food*  
**et ochlam b'ito.**  
*at its proper time.*

*We pause at this verse to meditate briefly on receiving sustenance from the Light. We open our hands with our palms facing the sky.*

**Potei-ach et yadecha,**  
*You open You hand,*  
**umasbiya l'chol chai ratzon.**  
*and satisfy every living thing with its desire.*

**Tzadik Adonai b'chol d'rachav,**  
*Hashem is righteous in every way,*  
**v'chasid b'chol ma-asav.**  
*and virtuous in all deeds.*

**Karov Adonai l'chol kor-av,**  
*Hashem is close to all who call,*  
**l'chol asher yikra-uhu ve-emet.**  
*and to all who call in truth.*

**R'tzon y'rei-av ya-aseh,**  
*You fill the desires of all who revere You,*  
**v'et shavatam yishma v'yoshi-eim.**  
*You respond to us with the promise of redemption.*

**Shomeir Adonai et kol ohavav,**  
*Hashem You protect all who love You,*  
**v'et kol harsha-im yashmid.**  
*and You destroy all the wicked.*

**T'hilat Adonai y'dabeir pi,**  
*My lips utter the praise of Hashem,*  
**vivareich kol basar sheim kodsho**  
*and may all flesh praise the holy Name*  
**l'olam va-ed.**  
*for ever and ever.*

**Va-anachnu n'vareich Yah,**  
*And we shall bless You Eternal One,*  
**mei-atah v'ad olam, hal'luyah.**  
*from this time until eternity, praise the Eternal One.*

עֵינֵי כָל אֵלֶיךָ יִשְׁבְּרוּ,  
 וְאַתָּה נוֹתֵן לָהֶם  
 אֶת אֹכְלָם בְּעֵתוֹ.

פּוֹתֵחַ אֶת יָדְךָ,  
 וּמְשַׁבֵּיעַ לְכָל חַי רָצוֹן.

צַדִּיק יְהוָה בְּכָל דְרָכָיו,  
 וְחָסִיד בְּכָל מַעֲשָׂיו.

קָרוֹב יְהוָה לְכָל קוֹרְאֵיו,  
 לְכָל אֲשֶׁר יִקְרָאֵהוּ בְאֱמֶת.

רָצוֹן יִרְאֵיו יַעֲשֶׂה,  
 וְאֶת שׁוֹעֲתָם יִשְׁמַע וְיִוְשִׁיעֵם.

שׁוֹמֵר יְהוָה אֶת כָּל אֹהֲבָיו,  
 וְאֶת כָּל הָרָשָׁעִים יִשְׁמִיד.

תְּהִלַּת יְהוָה יִדְבֹר פִּי,  
 וּיְבָרֵךְ כָּל בָּשָׂר שֵׁם קְדוֹשׁוֹ  
 לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,  
 מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

# ובא לציון

## UVAH L'TZIYON

This blessing connects us to redemption. Redemption is a reference to Mashiach. Mashiach is not a person as many think, but a state of spirituality and consciousness that all people can achieve through spiritual transformation. Once a large number of people reach this state, the Mashiach will appear for the entire human race. Reb Shlomo Carlebach said, "The Mashiach that everyone is waiting for will never come. The Mashiach that will come, not everyone is waiting for."

Uvah l'Tziyon go-eil,  
*A redeemer shall come to Zion,*  
 ul'shavei pesha b'Ya-akov,  
*and to those who turn away from misdeed among Jacob,*  
 n'um Adonai: Va-ani zot  
*so says Hashem: And as for me,*  
 b'r<sup>i</sup>ti otam amar Adonai,  
*this is my covenant with them said Hashem,*  
 ruchi asher alecha,  
*my Spirit which is upon you,*  
 ud'var asher samti b'ficha  
*and my words that I have put in your mouth*  
 lo yamushu mipicha, umipi  
*shall not depart for your mouth, the mouths*  
 zaracha, umipi zera zaracha,  
*of your children, or the mouths of children's children*  
 amar Adonai, mei-atah v'ad olam.  
*said Hashem, from now and forever.*  
 V'atah kadosh,  
*And You are holy,*  
 yosheiv t'hilot Yisrael.  
*and await the praises of Israel.*  
 V'kara zeh el zeh v'amar,  
*And one called to the other and said,*  
 Kadosh kadosh kadosh  
*Holy, holy, holy*  
 Adonai tz'va-ot  
*is Hashem of hosts*  
 m'lo kol ha-aretz k'vodo.  
*the entire earth is full of Hashem's glory.*  
 Umkab'lin dein min dein,  
*And they receive consent from one another,*

ובא לציון גואל,  
 ולשבי פשע ביעקב,  
 נאם יהוה: ואני זאת  
 בריתי אתם אמר יהוה,  
 רוחי אשר עליך,  
 ודברי אשר שמתי בפיקך  
 לא ימוש מפיקך, ומפי  
 זרעך, ומפי זרע זרעך,  
 אמר יהוה, מעתה ועד עולם.  
 ואתה קדוש,  
 יושב תהלות ישראל.  
 וקרא זה אל זה ואמר,  
 קדוש קדוש קדוש  
 יהוה צבאות,  
 מלא כל הארץ כבודו.  
 ומקבלין דין מן דין,

v'amrin kadosh,  
*and say Holy,*  
 bish'mei m'roma ila-ah beit  
*in the highest heavens is the abode of the*  
 Sh'chinteih kadosh al ara  
*Shechinah holy upon the earth*  
 ovad g'vur'teih,  
*is the work of Hashem's valor,*  
 kadish l'alam ul'almei almaya,  
*holy for ever and for all eternity,*  
 Adonai tz'va-ot malya kol ara  
*Hashem of hosts the entire earth is filled with*  
 ziv y'kareih. Vatisa-einu ru-ach,  
*the splendor of Hashem's glory. And a wind carried me,*  
 va-esh'ma acharai kol ra-ash gadol,  
*and from behind me a I heard a great thunderous voice,*  
 Baruch k'vod Adonai mimkomo.  
*Blessed is the glory of Hashem from Hashem's abode.*  
 U-n'talatni ruha,  
*And a wind carried me,*  
 v'shimeit bat'rai kol zi-a sagi,  
*and from behind me I heard a great thunderous voice,*  
 di m'shabchin v'amrin,  
*giving praise and saying,*  
 b'rich y'kara d-Adonai  
*blessed is the glory of Hashem*  
 mei-atar beit Sh'chinteih.  
*from the abode of the Shechinah.*  
 Adonai yimloch l'olam va-ed.  
*Hashem shall reign for ever and ever.*  
 Adonai malchuteih ka-eim  
*Hashem's kingdom is established*  
 l'alam ul'amei almaya.  
*for ever and for eternity.*  
 Adonai Elohei Avraham  
*Hashem, Eternal One of Abraham*  
 Yitz-chak v'Yisrael avoteinu,  
*Isaac and Israel, our ancestors,*  
 shamra zot l'olam,  
*safeguard this forever,*  
 l'yeitzer machsh'vot l'vav amecha,  
*for the sake of the thoughts in the hearts of Your nation,*  
 v'hachein l'vavam Eilecha.  
*and direct their hearts toward You.*  
 V'hu rachum,  
*And the Eternal is merciful,*  
 y'chapeir on v'lo yashchit,  
*and forgives misdeeds and shall not destroy,*

וְאָמְרִין קְדִישׁ,  
 בְּשָׁמַי מְרוֹמָא עֲלָאָה בֵּית  
 שְׁכִינְתָּהּ, קְדִישׁ עַל אַרְעָא  
 עוֹבֵד גְּבוּרְתָּהּ,  
 קְדִישׁ לְעֵלָם וּלְעֲלָמֵי עֲלַמְיָא,  
 יְהוּה צְבָאוֹת מְלִיָּא כֹּל אַרְעָא  
 זִיו יְקָרָהּ. וַתִּשָּׂאֲנִי רוּחַ,  
 וְאִשְׁמַע אַחֲרַי קוֹל רַעַשׁ גָּדוֹל,  
 בָּרוּךְ כְּבוֹד יְהוּה מִמְּקוֹמוֹ.  
 וְנִטְלַתְנִי רוּחָא,  
 וְשִׁמְעֵת בַּתְּרֵי קוֹל זִיעַ סָגִיא,  
 דִּי מְשַׁבְּחִין וְאָמְרִין,  
 בְּרִיךְ יְקָרָא דִּיהוּה  
 מֵאֲתַר בֵּית שְׁכִינְתָּהּ.  
 יְהוּה יִמְלֹךְ לְעֵלָם וָעֵד.  
 יְהוּה מְלְכוּתָהּ קָאִם  
 לְעֵלָם וּלְעֲלָמֵי עֲלַמְיָא.  
 יְהוּה אֱלֹהֵי אַבְרָהָם  
 יִצְחָק וְיִשְׂרָאֵל אֲבוֹתֵינוּ,  
 שְׁמָרָה זֹאת לְעוֹלָם,  
 לְיִצְרַר מַחְשְׁבוֹת לְבָב עַמְּךָ,  
 וְהִכֵּן לְבָבְם אֵלֶיךָ.  
 וְהוּא רַחוּם,  
 יְכַפֵּר עוֹן וְלֹא יִשְׁחִית,

v'hirba l'hashiv apo v'lo ya-ir  
*and the Eternal frequently thwarts wrath and will never*  
 kol chamato. Ki atah  
*arouse all anger. For You*  
 Adonai tov v'salach, v'rav chesed,  
*Hashem are good and forgiving, and abundant in kindness,*  
 l'chol korecha. Tzidkat'cha  
*to all who call to You. Your righteousness*  
 tzedek l'olam, v'Torat'cha emet.  
*is an everlasting justice, and Your Torah is true.*  
 Titein emet l'Ya-akov,  
*You give truth to Jacob,*  
chesed l'Avraham asher nishbata  
*and kindness to Abraham as You have vowed*  
 la-avoteinu mimei kedem.  
*to our ancestors since the earliest days.*  
 Baruch Adonai, yom yom ya-amas  
*Blessed is Hashem, who every day bears burdens*  
lanu, ha-Eil y'shu-ateinu selah.  
*for us, the Eternal of our salvation selah.*  
 Adonai tz'va-ot imanu,  
*Hashem of hosts is with us,*  
 misgav lanu, Elohei Ya-akov selah.  
*a stronghold for us, is the Eternal One of Jacob selah.*  
 Adonai tzva-ot,  
*Hashem of hosts,*  
 ashrei adam botei-ach bach.  
*joyful is the person who trusts in You.*  
 Adonai hoshi-ah,  
*Hashem save us,*  
 ha-melech ya-aneinu b'yom koreinu.  
*the Sovereign shall answer us on the day when we call.*  
 Baruch Eloheinu,  
*Blessed is our Eternal One,*  
 shebra-anu lichvodo,  
*who created us for the sake of the Eternal's glory,*  
 v'hivdillanu min hato-im,  
*who separated us from those who have been led astray,*  
 v'natan lanu Torat emet,  
*who gave us the Torah of truth,*  
 v'chayei olam nata b'tocheinu,  
*and who implanted within us eternal life,*  
 hu yiftach libeinu b'Torato  
*may our hearts be open to Torah*  
 v'yaseim b'libeinu ahavato v'yirato,  
*and be placed within our hearts love and awe of the Eternal,*  
 v'la-asot r'tzono ul'avdo  
*to fulfill the will of and to serve the Eternal*

וְהִרְבָּה לְהַשִּׁיב אֶפְרוּ וְלֹא יַעִיר  
 כָּל חַמָּתּוֹ. כִּי אַתָּה  
 אֲדֹנָי טוֹב וְסָלַח, וְרַב חֶסֶד,  
 לְכֹל קוֹרְאֶיךָ. צְדִקְתְּךָ  
 צֶדֶק לְעוֹלָם, וְתוֹרַתְךָ אֱמֶת.  
 תִּתֵּן אֱמֶת לְיַעֲקֹב,  
 חֶסֶד לְאַבְרָהָם אֲשֶׁר נִשְׁבַּעְתָּ  
 לְאַבוֹתֵינוּ מִיְמֵי קֶדֶם.  
 בָּרוּךְ אֲדֹנָי, יוֹם יוֹם יַעֲמֵס  
 לָנוּ, הָאֵל יְשׁוּעָתֵנוּ סֵלָה.  
 יְהוָה צְבָאוֹת עִמָּנוּ,  
 מִשְׁגֵּב לָנוּ, אֱלֹהֵי יַעֲקֹב סֵלָה.  
 יְהוָה צְבָאוֹת,  
 אֲשֶׁרִי אָדָם בֹּטַח בְּךָ.  
 יְהוָה הוֹשִׁיעָה,  
 הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.  
 בָּרוּךְ אֱלֹהֵינוּ,  
 שֶׁבְרָאנוּ לְכְבוֹדוֹ,  
 וְהִבְדִּילָנוּ מִן הַתּוֹעִים,  
 וְנָתַן לָנוּ תוֹרַת אֱמֶת,  
 וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ,  
 הוּא יִפְתַּח לְבָנוּ בְּתוֹרָתוֹ  
 וַיִּשֵּׁם בְּלִבֵּנוּ אֶהְבָּתוֹ וַיִּרְאֵתוֹ,  
 וְלַעֲשׂוֹת רְצוֹנוֹ וְלַעֲבֹדוֹ

b'leivav shaleim,  
*wholeheartedly,*  
 l'ma-an lo niga larik,  
*may we not toil in vain,*  
 v'lo neileid labealah.  
*nor give birth to panic.*

Y'hi ratzon milfanecha,  
*May it be Your will,*  
 Adonai Eloheinu v'Eilohei avoteinu,  
*Hashem our Eternal One and Eternal One of our ancestors,*  
 shenishmor chukecha baolam hazeh,  
*that we should keep your statutes in this world,*  
 v'nizkeh v'nichyeh v'nireh,  
*and may we merit and live and see,*  
 v'nirash tovah uv'rachah,  
*and inherit goodness and blessing,*  
 l'chayei ha-olam haba.  
*for the life in the world to come.*  
 L'ma-an y'zame-r'cha kavod v'lo  
*So that my glory may sing praise to You and not*  
 yidom, Adonai Elohai  
*be silent, Hashem my Eternal One*  
 l'olam odecha.  
*I shall ever give You thanks.*  
 Adonai hafeitz l'ma-an tzidko,  
*Hashem desires righteousness,*  
 yagdil Torah v'yadir.  
*who makes the Torah great and powerful.*

בְּלִבָּב שְׁלֵם,  
 לְמַעַן לֹא נִיגַע לְרִיק,  
 וְלֹא נֵלֵד לְבִהָלָה.

