

SELICHOT

Forgiveness through soulful song, meditation and prayer

13 September 2025 / 21 Elul 5785



DARCHEI NOAM

קהילת דרכי נועם

TORONTO'S RECONSTRUCTIONIST CONGREGATION

1. Havdalah

Behold! My God of help, in whom I trust, and tremble not. Truly, my strength and melody is Yah, The One, who is for me the source of help. So draw, in joy, the waters from the Fount of help. All help belongs to You. Upon your people is your blessing. Let it happen! With us is The Great One of the Multitudes of Heaven, stronghold for us, the God of Jacob. Be it so! O, Great One of the Multitudes of Heaven, happy is the human being who trusts you! Redeeming One, extend your help. Our sovereign, answer us whenever we may call. The Jews of old had light, and happiness, and joy, and love- may it be so for us! My Cup of Help I raise, and it The Omnipresent's name I call.

With the permission of this company:
Blessed are you, The Boundless One, our God, the sovereign of all worlds, who created the fruit of the vine.
Blessed are you, Reviver our God, the sovereign of all worlds, who creates various spices.

*Hinei el y'shuati ev'tach v'lo
ef'chad ki ozi v'zimrat Yah
Adonai vay'hi li li'shua.
Ushav'tem mayim b'sason
mima'ainei hayshua.
L'Adonai hayshua,
al am'cha birchatecha selah.
Adonai tz'vaot, imanu, misgav
lanu Elohei Ya'akov Selah.
Adonai tz'va'ot ashrei adam
boteach bach.
Adonai hoshiab haMelech
ya'aneinu v'yom koreinu.
LaY'hudim hay'tab orah
v'simcha v'sason vicar.
Ken tih'yeh lanu.
Kos Y'shu'ot esah uv'sheim
Adonai ekra.*

*Savrei Chaveirai
Baruch atah Adonai Eloheinu
melech ha'olam boray peri
hagafen.*

*Baruch atah Adonai Eloheinu
melech ha'olam boray minei
v'samim.*

Baruch atah Adonai Eloheinu

הִנֵּה אֵל יְשׁוּעָתִי אֲבָטַח
וְלֹא אֶפְחָד כִּי עֲזִי וְזִמְרַת
יְהוָה יְהוּה וְיִהְיֶה לִּי
לְיִשׁוּעָה: וּשְׂאֲבָתָם מַיִם
בְּשִׁשׁוֹן מִמַּעַיְנֵי הַיְשׁוּעָה:
לְיְהוּה הַיְשׁוּעָה עַל עַמּוֹךְ
בְּרַכְתְּךָ סֵלָה: יְהוּה
צְבָאוֹת עֲמָנוּ מִשְׁגֵּב לָנוּ
אֱלֹהֵי יַעֲקֹב סֵלָה: יְהוּה
צְבָאוֹת אֲשֶׁרִי אָדָם בָּטַח
בְּךָ: יְהוּה הוֹשִׁיעָה הַמָּלָךְ
יַעֲנֵנוּ בַּיּוֹם קִרְאָנוּ:
לְיִהוּדִים הַיְתָה אוֹרָה
וְשִׂמְחָה וְשִׁשׁוֹן וְיִקָּר: כֵּן
תִּהְיֶה לָנוּ: כּוֹס יְשׁוּעוֹת
אֲשֶׁא וּבִשְׁם יְהוּה אֶקְרָא.

סְבִירֵי חֲבֵירֵי
בְּרוּךְ אַתָּה יְהוּה אֱלֹהֵינוּ
מָלָךְ הָעוֹלָם בּוֹרֵא פְּרֵי
הַגָּפֶן
בְּרוּךְ אַתָּה יְהוּה אֱלֹהֵינוּ
מָלָךְ הָעוֹלָם בּוֹרֵא מִיְנֵי
בְּשָׂמִים
בְּרוּךְ אַתָּה יְהוּה אֱלֹהֵינוּ
מָלָךְ הָעוֹלָם בּוֹרֵא מְאוּרֵי

This handout contains divine names (Shemos). Please treat it respectfully and recycle it when you are finished using it. Do not throw it in the garbage.

