



*Rosh
Hashanah*

5773

*A*n essential part of Judaism is wrestling... not only with God, but with ourselves. On Rosh Hashanah, the beginning of the ten-day period of t'shuvah (repentance), we are challenged to examine ourselves deeply, challenged to grow. Judaism provides us with a time of year to reflect on our past in order to create a future of growth and wholeness. But it is up to us to engage in that process. It is an opportunity for us to recalibrate our hearts, our minds and our souls, and to set a new tone for the new year. Are you awake? Are you prepared?

Am I Awake by Noah Aronson

Am I awake? Am I prepared? Are You listening to my prayer?
Can You hear my voice? Can You understand? Am I awake? Am I prepared?

Yai lai lai...

Bar'chu et Adonai ham'vorach!

Baruch Adonai ham'vorach l'olam vaed!

בָּרְכוּ אֶת-יְיָ הַמְבָרָךְ!
בְּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד!

We praise Adonai our God, to whom our praise is due, now and forever.

Torah teaches us to make the most of the present, to be fully awake, to be aware. The Sh'ma reminds us of this by focusing our attention. Sh'ma! Listen! Be present to feel God's presence.

Sh'ma Yisrael Adonai Eloheinu, Adonai Echad.

Baruch sheim k'vod mal'chuto l'olam vaed.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Hear O Israel, Adonai is our God, Adonai is one. Blessed is God's glorious name forever and ever.

V'avanta et Adonai Elohecha,

b'chol l'av'cha uv'chol naf'sh'cha uv'chol m'odecha.

V'hayu had'varim ha'eileh

asher anochi m'tzav'cha hayom al l'avvecha.

V'shinantam l'vanecha v'dibarta bam,

b'shiv't'cha b'veitecha uv'lecht'cha vaderech

uv'shoch'b'cha uv'kumecha.

Uk'shartam l'ot al yadecha

v'hayu l'totafot bein einecha.

Uch'tav'tam al m'zuzot beitecha uvish'arecha.

L'ma'an tizk'ru va'asitem et kol mitzvotai

v'hiyitem k'doshim leilobeichem.

Ani Adonai Eloheichem

Asher hotzeiti et'chem me'eretz Mitz'rayim

lib'yot lachem leilohim.

Ani Adonai eloheichem.

וְאָהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ.

בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה

אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם עַל-לְבָבְךָ:

וְשָׁנַנְתֶּם לְבַנְיָד וּדְבַרְתֶּם בָּם.

בְּשֹׁבְתְךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ

וּבְשָׁכְבְךָ וּבְקוּמְךָ:

וּקְשַׁרְתֶּם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וּכְתַבְתֶּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי

וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:

אֲנִי יְיָ אֱלֹהֵיכֶם

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

לְהִיוֹת לָכֶם לֵאלֹהִים.

אֲנִי יְיָ אֱלֹהֵיכֶם:

Said Menachem Mendl of Kotzk: Why does the verse in V'ahavta say, "And these words that I command you this day shall be *al l'vavecha* - on your heart?" The reason, he said, is that you cannot always put something in your heart; sometimes the heart is utterly closed. At those times, all you can do is place words on your heart in the hope that one day your heart will open and all of the words will fall in.

And You Shall Love by Debbie Friedman

And you shall love Adonai your God with all of your heart,
With all your soul and with all of your might;
And these words which I command you on this day
Shall be upon your heart, shall be upon your heart;
And you shall teach them diligently unto your children,
And you shall speak of them when you sit in your house;
When you're walking by the way and when you lie down,
And when you rise up and when you rise up;
And you shall bind them for a sign upon your hand,
And they shall be for frontlets between your eyes;
And you shall write them on the doorposts of your house
And upon your gates and upon your gates,
That you may remember and do all of my commandments
And be holy, unto your God, unto your God, unto your God!

The most enduring Jewish symbol of redemption is the crossing of the Sea of Reeds. From there we journeyed to Sinai and to wisdom. Always, we travel towards the Promised Land!

As we experience difficult crossings in our lives, may faith and tradition bear us through. And as we experience miracles, may we pause to exclaim in wonder and exultation, as our ancestors did at the shore of the Sea: *Mi chamocho ba'eilim Adonai?! Who is like you, O God?!*

Mi-chamocho ba'eilim Adonai?

Mi kamocho, ne'dar bakodesh?

Nora t'hilot, oseh feleb!

Adonai yim'loch l'olam va'ed!

מִי־כַמְּכָה בְּאֵלִים. יִי?
מִי כַמְּכָה נִאֲדָר בְּקֹדֶשׁ.
נִוְרָא תְהִלַּת. עֹשֶׂה פְּלֵא?
יִי יִמְלֹךְ לְעוֹלָם וָעֶד!