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
 יְהוּה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 שֶׁנִּשְׁמֹר חֻקֶיךָ בְּעוֹלָם הַזֶּה,  
 וְנִזְכֶּה וְנִחְיֶה וְנִרְאֶה,  
 וְנִרְשֵׁי טוֹבָה וּבְרָכָה,  
 לְחַיֵּי הָעוֹלָם הַבָּא.  
 לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא  
 יִדָּם, יְהוּה אֱלֹהֵי  
 לְעוֹלָם אֻדְךָ.  
 יְהוּה חָפֵץ לְמַעַן צְדָקוֹ,  
 יַגְדִּיל תּוֹרָה וַיֹּאדִיר.

# חצי קדיש

## CHATZI KADDISH

The spiritual atmosphere is made up of five levels of the soul and ten S'firot. We need a tool which connects us to the different realms, one at a time. The Kaddish is that tool and it is also the channel through which the Light flows to us.

Leader and participants say together that which is contained within { }.

Yitgadal v'yitkadash sh'meih raba.

*Let the glory of the Eternal One be extolled.*

{Amein.}

*Amen.*

B'alma di v'ra chir-uteih,

*Let the great Name be hallowed,*

v'yamlich malchuteih,

*and be enthroned in the realm of the Eternal One*

b'chayeichon uv'yomeichon

*in our lifetime and in our days*

uv'chayei d'chol beit Yisrael,

*and in the lives of the entire house of Israel,*

ba-agala uviz'man kariv,

*quickly and speedily may it come,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

{Y'hei sh'meih raba m'varach

*Let the great Name be blessed*

l'alam ul'almei almaya.}

*forever and ever.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and extolled and magnified*

v'yitromam v'yitnasei v'yit-hadar

*and hailed and exalted and honored*

v'yit-aleh v'yit-halal

*and glorified and praised*

sh'meih d'kudsha {b'rich hu},

*be the Holy One whose Name is blessed,*

l'eila ul'eila mikol birchata

*who is exceedingly beyond any blessings*

v'shirata tushb'chata v'nechemata,

*or songs or praises or words of consolation,*

da-amiran b'alma,

*that can be uttered in this world,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ אֵלֵינוּ שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקָדְשָׁא {בְּרִיךְ הוּא},

לְעָלָא וּלְעָלָא מְכָל בְּרַכְתָּא

וּשְׁיִרְתָּא תְּשַׁבַּחְתָּא וְנַחֲמָתָא,

דְאָמְרוּ בְּעֲלָמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}



## THE AMIDAH

In order for the Light to share infinitely with us, we must rid ourselves of our reactive ego nature and complete our spiritual transformation. The Amidah connects us to the S'firot and to Atzilut, the World of Emanation; thereby channeling the energy that we need in order to effect our transformation.

We stand for the entire Amidah, because standing shifts our mood and assists us in acknowledging the Sh'chinah. We take three steps backward as we begin, to signify that we are leaving the physical world. Now with complete focus, we take three steps forward and bow left and right. The three steps represent that we are stepping into the land of Israel, into the city of Jerusalem, and into the Kadosh Hakadashim (Holy of Holies).

Before beginning the blessings of the Amidah, we invite the Creator's Light to speak through us. This assures that we request those things which bring us fulfillment and offer us opportunities for spiritual transformation.

## ADONAI S'FATAI

אֲדֹנָי שְׁפַתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai s'fatai tiftach, ufi yagid t'hilatecha.

*Hashem open up my lips, that my mouth may declare Your praise.*

## THE FIRST BLESSING

With this blessing we invoke the protective shield of Abraham and connect to the S'firah of Chesed, which is loving-kindness. Sharing is the fruit of Chesed and when we share, we block all forms of negativity.

*We bow during this blessing.*

**Baruch atah Adonai Eloheinu**

*Blessed are You Hashem our Eternal One*

**v'Eilohei avoteinu v'imoteinu,**

*and Eternal One of our ancestors,*

**Elohei Avraham, Elohei Yitzchak,**

*Eternal One of Abraham, Eternal One of Isaac,*

**Elohei Ya-akov, Elohei Sarah,**

*Eternal One of Jacob, Eternal One of Sarah,*

**Elohei Rivkah, Elohei Rachel,**

*Eternal One of Rebecca, Eternal One of Rachel,*

**v'Eilohei Leah. Ha-Eil hagadol**

*and Eternal One of Leah. The Eternal One the Great One*

**hagibor v'hanora, Eil elyon,**

*the Mighty One and the Awesome One, Supreme Eternal One*

**gomeil chasadim tovim,**

*the One who bestows loving-kindness and goodness,*

**koneih hakol,**

*embracing all,*

**v'zocheir chasdei avot v'imahot,**

*and remembering the loving-kindness of our ancestors,*

**u-meivi go-eil livnei v'neihem,**

*and bringing a redeemer to their descendants,*

**l'ma-an sh'mo b'ahavah.**

*lovingly for the sake of Your Name.*

**Zochreinu l'chayim,**

*Remember us for life,*

**melech chafeitz bachayim,**

*Sovereign who delights in life,*

**v'chot-veinu b'seifer ha-chayim,**

*and inscribe us in the Book of Life,*

**l'ma-an'cha Elohim chayim.**

*for You sake Living Eternal One.*

**Melech ozeir u'moshi-a umagein.**

*Sovereign who helps and saves and shields.*

**Baruch atah Adonai,**

*Blessed are You Hashem,*

**magein Avraham v'ezrat Sarah.**

*shield of Abraham and helper of Sarah.*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,

אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,

אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל,

וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל

הַגְּבוּר וְהַנּוֹרָא, אֵל עֶלְיוֹן,

גּוֹמֵל חֲסָדִים טוֹבִים,

וְקֹנֵה הַכֹּל,

וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת,

וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

זְכָרְנוּ לְחַיִּים,

מֶלֶךְ חַפֵּץ בַּחַיִּים,

וְכֹתֵבנוּ בְּסֵפֶר הַחַיִּים,

לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בְּרוּךְ אַתָּה יְהוָה,

מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

## THE SECOND BLESSING

This blessing speaks not only of our future existence but also to awakening daily. It connects us to the energy of Isaac and to the S'firah of G'vurah, which is judgement. It is this energy that takes on the challenge of death and shortens the tikun process.

*We bow during this blessing.*

Atah gibor l'olam Adonai,

*You are forever mighty Hashem,*

m'chayeih meitim atah,

*You renew life beyond death,*

rav l'hoshi-ah.

*abundantly able to save.*

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,

מְחַיֶּה מֵתִים אַתָּה,

רַב לְהוֹשִׁיעַ.

Mashiv haruach, umorid hageshem.

*Making the wind blow, and the rain to fall.*

M'chal-keil chayim b'chesed,

*You care for the living with mercy,*

m'chayeih meitim b'rachamim rabim,

*You renew life beyond death with compassion,*

someich nof-lim, v'rofei cholim,

*supporting the fallen, healing the sick,*

umatir asurim,

*and releasing the captive,*

um'kayeim emunato lisheinei afar,

*and keeping faith with those who sleep in the dust.*

mi chamocha, ba-al g'vurot!

*who is like You, Source of might!*

Umi domeh lach, melech meimit

*And who resembles You, Sovereign of death*

u-m'chayeh u'matzmi-ach y'shu-ah.

*and of life and who sows deliverance.*

מְשִׁיב הַרוּחַ, וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כְמוֹךָ, בַּעַל גְּבוּרֹתָיו!

וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית

וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

On Yom Kippur, we meditate on the process of reincarnation. We also remember the souls who are waiting to reincarnate into our physical world. May their judgement be sweetened and their tikun shortened.

Mi chamocha, av ha-rachamim,

*Who is like You, Source of compassion,*

zocheir y'tzurav l'chayim b'rachamim.

*remembering Your creatures for life in mercifully.*

V'ne-eman atah l'hachayot meitim.

*Faithful are You in renewing life beyond death.*

מִי כְמוֹךָ, אָב הַרַחֲמָן,

זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

Baruch atah Adonai,

*Blessed are You Hashem,*

m'chayeih hameitim.

*who renews life beyond death.*

בָּרוּךְ אַתָּה יְהוָה,

מְחַיֶּה הַמֵּתִים.

## THE THIRD BLESSING

Through this blessing we acknowledge and emphasize the holiness of the Creator. It connects us to the energy of Jacob, which corresponds to the S'firah of Tiferet. This energy enables us to balance our acts of loving-kindness and judgement toward other people.

*During this blessing we stand on tip-toes each time the word kadosh is said. According to the Kabbalists, this prayer is recited by the angels. Our posture mimics their form and represents their aspiration to be higher than we are.*

Atah kadosh v'shimcha kadosh,

*You are holy and Your Name is holy,*

uk'doshim b'chol yom

*and each day the blessed ones*

y'hal'lucha selah.

*sing praises to Your Name.*

Baruch atah Adonai,

*Blessed are You Hashem,*

haMelech hakadosh.

*the holy Sovereign.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקְדוֹשִׁים בְּכֹל יוֹם

יְהַלְלוּךָ סֵלָה.

בְּרוּךְ אַתָּה יְהוָה,

הַמֶּלֶךְ הַקָּדוֹשׁ.

## THE FOUR UV'CHEINS

The numerical value of the word uv'chein is 72. The Ari taught that these four letter patterns derive from three verses in Exodus, each of them contains 72 letters. We use four charts during this section. The first three charts contain the letters of the three verses of Exodus. The fourth chart is the 72 Triplets derived from those verses. These charts are our access to the actual forces of Creation, and each one corresponds to a Patriarch. This blessing connects us to those forces and gives us the strength to overcome our ego nature throughout the coming year.

### ABRAHAM (CHESED)

8	7	6	5	4	3	2	1
מ	מ	ע	א	ש	ל	א	ו
ד	פ	ע	ח	ר	פ	ל	י
מ	נ	מ	ר	א	נ	ה	ס
א	י	ו	י	ל	י	י	ע
ה	ה	ד	ה	ו	מ	ם	מ
ר	ם	ה	ם	י	ח	ה	ל
י	ו	ע	ו	ל	נ	ה	א
ה	י	נ	י	ך	ה	ל	ך
ם	ע	ן	ס	מ	י	ך	ה



Uv'chein, yitkadash shimcha

*And so, may Your Name be sanctified*

Adonai Eloheinu al Yisrael amecha,

*Hashem our Eternal One upon Israel Your nation,*

v'al Y'rushalayim irecha,

*and upon Jerusalem Your holy city,*

v'al Tzion mishkan k'vodecha,

*and upon Zion the abode of Your glory,*

v'al malchut beit David m'shichecha,

*and upon the kingship of the House of David Your anointed,*

v'al m'chonach v'heichalach.