Blessed are you, The
Radiance, our God, the
sovereign of all worlds, who
creates the light of fire.
Blessed are you, The Many-
Named, our God, the
sovereign of all worlds, who
separates between holy and
ordinary, light and dark, the
seventh day and the six days
of work. Blessed are you,
The Invisible who separates
the holy from the ordinary.

*melech ha'olam boray me'orei
ha'ish.*

*Baruch atah Adonai Eloheinu
melech ha'olam, hamavdil bein
kodesh lechol bein or l'chosbech, bein
yom hashsh'vi'i l'sheishet yemei
hamma'aseh. Baruch atah Adonai,
hamavdil bein kodesh lechol.*

May the one who divides
between the holy and plain,
forgive our sins, and ease our
pain.
Posterity and plenty add to
our gain, like seashore sands,
like stars in the night.
The day moves on like palm
tree's shade, I call to God
who charts the way. The
watchman says, "The morn
has come, and soon the
night, yes, soon the night."
Your justice strong as Mount
Tabor, my sins forgive, my
faults ignore. Let me be pure,
like long before, my blemish
fade like passing night.

*Hamavdil bein kodesh l'chol,
Chatoteinu hu yimchol zareinu
v'chaspeinu yarbeh kachol
v'chakochavim balailah.
Yom panah k'tzeil tomer ekra la'eil
alai gomeir amar shomeir ata boker
v'gam lailah.
Tzidkat'cha k'har tavor al chata'ai
avor ta'avor k'yom etmol ki ya'avor
v'ashmurah balailah.*

Elijah the prophet
Elijah the Tishbite
Elijah the Giladite
May he soon, in our days,
come to us with the messiah
son of David.

*Eliyahu hanavi, Eliyahu hatishbi
Elyahu Hagiladi. Bimbeirah
v'yameinu yavo eileinu im mashiach
ben David.*

הַאֵשׁ

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם הַמְבַדִּיל בֵּין
קֹדֶשׁ לְחֹל בֵּין אֹר לְחֹשֶׁךְ
בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי
הַמַּעֲשֶׂה: בָּרוּךְ אַתָּה יְהוָה
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל
חֲטָאֵתֵינוּ הוּא יִמְחֹל
זָרְעֵנוּ וְכִסְפֵּנוּ יִרְבֶּה כְּחֹל
וְכִכּוֹכָבִים בַּלַּיְלָה
יוֹם פָּנָה כְּצֵל תֹּמֶר אֶקְרָא
לֹאֵל עָלַי גֹּמֵר אֶמַּר שׁוֹמֵר
אַתָּה בֹּקֵר וְגַם לַיְלָה
צִדְקָתְךָ כְּהַר תָּבוֹר עַל חֲטָאֵי
עַבְרָתְךָ כִּיּוֹם אֶתְמוֹל כִּי
יַעֲבֹר וְאַשְׁמוּרָה בַּלַּיְלָה.

אֱלֹהֵינוּ הַנְּבִיא אֱלֹהֵינוּ הַתְּשִׁבִי
אֱלֹהֵינוּ הַגִּלְעָדִי בְּמַהֲרָה
בְּיָמֵינוּ יָבוֹא אֱלֵינוּ עִם
מָשִׁיחַ בֶּן דָּוִד.

2. My Prayer

My prayer,
To the creator of mystery,
Grant me an open heart,
A heart that knows pain and still gives comfort,
That knows sadness yet still offers hope,
That knows doubt but shines a light in the darkness.
-Stacey Zisook Robinson z”l

The sacred time of Selichot is the formal opening and reawakening of the High Holyday space of head, heart and soul. The month of Elul leads us up to the crescendo of Selichot, which tiptoes us gracefully into Rosh Hashanah.

3. Hashiveini

Turn me back to you,
Renew our days as of old.

*Hashiveini v'nashuvah
chadeish yameinu k'kedem.*

הַשִּׁיבֵנִי וְנִשְׁוּבָה חֲדָשׁ יָמֵינוּ
כְּקֶדֶם

I live my life in widening circles
that reach out across the world.
I may not ever complete the last one,
but I give myself to it.

