

רְבָנָנוּ שְׁלָמָן עֹזָם הַרְיָהִי מִזְזָלָל לְכָל מִי שְׁאַבְלִיס
 וְהַכְּעִיטָא אָזָה אָזָ שְׁזָזְטָא בְּגַזְלִי בֵּין בְּגַזְקִי בֵּין בְּמַזְוִזִּי
 פֵּין בְּכָבְדִי בֵּין בְּכָל אָשָׁר כִּי בֵּין בְּאַזְגִּס בֵּין בְּרַצְנִי
 בֵּין בְּשְׁזָאַבְנִי בְּמַזְיָל מֵין בְּלַבְזָר בֵּין בְּסַעַלְתָה בְּכָל
 בְּגַזְאַדְמָן זְלָא יַעֲלֵשׁ שָׁוֹם אָדָם בְּסַבְתָּהִי יְהִי רְבָנָנוּ
 בְּמַלְכָנִי יְהִי אָכְזָה יְאָכְזָה אָבָהָתִי שְׁלָא אָזְטָא שָׂוֹר זְלָא
 אָזְזָזָר בְּהָמָן זְלָא אָשָׁזָב נְזָדָל כְּתָבָעִיסָר זְלָא אָעַשְׁזָנָ
 הַרְלָעָבְעִילָה וְמָה שְׁזָזְטָא הַתְּנִיל מִזְזָמָן בְּרַצְמָנִיךְ
 הַרְבִּים אָכְלָל כָּא עַל יְדֵי יְסָדִים זְזָקִים רְעִילִים
 יְלִיאָה כְּרַבְנוּ אָמְרִי תְּיִלְלֵי יְהִי לְפָנֶיךָ וְתְּזַבְּחֵלְלֵי זְאַבְלִיס

SELIHOT / סליחות

Master of the Universe! I herewith forgive anyone who may have
 irritated, angered or injured me, whether acting against my person,
 my possessions, or my reputation. Let no man be punished on my
 account, whether the wrong done me was accidental or malicious,
 unwitting or purposeful, by word or by deed. May it be Your will, O
 Lord my God and God of my fathers, that I not repeat the wrongs I
 have committed, and that I sin no more. May I never again anger
 You by doing that which is evil in Your sight. I pray that You will
 wipe away my sins, not through sickness and suffering but with
 great mercy. May the words of my mouth and the meditation of my
 heart be acceptable before You, O Lord, my Rock and my Redeemer.

THE RABBINICAL ASSEMBLY

סְלִיחָה

SELIHOT

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FOREWORD

The *Selihot* Service consists of prayers and hymns recited on fast days and during the penitential days preceding Rosh Hashanah and ending on Yom Kippur. Already in Talmudic times the name and the central theme of these prayers were well known, and portions of the present day *Selihot* had become part of the liturgy of the Synagogue.

The earliest printed edition of the *Selihot*, published in the fifteenth century, has, with but minor revisions, remained the accepted version to this day. A wide range of penitential prayers were written during later centuries for special occasions and for particular communities, but these were rarely included in the standard texts.

The *Selihot*, recited generation after generation, became the familiar heritage of all Jews. These prayers were often recited with little consciousness of the text but always with full and painful awareness of personal needs and with a very real sense of standing in the Presence of God. Any change in the liturgy would have been justly resented as detracting from worship while focusing attention on the form of the ritual and on those conducting the service.

However, radical changes in all life and violent disruptions in the pattern of Jewish life and thought have made these ancient prayers remote from and alien to the majority of people in contemporary congregations. For centuries neither the theology nor the language of the *Selihot* was questioned. Today both are usually foreign and often irrelevant to most Jews. This is one of the reasons why the *Selihot* services either have completely disappeared from many synagogues or have been surrendered to professional staffs. Too many of those who now attend these services do not come as a congregation to share in worship but as an audience to see and hear a performance.

The essence of the ancient *Selihot* is still vital for our generation, no matter how far removed they may be from us in age, in language, or in doctrine. If we could learn to understand the poetry, the literary mosaics, and the mood of the *Selihot*, we would recognize in them the outpourings of our own souls, the hungers of our own spirits.

This new edition of the *Selihot* was prepared in answer to the need for a text more readily and more fully meaningful to our people today, but its editor sought also to avoid making it "up-to-date" lest it soon become dated. The deletions and the additions, the new poems, the special readings, and the new translations in this version do not disturb the central theme or the general structure of the traditional text. This version was prepared in an effort to help bring worshipers to the self-purification that is the goal of penitence.

The Chairman and the members of the Prayer Book Committee publishing this *Selihot* Service are fully conscious of their failure to attain the goal set for them by the Rabbinical Assembly. The Committee and the members of the Assembly sincerely hope that this effort will encourage creative writers to provide hymns, prayers, readings and meditations for inclusion into our liturgy and endow our synagogue services with meaning for a world so far removed from the days of the authors of the traditional liturgy.