*and upon the established place of Your Sanctuary.*

וּבְכֵן, יִתְקַדֵּשׁ שִׁמְךָ  
 יְהוָה אֱלֹהֵינוּ עַל יִשְׂרָאֵל עַמְּךָ,  
 וְעַל יְרוּשָׁלַיִם עִירְךָ,  
 וְעַל צִיּוֹן מִשְׁכַּן כְּבוֹדְךָ,  
 וְעַל מַלְכוּת בֵּית דָּוִד מְשִׁיחֶךָ,  
 וְעַל מְכוֹנֶךָ וְהֵיכָלְךָ.

## ISAAC (G'VURAH)

ה	כ	ל	ה	ל	י	ל	ה	9
ק	ר	ב	ז	ה	א	ל	ז	8
ה	ל	י	ל	ה	ו	ל	א	7
ש	ך	ו	י	א	ר	א	ת	6
י	ה	ע	נ	ן	ו	ה	ח	5
י	ש	ר	א	ל	ו	י	ה	4
ו	ב	י	ן	מ	ח	נ	ה	3
ח	נ	ה	מ	צ	ר	י	ם	2
ו	י	ב	א	ב	י	ן	מ	1



Uv'chein tein pachd'cha Adonai

*And so, instill Your awe Hashem*

Eloheinu, al kol ma-asecha,

*our Eternal One, upon all Your works,*

v'eimat'cha al kol mah shebarata,

*and Your wonder upon all that You have created,*

v'yira-ucha kol hama-asim

*and let all Your works revere You*

v'yishtachavu l'fanecha kol hab'ru-im,

*and all creatures prostrate themselves before You,*

v'yei-asu kulam agudah achat

*and may they all become one society*

la-asot r'zton'cha b'leivav shaleim,

*to do Your will with all their hearts,*

k'mo sheyadanu Adonai Eloheinu,

*for we know Hashem our Eternal One,*

shehashal'tan l'fanecha,

*that the power is Yours,*

oz b'yad'cha ug'vurah biminecha,

*might is in Your hand and strength is in Your right hand,*

v'shimcha nora al kol mah

*and Your Name inspires awe over all which You*

shebarata.

*have created.*

וּבְכֵן תֵּן פִּחְדְּךָ יְהוָה  
אֱלֹהֵינוּ, עַל כָּל מַעֲשֵׂיךָ,  
וְאִמְתְּךָ עַל כָּל מַה שֶּׁבָרָאתָ,  
וְיִירָאוּךָ כָּל הַמַּעֲשִׂים  
וְיִשְׁתַּחֲוּוּ לְפָנֶיךָ כָּל הַבְּרוּאִים,  
וְיֵעָשׂוּ כָל־אֶגְדָּה אַחַת  
לַעֲשׂוֹת רְצוֹנְךָ בְּלִבְבֵי שְׁלָמִים,  
כְּמוֹ שֶׁיָּדַעְנוּ יְהוָה אֱלֹהֵינוּ,  
שֶׁהַשְּׁלֹטָן לְפָנֶיךָ,  
עַז בְּיָדְךָ וּגְבוּרָה בְּיַמִּינְךָ,  
וְשִׁמְךָ נֹרָא עַל כָּל מַה  
שֶׁבָרָאתָ.

## JACOB (TIFERET)

8	7	6	5	4	3	2	1
י	ה	י	י	ה	ו	ד	ו
ב	י	ל	ם	י	ל	ו	י
ק	ם	ה	ע	ם	ך	ע	ט
ע	ל	ו	ז	ב	י	ל	מ
ו	ח	י	ה	ר	ה	ה	ש
ה	ר	ש	כ	ו	ו	י	ה
מ	ב	ם	ל	ח	ה	ם	א
י	ה	א	ה	ק	א	ו	ת
ם	ו	ת	ל	ד	ת	י	י



Uv'chein tein kavod,

*And so, give honor*

Adonai l'amecha, t'hilah lirei-echa

*to Your people Hashem, praise to those who revere You*

v'tikvah tovah l'dor'techa,

*and good hope to those who seek You,*

v'fit'chon peh la-m'yachalim lach,

*and eloquent speech to those who await You,*

shimchah l'artzecha v'sason l'irecha,

*gladness to Your land and joy to Your city,*

utz'michat keren l'David avdecha,

*and flourishing of radiance to David Your servant,*

va-arichat neir l'ven Yishai

*and preparation of a lamp for the son of Yishai*

m'shichecha, bimheirah v'yameinu.

*Your anointed, speedily in our days.*

וּבְכֵן תֵּן כְּבוֹד,

יְהוָה לְעַמֶּךָ, תְּהִלָּה לְיִרְאַיֶיךָ

וְתִקְוָה טוֹבָה לְדוֹרְשֶׁיךָ,

וּפְתִיחוֹן פֶּה לְמַיְחָלִים לָךְ,

שִׂמְחָה לְאַרְצֶךָ וְשִׂשׁוֹן לְעִירֶךָ,

וְצִמְחַת קֶרֶן לְדָוִד עַבְדְּךָ,

וְעֲרִיכַת נֵר לְבֵן יִשָּׂי

מְשִׁיחֶךָ, בְּמַהֲרָה בְּיָמֵינוּ.

## DAVID (MALCHUT)

כהת	אכא	ללה	מהש	עלם	סיט	ילי	והו	1
הקם	הרי	מבה	יזל	ההע	לאו	אלד	הזי	2
חהו	מלה	ייי	נלך	פהל	לׁוּו	כלי	לאו	3
ושר	לכב	אום	ריי	שאה	ירת	האא	נתה	4
ייז	רהע	חעם	אני	מנד	כוק	להח	יחו	5
מיה	עשל	ערי	סאל	ילה	וול	מיכ	ההה	6
פוי	מבה	נית	ננא	עמם	החש	דני	והו	7
מחי	ענו	יהה	ומב	מצר	הרח	ייל	נמם	8
מום	היי	יבמ	ראה	חבו	איע	מנק	דמב	9

Uv'chein tzadikim yiru v'yismachu,

*And so, the righteous behold and be glad,*

visharim ya-alozu,

*the upright will exalt,*

vachasidim b'rinah yagilu,

*and the devout will be mirthful with joyouse song,*

v'olatah tikpatz piha,

*and iniquity will close its mouth,*

v'chol harish-ah kulah k'ashan

*and all wickedness like smoke*

tichleh, ki ta-avir me-m'shelet

*will evaporate, for You will remove the reign*

zadon min ha-aretz.

*of the wicked from the earth.*

V'timloch, atah hu

*And You shall reign, You who are*

Adonai Eloheinu m'heirah l'vadecha,

*Hashem our Eternal One, speedily by Yourself,*

al kol ma-asecha,

*over all Your works,*

b'har Tziyon mishkan k'vodecha,

*on Mount Zion the resting place of Your glory,*

וּבְכֵן צְדִיקִים יִרְאוּ וַיִּשְׂמְחוּ,

וַיִּשְׂרִים יַעֲלֹזוּ,

וַחֲסִידִים בְּרִנָּה יִגִּילוּ,

וְעוֹלָתָהּ תִּקְפֹּץ פִּיהָ,

וְכָל הָרָשָׁעָה כְּלָהּ כְּעָשָׁן

תִּכָּלֶה, כִּי תֵעָבִיר מִמְּשַׁלֵּת

זְדוֹן מִן הָאָרֶץ.

וְתִמְלֹךְ, אַתָּה הוּא

יְהוָה אֱלֹהֵינוּ מְהֵרָה לְבָדְךָ,

עַל כָּל מַעֲשֵׂיךָ,

בְּהַר צִיּוֹן מְשַׁכֵּן כְּבוֹדְךָ,

u'Virushalayim ir kodshecha,  
*and in Jerusalem Your holy city,*  
 kakatuv b'divrei kodshecha:  
*as it is written in Your holy writings:*  
 yimloch Adonai l'olam,  
*Hashem shall reign forever,*  
 Elohayich Tziyon l'dor vador:  
*your Eternal One, O Zion, from generation to generation:*  
 hal'luyah.  
*hallelujah.*

Kadosh atah v'nora sh'mecha,  
*You are holy and Your Name is awesome,*  
 v'ein Eloha mibaladecha,  
*and there is no other Eternal One than You,*  
 kakatuv:  
*as it is written:*  
 vayigbah Adonai tz'va-ot bamishpat,  
*Hashem, Ruler of the Hosts shall be lofty in judgement,*  
 v'ha-Eil hakadosh nikdash bitz'dakah.  
*and the Holy One will be sanctified in righteousness.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 hamelech hakadosh.  
*the Holy Sovereign.*

וּבִירוּשָׁלַיִם עִיר קֹדֶשׁךָ,  
 כַּכְּתוּב בְּדִבְרֵי קֹדֶשׁךָ:  
 יִמְלֹךְ יְהוָה לְעוֹלָם,  
 אֱלֹהֶיךָ צִיּוֹן לְדוֹר וָדוֹר:  
 הַלְלוּיָהּ.

קָדוֹשׁ אַתָּה וְנוֹרָא שְׁמֶךָ,  
 וְאֵין אֱלֹהִים מִבְּלַעֲדֶיךָ,  
 כַּכְּתוּב:  
 וַיִּגְבַּהּ יְהוָה צְבָאוֹת בַּמִּשְׁפָּט,  
 וְהָאֵל הַקָּדוֹשׁ נִקְדָּשׁ בְּצִדְקָה.  
 בְּרוּךְ אַתָּה, יְהוָה,  
 הַמֶּלֶךְ הַקָּדוֹשׁ.

## THE MIDDLE BLESSINGS

We secure our connection to the energy of Yom Kippur through the following blessing. We have the opportunity on this day to choose which seed we wish to plant for the entire year. This blessing is our insurance that we will choose the seed which is right for us.

Atah v'chartanu mikol ha-amim,  
*You had chosen us from among all the nations,*  
 ahavta otanu v'ratzita banu,  
*You had loved us and found favor with us,*  
 v'romamtanu mikol hal'shonot,  
*and You had exalted us above all the tongues,*  
 v'kidashtanu b'mitzvotcha,  
*and You had sanctified us with Your commandments,*  
 v'keiravtanu malkein u-avodatecha,  
*You drew us close our Sovereign to Your service,*  
 v'shimcha hagadol v'hakadosh  
*and Your great and holy Name*  
 aleinu karata.  
*You proclaimed upon us.*

אַתָּה בְּחַרְתָּנוּ מִכָּל הָעַמִּים,  
 אָהַבְתָּ אוֹתָנוּ וְרָצִיתָ בָּנוּ,  
 וְרוֹמַמְתָּנוּ מִכָּל הַלְשׁוֹנוֹת,  
 וְקִדַּשְׁתָּנוּ בְּמִצְוֹתֶיךָ,  
 וְקִרְבַּתָּנוּ מִלְּכֵינוּ לְעַבְדוֹתֶיךָ,  
 וְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ  
 עָלֵינוּ קָרָאתָ.

The portions in ( ) are said only if Yom Kippur falls on Friday night.