I circle around God, that primordial tower.
I have been circling for thousands of years,
and I still don't know: am I a falcon,
a storm, or a great song?

- Rainer Maria Rilke

5. The 13 Attributes

God, Sovereign, who sits on the throne of mercy, acting with kindness, forgiving the sins of Your people, one by one, as each comes before you, generously forgiving sinners, and pardoning transgressors, acting righteously with every living thing: do not repay them for their misdeeds.

God, You taught us how to recite the thirteen divine attributes; remember this day the covenant of thirteen divine attributes, as You revealed them to Moses, the humble one, as it is written, "And Adonai descended in a cloud, and stood with him there, and proclaimed the Name, Adonai.

God is gracious and
compassionate,
Patient, abounding in
kindness and faithfulness,
Assuring love for a thousand
generations,
Forgiving iniquity,
transgression and sin,
And granting pardon.

*Adonai, Adonai Eil rachum
v'chanun,
Erech apayim v'rav chesed ve'emet.
Notzeir chesed la'alafim,
Nosei avon vafesha v'chata'ah
v'nakeh.*

אל מֶלֶךְ יוֹשֵׁב עַל כִּסֵּא רַחֲמִים, מְתַנְהֵג
בְּחַסְדֵּיךָ, מוֹחֵל עֲוֹנוֹת עַמּוֹ, מַעֲבִיר
רָאוּשׁוֹן רָאוּשׁוֹן, מְרַבֵּה מַחִילָה לְחַטָּאִים
וְסִלִּיחָה לְפֹשְׁעִים. עוֹשֶׂה צְדָקוֹת עִם
כָּל בֶּשָׂר וָרוּחַ, לֹא כֹרֵעַתָם תִּגְמֹל.

אל הוֹרִיתָ לָנוּ לִזְמַר שְׁלֹשׁ עֶשְׂרֵה, זָכַר
לָנוּ הַיּוֹם בְּרִית שְׁלֹשׁ עֶשְׂרֵה, כְּהוֹדַעְתָּ
לָעָנֹו מִקֶּדֶם, כְּמוֹ שֶׁכָּתוּב: וַיֵּרֶד יְהוָה
בְּעָנָן, וַיִּתְּצֵב עִמּוֹ שֵׁם, וַיִּקְרָא בְשֵׁם
יְהוָה.

יְיָ אֵל רַחוּם וְחַנּוּן, אָרְךָ
אֲפָיִם, וְרַב חֶסֶד וְאֱמֶת
נִצֵּר חֶסֶד לְאֱלֹפִים, נִשְׂא עוֹן
וּפָשַׁע וְחַטָּאָה, וְנִקָּה

6. Han'shama Lach

The soul is Yours, the body is
Your creation, have
compassion on Your
handiwork.

*Han'shama lach V'haguf
po'olach, Chusab al amalach*

הַנִּשְׁמָה לְךָ וְהַגּוּף פֶּעַלְךָ
חֹסֶה עַל עֲמָלְךָ

7. You Shall Walk in the Field

Is it true - will there ever come days of forgiveness and mercy?

And you'll walk in the field, and it will be an innocent's walk.

And your feet on the alfalfa's small leaves will be gently caressing,

And sweet will be stings, when you're stung by the rye's broken stalks!

And the drizzle will catch you in pounding raindrops' folly

On your shoulders, your breast and your neck, while your mind will be clean,

You will walk the wet field, and the silence will fill you -

As does the light in a dark cloud's rim

And you'll breathe in the furrow in breaths calm and even,

And the pond's golden mirror will show you the Sun up above,

And once more all the things will be simple, and present, and living,

And once more you will love - yes, you will, yes, once more you will love!

- Lea Goldberg

8. Ashamnu

We abuse, we betray, we are
cruel. We destroy, we
embitter, we falsify. We
gossip, we hate, we insult. We
jeer, we kill, we lie. We mock,
we neglect, we oppress. We
pervert, we quarrel, we rebel.
We steal, we transgress, we
are unkind. We are violent,
we are wicked, we are
xenophobic. We yield to evil,
we are zealots for bad causes.