May we lie down this night in peace, and rise up to life renewed.

May night spread over us the shelter of peace, of quiet and calm, the blessing of rest.

There will come a time when morning will bring no word of war or famine or anguish.

There will come a day of happiness, of contentment and peace.

Praised be the source of joy within us, for the night and its rest, for the promise of peace.

O Guide My Steps by Debbie Winston

O guide my steps and help me find my way, I need Your shelter now,
Rock me in Your arms and guide my steps;
And help me make this day a song of praise to You,
Rock me in Your arms and guide my steps.

U-fros a-lei-nu Suk-kat sh'lo-me-cha

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ:

Maimonides points out that the shofar is intended to awaken us from our spiritual slumber, to generate within us thoughts of repentance and personal renewal. It is not enough to hear the shofar in passing; we must be listening. Sh'ma!

Eternal God, open up my ears so that I might hear You, my heart so that I might feel Your presence, my lips so that I may declare Your glory!

Adonai S'fatai by Noah Aronson

Adonai s'fatai tiftach

אֲדֹנָי שְׁפֹתַי תִּפְתָּח.

Ufi yagid t'hilatecha

וּפִי יַגִּיד תְּהִלָּתְךָ:

Adonai, open up my lips that my mouth may declare your praise!

*Baruch atah Adonai elobeinu veilobei avoteinu
v'imoteinu. Elohei Avraham, elobei Yitzchak,
velobei Ya'akov. Elohei Sarah, elobei Rivkah,
elobei Rachel velobei Leah.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ. אֱלֹהֵי אַבְרָהָם. אֱלֹהֵי יִצְחָק.
וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה. אֱלֹהֵי רִבְקָה.
אֱלֹהֵי רָחֵל. וְאֱלֹהֵי לֵאָה.

Hael hagadol, hagibor v'hanora el elyon.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא. אֵל עֲלִיּוֹן.
גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל.
זוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת.
וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם.
לְמַעַן שְׂמוֹ בְּאַהֲבָה.

*Gomeil chasadim tovim, v'konei bakol,
v'zochair chasdei avot v'imahot,
umeivi g'ulah liv'nei v'neihem,
l'ma'an sh'mo b'ahava.*

**Zoch'rei-nu l'cha-yim, me-lech cha-feitz
Ba-cha-yim, v'cho'tvei-nu b'sei-fer
Ha-cha-yim, l'ma-an'cha e-lo-him cha-yim**

מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

Melech ozeir umoshia umagein.

בָּרוּךְ אַתָּה יְיָ.

Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

God of all generations, You place us as a link in an unbroken chain with our ancestors. Just as past generations have established their own direct relationship with You, so may we know Your kindness and your blessing in our life.

*Atah gibor l'olam Adonai,
m'chayei bakol atah, rav l'hoshia.
M'chalkeil chayim b'chesed, m'chayei bakol
b'rachamim rabim. Someich noflim,
v'rofeh cholim,umatir asurim,
um'kayeim emunato lischeinei afar.*

אַתָּה גִּבּוֹר לְעוֹלָם. אֲדֹנָי.
מְחַיֶּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.
מְכַלְכֵּל חַיִּים בְּחַסֵּד. מְחַיֶּה הַכֹּל
בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים.
וְרוֹפֵא חוֹלִים. וּמְתִיר אֲסוּרִים.
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.

*Mi chamocha, ba'al g'vurot, umi domeh lach,
melech meimit um'chayeh umatzmiach y'shua?
V'ne'eman atah l'hachayot hakol.
Baruch atah, Adonai, m'chayeh hakol.*

מִי כְמוֹךָ, בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ.
מֶלֶךְ מֵמִית וּמְחַיֶּה וּמְצַמֵּיחַ יְשׁוּעָה?
וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכּוֹל.
בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכּוֹל.

You are forever mighty, Adonai; You give life to all. With love You sustain the living, with great compassion You give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like you, Mighty One? Who is like You, Source of mercy? In compassion, You sustain the life of Your children. We praise You, Eternal God, the Source of life.

Where is holiness?

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 forget what divides us and remember what unites us.

There is holiness when we are willing to be laughed at for what we believe in.

There is holiness when we love – truly, honestly, and unselfishly.

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 enthusiasms.

There is holiness when we gather to pray to God who gave us the power to pray.

Atah Kadosh by Rabbi Larry Karol

Yai lai lai...

Atah kadosh v'shimcha kadosh
Uk'doshim b'chol yom y'hal'lelucha selah
Baruch Atah Adonai ha-eil ha-kadosh

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכָל-יוֹם יְהַלְלוּךָ, סְלָה!
בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ:

You are holy, Your name is holy, and holy ones shall praise You every day: selah!
Blessed are You Eternal One, the holy God.