The Prayer Book Committee in charge of this publication includes Rabbis David Feldman, Ben Zion Gold, Immanuel Lubliner and Stanley Schachter, with Rabbi Jules Harlow as Secretary and Rabbi Gershon Hadas as Chairman.

The Chairman is grateful for the criticism and suggestions of many colleagues, and especially wishes to acknowledge the contributions of Rabbis

Gerson Cohen, Neil Gillman, Robert Gordis, Robert Hammer, Shamai Kanter, Herman Kieval and Hershel Matt, and the aid of Mr. Menashe Unger.

Initiated during the incumbency of Rabbi Theodore Friedman as President of the Rabbinical Assembly, this work was completed during the presidency of Rabbi Max J. Routtenberg. The Chairman is deeply thankful for their encouragement.

The Chairman is indebted to Mrs. Hillel Bavli and to Dr. Aaron Zeitlin for the privilege of including the selections by Hillel Bavli and Hillel Zeitlin in our text. He is happy to record the ever-ready cooperation of Rabbi Wolfe Kelman, the Executive Vice-President of the Assembly, and the never-failing generosity of Rabbi Jules Harlow, the Secretary of the Committee, in sharing his understanding, his ability and his time in both the preparation and the publication of this service.

It is good to register the appreciation of the Committee for the competence and cooperation of the staff of Maurice Jacobs, Inc., especially to Dr. Menahem Glenn and Mr. David Skaraton, as well as to Mr. Robert Sutter of Sutter and Wartik Graphic Design, Inc.

May this edition of the *Selihot* stimulate wider participation in this service and a deeper appreciation of the spiritual riches in a ritual desperately needed in our day even as it exalted our ancestors through so many generations.

MEDITATION

We are gathered together this night, embraced by the peace of this sanctuary, away from the clamor and glare of the world, away from its confusions and terrors, grateful for the opportunity to meditate upon the year that has gone, and to pray for the year to come.

We face not only a new year but a changing world, where new knowledge and continual upheavals threaten all life everywhere.

Our lives are burdened with failure and wrongdoing. Our hearts are torn by jealousies and hates. Prejudice confuses our thoughts, sin distorts our lives. We are ridden by fears, tormented by frustrations, by loneliness and by endless desires.

Too often straying like shepherdless sheep, we seek direction on our way.

INTRODUCTORY PRAYER

Our God and God of our fathers, we pray that the light of Your Presence dispel the plague of darkness which threatens to overwhelm us.

May this service of penitence help us express the noblest yearnings of our souls, that we may meet the new year with the best of heart and mind with which You, O Lord, have endowed us.

We have come to offer our fervent plea for forgiveness, for the divine gift to recognize evil and for the will to overcome it. We pray for the ability to recognize what is good, and for the will to promote it. We seek the joy of attaining lives that are good in Your sight, O Lord.

Help us, O Lord, to bridge the gap between our conscience and our conduct, between what we believe and what we do. We plead for the assurance You so graciously gave to our fathers of old: "I will pardon, even as you ask." Amen.

ממעמקים קראתיך

שיר המעלות. ממעמקים קראתיך יהוה.
אדני שמעה בקולך, תהנינה אוניך קשבות לקול תהנני.
אם עונות תשмар בה אדני כי יעמד.
כى עמק הסליחה למן תרוא.
גויimi יהוה קומה נפשי ולדרכו הוחלתי.
נפשי לאדני משמרים לבקר שמרים לבקר.
יהל ישראל אל יהוה כי עם יהוה חסד ורבה עמו פדות
והוא יפדה את ישראל מכל עונותיו.

OUT OF THE DEPTHS

Out of the depths I call to You;
O Lord, hear my cry, heed my plea.

Be attentive to my prayers,
To my sigh of supplication.

Who could endure it, O Lord,
If You kept count of every sin?

But forgiveness is Yours;
Therefore we revere You.

I wait for the Lord; my soul waits.
Hopefully do I wait for His word.

My soul waits for the Lord
More eagerly than watchmen wait for dawn.

O Israel, put Your hope in the Lord,
For the Lord is generous with mercy

5
Abundant is His power to redeem;
May He redeem Israel from all sin.

Psalm 130

אֲשֶׁרִי יֹשֵׁבִי בִּתְמָה,
עוֹד יַמְלֹווֹת פָּלָה.
אֲשֶׁרִי הַעַם שָׁכַנָּה לוֹ,
אֲשֶׁרִי הַעַם שָׁנִי אֱלֹהִי.

תְּהִקָּה לְדִוּ

אַרְוֹמָמָה, אֱלֹהִי הַפְּלָה,
וְאַבְרָכָה שְׁמָךְ לְעוֹלָם וְעַד.
בְּכָל יוֹם אַבְרָכָה,
וְאַהֲלָה שְׁמָךְ לְעוֹלָם וְעַד.