Ashamnu, bagadnu, gazalnu,
dibarnu dofi. Heevinu,
v'hirshanu, zadnu, chamasnu,
tapalnu shaker. Yaatznu ra,
kizavnu, latznu, maradnu,
niatznu, sararnu, avinu,
pashanu, tzararnu, kishinu
oref. Rashanu, shichatnu,
tiavnu, tainu, titanu.

אָשָׁמְנוּ. בָּגָדְנוּ. גָּזָלְנוּ. דִּבְרָנוּ
דָּפִי. הֶעָוִינוּ. וְהִרְשָׁעְנוּ. זָדְנוּ.
חָמָסְנוּ. טָפַלְנוּ שָׂקֵר. יַעֲצֻנוּ
רָע. כָּזַבְנוּ. לָצְנוּ. מָרַדְנוּ.
נָאֲצְנוּ. סָרָרְנוּ. עָוִינוּ. פָּשָׁעְנוּ.
צָרָרְנוּ. קִשִּׁינוּ עָרְף. רָשָׁעְנוּ.
שָׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲוִינוּ.
תַּעֲתָעְנוּ

9. Al Tira Ya'akov

Fear not, my servant Jacob

Al tira avdi Ya'akov

אל תִּירָא עַבְדִּי יַעֲקֹב

10. Casting Away

We cast into the depths of the sea
our sins, and failures, and regrets.
Reflections of our imperfect selves
flow away.

What can we bear
with what can we bear to part?
We upturn the darkness,
bring what is buried to light.
What hurts still lodge,
what wounds have yet to heal?
We empty our hands,
release the remnants of shame,
let go of fear and despair
that have dug their home in us.
Open hands,
opening heart —
The year flows out,
the year flows in.

- Marcia Falk

11. Ki Anu Amecha

For

We are Your people, and You are our God.
We are Your children, and You are our Parent.
We are Your servants, and You are our Master.
We are Your congregation, and You are our
Portion.
We are Your inheritance, and You are our
Destiny.
We are Your flock, and You are our Shepherd.
We are Your vineyard, and You are our
Guardian.
We are Your work, and You are our Creator.
We are Your dear ones, and You are our
Beloved.
We are Your treasure, and You are near to us.
We are Your people, and You are our
Sovereign. We are the ones You address, and
You are the one to whom we speak.

Ki

Anu amechah, v'atah Eloheinu.

Anu vanecha v'atah avinu.

Anu adavecha v'atah adodeinu.

Anu k'halecha v'atah chelkein.

*Anu nachalatecha v'atah
goraleinu.*

Anu tzonecha v'atah roeinu.

Anu charmecha v'atah notreinu.

Anu f'ulatecha v'atah yotzreinu.

Anu ra'yatecha v'atah dodeinu.

Anu s'gulatecha v'atah k'roveinu.

Anu amecha v'atah malkein.

*Anu ma'amirecha v'atah
ma'amireinu*

כִּי

אָנוּ עַמְּךָ וְאַתָּה אֱלֹהֵינוּ
אָנוּ בְנֶיךָ וְאַתָּה אָבִינוּ
אָנוּ עַבְדֶּיךָ וְאַתָּה אֲדוֹנֵנוּ
אָנוּ קְהִלָּתְךָ וְאַתָּה חֲלֻקֵּנוּ
אָנוּ נַחֲלֶתְךָ וְאַתָּה גּוֹרְלֵנוּ
אָנוּ צֹאנְךָ וְאַתָּה רוֹעֵנוּ
אָנוּ כַרְמְךָ וְאַתָּה נוֹטְרֵנוּ
אָנוּ פְּעֻלֶּתְךָ וְאַתָּה יוֹצְרֵנוּ
אָנוּ רְעִיתְךָ וְאַתָּה דּוֹדֵנוּ
אָנוּ סִגְלֶתְךָ וְאַתָּה קְרוֹבֵנוּ
אָנוּ עַמְּךָ וְאַתָּה מַלְכֵנוּ
אָנוּ מַאֲמִירֶיךָ וְאַתָּה מַאֲמִירֵנוּ

12. Avinu Malkeinu

Our Parent. our Ruler, be
gracious to us and answer us,
for our deeds are negligible.
Be just and compassionate
towards us and save us.

