

TIP Selichot Service-5781/2020
Rabba Kaya Stern-Kaufman

Life is born and life moves on
and the earth has held and will hold it all.

The sun rises and the sun sets
and returns again to rise and fall.

The wind turns north and the wind turns south
turning, turning, returning still.

The rivers run from the clouds to the sea
and become the rain, and the sea is never filled.

So the beginning flows to the end
and the end flows on to begin again.

The One at the end is the One who begins
and the breath of breaths is within all things.

So the beginning flows to the end
and the end flows on to begin again.

The One at the end is the One who begins
and the breath of breaths is within all things.

~ Jill Hammer

Ashrei yoshvei veitekha
Happy are those whose living is suffused with godliness
od y'hal'lukha sela
May they sing Your praises forever

אשרי יושבי ביתך. עוד והללוך סלה: אשרי העם שפכה לו, אשרי העם שזו אלקיו:
מהקה לדוד. ארוממך אלוהי המלה, ואברכה שמך לעולם ועד: בכל יום אברכך,
ואהלה שמך לעולם ועד: גדול יי ומהלל מאד, ולגדלתו אין חקר: דור לדור ישבח
מעשיך. וגבורתיך נגידו: הדר כבוד הודך, ודברי נפלאותיך אשיחה: ועוזו נראותיך
יאמרו ויגדלתך אספרנה: זכר רב טובך נביעו, וצדקתך נרננו: חינו ורחום יי, ארף
אפים וגדל חסד: טוב יי לכל, ורחמי על כל מעשיו: יודוך יי כל מעשיך, וחסדיך
וכרכוכה: כבוד מלכותך יאמרו, וגבורתך ידברו: להודיע לבני האדם גבורתי, וכבוד
הדר מלכותו: מלכותך מלכות כל עולמים, וממשתלמך בכל דר ודר: סומך יי לכל
הנפלים, וזוהר לכל הכפופים: עיני כל אליך ושברו, ואתה נותן להם את אכלם בעתו:
פותח את ידך, ומשביע לכל חי רצון: צדיק יי בכל דרכיו, וחסיד בכל מעשיו: קרוב יי
לכל קראיו, לכל אשר יקראהו באמת: רצון וראיו יעשה, ואת שועתם ישמע ויושיעם:
שומר יי את כל אהביו, ואת כל הרשעים ישמיד:
מהלת יי ודבר פי, ויברך כל בשר שם קדשו, לעולם ועד:
ואנחנו נברך יה, מעתה ועד עולם, הלויה.

*T'hilat Adonai y'dabeir pi, vivareikh kol basar
sheim kodsho l'olam va-ed.*
May my mouth utter praise of Adonai,
and may all flesh bless G-d's name forever and ever.
Va'anachnu n'vareikh Yah, mei'ata v'ad olam HalleluYah.
We will bless God now and forever, Praise G-d!

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כִרְעוּתָהּ, וְנִמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְקַל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב נְאֻמְרוּ אָמֵן:
זֶהָא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא:
יִתְבָּרַךְ וְיִשְׁמַבַּח, וְיִתְפָּאֵר וְיִתְרַומֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּמַדְשָׁא
בְּרִיךְ הוּא. לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאֻמְרִין בְּעֵלְמָא,
נְאֻמְרוּ אָמֵן:

Hatzi Kaddish

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel.
And we say: **Amen.**

Congregation and Leader:

May God's great name be acknowledged forever and ever!
Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, ***b'rikk hu***, is truly beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world.
And we say: **Amen**

Forgiveness

The Holy One, blessed be He, loves three kinds of people: Those that never become angry, those that never become intoxicated, and those that do not nurse their hurt. *Bab. Talmud, Pesachim 113b*

The disciples of R. Nechunya ben HaKana asked him to what he attributes his longevity, and he answered: I never sought honor through the disgrace of my neighbor, and the curse of my neighbor never remained in my heart upon my going to bed, and I was liberal with my money ... "The curse of my neighbor never remained in my heart upon my going to bed": As Mar Zutra, who upon going to bed used to say: I pardon all those who have vexed me. ... Rabbi Akiva asked Rabbi Nechunya the Great the reason for his longevity. ... Never in my life did I accept presents, I never nursed hurt, and I was liberal with my money ... "I never nursed hurt": As Rava said: Whoever wipes away hurt has his sins wiped away. As it is written [Mic.