On this Rosh Hashanah, we strive to feel Your presence, O God. Fill our lives with holiness and peace as we begin this new year. Help us to bring goodness into the lives of others, and find peace within ourselves. Give us the courage to stand up for what is right, and the strength to be Your hand in rendering peace in our world. We pray for the day when Israel and all the world will be at peace. May that day come quickly and in our time.

Shalom Rav by Jeff Klepper and Dan Frelander

Shalom rav al Yisrael am'cha,
tasim l'olam

שְׁלוֹם רַב עַל-יִשְׂרָאֵל עַמְּךָ
תְּשִׂים לְעוֹלָם.

Ki Atah Hu Melech Adon
l'chol hashalom.

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכָל-הַשְּׁלוֹם:

V'tov b'einecha l'vareich et-am'cha Yis'rael
B'chol eit uv'chol sha'ah bish'lomecha.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמְּךָ יִשְׂרָאֵל
בְּכָל-עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ:

Oseh Shalom by Nurit Hirsch

Oseh shalom bim'romav,
Hu ya-aseh shalom aleinu
V'al-kol-Yisrael, v'imru: Amen

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן:

On Rosh Hashanah we make an accounting of our year and we pray repeatedly for life. How do we justify another year of life? What did we do with the last year? Has it been a time of growth, of insight and of caring for others? Did we make use of our time, or did we squander it? Has it truly been a year of life, or merely one of mindless activity?

This is the time for evaluation and rededication. The Jewish process is called 'teshuva,' coming home - recognizing our mistakes between ourselves and God, as well as between ourselves and our fellow man, and then correcting them. (Rabbi Nachum Braverman)

We petition God with requests for mercy with Avinu Malkeinu, a central prayer during these Days of Awe. The formula of the prayer, which has been expanded throughout the centuries to include a total of 44 verses, is based on the prayer that Rabbi Akiva, one of the greatest Talmudic sages, recited during a drought – after the community's prayers had brought no relief, Rabbi Akiva called out to God, “Our Father, Our King, we have no king but You...for Your sake have mercy on us!” Immediately, the rain began to fall.

<i>Avinu Malkeinu, sb'ma koleinu...</i> <i>hear our voice!</i>	אָבִינוּ מַלְכֵנוּ, שְׁמַע קוֹלֵנוּ.
<i>Avinu Malkeinu, chatanu l'fanecha...</i> <i>we have sinned against You.</i>	אָבִינוּ מַלְכֵנוּ, חָטָאנוּ לְפָנֶיךָ.
<i>Avinu Malkeinu, chamol aleinu</i> <i>v'al oleinu v'tapeinu...</i> <i>have compassion on us and on our children.</i>	אָבִינוּ מַלְכֵנוּ, חַמּוֹל עָלֵינוּ וְעַל עוֹלָלֵינוּ וְטַפְּנוּ.
<i>Avinu Malkeinu, kaleh dever v'cherev</i> <i>v'raav me'aleinu...</i> <i>make an end to sickness, war, and famine.</i>	אָבִינוּ מַלְכֵנוּ, כֵּלֵה דָבָר וְחָרֵב וְרָעַב מֵעָלֵינוּ.
<i>Avinu Malkeinu, kaleh kol tsar</i> <i>umastin me'aleinu...</i> <i>make an end to all oppression.</i>	אָבִינוּ מַלְכֵנוּ, כֵּלֵה כָּל-צָר וּמִשְׁטֵן מֵעָלֵינוּ.
<i>Avinu Malkeinu, kotveinu b'sefer</i> <i>chayim tovim...</i> <i>inscribe us for blessing in the Book of Life.</i>	אָבִינוּ מַלְכֵנוּ, כְּתֹבנוּ בְּסֵפֶר חַיִּים טוֹבִים.
<i>Avinu Malkeinu, chadeish aleinu shana tovah...</i> <i>let the new year be a good year for us.</i>	אָבִינוּ מַלְכֵנוּ, חַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה.

Avinu Malkeinu, barab keren Yisrael amecha... אָבִינוּ מַלְכֵנוּ, הָרַם קֶרֶן יִשְׂרָאֵל עִמָּךְ.
give strength to Your people Israel.
Avinu Malkeinu, chaneinu va'aneinu, אָבִינוּ מַלְכֵנוּ, חַנְּנוּ וְעַנְּנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,
ki ein banu ma'asim, aseh imanu עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד וְהוֹשִׁיעֵנוּ.
tzedakah va'chesed v'boshieinu... be gracious and answer us, for we have little merit.
Treat us generously and with kindness, and be our help.