*Avinu malkeinu, chonenu v'anenu,
ki ein banu ma'asim. Aseh
imanu tzedaka va'chesed
v'hoshienu*

אָבִינוּ מֶלְכֵנוּ חֲנֻנוּ וְעֲנֵנוּ כִּי
אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ
צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:

13. Psalm 27

Awareness is sunlight in the mind. No one can
take that from me. Awareness is my life's
stronghold. It absorbs all fear.

The hindrances and defilements are as close as
my flesh and mind, but they dissolve in the
light of being known.

Even though I feel assaulted by hostile forces,
my heart remains confident, balanced and
patient.

**I seek only one thing, one thing alone: to
connect to this moment. Nowhere else.
Only this. Nothing less. My palace in time.**

When difficulties arise, I have a hiding place in
my own heart—a secret tent where I can go
and feel safe, a rock to rest my head upon.

Greed, hatred, and delusion don't stop coming,
but when they are met with a spacious heart,
they don't stick around. Leaving me so grateful,
I want to sing out loud:

Listen, world! The power of love sets me free.

When I turn to face my heart—then everyone
and everything is revealed.

Let this truth not be hidden from me. If only I
could remember always what seems so clear
right now. Wisdom would guide my every
moment.

לְדוֹד יְהוָה אוֹרִי וַיִּשְׁעֵי מִמִּי אִירָא
יְהוָה מְעוֹז־חַיִּי מִמִּי אֶפְחָד:
בְּקָרֵב עָלַי מְרַעִים לֹאכֹל אֶת־בִּשְׁרִי
צָרִי וְאִיבִי לִי הִמָּה כְּשָׁלוֹ וְנִפְלוֹ:
אִם־תִּחַנֶּה עָלַי מַחֲנֶה לֹא־יִירָא לְבִי
אִם־תִּקּוּם עָלַי מִלְחָמָה בְּזֹאת אָנִי
בּוֹטָח:

**אֶחָת שְׁאַלְתִּי מֵאֵת־יְהוָה אוֹתָהּ
אֶבְקֵשׁ שְׁבִתִּי בְּבֵית־יְהוָה כָּל־יְמֵי חַיִּי
לְחַזוֹת בְּנֹעַם־יְהוָה וּלְבַקֵּר בְּהִיכָלוֹ:**

*Achat sha'alti me'eit Adonai, otah avakesh,
shivti b'veit Adonai, kol y'mei chayai, lachazot
b'noam Adonai, u'l'vaker b'heichalo.*

כִּי יִצְפְּנֵנִי בְּסֶכֶה בְּיוֹם רָעָה יִסְתַּרְנִי
בְּסֶתֶר אֶהְיוֹ בְּצוּר יְרוּמָמִנִי:
וְעַתָּה יְרוֹם רֹאשִׁי עַל אִיבֵי סְבִיבוֹתַי
וְאֶזְבְּחָהּ בְּאֶהְיוֹ זִבְחֵי תְרוּעָה אֲשִׁירָה
וְאֶזְמָרָה לִיהוָה:
שְׁמַע־יְהוָה קוֹלִי אֶקְרָא וְחַנּוּנִי וְעֲנֵנִי:
לֵךְ אִמַּר לְבִי בִקְשׁוּ פָנַי אֶת־פָּנֶיךָ
יְהוָה אֶבְקֵשׁ:
אֶל־תִּסְתַּר פָּנֶיךָ מִמֶּנִּי אֵל תִּטְבֹּאֶף
עַבְדְּךָ עֲזָרְתִּי הִיִּית אֶל־תִּטְשֵׁנִי
וְאֶל־תַּעֲזֹבֵנִי אֱלֹהֵי יִשְׁרָאֵל:
כִּי־אָבִי וְאִמִּי עֲזָבוּנִי וַיְהוָה יִאֲסֹפֵנִי:

Awareness and compassion would be a father and a mother to me.

But I can follow the guidance of those who have walked this path before.

Trying to stay alert to the obstacles along the way because delusion and hatred aren't disappearing so fast.
Still, I affirm my faith in the power of goodness.