7:18J: "Pardoning iniquity and forgiving transgression": For whom does He pardon iniquity? For him who forgives transgression. *Bab. Talmud, Megilla 28a*

Bedtime Prayer before the Sh'ma

Master of the universe, I hereby forgive anyone who angered or provoked me, whether physically or financially or by failing to give me due respect or in any other matter relating to involuntarily or willingly, inadvertently or deliberately, whether through word or deed – let no one incur punishment because of me.

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

Sh'ma yisrael, Adonai Eloheinu, Adonai ehad.
Hear, O Israel, Adonai is our God, Adonai is one.

Recited quietly: Praised be the name of the one whose glorious sovereignty is forever and ever.

וְאֶהְיֶה אִתּוֹ יְיָ אֱלֹהֵיךָ, בְּכָל-לְבָבְךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה.
אֲשֶׁר אָנֹכִי מְצַוֶּה הַיּוֹם, עַל-לְבָבְךָ: וְשָׁנַנְתָּם לְבְנֵיךָ, וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִקְחֶתְךָ בְּדֶרֶךְ וּבְשֹׁקֶיךָ, וּבְקוּמְךָ, וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ,
וּקְחָתָם עַל מְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'ahavta et Adonai elohekha b'khol l'vav'kha u-v'khol nafsh'kha u-v'khol me'odekha.
V'hayu ha-d'varim ha-eileh asher anokhi m'tzav'kha hayom al l'avvekha.
V'shinantam l'vanekha v'dibarta bam, b'shivt'kha b'veitekha u-v'lekht'kha va-derekh
u-v'shokhb'kha u-v'kumekha. U-k'shartam l'ot al yadekha v'hayu l'totafot bein
einekha. U-kl'tavtam al mezuzot beitekha u-visharekha.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. These words that I command you this day shall be taken to heart. Teach them again and again to your children; speak of them when you sit in your home, when you walk on your way, when you lie down, and when you rise up. Bind them as a sign upon your hand and as a symbol above your eyes; inscribe them upon the doorposts of your home and on your gates.

אל מֶלֶךְ, יוֹשֵׁב עַל כִּסֵּא רַחֲמִים, מִתְנַהֵג בְּחַסְדֵיךָ.
מוֹחֵל עֲוֹנוֹת עַמּוֹ, מְעַבֵּיר רָאשׁוֹן רָאשׁוֹן, מִרְבֵּה
מַחִילָה לְחַטָּאִים, וְסֹלִיחָה לְפוֹשְׁעִים. עוֹשֶׂה צְדָקוֹת
עִם כָּל בֶּשָׂר וָרוּחַ, לֹא כִרְעוּתָם תִּגְמַל.

Sovereign God, whose throne is mercy, You guide the world with steadfast love, forgiving the transgressions of Your people; You pardon all who sin, are generous with all who live, treating them with compassion.

אל, הוֹרִיחַ לָנוּ לֹמֵר שְׁלֹשׁ עֶשְׂרֵה. זָכֵר לָנוּ הַיּוֹם
בְּרִית שְׁלֹשׁ עֶשְׂרֵה, כְּמוֹ שֶׁהוֹרֵעַתָּ לְעֵינֵינוּ מִקֶּדֶם, כְּמוֹ
שֶׁכָּתוּב: "וַיֵּרָד יְיָ בְּעָנָן, וַיִּתְחַצֵּב עִמּוֹ שָׁמַיִם, וַיִּקְרָא בְּשֵׁם
יְיָ. וַיַּעֲבֵר יְיָ עַל פְּנֵיו וַיִּקְרָא:

You have taught us, O God, Your covenant with life. This day remember Your covenant, revealed from of old to Moses, the humble one. As it is written: The Lord descended in a cloud and stood with him there and revealed the divine nature. The Lord passed before Moses and said:

יְיָ, יְיָ אֵל רַחוּם וְחַנּוּן, אֲרֵךְ אַפַּיִם וְרַב־חֶסֶד וְאֱמֶת.
נֹצֵר חֶסֶד לְאֲלֵפִים, נֹשֵׂא עוֹן וְנִפְשָׁע וְחַטָּאָה וְנִקְהָה.

