



Rosh HaShana • 5782

Shir La'Ma'alot

*Shir la'ma'alot esa einai el-he'harim
mei'ayin yavo ezri, ezri mei'Elohai.*

שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי אֶל־הָהָרִים
מֵאֵין יָבֵא עֲזָרִי, עֲזָרִי מֵאֱלֹהֵי.

A song of ascents: I lift my eyes to the hills.
From where does my help come? It comes from God...

Elohai Neshama

אֱלֹהֵי, נִשְׁמָה שְׁנַתָּה בִּי טְהוֹרָה הִיא.

Elohai neshama shenatata bi t'hora hi... My God, the soul You have given me is pure.

You created it, You shaped it, You breathed it into me, and You protect it within me. For as long as my soul is within me, I offer thanks to You, Adonai, my God and God of my ancestors, Source of all Creation, sovereign of all souls.

אַתָּה בִּרְאִיתָהּ, אַתָּה יִצַּרְתָּהּ, אַתָּה נִפְחַתָּהּ
בִּי, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי, וְאַתָּה עֹתִיד
לְטַלְאָהּ מִמֶּנִּי, וּלְהַחְיֶיהָ בִּי לְעֹתִיד לְבֹא.
כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי, מוֹדֶה/מוֹדָה אֲנִי
לְפָנֶיךָ, יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי וְאֲמוֹתַי,
רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנִּשְׁמוֹת.

Blessing the Morning

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ חַי הָעוֹלָם...

Barukh ata Adonai eloheinu Chei haOlamim...

Blessed are You, Adonai Our God, Life of all the Worlds...

L'Chai Olamim

לְחַי עוֹלָמִים

L'chai Olamim ... To the Life of the Worlds!

Adornment and faithfulness, understanding and blessing, pride and greatness, knowledge and speech... Sufficiency and exaltation, strength and humility, redemption and magnificence, splendor and righteousness, Torah and holiness, music and elevation, song and commendation, praise and splendor.

To the Life of the Worlds!

הָאֲדָרַת וְהָאֲמוּנָה לְחַי עוֹלָמִים, הַבִּינָה
וְהַבְּרָכָה לְחַי עוֹלָמִים. הַגָּאוּן וְהַגְּדֻלָּה
לְחַי עוֹלָמִים, הַדַּעַת וְהַדְּבוּר לְחַי עוֹלָמִים...
הַסְּגוּי וְהַשְּׁגָב לְחַי עוֹלָמִים, הָעֶזַ וְהָעֲנוּה
לְחַי עוֹלָמִים. הַפְּדוּת וְהַפָּאָר לְחַי עוֹלָמִים,
הַצְּבִי וְהַצֶּדֶק לְחַי עוֹלָמִים...
הַקְּרִיאָה וְהַקְּדוּשָׁה לְחַי עוֹלָמִים, הָרֶן
וְהַרֹמְמוֹת לְחַי עוֹלָמִים. הַשִּׁיר וְהַשְּׁבַח לְחַי
עוֹלָמִים, הַתְּהִלָּה וְהַתְּפָאֶרֶת לְחַי עוֹלָמִים!

Hallelu Yah (Psalm 148)

הללו־יה!

Hallelu Yah ... Praise the Source of Life!

Praise HaShem from the heavens; praise the Divine on high. Praise Her, all Her angels, praise Her, all Her hosts. Praise Them, sun and moon, praise Them, all bright stars. Praise, you highest heavens and you waters that are above the heavens. Let them praise the name of Adonai, for it was the Divine who commanded that they be created. God made them endure forever, establishing an order that shall never change.

הללו יה!
הללו את־י מן־השמים הללוהו במרומים.
הללוהו כל־מלאכיו הללוהו כל־צבאיו.
הללוהו שמש וירח הללוהו כל־כוכבי
אור. הללוהו שמי השמים והמים אשר
מעל השמים.
יהללו את־שם יי כי הוא צוה וגבראו.
ויעמידם לעד לעולם חק־נתן ולא יעבור.
הללו יה!

Hallelu (Psalm 150)

Hallelu!

Kol han'shama t'halleil Yah,
Hallelu hallelu-Yah!

הללו!
כל הנשמה תהלל יה
הללו! הללויה!

Let us praise! Every soul will praise Yah. Halleluyah!

HaMelekh...Shochein Ad

Sovereign, enthroned on high, dwelling forever, exalted and holy is Your name – as the Psalmist has written: "Sing, O you righteous, to Adonai; for the upright, to praise God is lovely." In the speech of the upright You are exalted, in the words of the righteous You are blessed, in the language of the devoted You are sanctified, and in the midst of the holy congregation You are praised.