May we take courage; may we be strong;
may our hearts be so filled with love there is no room for anything else! May we see the arising and passing of all conditioned things. May we open to the Unconditioned:
Y*H*V*H

הוֹרֵנִי יְהוָה דֶּרֶךְךָ וְנִחַנִּי בְּאֵרַח מִישׁוֹר לְמַעַן שׁוֹרְרִי:

אֶל־תִּתְּנֵנִי בְּנֶפֶשׁ צָרִי כִּי קָמוּ־בִי עַד־יִשְׁקֹר וַיִּפַּח חֲמָס:

לוֹלֵא הָאֱמָנָתִי לְרֹאוֹת בְּטוֹב־יְהוָה בְּאֶרֶץ חַיִּים:

קִוֵּה אֶל־יְהוָה חֲזֹק וַיֵּאֱמַץ לִבִּי וְקִוֵּה אֶל־יְהוָה:

14. Ki Hinei KaChomer

Like clay in the hands of the potter, if he wills, he can expand it, if he wills, he can contract it; so too are we in Your hand, Preserver of kindness. Heed the covenant and not the accuser!

Like stone in the hand of the mason, if he wills, he holds it [in position], if he wills, he smashes it; so too are we in Your hands, Causer of life and death. Heed the covenant and not the accuser! Like a tapestry in the hand of an embroiderer, if he wills, he makes it straight if he wills, he makes it crooked; so too are we in Your hand, jealous and vengeful Almighty heed the covenant and not the accuser!

Like silver in the hand of the refiner if he wills, he adulterates it, if he wills, he keeps it pure; so too are we in Your hand, Who prepares a cure for our wounds. Heed the covenant and not the accuser!

Ki hinei kachimer b'yad hayotzer, birtzoto barchiv u'virtzoto m'katzet. Ken anachnu b'yadcha chesed notzer. Labrit habet v'al tefen layetzer

Ki hinei cha'even b'yad ham'satet, bitzoto ochetz u'virtzoto m'chatet. Ken anachnu be'yadcha m'chayeh u'memotet. Labrit habet v'al tefen la'yetzer.

Ki hinei chayriyah b'yad harokem, birtzoto m'yasher u'virtzoto m'akem. Ken anachnu b'yacha el kone v'nokem. Labrit habet v'al tefen la'yetzer.

Ki hinei cha'kesef b'yad hatzoref, birtzoto m'sagseg u'virtzoto m'tzaref. Ken anachnu b'yadcha mamtzi l'mazor teref. Labrit habet v'al tefen la'yetzer.

כִּי הִנֵּה כַּחֲמֵר בְּיַד הַיּוֹצֵר. בְּרִצּוֹתָיו מְרַחֵב וּבְרִצּוֹתָיו מְקַצֵּר. כֵּן אֲנַחְנוּ בְּיָדְךָ חֶסֶד נוֹצֵר. לְבְרִית הַבֵּט וְאֵל תִּפֶּן לַיֵּצֵר:

כִּי הִנֵּה כְּאֶבֶן בְּיַד הַמְּסַתֵּת. בְּרִצּוֹתָיו אוֹחֵז וּבְרִצּוֹתָיו מְכַתֵּת. כֵּן אֲנַחְנוּ בְּיָדְךָ מְחַיֶּה וּמְמוֹתֵת. לְבְרִית הַבֵּט וְאֵל תִּפֶּן לַיֵּצֵר:

כִּי הִנֵּה כִּירִיעָה בְּיַד הַרוֹקֵם. בְּרִצּוֹתָיו מִיֹּשֵׁר וּבְרִצּוֹתָיו מְעַקֵּם. כֵּן אֲנַחְנוּ בְּיָדְךָ אֵל קֹנֵא וְנוֹקֵם. לְבְרִית הַבֵּט וְאֵל תִּפֶּן לַיֵּצֵר:

כִּי הִנֵּה כִּכְסֵּף בְּיַד הַצּוֹרֵף. בְּרִצּוֹתָיו מְסַגֵּס וּבְרִצּוֹתָיו מְצַרֵּף. כֵּן אֲנַחְנוּ בְּיָדְךָ מְמַצִּיא לְמַזּוֹר תִּרְף. לְבְרִית הַבֵּט וְאֵל תִּפֶּן לַיֵּצֵר:

15. Clearing

Do not try to save
the whole world
or do anything grandiose.
Instead, create
a clearing
in the dense forest
of your life
and wait there
patiently,
until the song
that is your life
falls into your own cupped hands
and you recognize and greet it.
Only then will you know
how to give yourself to this world
so worthy of rescue.