Vatiten lanu, Adonai Eloheinu,  
*And may You give us, Hashem our Eternal One,*  
 b'ahavah et yom (ha-Shabbat hazeh  
*with love this day (of Shabbat*  
 v'et yom) hakipurim hazeh,  
*and this day) of Atonement,*  
 li-m'chilah v'lislichah ul'chaparrah,  
*of pardon and of forgiveness and of atonement,*  
 v'limchal bo et kol avonoteinu  
*and to pardon all of our iniquities*  
 (b'ahavah) mikra kodesh,  
*(with love) a holy convocation,*  
 zeicher litzi-at Mitzrayim.  
*a remembrance of the going out from Egypt.*

Eloheinu v'Eilohei avoteinu,  
*Our Eternal One and Eternal One of our ancestors,*  
 ya-aleh v'yavo, v'yagia v'yeira-eh,  
*may it rise and come, and arrive and appear,*  
 v'yeiratzeh v'yishama, v'yipakeid  
*and find favor and be heard, and be considered*  
 v'yizacheir zichroneinu ufikdoneinu,  
*and be remembered our remembrance and our trust,*  
 v'zichron avoteinu,  
*and the remembrance of our ancestors,*  
 v'zichron Mashiach ben  
*and the remembrance of Mashiach the son of*  
 David avdecha, v'zichron  
*David Your servant, and the remembrance*  
 Y'rushalayim ir kodshecha,  
*of Jerusalem You holy city,*  
 v'zichron kol amcha beit Yisrael  
*and the remembrance of Your people Israel*  
 l'fanecha lifleitah l'tovah,  
*before You for deliverance, for good,*  
 l'chein ul'chesed ul'rachamim,  
*for grace and kindness and compassion,*  
 l'chayim tovim ul'shalom,  
*for a good life and peace,*  
 b'yom (ha-Shabbat hazeh uv'yom)  
*on this day of (Shabbat and on this day of)*  
 hakipurim hazeh. Zochreinu,  
*Atonement. Remember us,*  
 Adonai Eloheinu bo l'tovah,  
*Hashem our Eternal One, on it for good,*  
 ufakdeinu vo livrachah,  
*and consider us on it for blessing,*

וּתְתֵן לָנוּ, יְהוָה אֱלֹהֵינוּ,  
 בְּאַהֲבָה אֶת יוֹם (הַשַּׁבָּת הַזֶּה  
 וְאֶת יוֹם) הַכִּפּוּרִים הַזֶּה,  
 לְמַחִילָה וְלִסְלִיחָה וְלִכְפָּרָה,  
 וְלְמַחֵל בּוֹ אֶת כָּל עֲוֹנוֹתֵינוּ  
 (בְּאַהֲבָה) מִקְרָא קֹדֶשׁ,  
 זֵכֶר לִיציאת מִצְרַיִם.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 יַעֲלֶה וְיָבֵא, וְיָגִיעַ וְיֵרָאֶה,  
 וְיִרְצֶה וְיִשְׁמַע, וְיִפְקֹד  
 וְיִזְכֹּר זְכוֹרֵנוּ וּפְקֻדוֹנוּ,  
 וְזִכְרוֹן אֲבוֹתֵינוּ,  
 וְזִכְרוֹן מְשִׁיחַ בֶּן  
 דָּוִד עַבְדְּךָ, וְזִכְרוֹן  
 יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,  
 וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
 לְפָנֶיךָ לְפִלִּיטָה לְטוֹבָה,  
 לְחַן וְלַחֲסֵד וְלִרְחָמִים,  
 לְחַיִּים טוֹבִים וְלִשְׁלוֹם,  
 בְּיוֹם (הַשַּׁבָּת הַזֶּה וּבְיוֹם)  
 הַזְּכוֹרוֹן הַזֶּה. זְכוֹרֵנוּ,  
 יְהוָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה,  
 וּפְקֻדָנוּ בּוֹ לְבִרְכָה,

v'hoshi-einu vo l'chayim tovim.  
*and deliver us on it for a good life.*  
 uvid'var y'shu-ah  
*and with the words of deliverance*  
 v'rachamim chus v'chaneinu,  
*and mercy, take pity and be gracious to us,*  
 v'racheim aleinu v'hoshi-einu,  
*and be compassionate with us and deliver us,*  
 ki eilecha eineinu, ki Eil melech  
*for our eyes turn to You, for You are Sovereign*  
 chanun v'rachum atah.  
*who is gracious and compassionate.*

Eloheinu v'Eilohei avoteinu,  
*Our Eternal One and Eternal One of our ancestors,*  
 m'chol la-avonoteinu b'yom  
*pardon our iniquities on this day*  
 (ha-Shabbat hazeh uv'yom)  
*of Shabbat and on this day)*  
 hakipurim hazeh.  
*of Atonement.*

M'cheih v'ha-aveir f'sha-einu  
*Blot out and remove our iniquities*  
 v'chatoteinu minedged einecha,  
*and our misdeeds from before Your eyes,*  
 Ca-amur: Anochi hu  
*As it is said: I am the One*  
 mocheh p'sha-echa l'ma-ani,  
*who blots out your iniquities for My sake,*  
 v'chatotecha lo ezkor.  
*and your misdeeds I will not remember.*  
 V'ne-emar: Machiti ka-av  
*And it is stated: I have blotted out as a thick cloud*  
 p'sha-echa v'che-anan chatotecha,  
*your transgressions and as a cloud your misdeeds,*  
 shuvah eilai ki g'alticha,  
*return unto me for I have redeemed you,*  
 v'ne-emar: Ki bayom hazeh  
*and it is stated: For on this day*  
 y'chapeir aleichem l'taheir etchem,  
*shall atonement be made for you to cleanse you,*  
 mikol chatoteichem lifnei  
*from all your misdeeds before*  
 Adonai tit-haru.  
*Hashem shall you be clean.*  
 (Eloheinu v'Eilohei avoteinu,  
*(Our Eternal One and the Eternal One of our ancestors,*  
 r'tzei nah bimnuchateinu.)  
*please desire our rest.)*

וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים טוֹבִים.  
 וּבְדַבַּר יְשׁוּעָה  
 וּרְחָמִים חוּס וְחַנּוּן,  
 וּרְחִים עָלֵינוּ וְהוֹשִׁיעֵנוּ,  
 כִּי אֱלֹהֶיךָ עֵינֵינוּ, כִּי אֵל מֶלֶךְ  
 חַנוּן וְרַחוּם אַתָּה.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 מְחוּל לְעוֹנוֹתֵינוּ בְּיוֹם  
 (הַשַּׁבָּת הַזֶּה וּבְיוֹם)  
 הַכִּפּוּרִים הַזֶּה.

מְחָה וְהַעֲבֵר פְּשָׁעֵינוּ  
 וְחַטָּאתֵינוּ מִנֶּגֶד עֵינֶיךָ,  
 כְּאֲמוֹר: אֲנֹכִי אֲנֹכִי הוּא  
 מְחָה פְּשָׁעֶיךָ לְמַעַנִּי,  
 וְחַטָּאתֶיךָ לֹא אֶזְכֹּר.  
 וְנֹאמַר: מָחִיתִי כְעָב  
 פְּשָׁעֶיךָ וְכַעֲנָן חַטָּאתֶיךָ,  
 שׁוּבָה אֵלַי כִּי גֹאֲלְתֶיךָ,  
 וְנֹאמַר: כִּי בְיוֹם הַזֶּה  
 יְכַפֵּר עָלֵיכֶם לְטָהָר אֶתְכֶם,  
 מִכָּל חַטָּאתֵיכֶם לְפָנַי  
 יְהוָה תְּטָהְרוּ.  
 (אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 רְצֵה נָא בְּמִנוּחָתֵנוּ)

Kadsheinu b'mitzvotcha v'tein  
*Sanctify us with Your commandments and place*  
 chelkeinu b'Toratecha, shabeinu  
*our lot in Your Torah, satiate us*  
 mituvecha v'samach nafsheinu  
*from Your goodness and gladden our spirits*  
 bishu-atecha (v'hanchileinu, Adonai  
*with Your salvation (bestow upon us, Hashem*  
 Eloheinu, b'ahavah uv'ratzon  
*our Eternal One, with love and favor*  
 Shabbat kodshecha, v'yanuchu vah  
*a holy Shabbat, and rest in her*  
 Yisrael m'kad'shei sh'mecha) v'taheir  
*may Israel who sanctifies Your name) and purify*  
 libeinu l'avd'cha be-emet, ki  
*our hearts to serve You in truth, for*  
 atah Adonai Elohim emet,  
*You Hashem are the true Eternal One,*  
 udvar'cha emet v'kayam la-ad.  
*and Your words are true and endure forever.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 melech mocheil v'solei-ach  
*a Sovereign who pardons and forgives*  
 la-avonoteinu v'la-avot amo  
*our iniquities and the iniquities of Your people*  
 beit Israel, uma-avir  
*Israel, and removes*  
 ashmoteinu b'chol shanah v'shanah,  
*all of our faults from year to year,*  
 melech al kol ha-aretz,  
*Sovereign over all the earth,*  
 m'kadeish (ha-Shabbat v') Yisrael  
*who sanctifies (Shabbat and) Israel*  
 v'yom hakipurim.  
*and the Day of Atonement.*

קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן  
 חֶלְקֵנוּ בְּתוֹרָתְךָ, שִׂבְעֵנוּ  
 מִטוֹבְךָ וְשִׂמַח נַפְשֵׁינוּ  
 בִּישׁוּעָתְךָ (וְהַנְחִילֵנוּ, יְהוָה  
 אֱלֹהֵינוּ, בְּאַהֲבָה וּבְרַצוֹן  
 שִׁבְתֵּךָ קֹדֶשְׁךָ, וַיָּנוּחוּ בָּהּ  
 יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ) וְטַהֵר  
 לְבָבֵנוּ לְעַבְדְּךָ בְּאֵמֶת, כִּי  
 אַתָּה אֱלֹהִים אֱמֶת,  
 וְדַבַּרְךָ אֱמֶת וְקַיָּם לְעַד.  
 בָּרוּךְ אַתָּה, יְהוָה,  
 מֶלֶךְ מוֹחֵל וְסוֹלֵחַ  
 לְעֲוֹנוֹתֵינוּ וְלְעֲוֹנוֹת עַמּוֹ  
 בֵּית יִשְׂרָאֵל, וּמַעֲבִיר  
 אֲשָׁמוֹתֵינוּ בְּכָל שָׁנָה וּשְׁנָה,  
 מֶלֶךְ עַל כָּל הָאָרֶץ,  
 מְקַדֵּשׁ (הַשַּׁבָּת וְ) יִשְׂרָאֵל  
 וַיּוֹם הַכִּפּוּרִים.

## THE FIRST FINAL BLESSING

We now begin the final blessings of the Amidah which bring down all the spiritual energy we have aroused thus far with our prayers. This blessing connects us to the energy of Moses, which corresponds to the S'firah of Netzach. It assists us in recognizing and carrying out the work we are here to do.

R'tzeih, Adonai Eloheinu,  
*Be pleased, Hashem our Eternal One,*  
 b'amcha Yisrael,  
*with Your people Israel,*  
 u-t'filatam b'ahavah t'kabeil,  
*and accept our prayers with love,*  
 u-t'hi l'ratzon tamid,  
*and may it always be pleasing,*  
 avodat Yisrael amecha.  
*the service of Your people Israel.*

רְצֵה, יְהוָה אֱלֹהֵינוּ,  
 בְּעַמְּךָ יִשְׂרָאֵל,  
 וּבִתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל,  
 וּתְהִי לְרִצּוֹן תָּמִיד,  
 עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 she-otcha l'vadcha b'yirah na-avod.  
*it is You alone that we serve in awe.*

בָּרוּךְ אַתָּה יְהוָה,  
 שְׂאוֹתְךָ לְבִדְךָ בְּיִרְאָה נַעֲבוֹד.

## THE SECOND FINAL BLESSING

This blessing expresses our thanks for protection and divine assistance. It connects us to the energy of Aaron, which corresponds to the S'firah of Hod. We are truly grateful when we translate our spirituality into practical terms.

*We bow at the beginning and at the end of this blessing.*

Modim anachnu lach,  
*We give You thanks,*  
 sha-atah hu Adonai Eloheinu,  
*for You are Hashem our Eternal One,*  
 v'Eilohei avoteinu v'imoteinu,  
*and the Eternal One of our ancestors,*  
 l'olam va-ed.  
*for ever and ever.*

מוֹדִים אֲנַחְנוּ לָךְ,  
 שְׂאֵתָה הוּא, יְהוָה אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
 לְעוֹלָם וָעֶד.

Tzur chayeinu, magein yish-einu,  
*Rock of our life, Shield of our salvation,*  
 atah hu l'dor vador,  
*are You from generation to generation,*  
 nodeh l'cha un'sapeir t'hilatecha,  
*we thank You and sing Your praises,*

צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,  
 אַתָּה הוּא לְדוֹר וָדוֹר,  
 נוֹדֶה לָּךְ וְנִסְפֵּר תְּהִלָּתְךָ,

al chayeinu ham'surim b'yadecha,  
*for our lives which are in Your hands,*  
 v'al nishmoteinu hap'kudot lach,  
*and for our souls which are in Your keeping,*  
 v'al nisecha sheb'chol yom imanu,  
*and for the signs of Your Presence that are with us everyday,*  
 v'al niflotecha v'tovotecha,  
*and for Your wonders and Your goodness,*  
 sheb'chol eit,  
*in every moment,*  
 erev vavoker v'tzohorayim,  
*evening and morning and noon,*  
 hatov, ki lo chalu rachamecha,  
*You are goodness, for Your mercy has no end,*  
 v'ham'racheim,  
*You are compassionate,*  
 ki lo tamu chasadecha,  
*for Your love has no limit,*  
 mei-olam kiyinu lach.  
*for ever our hope is in You.*

V'al kulam yitbarach v'yitromam  
*And for all those things, blessed and exalted*  
 v'yitnasei shimcha malkeinu  
*and exulted may Your Name be, our Sovereign,*  
 tamid l'olam va-ed.  
*for ever and ever.*

Uchtov l'chayim tovim  
*And write down for a good life*  
 kol b'nei v'ritecha.  
*all the children of Your covenant.*  
 v'chol hachayim yoducha selah,  
*and all the living shall thank You, selah,*  
 vihal'lu et shimcha hagadol  
*and they shall praise Your great Name*  
 be-emet, l'olam ki tov. Ha-Eil  
*in truth, forever for it is good. The Eternal One*  
 y'shu-ateinu v'ezrateinu selah,  
*our salvation and our help selah,*  
 ha-Eil hatov.  
*the good Eternal One.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 hatov shimcha ul'cha  
*whose Name is good and to You*  
 na-eh l'hodot.  
*it is right to give thanks.*

עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,  
 וְעַל נַשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,  
 וְעַל נִסֶּיךָ שֶׁבְּכֹל יוֹם עִמָּנוּ,  
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
 שֶׁבְּכֹל עֵת,  
 עֶרֶב וּבֹקֶר וְצֹהֲרָיִם,  
 הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,  
 וְהַמְּרַחֵם,  
 כִּי לֹא תָמוּ חַסְדֶּיךָ,  
 מֵעוֹלָם קִוִּינוּ לָךְ.