The Lord, the Lord God is merciful and gracious,

endlessly patient,

loving and true,

showing mercy to thousands,

forgiving our sin,

and granting pardon.

We pray with Moses:

*Pardon our sin;
call us Your own,
call us Your own.*

וְסַלַחַת לְעוֹנֵינוּ
וּלְחַטָּאתֵנוּ
וְנַחֲלָתֵנוּ.

שָׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,
וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן אֶת־תְּפִלָּתֵנוּ.
הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ, וְנִשׁוּבָה. חֲדָשׁ יָמֵינוּ בְּקָרָם.
אִמְרֵינוּ הַאֲזִינָה, יְיָ, בִּינָה הִגִּיגְנוּ.
אֵל תִּשְׁלִיכֵנוּ מִלְּפָנֶיךָ, וְרוּחַ קִדְשְׁךָ אֵל תִּקַּח מִמֶּנּוּ.
אֵל תִּשְׁלִיכֵנוּ לְעַת וּקְנָה, בְּכָלוֹת לַחֲנוּ אֵל תַּעֲזֹבֵנוּ.
אֵל תַּעֲזֹבֵנוּ, יְיָ אֱלֹהֵינוּ, אֵל תִּרְחַק מִמֶּנּוּ.
כִּי לָךְ, יְיָ, הוֹחַלְנוּ, אֶתְּךָ תַּעֲנֶה, אֲדוֹנֵי אֱלֹהֵינוּ.

לֵב טָהוֹר, בָּרָא-לִי אֱלֹהִים, וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי.
אֵל-תִּשְׁלִיכֵנִי מִלְּפָנֶיךָ וְרוּחַ קִדְשְׁךָ אֵל-תִּקַּח מִמֶּנִּי.

<i>Lev tahor b'ra li Elohim</i>	G-d created a pure heart in me
<i>V'ruah nakhon hadesh b'kirbi</i>	and renews a good spirit within me
<i>Al tashlikheini milfanekha</i>	Do not send me away from You
<i>V'ruah kodshekha</i>	And Your holy spirit,
<i>al tikah mimeni</i>	do not take it from me.

Opening Your Heart with Psalm 27

By: Rabbi Debra Robbins

Verse 11: *Make Your path apparent to me, Guide me in the upright road. Because of those up ahead **who lie in wait for me.***

They wait for me.

The words in the prayer book are waiting for me.

They are all lined up and ready to pounce.

And they all say the same thing:

“For the sin I have committed...”

“For the sin I have committed...”

“For the sin I have committed...”

They are not lined up in my memory.

They are scattered, hiding, busy camouflaging themselves.

They are reinventing themselves

So they won't be recognized or recalled.

My sins, they wait for me.

My words, they wait for me.

My words, spoken with a twisted tongue,

A narrow throat, loose lips, unclean lips.

I find them easily in the book, not so readily in the heart.

But they don't mind waiting.

They have been waiting, since last year, for many years,

since just yesterday.

They are patient.

They like their warm hiding spots where they feed off my soul,
Draw away my strength, shift the focus of my eyes.
They wait to confound and confuse, distract and depress me.
They love to reveal themselves in the darkness of night.
They were cruel when I used them or didn't,
Causing pain is at their core.

They will keep waiting until I find them or not.

For the sin I have committed of speaking falsely...
For the sin I have committed of keeping silent...
For the sin I have committed of speaking sarcastically...

The words of the prayerbook are waiting for me to recite them.
The words of my mouth are waiting for me,
Praying I won't remember them or repent for them.

