



## Al Cheit: We have missed the mark

Print this form, fill it out, and bring it with you to Yom Kippur services. During services we read from these moving confessions to represent the range of missteps we, as a community, have made.

*(Examples: I used harmful language in anger with my friend; I abused alcohol; I mocked my parents' spiritual practice; I lied about my income.)*

I missed the mark in the SPIRITUAL realm (my spiritual pursuits and practices) when.....

I missed the mark in the EMOTIONAL realm (my feelings/others' feelings) when.....

I missed the mark in the PHYSICAL realm (my body, the planet) when.....

I missed the mark in the INTELLECTUAL realm (my thoughts, beliefs, values) when...