וְעַל כָּל־מַעֲשֵׂיךָ וְיִתְרוֹמָם  
 וְיִתְנַשֵּׂא שְׁמֶךָ מַלְכֵנוּ  
 תָּמִיד לְעוֹלָם וָעֶד.

וְכָתוּב לְחַיִּים טוֹבִים  
 כָּל בְּנֵי בְרִיתְךָ.  
 וְכָל הַחַיִּים יוֹדוּךָ סֶלָה,  
 וַיְהִלְלוּ אֶת שְׁמֶךָ הַגָּדוֹל  
 בְּאֵמֶת, לְעוֹלָם כִּי טוֹב. הָאֵל  
 יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֶלָה,  
 הָאֵל הַטּוֹב.

בָּרוּךְ אַתָּה יְהוָה,  
 הַטּוֹב שְׁמֶךָ וְלָךְ  
 נֶאֱחָה לְהוֹדוֹת.

## THE THIRD FINAL BLESSING

This blessing connects us to the energy of Joseph, which corresponds to the S'firah of Yesod. It is a request for, and a declaration of, peace.

Shalom rav al Yisrael amcha

*Abundant peace to Your people Israel*

tasim l'olam.

*offer to them for ever.*

Ki atah hu melech

*for You are the Sovereign*

adon l'chol ha-shalom.

*Ruler of all peace.*

V'tov b'einecha l'vareich

*It is good in Your eyes to bless*

et amcha Yisrael b'chol

*Your people Israel in every*

eit uv'chol sha-ah bish'lomecha.

*season and in every hour for the sake of Your Name.*

B'seifer chayim, b'rachah v'shalom

*In the Book of Life, for blessing and peace*

ufarnasah tovah,

*and good livelihood,*

ug'zeirot tovot,

*and for good decrees,*

y'shu-ot v'nechamot,

*for salvation and consolation,*

nizacheir v'nikateiv l'fanecha,

*may we be remembered and inscribed before You,*

anachnu v'chol amcha beit Yisrael,

*we and Your entire people Israel,*

l'chayim tovim ul'shalom.

*for a good life and for peace.*

Baruch atah Adonai,

*Blessed are You Hashem,*

oseh ha-shalom.

*Source of peace.*

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
תָּשִׁים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ.

אֲדוֹן לְכֹל הַשָּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ.

אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל

עֵת וּבְכֹל שָׁעָה בְּשָׁלוֹמְךָ.

בְּסֵפֶר חַיִּים, בְּרַכָּה וְשָׁלוֹם

וּפְרִנְסָה טוֹבָה,

וּגְזֵרוֹת טוֹבוֹת,

יְשׁוּעוֹת וְנֶחֱמוֹת,

נִזְכָּר וְנִכְתָּב לְפָנֶיךָ,

אֲנַחְנוּ וְכֹל עַמְּךָ בֵּית יִשְׂרָאֵל,

לְחַיִּים טוֹבִים וְלְשָׁלוֹם.

בָּרוּךְ אַתָּה יְהוָה,

עוֹשֵׂה הַשָּׁלוֹם.

## ANA HASHEM

Recognition of our own short-comings and negative actions brings us closer to the Light. Self-denial of them creates layers of separation between us and the Creator. This blessing assists us in destroying the self-denial created by our ego.

Ana Adonai Eloheinu vEilohei

*We beseech You Hashem, our Eternal One and Eternal One*

avoteinu, tavo l'fanecha t'filateinu,

*of our ancestors, may our prayer come before You,*

v'al titalam mit-chinateinu,

*and do not ignore our supplication,*

she-ein anu azei fanim uk'shei oref,

*for we are not arrogant or stiff necked to*

lomar l'fanecha Adonai Eloheinu

*to say before You Hashem our Eternal One*

vEilohei avoteinu,

*and Eternal One of our ancestors,*

tzadikim anachnu v'lo chatanu,

*that we are righteous and we did not commit misdeeds,*

aval anachnu va-avoteinu chatanu.

*but we and our ancestors have commit misdeeds.*

אָנָא אֱלֹהֵינוּ וְאֱלֹהֵי

אֲבוֹתֵינוּ, תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ,

וְאַל תִּתְּלַם מִתְּחִנָּתֵנוּ,

שֶׁאֵין אָנוּ עֲזֵי פָנִים וְקָשִׁי עֲרָף,

לֹמַר לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

צְדִיקִים אֲנַחְנוּ וְלֹא חָטָאנוּ,

אֲבָל אֲנַחְנוּ וְאֲבוֹתֵינוּ חָטָאנוּ.

## ASHAMNU

This blessing was designed by the Kabbalists to follow the order of the Hebrew alphabet. Each negative action we commit causes the Light of the Creator to lay in a dormant state within us. We strike our chest with our right hand, as we say each italicized word, to ignite the Light of the Creator within us and to remove our past negativity.

*Ashamnu, bagadnu, gazalnu,*

*We have become desolate, we betrayed, we stole,*

*dibarnu dofi.*

*we have spoken slander.*

*He-evinu, v'hirshanu, zadnu,*

*We have done iniquity, we caused wickedness, we transgressed,*

*chamasnu, tafalnu sheker.*

*we have extorted, we have made false accusations.*

*Ya-atznu ra, kizavnu, latznu,*

*We have given bad advice, we have deceived, we have scorned,*

*maradnu, ni-atznu, sararnu,*

*we have rebelled, we have blasphemed, we have strayed,*

*avinu, pashanu, tzararnu,*

*we've been iniquitous, we've done misdeeds, we've bound up,*

*kishinu oref.*

*we have stiffened our necks.*

*Rashanu, shichatnu,*

*We have been wicked, we have been corrupt,*

*ti-avnu, ta-inu, titanu.*

*we have detested, we have gone astray, we have cheated.*

*Sarnu mimitzvotcha umimishpatecha,*

*We have turned away from Your commandments and Your laws,*

*hatovim, v'lo shavah lanu.*

*that are good, and it was not worthwhile for us.*

*V'atah tzadik al kol*

*And You are righteous in all*

*haba aleinu,*

*that has come upon us,*

*ki emet asita*

*for truthfully have You acted,*

*va-anachnu hir'shanu.*

*while we have acted wickedly.*

אֲשָׁמְנוּ, בִּגְדָנוּ, גָּזַלְנוּ,

דִּבְרָנוּ דּוֹפִי.

הֶעֵוִינוּ, וְהִרְשָׁעְנוּ, זָדָנוּ,

חֲמָסְנוּ, טַפְלָנוּ שֶׁקֶר.

יַעֲצָנוּ רָע, כִּזְבָּנוּ, לִצְנוּ,

מֵרָדָנוּ, נֶאֱצָנוּ, סָרָרְנוּ,

עֵוִינוּ, פָּשַׁעְנוּ, צָרָרְנוּ,

קִשִּׁינוּ עֹרֶף.

רָשָׁעְנוּ, שִׁחַתְנוּ,

תֵּעֲבָנוּ, תֵּעִינוּ, תִּעַתְעָנוּ.

סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמִּשְׁפָּטֶיךָ,

הַטּוֹבִים, וְלֹא שׁוֹה לָנוּ.

וְאַתָּה צַדִּיק עַל כָּל

הַבָּא עֲלֵינוּ,

כִּי אֱמַת עֲשִׂיתָ

וְאַנְחָנוּ הִרְשָׁעְנוּ.

## MA NOMAR

Through this blessing we declare that the Creator knows all things and to whom nothing is hidden. Our purpose here is not to simply confess our past negative actions, but to overcome the ego by tearing away the veil of self-denial. Through the section that begins with Y'hi Ratzon, we are capturing the energy of cleansing. The numerical value of the word S'lach (to forgive) is the same as the word Tzach (to cleanse), which indicates a spiritual connection between the two. This energy of cleansing removes any negativity that may be hanging over us.

Mah nomar l'fanecha yosheiv marom,

*What shall we say before You, who dwells on high,*

umah n'sapeir l'fanecha

*and what shall we recount before You*

shochein sh'chakim,

*whose abode is in the lofty heights,*

halo kol hanis'tarot v'haniglot

*indeed, all of the hidden and revealed things*

atah yodei-a.

*you know.*

Atah yodei-a razei olam,

*You know the mysteries of the world,*

v'ta-alumot sitrei kol chai.

*and the inner secrets of all living.*

Atah chofeish kol chad-rei baten,

*You search the innermost parts of each person,*

uvochein k'layot valeiv.

*and see the veins and heart.*

Ein davar nelam mimecha,

*Nothing is hidden from You,*

v'ein nistar mineged einecha.

*and nothing is concealed from before Your eyes.*

Y'hi ratzon milfanecha,

*May it be Your will,*

Adonai Eloheinu v'Eilohei avoteinu,

*Hashem our Eternal One and Eternal One of our ancestors,*

shetchapeir lanu al kol chatoteinu,

*to atone for us for all of our misdeeds,*

v'tislach lanu al kol avonoteinu,

*and to forgive us for all of our iniquities,*

v'timchal lanu al kol p'sha-einu.

*and to pardon all of our transgressions.*

מֵה נֹאמֵר לְפָנֶיךָ יוֹשֵׁב מְרוֹם,

וּמֵה נִסְפֵּר לְפָנֶיךָ

שׁוֹכֵן שְׁחָקִים,

הֲלֹא כָּל הַנְּסֻתוֹת וְהַנְּגִלוֹת

אֶתָּה יוֹדֵעַ.

אֶתָּה יוֹדֵעַ רְזֵי עוֹלָם,

וְתַעֲלוּמוֹת סִתְּרֵי כָּל חַי.

אֶתָּה חוֹפֵשׁ כָּל חֲדָרֵי בֶטֶן,

וּבוֹחֵן כְּלִיּוֹת וְלֵב.

אֵין דָּבָר נֶעְלָם מִמֶּךָ,

וְאֵין נִסְתָּר מִנְּגַד עֵינֶיךָ.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שְׁתַּכַּפֵּר לָנוּ עַל כָּל חַטֹּאתֵינוּ,

וְתִסְלַח לָנוּ עַל כָּל עֲוֹנוֹתֵינוּ,

וְתִמְחַל לָנוּ עַל כָּל פְּשָׁעֵינוּ.

## AL CHET

We now mention all the various negative actions we have committed throughout the past year. This prayer is structured according to the order of the Hebrew alphabet to help us remove the chaos created by all these negative actions. We now receive what the Kabbalists call “direct Light.”

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**b'ones.**

*under duress.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**bivli da-at.**

*without knowledge.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**b'gilu-i arayot.**

*explicitly and vigilantly.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**b'da-at uv'mirmah.**

*with knowledge and deceit.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**bividu-i peh.**

*with confession of the mouth.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**b'zadon.**

*presumptuously.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**b'chozek yad.**

*by force.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**b'tumat s'fatayim.**

*with unclean lips.*

**Al cheit shechatanu l'fanecha**

*For the misdeeds we have committed before You*

**b'yeitzer hara.**

*with evil inclination.*

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּאֲנָס.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּבִלֵי דַעַת.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּגִלּוּי עֲרִיּוֹת.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּדַעַת וּבְמִרְמָה.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּיָדוּי פֶה.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּזָדוֹן.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּחֹזֶק יָד.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּטֻמַּאת שִׁפְתַיִם.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
בְּיֵצֶר הָרַע.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'yodim uv'lo yodim.

*knowingly and unknowingly.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'chachash uv'chazav.

*with denial and deception.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 bil'shon hara.

*with evil speech.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'marit ha-ayin.

*with sight of the eye.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'neshech uv'marbit.

*with usury and interest.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'shi-ach sif'toteinu.

*with talk of our lips.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 baseiter.

*in secret.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'einayim ramot.

*with proud eyes.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'fitchon peh.

*by opening our mouth.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'tza-adei raglayim l'hara.

*with evil footsteps.*

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 bikfitzat yad.