— Reflection —

We pray with all our hearts: let there be no more fighting and violence and war. Let the time come soon when people will be kind to each other, when no one will be hungry or homeless, when everyone will be free. We praise Adonai, the Eternal God, who has called us as partners to heal our world.

Aleinu l'shabei-ach la-Adon hakol,
lateit g'dulah l'yotzer b'reishit,
shelo asanu k'goyei ha-aratzot,
velo samanu k'mishp'chat ha-adamah;
shelo sam chelkeinu kahem,
v'goraleinu k'chol-hamonam.
Va-anachnu kor'im umish'tachavim umodim
lifnei Melech Mal'chei haM'lachim,
haKadosh Baruch Hu.

V'ne-emar: v'hayab Adonai
l'Melech al-kol-ha-aretz;

Bayom habu yib'yeb Adonai ehad
ush'mo ehad!

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל.
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.
 שְׁלֵא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת.
 וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה;
 שְׁלֵא שָׁם חָלַקְנוּ כֶּהֱם.
 וְגוֹרְלָנוּ כְּכֹל-הַמּוֹנֵם.
 וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
 לְפָנָי מֶלֶךְ מַלְכֵי הַמַּלְאָכִים.
 הַקְּדוֹשׁ בְּרוּךְ הוּא.

וְנֹאמַר: וְהָיָה יי
 לְמֶלֶךְ עַל-כָּל-הָאָרֶץ:

בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד.
 וּשְׁמוֹ אֶחָד!



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

Yit'gadal v'yit'kadash sh'meib raba.
B'alma di-v'ra chir'uteih,
v'yam'lich mal'chutei
B'chayeichon uv'yomeichon uv'chayei
d'chol beit Yisrael,
ba-agala uviz'man kariv, v'im'ru: Amen.
Y'hei sh'meib raba m'vorach
l'alam ul'almei al'maya.
Yit'barach v'yish'tabach v'yit'pa-ar
v'yit'romam v'yit'nasei
v'yit'badar v'yit'aleh v'yit'halal
sh'meib d'kud'sha, B'rich Hu,
l'eila min-kol-bir'chata v'shirata
tush'b'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'im'ru Amen.
Oseh shalom bim'romav,
Hu ya-aseh shalom
Aleinu v'al kol Yisrael, v'imru: Amen

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא:
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתֵיהּ.
וַיְמַלִּיךְ מַלְכוּתֵיהּ
בְּחַיֵּיכוֹן וּבְיָמֵיכוֹן וּבְחַיֵּי
דְכָל-בֵּית יִשְׂרָאֵל
בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ: אָמֵן:
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר
וַיִּתְרַומֵם וַיִּתְנַשֵּׂא.
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל
שְׁמֵהּ דְקוּדְשָׁא בְרִיךְ הוּא.
לְעֵלְא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנַחֲמְתָּא
דְאֲמִירָן בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן:
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן:

As the new year begins, we pray for Your guiding presence in all that we do.
Grant us wisdom and understanding, insight and courage.
Give us strength to overcome trouble, pain and sorrow.
Help us to reach our potential and find meaning in our lives.
Bless us with contentment, understanding and peace.
Renew us for a good year.

A Blessing for Shalom by Jeff Klepper

It's a blessing for you, it's a blessing for me,
A blessing for each member of our family,
A blessing for everyone here in our home,
A blessing for shalom.

May God bless you and keep you and fill you with light.
May God send you courage and teach you what's right.
May God's face shine upon you with kindness and love,
And bless you with peace from above.

Y'varechecha Adonai v'yishmerecha... *May God bless you & keep you!*

Ya'ir Adonai panav eilecha v'chuneka... *May God's face shine upon you & be gracious to you!*

Yisa Adonai, panav eilecha v'yaseim l'cha shalom... *May God treat you with kindness & grant you peace!*

יְהִי רָצוֹן מִלְּפָנֶיךָ יְיָ אֱלֹהֵינוּ

Y'hi ratzon mil'fanecha Adonai Eloheinu

May it be Your will, Adonai our God, that this new year
be a good year, a sweet year, a peaceful year,
for us, for Israel, and for all the world.

L'shana Tovah, Israeli

L'shana tovah, l'shana tovah, ti-ka-tei-vu v'tei-cha-tei-mu. (2x)

L'shana tovah, l'shana tovah,

L'shana tovah, l'shana tovah, ti-ka-tei-vu v'tei-cha-tei-mu. (2x)

לְשָׁנָה טוֹבָה תִּכְתְּבוּ וְתִחַתְּמוּ.

May you be inscribed and sealed in the book of life for a good year.