- Martha Postlethwaite

16. Pitchu Li

Open the gates of victory for
me
that I may enter them and
praise God.
This is the gateway to the
God—
the victorious shall enter
through it.
I praise You, for You have
answered me,
and have become my
deliverance.
The stone that the builders
rejected
has become the chief
cornerstone.
This is God's doing;
it is marvelous in our sight.
This is the day that God has
made—
let us exult and rejoice on it.

*Pitchu li sha'arei Tzedek avo-vam
odeh Ya.
Zeh hasha'ar LAdonai tzadikim
yavou vo.
Od'cha ki anitani vat'hi-li lishua.
Even ma'asu habonim hay'tah
l'rosh pinah.
Meieit Adonai hay'tah zot hi
niflot b'eineinu.
Zeh hayom asah Adonai nagilah
v'nism'cha vo.*

פֶּתַח־חוֹלֵי שַׁעֲרֵי־צֶדֶק אָבֹא־בָם
אוֹדֶה יְהוָה:
זֶה־הַשַּׁעַר לַיהוָה צַדִּיקִים
יָבֹאוּ בּוֹ:
אוֹדֶךָ כִּי עָנִיתָנִי וַתַּהֲיִי־לִי
לִישׁוּעָה:
אֲבֵן מַאֲסוֹ הַבּוֹנִים הִתְהַלֵּךְ
לְרֹאשׁ פִּנָּה:
מֵאֵת יְהוָה הִתְהַלֵּךְ זֹאת הִיא
נִפְלְאוֹת בְּעֵינֵינוּ:
זֶה־הַיּוֹם עָשָׂה יְהוָה נִגִּילָה
וְנִשְׁמְחָה בּוֹ:

17. I Spread Out God's Names

I spread out God's names in front of me

On the floor of my chilly room.

The name by which I called him when his spirit breathed in me.

And the name by which I called him when I was a young girl.

The name by which I called him when I was given to a man.

And the name when I was again permitted to all.

The name by which I called him when my parents were a roof to me. And the name when I had no ceiling.

The name by which I called him so that I would fear him. And the name by which I called him so that I would not be afraid.

The name by which I called him so that he would remember me.

And the name so that he would refrain from remembering.

In the heat of day I will prostrate myself

On the floor of my chilly room.

- Rivka Miriam

18. Kaddish Shalem

Exalted and hallowed be
God's great name,
in the world which God
created, according to plan.
My God's majesty be
revealed in the days of our
lifetime

And the life of all Israel –
speedily, imminently.
To which we say: Amen
Blessed be God's great name
to all eternity.
Blessed, praised, honored,
exalted,
extolled, glorified, adored,
and lauded
be the name of the Holy
Blessed One,
beyond all earthly words and
songs of blessing, praise, and
comfort.

And say, amen.
May the prayers and
supplications of all Israel
be acceptable to their Creator
Who is in heaven.
And say, amen.
May Heaven grant a universal
peace and life for us, and for
all Israel.
And say, amen.

May the one who creates
harmony above make peace
for us and for all Israel, and
for all who dwell on earth.
And say, amen.