*with closed hands.*

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּיֹדַעִים וּבְלֹא יֹדַעִים.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּכַחַשׁ וּבְכַזָּב.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּלְשׁוֹן הָרָע.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּמַרְאֵית הָעַיִן.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּנִשְׁפָּךְ וּבְמַרְבִּית.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּשִׂיחַ שְׁפֹתֹתֵינוּ.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בַּסֵּתֶר.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּעֵינַיִם רָמוֹת.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּפֶתְחוֹן פֶּה.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּצַעְדֵי רַגְלַיִם לְהָרָע.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּקַפִּיצַת יָד.

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 b'ratzon.  
*willingly.*

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 bish'gagah.  
*unintentionally.*

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 bitshumet yad.  
*with pledge.*

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּשִׂגְגָה.

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּרָצוֹן.

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּתְשׁוּמַת יָד.

## AL CHET

We now mention all or our negative actions according to the reverse order of the Hebrew alphabet. By going backwards, we return to the original misdeed committed by Adam. This generates returning Light and helps to remove chaos and suffering from ourselves, both on a personal and at the global level.

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 b'timhon leivav.  
*with the wonderment of the heart.*

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 b'shinat chinam.  
*with hate for no reason.*

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 b'raglayim m'maharot larutz l'ra-ah.  
*by running to do evil.*

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 birchilut.  
*with gossip.*

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 b'kisu-i oref.  
*by being stubborn.*

Al cheit shechatanu l'fanecha  
*For the misdeeds we have committed before You*  
 b'tzavar atak.  
*with arrogance.*

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּתִמְחוֹן לֵיבָב.

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּשִׁנַּאת חִנָּם.

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּרַגְלַיִם מִמַּהְרוֹת לְרוּץ לְרָעָה.

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּרִכְיָלוֹת.

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּקִסּוּי עוֹרֶף.

עַל חַטָּא שְׁחַטְאֲנוּ לְפָנֶיךָ  
 בְּצַוָּאר עֲתָק.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 bif'rikat ol.  
 by casting off the yoke.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'azut metzach.  
 with brazenness.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'sikur ayin.  
 with wanton looks.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 bin'tiyat garon.  
 by stretching our neck with pride.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'masha umatan.  
 with giving burdens.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 bil'shon tarmit.  
 with a deceitful tongue.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 bichneimiyah shelo l'sheim.  
 by not meeting for heaven's sake.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'yuhara.  
 by being arrogant.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'tumat ra'yon.  
 with impure thoughts.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'chilul hasheim.  
 by profaning Your Name.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'zilzul horim umorim.  
 by disrespecting parents and teachers.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּפִרְיַת עוֹל.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּעִזּוֹת מְצַח.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּסִיקוּר עֵינַי.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּנִטְיַת גָּרוֹן.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּמַשָּׂא וּמְטָן.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּלִשׁוֹן תְּרִמִּית.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּכִנְיַיָּה שְׁלֵא לְשֵׁם.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּיֹהָרָא.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּטִמְאַת רְעִיּוֹן.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּחִלוּל הַשֵּׁם.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּזִלְזוּל הוֹרִים וּמוֹרִים.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'vi-ud aveirah.  
 by encouraging negative actions.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'hotza-at dibar.  
 by slanderous words.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 bidvarim b'teilim.  
 with idle talk.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'ga-avah vavuz.  
 with pride and contempt.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'gilgul zeh uv'gilgulim.  
 in this reincarnation and previous reincarnations.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'vitui sh'fatayim.  
 with the utterance of our lips.

Al cheit shechatanu l'fanecha  
 For the misdeeds we have committed before You  
 b'achilat isur.  
 by eating forbidden foods.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּוֵעוּד עֵבִירָה.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּהוֹצָאת דְּבַר.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּדְבָרִים בְּטִלִּים.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּגֵאוּה וּבוֹז.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּגִלְגּוּל זֶה וּבְגִלְגּוּלִים.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּבִטּוּי שְׁפָתַיִם.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ  
 בְּאֲכִילַת אִסּוּר.

## AL CHET

Spiritual darkness envelops the hand whenever we commit a negative action with them. Likewise when we speak evil of other, the darkness covers the mouth. When we are heartless towards others, it suffocates our heart. It is this darkness which causes illness and disease within our bodies. This connection cleanses away the darkness before it has the chance to manifest within us.

Al chata-im she-anu chayavim  
 For the misdeeds for which we would have owed  
 aleihem olah.  
 sacrifice.

Al chata-im she-anu chayavim  
 For the misdeeds for which we would have owed

עַל חַטָּאִים שְׁאַנוּ חַיָּבִים  
 עֲלֵיהֶם עוֹלָה.

עַל חַטָּאִים שְׁאַנוּ חַיָּבִים

aleihem chatat.

*an offering.*

Al chata-im she-anu chayavim

*For the misdeeds for which we would have owed*

aleihem kar'ban oleh v'yoreid.

*an offering varying according to our means.*

Al chata-im she-anu chayavim

*For the misdeeds for which we would have owed*

aleihem asham vadai v'asham talu-i. .

*an offering whether for a doubtful or definite misdeed.*

Al chata-im she-anu chayavim

*For the misdeeds for which we would have owed*

aleihem makat mardut.

*lashes for disobedience.*

Al chata-im she-anu chayavim

*For the misdeeds for which we would have owed*

aleihem malkot arba-im.

*forty lashes.*

Al chata-im she-anu chayavim

*For the misdeeds for which we would have owed*

aleihem mitah bidei shamayim.

*the penalty of death by the hand of heaven.*

Al chata-im she-anu chayavim

*For the misdeeds for which we would have owed*

aleihem kareit va-ariri.

*the penalty of excision and childlessness.*

Al chata-im she-anu chayavim

*For the misdeeds for which we would have owed*

aleihem arba mitot beit din,

*the four death penalties inflicted by the court,*

s'kilah s'reifah, hereg v'chenek.

*stoning, burning, beheading and strangling.*

Al mitzvot aseih

*For the violation of positive commandments*

v'al mitvot lo ta-aseh,

*and negative commandments,*

bein sheyeish bah kum aseih,

*whether they can be remedied by a later performance,*

uvein shein bah kum aseih,

*or whether they can't be remedied by a later performance,*

et hag'luyim lanu

*whether they are known to us*

v'et she-einam g'luyim lanu.

*or whether they are not known to us.*

Et hag'luyim lanu

*Those misdeeds which are known to us*

k'var amar'num l'fanecha,

*already we have declared them before You,*

עֲלֵיהֶם חַטָּאת.

עַל חַטָּאִים שְׁאֲנוּ חַיְבִים

עֲלֵיהֶם קָרְבַּן עוֹלָה וְיֹרֵד.

עַל חַטָּאִים שְׁאֲנוּ חַיְבִים

עֲלֵיהֶם אָשָׁם וְדַאי וְאָשָׁם תְּלוּי.

עַל חַטָּאִים שְׁאֲנוּ חַיְבִים

עֲלֵיהֶם מַכַּת מַרְדּוֹת.

עַל חַטָּאִים שְׁאֲנוּ חַיְבִים

עֲלֵיהֶם מַלְקוֹת אַרְבַּעִים.

עַל חַטָּאִים שְׁאֲנוּ חַיְבִים

עֲלֵיהֶם מִיתָה בְיַד שָׁמַיִם.

עַל חַטָּאִים שְׁאֲנוּ חַיְבִים

עֲלֵיהֶם כָּרֵת וְעִרְיָרִי.

עַל חַטָּאִים שְׁאֲנוּ חַיְבִים

עֲלֵיהֶם אַרְבַּע מִיתוֹת בֵּית דִּין,

סְקִילָה שְׂרִפָּה, הֶרֶג וְחָנֶק.

עַל מִצְוֹת עֲשֵׂה

וְעַל מִצְוֹת לֹא תַעֲשֵׂה,

בֵּין שֵׁישׁ בָּהּ קוּם עֲשֵׂה,

וּבֵין שְׂאִין בָּהּ קוּם עֲשֵׂה,

אֶת הַגְּלוּיִם לָנוּ

וְאֶת שְׂאִינָם גְּלוּיִם לָנוּ.

אֶת הַגְּלוּיִם לָנוּ

כְּכֹר אֲמַרְנוּם לְפָנֶיךָ,

Eloheinu vEilohei avoteinu,  
*Our Eternal One and Eternal One of our ancestors,*  
 v'hodinu l'cha aleihem.  
*and we have already confessed them.*  
 V'et she-einam g'luyim lanu,  
*And for those that are not known to us,*  
 l'fanecha heim g'luyim vidu-im,  
*before You they are revealed and made known,*  
 kadvar she-ne-emar:  
*as it is stated:*  
 Hanistarot l-Adonai Eloheinu,  
*The hidden things to Hashem our Eternal One,*  
 v'haniglot lanu ul'vaneinu  
*and the revealed things belong to us and to our children*  
 ad olam, la-asot et kol  
*forever, so that we may do all*  
 divrei ha-Torah hazot.  
*the words of the Torah of the Eternal One.*  
 Ki atah sal'chan l'Yisrael  
*For You are the Forgiver of Israel*  
 umachalan l'shivtei Y'shurun  
*and the Pardoner of the tribes of Y'shurun*  
 b'chol dor vador,  
*for all the generations,*  
 umibaladecha ein lanu melech  
*and besides You we have no Sovereign*  
 mocheil v'solei-ach.  
*who pardons and forgives.*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 וְהוֹדִינוּ לְךָ עֲלֵיהֶם.  
 וְאֵת שֶׁאֵינָם גְּלוּיִם לָנוּ,  
 לְפָנֶיךָ הֵם גְּלוּיִם וַיְדוּעִים,  
 כַּדָּבָר שֶׁנֶּאֱמַר:  
 הַנִּסְתָּרוֹת לַיהוָה אֱלֹהֵינוּ,  
 וְהַנִּגְלוֹת לָנוּ וּלְבָנֵינוּ  
 עַד עוֹלָם, לַעֲשׂוֹת אֶת כָּל  
 דְּבָרֵי הַתּוֹרָה הַזֹּאת.  
 כִּי אַתָּה סָלַחַן לְיִשְׂרָאֵל  
 וּמַחֲלֵן לְשִׁבְטֵי יִשְׂרָאֵל  
 בְּכָל דּוֹר וָדוֹר,  
 וּמִבְּלַעַדֶיךָ אֵין לָנוּ מֶלֶךְ  
 מוֹחֵל וְסוֹלֵחַ.

## CLOSING THE AMIDAH

Through the following blessing, we ensure that we cleanse ourselves through voluntary spiritual growth as opposed to physical suffering. These are the only two paths available. All will return to the Light through one or the other. As we complete the Amidah, we now pray that the energy we have received has affected us in a positive way. We ask for divine assistance in being proactive rather than reactive in every aspect of our life. We utter the hope that there is integrity between the thoughts that lie in our hearts and the words we have spoken. As we step out of the Divine Presence, we offer peace to the entire world.

Elohai, ad shelo notzarti  
*My Eternal One, before I was formed*  
 eini ch'dai, v'achshav shenotzarti  
*I was nothing, and now that I have been formed*

אֱלֹהֵי, עַד שֶׁלֹּא נִוצַרְתִּי  
 אֵינִי כְּדָאִי, וְעַכְשָׁו שֶׁנִּוצַרְתִּי

k'ilu lo notzarti.

*I am though I had not been formed.*

Afar ani b'chayai,

*I am as dust in my lifetime,*

kol vachomer b'mitati.

*how much more at my death.*

Harei ani l'fanecha kichli

*Behold I am before You as a vessel*

malei vushah uch'limah.

*full of shame and disgrace.*

Y'hi ratzon milfanecha,

*May it be Your will,*

Adonai Elohai vEilohei avotai,

*Hashem my Eternal One and Eternal One of my ancestors,*

shelo echeta od umah

*that I no longer commit any*

shechatati l'fanecha mareik

*misdeeds before You and cleanse them*

b'rachamecha harabim,

*in Your great mercy,*

aval lo al y'dei

*but not by way of*

visurim vachalayim ra-im.

*chastisements and terrible diseases.*

Elohai n'tzor l'shoni meira,

*Eternal One please keep my tongue from causing harm,*

us'fatai midabeir mirmah,

*and my lips from telling lies,*

v'limkal'lai nafshi tidom,

*and let me be silent if people curse me,*

v'nafshi ke-afar lakol tih'yeh.

*and let my soul be quiet and at peace with all.*

P'tach libi b'Toratecha,

*Open my heart to Your teaching,*

v'acharei mitzvotcha tirdof nafshi,

*and give my soul the will to practice it,*

v'chol hakamim alai l'ra-ah

*and all my foes who seek to do me harm*

m'heirah hafeir atzatham

*may their plans and schemes*

v'kalkeil machashavtam.