They are waiting for me... and I can't wait any longer.
I see them now.
I speak them now.
For the sins I have committed...

We all have committed offenses; together we confess these human sins:

The sins of arrogance, bigotry, and cynicism; of deceit and egotism, flattery and greed, injustice and jealousy.

Some of us kept grudges, were lustful, malicious, or narrow-minded.

Others were obstinate or possessive, quarrelsome, rancorous, or selfish.

There was violence, weakness of will, xenophobia:

We yielded to temptation, and showed zeal for bad causes.

אֲשָׁמְנוּ, בְּגִדְנוּ, גָּזַלְנוּ, דִּבְרָנוּ דְּפִי.
הִעֵוִינוּ, וְהִרְשָׁעְנוּ, וְרָנוּ, חִמְסְנוּ,
טָפְלְנוּ שָׁקֵר. יַעֲצֵנוּ רָע, כּוֹזְבֵנוּ, לָצְנוּ,
מְרִדְנוּ, נֹאֲצֵנוּ, סָרְדְנוּ, עֵוִינוּ,
פִּשְׁעֵנוּ, צָרְדְנוּ, קִשְׁיֵנוּ עָרְף. רִשְׁעֵנוּ,
שִׁחַתְנוּ, חֲעֵבְנוּ, תַּעֲיֵנוּ, תַּעֲתָעְנוּ.

וּבְכֵן יְהִי רְצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
שֶׁתְּסַלַח לָנוּ עַל כָּל-חַטָּאוֹתֵינוּ וְתִמְחַל לָנוּ עַל
כָּל-עֲוֹנוֹתֵינוּ וְתִכַּפֵּר-לָנוּ עַל כָּל-פְּשָׁעֵינוּ.

Now may it be Your will, O Lord God of all the generations, to pardon all our sins, to forgive all our wrongdoings, and to blot out all our transgressions:

על חטא

על חטא שחטאנו לפניך באַנס ובְּרָצוֹן.

The sin we have committed against You under duress or by choice.

על חטא שחטאנו לפניך בְּזֵרוֹן ובְּשִׁגְגָה.

The sin we have committed against You consciously or unconsciously.

ועל חטא שחטאנו לפניך בְּגִלוּי ובְּסֵתֶר.

And the sin we have committed against You openly or secretly.

על חטא שחטאנו לפניך בְּשִׂנְאֵת חֵנָם.

The sin we have committed against You by hating without cause.

על חטא שחטאנו לפניך בְּמִשְׁאָל ובְּמִתָּן.

The sin we have committed against You by dishonesty in business.

ועל חטא שחטאנו לפניך בְּהוֹנָאת רֵעַ.

And the sin we have committed against You by hurting others in any way.

Ve-al ku-lam, E-lo-ah
se-li-chot, se-lach la-nu,
me-chal la-nu, ka-per la-nu!

ועל כלם, אֱלֹהִים
סליחות, סלח לנו,
מחל לנו, כִּפֶּר-לָנוּ!

For all these, O God of mercy, forgive us, pardon us, grant us atonement!

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ . . .

We have sinned against life by failing to work for peace.

We have sinned against life by keeping silent in the face of injustice.

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ . . .

We have sinned against life by ignoring those who suffer in distant lands.

We have sinned against life by forgetting the poor in our own midst.

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ . . .

We have failed to respect those made in the image of God.

We have withheld our love from those who depend on us.

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ . . .

We have engaged in gossip and in repeated slander.

We have distorted the truth for our own advantage.

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ . . .

We have conformed to fashion and not to conscience.

We have indulged in despair and trafficked with cynics.

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ . . .

We have given meager support to our Houses of Study.

We have neglected our heritage of learning.

על חטא שחטאנו לפניך . . .

We have sinned against ourselves and paid scant heed to
the life of the spirit.

*We have sinned against ourselves and have not risen to
fulfill the best that is in us.*

Ve-al ku-lam, E-lo-ah
se-li-chot, se-lach la-nu,
me-chal la-nu, ka-per la-nu!