המלך יושב על כסא רם וגשא:
שוכן עד מרום וקדוש שמו. וכתוב רננו
צדיקים ביי. לישרים נאזה תהלה:
בפי ישרים תתרוםם. ובדברי צדיקים
תתברך. ובלשון חסידים תתקדש.
ובקרב קדושים תתהלל:

Bar'khu

Bar'khu et Adonai ham'vorakh.

Barukh Adonai ham'vorakh l'olam va'ed.

ברכו את יי המברך:
ברוך יי המברך לעולם ועד:

Praise Adonai to whom praise is due forever!

Praise be Adonai to whom praise is due, now and forever!

Yotzeir Or

Blessed are you HaShem, our Divinity, Majesty of the Universe, who forms light and creates darkness, maker of peace and creator of all.

ברוך אתה יי אלהינו מלך העולם יוצר אור
ובורא חשך עשה שלום ובורא את הכל:

Ahava Rabah

Ahava rabah ahavtanu Adonai eloheinu/
Shekhina imeinu.

אַהֲבָה רַבָּה אֶהְבְּתָנוּ יְיָ אֱלֹהֵינוּ/
שְׁכִינָה אִמֵּינוּ.

How deeply you have loved us Adonai eloheinu/Shekhina imeinu!

Shema / V'Ahavta

Shema Yisraeil Adonai Eloheinu Adonai Echad.

(in a whisper):

Barukh sheim kavod malkhuto l'olam va'ed.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

(in a whisper):

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

V'ahavta et Adonai elohekha b'khol-l'vavkha
u'v'khol nafsh'kha u'v'khol m'odekha.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְּךָ,
וּבְכָל-נַפְשְׁךָ, וּבְכָל-מַאֲדְךָ.

Listen, Ones-Who-Wrestle-With-God: Adonai is our God. Adonai is one.

Blessed is the name of Its radiant domain, for all eternity.

You are to love Adonai your God with all your heart, with all your being, with all your intensity!

Love upon love upon love...

Mi Khamokha

Mi-khamokha ba'eilim Adonai mi kamokha
nedar bakodesh nora t'hilot osei fele.
Barukh atah Adonai ga'al Yisra'eil.

מִי־כַמְכָּה בָּאֵלִים יְיָ, מִי כַמְכָּה נֶאֱדָר
בְּקֹדֶשׁ, נוֹרָא תִהְיֶה עֹשֶׂה פֶלֶא.
בָּרוּךְ אַתָּה יְיָ, גֹּאֵל יִשְׂרָאֵל:

Who is like You among the powers, O God;

Who is like You, transcendent in holiness, awesome in splendor, working wonders!

Blessed are You, Adonai, Redeemer of Yisra'eil.

Hashiveini

Hashiveini v'ashuva...chadeish yameinu
k'kedem.

הַשִּׁיבֵנִי וְאֶשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֵדֶם.

Receive me back so I may return to my true self. Renew our days to their essence.

Oseh Shalom

Oseh shalom bimromav hu ya'aseh
shalom, aleinu v'al kol Yisra'eil, v'al kol
yoshvei teiveil.

עֹשֶׂה שְׁלוֹם בְּמִרְמֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל.

May the One who makes peace above grant peace to God-wrestlers and all who dwell on earth.

Un'taneh Tokef

We proclaim the awesome power of this day.
On this day, we acknowledge that Truth is the
highest power. Before Truth, lies the stark
record of our deeds; before Truth there is not
forgetfulness or rationalization. The book of
our lives lies open before us: we look and we
tremble, to see what our own hand has written
there.

When a flock passes before a shepherd, the
shepherd counts and examines each one – no
less does the Divine examine the soul of each
living thing. Each is searched and its deeds
remembered, and the outcome for each
becomes clear.

וּנְתַנֶּה תִּקְוָה קְדֻשַׁת הַיּוֹם. כִּי הוּא נוֹרָא
וְאִיוִם. וּבּוֹ תִּנְשָׂא מַלְכוּתְךָ וַיִּפּוֹן בַּחֲסֵד
כְּסֶאֶךָ. וְתִשָּׁבַע עָלֵינוּ בְּאַמֶּת. אֶמֶת כִּי אַתָּה
הוּא דִין וּמוֹכִיחַ וַיִּזְדַּע וְעַד. וְכוֹתֵב וְחוֹתֵם
וְסוֹפֵר וּמוֹנֵה. וְתִזְכֹּר כָּל הַנִּשְׁכָּחוֹת. וְתִפְתָּח
אֶת סֵפֶר הַזְכָּרוֹנוֹת. וּמֵאֲלֵינוּ יִקְרָא.
וְחוֹתֵם יָד כָּל אָדָם בּוֹ.