*come to nothing.*

Aseih l'ma-an sh'mecha,

*For the sake of Your Name,*

aseih l'ma-an y'minecha,

*for the sake of Your power,*

aseih l'ma-an Toratecha,

*for the sake of Your Torah,*

כָּאִלוֹ לֹא נִוצַרְתִּי.

עָפָר אָנִי בְּחַיֵּי,

קָל וְחֶמֶר בְּמִיתָתִי.

הֲרִי אָנִי לְפָנֶיךָ כְּכֵלִי

מָלֵא בִּוְשָׁה וְכִלְמָה.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,

שֶׁלֹּא אֶחְטֵא עוֹד וְמָה

שֶׁחָטָאתִי לְפָנֶיךָ מָרָק

בְּרַחֲמֶיךָ הַרְבִּים,

אֲבָל לֹא עַל יְדֵי

יְסוּרִים וְחִלּוּם רָעִים.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעַ,

וְשִׁפְתֵי מִדְּבַר מְרָמָה,

וְלִמְקַלְלֵי נַפְשֵׁי תְדוּם,

וְנַפְשֵׁי כְּעָפָר לְכֹל תְּהִיָּה.

פְּתַח לְבִי בְּתוֹרָתְךָ,

וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוּף נַפְשֵׁי.

וְכֹל הַקָּמִים עָלַי לְרָעָה,

מִהֲרָה הִפֵּר עֲצָתָם

וְקָלְקַל מִחֲשַׁבְתָּם.

עֲשֵׂה לְמַעַן שְׁמֶךָ,

עֲשֵׂה לְמַעַן יְמִינְךָ,

עֲשֵׂה לְמַעַן תּוֹרָתְךָ,

aseih l'ma-an k'dushatecha.  
*for the sake of Your holiness.*  
 L'ma-an yeichaltzun y'didecha,  
*Rescue Your beloved,*  
 hoshi-ah y'mincha va-aneini.  
*and save me by Your right hand.*

עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.  
 לְמַעַן יַחֲלִצֶנּוּ יְדֵי־ךָ,  
 הוֹשִׁיעָה יְמִינְךָ וְעַנְּנִי.

Yih'yu l'ratzon imrei fi  
*May the words of my mouth*  
 v'hegyon libi l'fanecha,  
*and the meditation of my heart be acceptable to You,*  
 Adonai tzuri v'go-ali.  
*Hashem my Rock and Redeemer.*

יְהִיו לְרָצוֹן אִמְרֵי פִי  
 וְהִגִּיוֹן לְבִי לְפָנֶיךָ,  
 יְהוּה צוּרִי וְגֹאֲלִי.

*We now take three steps backward as we retreat from the Divine Presence. We bow left at the first line, right at the second line and to the center for the remaining lines as we offer peace to the world.*

Oseh shalom bimromav,  
*May the One who makes peace in the high heavens,*  
 hu ya-aseh shalom aleinu,  
*bring this peace upon us,*  
 v'al kol Yisrael v'al kol ha-olam,  
*and upon all Israel and upon all the world,*  
 v'imru amen.  
*and let us say amen.*

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו,  
 הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,  
 וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,  
 וְאָמְרוּ אָמֵן.

## Y'HI RATZON

Through this blessing we ask that the Temple be rebuilt and that our lot is placed in Torah. What we are really asking is that the Mashiach will come in our day and re-establish the Tree of Life reality in our world.

Y'hi ratzon milfanecha,  
*May it be Your will,*  
 Adonai Eloheinu  
*Hashem our Eternal One*  
 v'Eilohei avoteinu v'imoteinu,  
*and Eternal One of our ancestors,*  
 sheyibaneh beit hamikdash  
*that You shall rebuild the holy Temple*  
 bimheirah v'yameinu,  
*speedily in our day,*  
 v'tein chelkeinu b'Toratecha,  
*and place our lot in Your Torah,*

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
 יְהוּה אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
 שִׁיבְנֶה בַּיִת הַמִּקְדָּשׁ  
 בְּמַהֲרָה בְּיָמֵינוּ,  
 וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ,

v'sham na-avad'cha b'yir-ah kimei  
and there we will serve You with awe as in days  
olam uch-shanim kad'moniyot.

*of old and as in ancient years.*

V'arvah l'Adonai minchat Y'hudah  
Then to Hashem may the offering be pleasing of Judah

Virushalayim, kimei olam

*and Jerusalem, as in days of old*

uch-shanim kad'moniyot.

*and as in ancient years.*

וְשָׁם נֶעְבְּדְךָ בְּיִרְאָה כִּימֵי  
עוֹלָם וּכְשָׁנִים קְדָמוֹנִיּוֹת.  
וְעִרְבָה לַיהוָה מִנְחַת יְהוּדָה  
וִירוּשָׁלַיִם, כִּימֵי עוֹלָם  
וּכְשָׁנִים קְדָמוֹנִיּוֹת.

## אבינו מלכנו

### AVINU MALKEINU

This prayer is said during the Ten Days of Awe. Through it, we are asking the Light for very specific things.

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

ein lanu melech ela atah.

*we have no other Sovereign but You.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

aseih imanu l'ma-an sh'mecha.

*deal with us for the sake of Your Name.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

chadeish aleinu shanah tovah.

*renew for us a good year.*

**Avinu malkeinu, bateil**

*Our Creator, our Sovereign, cancel*

mei-aleinu kol g'zeirot kashot.

*from us all hard decrees.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

bateil machsh'vot soneinu.

*cancel the intentions of our enemies.*

אָבִינוּ מַלְכֵנוּ,  
אֵין לָנוּ מֶלֶךְ אֶלָּא אַתָּה.  
אָבִינוּ מַלְכֵנוּ,  
עֲשֵׂה עִמָּנוּ לְמַעַן שְׁמֶךָ.  
אָבִינוּ מַלְכֵנוּ,  
חַדֵּשׁ עֲלֵינוּ שָׁנָה טוֹבָה.  
אָבִינוּ מַלְכֵנוּ, בַּטֵּל  
מֵעֲלֵינוּ כָּל גְּזֵרוֹת קָשׁוֹת.  
אָבִינוּ מַלְכֵנוּ,  
בַּטֵּל מַחְשְׁבוֹת שׁוֹנְאֵינוּ.

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

**hafeir atzat o-y'veinu.**

*thwart the plans of our adversaries.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

**kaleih kol tzar umas'tein mei-aleinu.**

*eradicate any oppressor or accuser from over us.*

**Avinu malkeinu, s'tom piyot**

*Our Creator, our Sovereign, seal the mouths*

**mastineinu umkat'rigeinu.**

*of our accusers and adversaries.*

**Avinu malkeinu, kaleih dever**

*Our Creator, our Sovereign, eradicate pestilence*

**v'cherev v'ra-av ush'vi umashtiv**

*and sword and famine and captivity and destruction*

**v'a-on ush'mad mib'nei v'ritecha.**

*iniquity, forced conversion from the members of Your covenant.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

**m'na mageifah minachalatecha.**

*withhold the plague from Your heritage.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

**s'lach um'chal l'chol avonoteinu.**

*forgive and pardon all our iniquities.*

**Avinu malkeinu, m'cheih v'ha-aver**

*Our Creator, our Sovereign, wipe away and remove*

**p'sha-einu v'chatoteinu mineged**

*our misdeeds and errors from before*

**einecha.**

*Your eyes.*

**Avinu malkeinu, m'chok b'rachamecha**

*Our Creator, our Sovereign, erase through Your compassion*

**kol shitrei chovoteinu.**

*all records of our guilt.*

**Avinu malkeinu, hachazireinu**

*Our Creator, our Sovereign, cause us to return*

**bit'shuvah sh'leimah l'fanecha.**

*with complete repentance before You.*

**Avinu malkeinu, sh'lach r'fuah**

*Our Creator, our Sovereign, send recovery*

**sh'leimah l'cholei amecha.**

*that is complete to the sick of Your people.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

**k'ra ro-a g'zar dineinu.**

*tear up the evil decrees of our judgement.*

אָבִינוּ מַלְכֵנוּ,

הַפֵּר עֲצַת אוֹיְבֵינוּ.

אָבִינוּ מַלְכֵנוּ,

כִּלֵּה כָּל צָר וּמַשְׁטִיץ מֵעָלֵינוּ.

אָבִינוּ מַלְכֵנוּ, סְתוּם פִּיּוֹת

מִשְׁטִינָנוּ וּמִקְטָרֵיגָנוּ.

אָבִינוּ מַלְכֵנוּ, כִּלֵּה דָּבָר

וְחָרָב וְרָעַב וְשָׁבִי וּמִשְׁחִית

וְעוֹז וְשִׁמְד מִבְּנֵי בְרִיתְךָ.

אָבִינוּ מַלְכֵנוּ,

מִנַּע מִגִּפָּה מִנְחַלְתְּךָ.

אָבִינוּ מַלְכֵנוּ,

סְלַח וּמַחֵל לְכָל עֲוֹנוֹתֵינוּ.

אָבִינוּ מַלְכֵנוּ, מַחֵה וְהַעֲבֵר

פְּשָׁעֵינוּ וְחַטָּאתֵינוּ מִנֶּגֶד

עֵינֶיךָ.

אָבִינוּ מַלְכֵנוּ, מְחוֹק בְּרַחֲמֶיךָ

כָּל שְׁטָרֵי חוּבוֹתֵינוּ.

אָבִינוּ מַלְכֵנוּ, הַחְזִירָנוּ

בְּתִשׁוּבָה שְׁלֵמָה לְפָנֶיךָ.

אָבִינוּ מַלְכֵנוּ, שְׁלַח רְפוּאָה

שְׁלֵמָה לְחוּלֵי עַמְּךָ.

אָבִינוּ מַלְכֵנוּ,

קַרַע רוּעַ גְּזֵר דֵינָנוּ.

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**zochreinu b'zikaron tov l'fanecha.**  
*remember us with a good remembrance before You.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**kotveinu b'seifer chayim tovim.**  
*inscribe us in the book of good life.*

**Avinu malkeinu, kotveinu**  
*Our Creator, our Sovereign, inscribe us*  
**b'seifer g'ulah vishu-a.**  
*in the book of redemption and salvation.*

**Avinu malkeinu, kotveinu**  
*Our Creator, our Sovereign, inscribe us*  
**b'seifer parnasah v'chalkalah.**  
*in the book of sustenance and support.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**kotveinu b'seifer z'chuyot.**  
*inscribe us in the book of merits.*

**Avinu malkeinu, kotveinu**  
*Our Creator, our Sovereign, inscribe us*  
**b'seifer s'lichah um'chilah.**  
*in the book of forgiveness and pardon.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**ha-tz'mach lanu y'shu-ah b'karov.**  
*sprout salvation for us soon.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**hareim keren Yisrael amecha.**  
*raise high the worth of Israel Your people.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**hareim keren m'shichecha.**  
*raise high the worth of Your Mashiach.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**malei yadeinu mibi-r'chotecha.**  
*fill our hands from Your blessings.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
**malei asameinu sava.**  
*fill our storehouses with abundance.*

**Avinu malkeinu, sh'ma**  
*Our Creator, our Sovereign, hear*  
**koleinu chus v'racheim aleinu.**  
*our voice, have pity and have mercy on us.*

אָבִינוּ מַלְכֵנוּ,  
 זְכוּרֵנוּ בְּזִכְרוֹן טוֹב לְפָנֶיךָ.

אָבִינוּ מַלְכֵנוּ,  
 כְּתִבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים.

אָבִינוּ מַלְכֵנוּ, כְּתִבֵנוּ  
 בְּסֵפֶר גְּאֻלָּה וְיִשׁוּעָה.

אָבִינוּ מַלְכֵנוּ, כְּתִבֵנוּ  
 בְּסֵפֶר פְּרֻנְסָה וְכִלְכָּלָה.

אָבִינוּ מַלְכֵנוּ,  
 כְּתִבֵנוּ בְּסֵפֶר זְכוּיֹת.

אָבִינוּ מַלְכֵנוּ, כְּתִבֵנוּ  
 בְּסֵפֶר סְלִיחָה וּמְחִילָה.

אָבִינוּ מַלְכֵנוּ,  
 הַצְמַח לָנוּ יִשׁוּעָה בְּקָרוֹב.

אָבִינוּ מַלְכֵנוּ,  
 הָרֵם קֶרֶן יִשְׂרָאֵל עִמָּךְ.

אָבִינוּ מַלְכֵנוּ,  
 הָרֵם קֶרֶן מְשִׁיחֶךָ.

אָבִינוּ מַלְכֵנוּ,  
 מִלֵּא יַדֵּינוּ מְבָרְכוֹתֶיךָ.

אָבִינוּ מַלְכֵנוּ,  
 מִלֵּא אֲסַמֵּינוּ שָׂבַע.