*Yitgadal v'yitkadash sh'meih raba
b'alma div'ra chiru-ieh,
v'yamlich malchuteih
b'chayeichon uvyomeichon
uvchayei d'chol beit Yisrael
baagala uvizman kariv
v'imru amen.*

*Y'hei sh'meih raba m'varach
L'alam ulalmei almaya.*

*Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei
v'yithadar v'yitaleh v'yithalal
sh'meih d'kud'sha b'rich hu.
l'eila min kol bircha-a v'shirata,
tushb'chata v'nechemata,
daamiran b'alma v'imru amen*

*Titkabel Tz'lot'hon Uvaut'hon
d'chol beit Yisrael kodam avuhon
divishmaya veimru amen.
Yeheb shlama raba min
shemaya vechayim aleinu
ve'al kol yisrael veimru
amen.*

*Oseh shalom bimroman,
hu ya'aseh shalom aleinu
veal kol yisrael, v'al kol yoshvei
teiveil vimru amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא
בְּעֵלְמָא דִּי בְּרָא כְּרַעוּתָהּ
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמָּן קָרִיב
וְאָמְרוּ אָמֵן

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלָם
וּלְעֵלְמֵי עֵלְמֵי
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלֵּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא
לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנִחְמַתָּא דְאִמְרִין
בְּעֵלְמָא וְאָמְרוּ אָמֵן
תְּקַבֵּל צְלוֹתָהוֹן וּבְעוּתָהוֹן דְּכָל
בֵּית יִשְׂרָאֵל קָדָם אָבוּהוֹן דִּי
בְּשִׁמְיָא וְאָמְרוּ אָמֵן
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵי
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְאָמְרוּ אָמֵן
עוֹשֶׂה שְׁלוֹם בְּמִרְוֵמֵי הוּא
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל
וְאָמְרוּ אָמֵן

19. The Selichot Prayer of Rabbi Lev- Yitzhak of Berdichev

I pray for the strength to be reconciled with anyone who may have irritated, angered or injured me, whether acting against my person, my possessions, or my reputation. Grant that this reconciliation wipe away any guilt that anyone has suffered on my account, whether the wrong was done me was accidental or malicious, witting or purposeful, by word or by deed. I pray to be an instrument of healing where there is pain, calm where confusion reigns, and unity where friction threatens.

May the words of my mouth and the mediation of my heart be acceptable before you, Adonai, my rock and my redeemer. Amen.

20. Mourners Kaddish

Exalted and hallowed be
God's great name,
in the world which God
created, according to plan.
My God's majesty be
revealed in the days of our
lifetime
And the life of all Israel –
speedily, imminently.
To which we say: Amen
Blessed be God's great name
to all eternity.
Blessed, praised, honored,
exalted,
extolled, glorified, adored,
and lauded
be the name of the Holy
Blessed One,
beyond all earthly words and
songs of blessing, praise, and
comfort.
And say, amen.
May Heaven grant a universal
peace and life for us, and for
all Israel.
And say, amen.

May the one who creates
harmony above make peace
for us and for all Israel, and
for all who dwell on earth.
And say, amen.

*Yitgadal v'yitkadesh sh'meih raba
b'alma div'ra chiru-ieh,
v'yamlich malchuteih
b'chayeichon uvyomeichon
uvchayei d'chol beit Yisrael
baagala uvizman kariv
v'imru amen.*

*Y'hei sh'meih raba m'varach
L'alam ulalmei almaya.*

*Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei
v'yithadar v'yitaleh v'yithalal
sh'meih d'kud'sha b'rich hu.
l'eila min kol bircha-a v'shirata,
tushb'chata v'nechemata,
daamiran b'alma v'imru amen*

*Yeheb shlama raba min
shemaya vechayim aleinu
ve'al kol yisrael veimru
amen.*

*Oseh shalom bimromav,
hu ya'aseh shalom aleinu
ve'al kol yisrael, v'al kol yoshvei
teiveil vimru amen.*

יִתְגַּדַּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא
בְּעֵלְמָא דִּי בְּרָא כְּרַעוּתָהּ
וְיַמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְכָל בֵּית
יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמָּן קָרִיב
וְאָמְרוּ אָמֵן

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמָא
וְלְעַלְמֵי עַלְמֵי
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקֻדְשָׁא בְּרִיךְ הוּא
לְעַלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְּאִמְרֵינוּ
בְּעֵלְמָא וְאָמְרוּ אָמֵן
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵי
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְאָמְרוּ אָמֵן
עוֹשֶׂה שְׁלוֹם בְּמִרְמֵי הוּא
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל
וְאָמְרוּ אָמֵן