כְּבִקְרַת רוּעָה עֲדָרוּ. מִעֲבִיר צֶאֱנוּ תַּחַת
שִׁבְטוֹ. כֵּן תִּעֲבִיר וְתִסְפֹּר וְתִמְנֶה. וְתִפְקֹד
נֶפֶשׁ כָּל חַי. וְתַחֲתֶיךָ קִצְבָה לְכָל בְּרִיָּה.
וְתִכְתֹּב אֶת גְּזֵר דִּינָם:

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן וּבַיּוֹם צוֹם כְּפוּר יִחְתֶּמּוּן.

B'Rosh HaShana yikateivun uv'yom tzom kippur yeichateimun.

On Rosh HaShana the decree is inscribed and on Yom Kippur it is sealed:

**Who by fire and who by water, who in the sunshine, who in the night time
Who by high ordeal, who by common trial, who in your merry merry month of May,
Who by very slow decay, and who shall I say is calling?**

How many will pass away and how many will
be created. who will live and who will die.

כַּמָּה יַעֲבִירוּן. וְכַמָּה יִבְרָאוּן.
מִי יַחֲיֶה. וּמִי יָמוּת.

**Who in her lonely slip, who by opiate, who in these realms of love,
Who by something blunt, who in custody, and who out on patrol,
Who for his greed, who for their hunger, and who shall I say is calling?**

Who will be cut off and who will live a full life;
who by fire and who by water; who by sword
and who by living creature; who by hunger and
who by thirst; who by earthquake and who by
plague; who strangled and who battered.

מִי בִקְצוֹ. וּמִי לֹא בִקְצוֹ. מִי בְּאֵשׁ וּמִי בַּמַּיִם.
מִי בַּחֲרֵב. וּמִי בַּחַיָּה. מִי בְּרֶעֱב. וּמִי בַּצִּמָּא.
מִי בְּרֶעֱשׂ. וּמִי בַּמִּגָּפָה. מִי בַּחֲנִיקָה
וּמִי בַּסְקִילָה.

**Who by riot, and who by rifle,
Who near the Senate floor, who at the grocery store,
Who under debris, and who by viral load
Who for the color of their skin and who for someone else's sin,
and who shall I say is calling?**

Who will have rest and who will wander;
who will be serene and who will be disturbed;
who will be satisfied and who will suffer;
who will be poor and who will be wealthy;
who will be brought low and who will raised up.

מִי יָנוּחַ. וּמִי יָנוּעַ.
מִי יִשְׁקִיט. וּמִי יִטָּרֵף.
מִי יִשְׁלֹו. וּמִי יִתִּיסֵר. מִי יַעֲנִי. וּמִי יַעֲשִׂיר.
מִי יִשְׁפֹּל. וּמִי יָרוּם:

ותשובה ותפלה וצדקה מעבירין את רוע הגזרה:
U'teshuvah u'tefillah u'tzedakah ma'avirin et ro'ah hag'zeirah.

But returning to our path, centering in prayer, and acting righteously
 will avert the severity of the decree!

Holy are You, and awesome is Your Name, and
 there is no God but You. As Your prophet Isaiah
 wrote: "Adonai Tzeva'ot will be exalted through
 justice, the Holy One will be sanctified through
 righteousness."

קדוש אתה וגורא שמך.
 ואין אלוה מבלעדיך.
 כפתיב ויגבה יי צבאות במשפט
 והאל הקדוש נקדש בצדקה.

Blessed are You, Adonai, the sovereign Holy One.

ברוך אתה יי המלך הקדוש:

The Shofar Blessings

*Barukh atah Adonai eloheinu melek ha'olam
 asher kidshanu b'mitzvotav v'tzivanu lishmo'a
 kol shofar. Barukh atah Adonai eloheinu
 melek ha'olam shehecheyanu v'ki'manu
 v'higi'anu lazman ha'zeh.*

ברוך אתה יי אלהינו מלך העולם אשר
 קדשנו במצותיו וצונו לשמע קול שופר:

ברוך אתה יי אלהינו מלך העולם
 שהחיינו וקימנו והגיענו לזמן הזה:

Blessed are You, our Sovereign, Adonai, who sanctified us with your *mitzvot*
 enjoining us to hear the voice of the *shofar*.