אָבִינוּ מַלְכֵנוּ, שְׁמַע  
 קוֹלֵנוּ חוּס וְרַחֵם עָלֵינוּ.

**Avinu malkeinu, kabeil b'rachamim**  
*Our Creator, our Sovereign, accept with compassion*  
 uv'ratzon et t'filateinu.

*and favor our prayer.*

**Avinu malkeinu, p'tach**  
*Our Creator, our Sovereign, open*  
 sha-arei shamayim li-t'filateinu.

*the gates of heaven to our prayer.*

**Avinu malkeinu, na**  
*Our Creator, our Sovereign, please*  
 al t'shivenu reikam milfanecha.  
*do not turn us away empty-handed from before You.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*  
 zachor ki afar anachnu.  
*remember that we are dust.*

**Avinu malkeinu, t'hei**  
*Our Creator, our Sovereign, may*  
 hasha-ah hazot sh'at rachamim  
*this moment be a moment of compassion*  
 v'eit ratzon milfanecha.  
*and a time of favor before You.*

**Avinu malkeinu, chamol aleinu.**  
*Our Creator, our Sovereign, take pity on us.*

**Avinu malkeinu, aseih l'ma-an**  
*Our Creator, our Sovereign, act for the sake*  
 harugim al sheim kodshecha.  
*of those who were slain for the Name of Your holiness.*

**Avinu malkeinu, aseih l'ma-an**  
*Our Creator, our Sovereign, act for the sake*  
 t'vuchim al yichudecha.  
*slaughtered for Your Oneness.*

**Avinu malkeinu, aseih l'ma-an**  
*Our Creator, our Sovereign, act for the sake*  
 ba-ei va-eish uvamayim al kidush  
*of those who enter into fire and water for the sanctification*  
 sh'mecha.  
*of Your Name.*

**Avinu malkeinu, n'kom**  
*Our Creator, our Sovereign, avenge*  
 nik'mat dam avadecha hashafuch.  
*the revenge of the blood of Your servants that was spilled.*

**Avinu malkeinu, aseih l'ma-an'cha**  
*Our Creator, our Sovereign, act for Your sake*  
 im lo l'ma-aneinu.  
*if not for our sake.*

**Avinu malkeinu,**  
*Our Creator, our Sovereign,*

אָבִינוּ מַלְכֵנוּ, קַבֵּל בְּרַחֲמִים  
 וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ.

אָבִינוּ מַלְכֵנוּ, פְּתַח  
 שַׁעֲרֵי שָׁמַיִם לְתִפְלָתֵנוּ.

אָבִינוּ מַלְכֵנוּ, נָא  
 אַל תְּשִׁיבֵנוּ רֵיקָם מִלְּפָנֶיךָ.

אָבִינוּ מַלְכֵנוּ,  
 זְכוֹר כִּי עָפָר אֲנַחְנוּ.

אָבִינוּ מַלְכֵנוּ, תְּהֵא  
 הַשְּׁעָה הַזֹּאת שְׂעַת רַחֲמִים  
 וְעֵת רָצוֹן מִלְּפָנֶיךָ.

אָבִינוּ מַלְכֵנוּ, חַמּוֹל עָלֵינוּ.  
 אָבִינוּ מַלְכֵנוּ, עֲשֵׂה לְמַעַן  
 הַרוּגִים עַל שֵׁם קֹדֶשְׁךָ.

אָבִינוּ מַלְכֵנוּ, עֲשֵׂה לְמַעַן  
 טְבוּחִים עַל יְחוּדְךָ.

אָבִינוּ מַלְכֵנוּ, עֲשֵׂה לְמַעַן  
 בָּאֵי בָאֵשׁ וּבַמַּיִם עַל קְדוּשַׁת  
 שְׁמֶךָ.

אָבִינוּ מַלְכֵנוּ, נִקּוּם  
 נִקְמַת דָּם עֲבָדֶיךָ הַשְּׁפוּךְ.

אָבִינוּ מַלְכֵנוּ, עֲשֵׂה לְמַעַן  
 אִם לֹא לְמַעַנֵנוּ.

אָבִינוּ מַלְכֵנוּ,

aseih l'ma-an'cha v'hoshi-einu.

*act for Your sake and save us.*

**Avinu malkeinu,**

*Our Creator, our Sovereign,*

aseih l'ma-an rachamecha harabim.

*for the sake of Your compassion which is abundant.*

**Avinu malkeinu, aseih l'ma-an**

*Our Creator, our Sovereign, act for the sake*

shimcha hagadol, hagibor

*of Your great Name, mighty*

v'hanora shenikra aleinu.

*and awesome that is proclaimed upon us.*

**Avinu malkeinu, chaneinu va-aneinu,**

*Our Creator, our Sovereign, be gracious with us and answer us,*

ki ein banu ma-asim,

*though we have no worthy deeds,*

aseih imanu tz'dakah

*act toward us with charity*

**vachessed v'hoshieinu.**

*and kindness and save us.*

עֲשֵׂה לְמַעַן וְהוֹשִׁיעֵנוּ.

אָבִינוּ מַלְכֵנוּ,

עֲשֵׂה לְמַעַן רַחֲמֶיךָ הַרְבִּים.

אָבִינוּ מַלְכֵנוּ, עֲשֵׂה לְמַעַן

שִׁמְךָ הַגָּדוֹל, הַגִּבּוֹר

וְהַנּוֹרָא שֶׁנִּקְרָא עָלֵינוּ.

אָבִינוּ מַלְכֵנוּ, חַנּוּנוּ וְעֲנֵנוּ,

כִּי אֵין בָּנוּ מַעֲשִׂים,

עֲשֵׂה עִמָּנוּ צְדָקָה

וְחֶסֶד וְהוֹשִׁיעֵנוּ.

# שמע

## THE SH'MA

The enlarged letters, ayin and dalet, combine to form the Hebrew word "eid" which means "witness". We bear witness to the Oneness of the Creator and all of creation. Likewise, we must also be aware that all of our actions are witnessed by the Creator.

# שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

*Hear O Israel, Hashem is our Eternal One, Hashem is One!*

During the year, we usually whisper this line. Kabbalah teaches that this is because malchut, our physical world, is elevating to the Upper Worlds and is subject to negative forces. At the end of N'ilah, however, we are now in a place that is inaccessible to those negative forces and we are able to now say this verse with a loud voice.

# בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va-ed!

*Blessed is Your glorious Name, Your Realm is for ever and ever!*

## HASHEM HU HA-ELOHIM

Through all of the connections we have made during Yom Kippur, as well as our fast, we have been able to connect to Binah and shut down our selfish desires. We are now going to unite and become one with the Light for a single moment. We say the following verse seven times and when we finish, the cleansing process will be complete.

# יְהוָה הוּא הָאֱלֹהִים

Adonai hu ha-Elohim.

*Hashem is Elohim.*

# קדיש תתקבל

## KADDISH TITKABEIL

The Ari revealed that the Kaddish has the power of twice Light. One of them is the Light within us all. The second Light is known as "Or Makif" or "surrounding Light". The Kaddish is the tool which links these two Lights together.

Leader and participants say together that which is contained within { }.

Yitgadal v'yitkadash sh'meih raba.

*Let the glory of the Eternal One be extolled.*

{Amein.}

*Amen.*

B'alma di v'ra chir-uteih,

*Let the great Name be hallowed,*

v'yamlich malchuteih,

*and be enthroned in the realm of the Eternal One*

b'chayeichon uv'yomeichon

*in our lifetime and in our days*

uv'chayei d'chol beit Yisrael,

*and in the lives of the entire house of Israel,*

ba-agala uviz'man kariv,

*quickly and speedily may it come,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

{Y'hei sh'meih raba m'varach

*Let the great Name be blessed*

l'alam ul'almei almaya.}

*forever and ever.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and extolled and magnified*

v'yitromam v'yitnasei v'yit-hadar

*and hailed and exalted and honored*

v'yit-aleh v'yit-halal

*and glorified and praised*

sh'meih d'kudsha {b'rich hu},

*be the Holy One whose Name is blessed,*

l'eila ul'eila mikol birchata

*who is exceedingly beyond any blessings*

v'shirata tushb'chata v'nechemata,

*or songs or praises or words of consolation,*

da-amiran b'alma,

*that can be uttered in this world,*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזַמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

{יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.}

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקָדְשָׁא {בְּרִיךְ הוּא},

לְעָלָא וּלְעָלָא מְכָל בְּרַכְתָּא

וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמָתָא,

דְאָמְרוּן בְּעֲלָמָא,

v'imru Amein. {Amein.}  
and let us say amen. Amen.

Titkabeil tz'lot'hon uva-ut'hon  
May the prayers and supplications be accepted  
d'chol beit Yisrael kadam  
of the entire House of Israel before  
avuhon di bish'maya,  
their Parent who is in heaven,  
v'imru Amein. {Amein.}  
and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,  
May there be much peace from heaven,  
v'chayim tovim aleinu,  
and good life upon us,  
v'al kol Yisrael,  
and upon all Israel,  
v'imru Amein. {Amein.}  
and let us say amen. Amen.

Oseh shalom bimromav,  
May the One who makes peace in the high heavens,  
hu ya-aseh shalom aleinu,  
bring this peace upon us,  
v'al kol Yisrael v'al kol ha-olam,  
and upon all Israel and upon all the world,  
v'imru Amein. {Amein.}  
and let us say amen. Amen.

**The Shofar is sounded.**

וְאָמְרוּ אָמֵן. {אָמֵן.}

תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
דְּכָל בֵּית יִשְׂרָאֵל קָדָם  
אָבוֹהוֹן דִּי בִשְׁמַיָא,  
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,  
וְחַיִּים טוֹבִים עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל,  
וְאָמְרוּ אָמֵן. {אָמֵן.}

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,  
וְאָמְרוּ אָמֵן. {אָמֵן.}

# הבדלה

## HAVDALAH

Havdalah means distinction. At the end of Yom Kippur we distinguish between the Ten Days of Awe that we have just observed and the ordinary time that we now enter. As we complete our High Holy Day connections, we meditate on the new year and how we will continue in our spiritual transformation.

Baruch atah Adonai,

*Blessed are You Hashem,*

Eloheinu melech ha-olam,

*our Eternal One, Sovereign of the universe,*

borei p'ri ha-gafen.

*who creates the fruit of the vine.*

*Lower the cup untasted. Uncover the spices.*

Baruch atah Adonai,

*Blessed are You Hashem,*

Eloheinu melech ha-olam,

*our Eternal One, Sovereign of the universe,*

borei minei v'samim.

*who creates varieties of spices.*

*Smell the spices, then light the candle.*

Baruch atah Adonai,

*Blessed are You Hashem,*

Eloheinu melech ha-olam,

*our Eternal One, Sovereign of the universe,*

borei m'orei ha-eish.

*who creates the light of fire.*

*Our fingernails are a sign of blessing because they are constantly growing. So we look at a sign of blessing under the light of the candle.*

Baruch atah Adonai,

*Blessed are You Hashem,*

Eloheinu melech ha-olam,

*our Eternal One, Sovereign of the universe,*

hamavdil bein kodesh l'chol,

*who distinguishes between the sacred and the ordinary,*

bein or l'choshech,

*between light and dark,*

בְּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרֵי הַגָּפֶן.

בְּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מִיְּנֵי בְשָׂמִים.

בְּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מְאוּרֵי הָאֵשׁ.

בְּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחוֹל,  
בֵּין אוֹר לְחֹשֶׁךְ,

bein Yisrael la-amim,

*between Israel and the nations,*

bein yom hash'vi-i

*between the seventh day,*

l'sheishet y'mei hama-aseh.

*and the six days of labor.*

Baruch Atah Adonai,

*Blessed are You Hashem,*

hamavdil bein kodesh l'chol.

*who distinguishes between the sacred and the ordinary.*

Hamavdil bein kodesh l'chol,

*May the one who distinguishes between the sacred and the ordinary.*

chatoteinu hu yimchol,

*forgive our wrongdoings,*

zar-einu v'chaspeinu yarbeh kachol,

*increase our descendants and our wealth like sand,*

v'chakochavim balailah.

*and like the stars in the night.*

Shanah tovah.

*May you have a good year.*

בֵּין יִשְׂרָאֵל לְעַמִּים,

בֵּין יוֹם הַשְּׁבִיעִי

לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה.

בְּרוּךְ אַתָּה יְהוָה,

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל,

חַטֹּאתֵינוּ הוּא יִמְחַל,

זְרַעֲנוּ וְכַסְפֵּנוּ יִרְבֶּה כַּחֹל,

וְכַכּוֹכָבִים בַּלַּיְלָה.

שָׁנָה טוֹבָה.