ועל כלם, אלוה
סליחות, סלח לנו,
מחל לנו, כפר לנו!

*For all these, O God of mercy, forgive us, pardon us, grant
us atonement!*

Psalm 27

Translated by Rabbi Zalman Shachter-Shalomi

Adonai, You are my light, my savior, whom need I fear? Adonai, with You
as my strong protector, who can make me panic? When the hateful gang
up on me, to oppress and terrorize me, they are the ones who stumble and
fall. Even I am surrounded, my heart is not weakened. If a battle is joined
around me, my trust in You is firm.

אחת שאלתי מאת יְהוָה אוֹתָהּ אֶבְקֹשׁ
שָׁבְתִי בְּבֵית יְהוָה כִּלְיָמִי חַיִּי לְחַזוֹת בְּנֹעַם יְהוָה וּלְבַקֵּר בְּהֵיחָלוֹ:

*Ahat sha'alti me'eit Adonai otah avakeish
Shivti b'veit Adonai, kol yimei hayai
lahazot b'no-am, b'no-am Adonai u'livakeir b'heihalo*

Only One thing do I ask of You Adonai, just this alone do I seek:
I want to be at home with you Adonai, all the days of my life.
I want to delight in seeing you when I visit You in your Temple.

You shelter me in your Sukkah on a foul day. You conceal me unseen in your tent and raise me beyond anyone's reach. Now, as You have held my head high, despite the presence of my powerful foes, I prepare to celebrate, singing and making music to You, Adonai.

Don't hide Your face from me. Please teach me Your way and guide me on the straight path, because of those up ahead who lie in wait for me.

I would not have survived if I had not hoped that I would yet see Adonai's goodness fully alive on Earth. So, friend, Hope in G-d! Be strong and make your heart strong! And most of all, put your hope in G-d.

Mourner's Kaddish

תגדל ויתקדש שמה רבא. בעלמא די ברא כרעותה, וימליך
מלכותה בתיכון וביומיון וביי דכל בית ישראל.
בעגלא ובזמן קריב ואמרו אמן:

יהא שמה רבא מקברך לעלם ולעלמי עלמיא:

יתברך וישתבח, ויתפאר ויתרומם ויתנשא ויתקדר ויתעלה ויתהלל
שמה דקדשא בריה הוא לעלא מן כל ברקתא ושירתא,
תשבחתא ונחמתא, דאמירו בעלמא, ואמרו אמן:

יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל, ואמרו אמן:
עשה שלום במרומינו הוא יעשה שלום עלינו ועל כל ישראל,
ואמרו אמן:

Mourners:

Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra, kiruteih, v'yamlikh malkhuteih b'h]. [ayeikhon u-v'yomeikhon u-v'h]. [ayei d'khol beit yisrael, ba-agala u-vizman kariv, v'imru amen.

Congregation and mourners:

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Mourners:

Yitbarakh v'yishtabah]. [v'yitpa-ar v'yitromam v'yitnasei v'yit-hadar v'yitaleh v'yit-halal sh'meih d'kudsha, b'rikh hu, l'eila min kol [on *Shabbat Shuvah* we substitute: l'eila l'eila mikol] birkhata v'shirata tushb'h]. [ata v'neh]. [amata da-amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'h]. [ayim aleinu v'al kol yisrael, v'imru amen.
Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael, (v'al kol yosh'vei teiveil) v'imru amen.

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and mourners:

May God's great name be acknowledged forever and ever!

Mourners:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [on *Shabbat Shuvah* we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen*.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

הַשִּׁיבֵנוּ יְהוָה אֵלֵינוּ וְנִשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֵדֶם:

Hashiveinu Adonai eilekha Help us return to you Adonai

v'nashuvah And we will return

chadesh yameinu Renew our days

kikedem As it was in the beginning

Tekiyah G'dolah תקיעה גדולה

לשנה טובה תכתיבו ותחתמו!

L'shanah tovah tikateivu v'teihateimu!

May you be inscribed and sealed for a good year!