Blessed are You, manifest Divinity, sustaining life-force of the Universe,
 Who has given us life and sustained us and brought us to this moment.

Let this be Your will, Divinity of our ancestors:

**That these blasts and sounds emitted from our shofar ascend to the throne of Your glory,
 interceding for us for good, erasing the spiritual consequences of our misdeeds.**

Blessed are You, Source of Compassion!

The Three Shofar Sounds

| | | |
|-----------|---------------------------------------|--------|
| Whole | <i>T'kiyah: one long blast</i> | תקיעה |
| Broken | <i>Sh'varim: three shorter blasts</i> | שבירים |
| Shattered | <i>T'ru'ah: nine short blasts</i> | תרועה |

Shofar Chant

*Alah Elohim bi'teru'ah Adonai b'kol shofar.
 Alah Adonai!*

עלה אלהים בתרועה יי בקול שופר:
 עלה יי!

Elohim ascends in the blast, the Divine is in the voice of the shofar. Adonai ascends!

Avinu Malkeinu

Avinu malkeinu choneinu va'aneinu ki ein *אבינו מלכנו חוננו ועננו. כי אין בנו מעשים.*
banu ma'asim. Asei imanu tz'daka *עשה עמנו צדקה וחסד והושיענו.*
va'chesed v'hoshi'einu.
Imeinu m'koreinu choninu va'aninu ki ein *אמינו מקורנו חוננו ועננו. כי אין בנו מעשים.*
banu ma'asim. Asi imanu tz'daka *עשי עמנו צדקה וחסד והושיענו.*
va'chesed v'hoshi'inu.

Our Father, our King; Our Mother, our Source; Our Compassionate Parent:
Be gracious to us and answer us, even though we are unworthy in deeds.
Please treat us with righteousness and lovingkindness. Grant us salvation.

El Na Refa Na La

El na refa na la!

אל נא רפא נא לה!

Please, God, heal this one!

VaHasheivota

Vahasheivota el levavekha ki Adonai hu *והשבֹּת אל לבבך, כי יי הוא האלהים...*
ha'elohim.
V'ne'emar v'haya Adonai l'melekh al kol *ונאמר, והיה יי למלך על כל הארץ,*
ha'aretz, bayom ha'hu yiyeh Adonai echad *ביום ההוא יהיה יי אחד, ושמו אחד:*
u'shmo echad.

Return this knowing to your heart: the Encompassing Power is God...
It is taught that Divinity will be acknowledged.
On that day, Unity will be understood and embraced.

Achat Sha'alti / Kaveih

**There's only one thing I ask for every day: to live in a house that's safe and strong.
Where Your love surrounds me and I'm not afraid, a sanctuary where I know I belong.**

Achat sha'alti mei'eit Adonai... *אחת שאלתי מאת-יי...*
Kaveih el-Adonai chazak v'ya'ameitz *קוה אל-יי חזק ויאמץ לבך וקוה אל-יי.*
libekha v'kaveih el-Adonai.

One thing I ask of you, Adonai...
May we have hope in God, may our hearts be strong and courageous.

PRAYER SHEET: Julie Batz • MUSICAL ATTRIBUTIONS: **Shir La'Ma'alot**: Snatam Kaur melody set by Lior Tsarfaty; **Elohai Neshama**: Alma; **L'chai Olamim**: Yeminite melody set by Hazzan Richard Kaplan; **Hallelu Yah**: Nava Tehilah; **Hallelu**: on a tune by Nusrat Fatah Ali Kahn via Bnei Jeshrun; **Ahava Rabah**: Elana Arien & Noah Aronson; **Shema**: Tziona Achishena; **V'ahavta/Love Upon Love**: Lior Tsarfaty; **Mi Khamokha**: Rabbi Shir Ya'akov Feit; **Hashiveini** and **Oseh Shalom**: Rabbi Micah Shapiro; **Who By Fire**: music & lyrics by Leonard Cohen, new lyrics by Maggid Jhos Singer; **Shofar Chant**: Tziona Achishena; **El Na Refa Na La**: Lior Tsarfaty; **VaHasheivota**: Rabbi Shir Ya'akov Feit; **Achat Sha'alti**: music by Krishna Das, set by Reb Brian Yosef Schachter-Brooks, English lyrics by Maggid Jhos Singer; **Kaveih**: Reb Brian Yosef Schachter-Brooks. **Translations**: *Machzor HaLev, Machzor Lev Shalem*, and Julie Batz.