גָּדוֹל יְהָ וּמָהְלָל מָאָד,
וְלֹגְדָּלָתוֹ אֵין חַקָּר.
דָּוָר לְדָוָר יִשְׁבַּח מְעַשְׂרָה,
וְגִבּוֹרָתָה יַגִּידָה.

פָּדָר כְּבָוד הַזָּהָב,
וְדָבָרִי נְפָלָאתָה אֲשִׁיחָה.
וְעַזָּה נָרָא אַתָּה יִאָמְרָה,
וְדָלְתָה אֲסְפָרָנה.

זָכָר רַב טוֹבָךְ יַגִּיעָה,
וְאַדְקָתָה יַרְבָּנוּ.
חַנּוּ וְרַחֲוּמָה יְהָ,
אָרְךְ אֲקִים וְגַדְלָה חַסְדָּה.

Happy are they who dwell in Your house,
They shall never cease praising You.
Happy the people that is so favored,
Happy the people whose God is the Lord.

A Psalm of David

I will extol You, my God and King;
I will praise You for ever and ever.
Every day will I praise You,
And exalt Your glory forever.

Great is the Lord and highly praised;
His greatness is without limit.
Generation after generation praise Your works;
They proclaim Your mighty deeds.

They tell of Your wondrous acts,
The glorious splendor of Your majesty.
They speak of Your awesome power;
They recite the story of Your greatness.

They make known Your great goodness;
They sing of Your righteousness.
The Lord is gracious and compassionate;
He is exceedingly patient and merciful.

(continued)

טוב יי לפל, ורַטְמָיו על כל מעשין.
יוזיך יי כל מעשיך, וחסידיך יברכוּך.

כבוד מלכותך יאמרו, וגבורהך ידברו,
להוּךְעַל בְּנֵי הָאָדָם גִּבְוָרָתְךָ, וכבוד הַדָּר מלכותו.

מלכותך מלכות כל עלמים, וממשלתך בכל דור ודור.
סומך יי לכל הנפלים, ווּזְקָף לכל הכהנים.

עיני כל אליך ישברgo, וצפה נתן להם את אכלם בעתו.
פותח את ידה, ומשביע לכל חי רצון.

צדיק יי בכל דרכיו, וחסיד בכל מעשין.
קרוב יי לכל קראין, לכל אשר יקראו באהמת.

רצון יראהו יעשה, ואת שׁוּעָם ישׁמַע ווּשְׁיַעַם.
שומר יי את כל אהביו, ואת כל חרשעים ישמיד.

תְּהִלָּת יי ידָבֵר פִּי
ויברך כל בשר שם קדשו לעולם ועד.

ואנחנו נברך יה מעתה ועד עולם.
הַלְלֵינוּהָ.

The Lord is good to all His creatures;
His tenderness is over all His works.
All Your works shall extol You, O Lord;
All Your faithful ones shall praise You.

They shall declare the glory of Your rule,
And describe the greatness of Your power,
So that men may know of Your might,
The splendid glory of Your dominion.

Your kingdom is an everlasting kingdom;
Your dominion is for all the generations.
The Lord upholds all who fall;
He raises all who are bowed down.

The eyes of all look hopefully to You;
You give them their food in due season.
You open wide Your hand;
You satisfy all the living.

The Lord is righteous in all His ways;
He is gracious in all that He does.
The Lord is near to all who call upon Him,
To all who call upon Him faithfully.

He fulfills the desire of those who revere Him.
He hears their cry for help and delivers them.
The Lord guards all who love Him,
But He destroys all those who are wicked.

9 My mouth shall speak the praise of the Lord:
Let all flesh praise Him for evermore.
We will praise the Lord now and always. Halleluyah!

וַיַּגְדֵּל וַיַּתְקַדֵּשׁ שְׁמָה רְبָא
בְּעַלְמָא דֵי בָּרָא כְּרֻעֹתָה,
וַיַּמְלִיךְ מֶלֶכְתָּה בְּתַיִכּוֹן וּבְיוֹמִיכּוֹן,
וּבְחַיִּים דֵי כָּל בֵּית יִשְׂרָאֵל, בְּעַלְלָא וּבְזַעַן קָרִיב,
וְאָמְרוּ אָמֵן.

וְהָא שְׁמָה רְבָא מַבְרָךְ? לְעַלְמָם וּלְעַלְמִי עַלְמִיא.
וַיַּמְבָרֵךְ וַיְשַׁטְּבָח, וַיַּחֲפַר וַיְתַרְוּם, וַיַּתְנַשֵּׁא וַיְתַהְדֵר,
וַיַּתְעַלֵּה וַיַּתְהַלֵּל שְׁמָה דֵי גַּדְשָׁא, בְּרִיךְ הוּא,
לְעַלְלָא מִן כָּל בְּרַכְתָּא וּשְׁרַכְתָּא,
חַשְׁבַּחַתָּא וּחַמְחַתָּא, דֵי אָמִירָן בְּעַלְמָא,
וְאָמְרוּ אָמֵן.

לְךָ יְיָ הַצְדָּקָה

לְכָךְ פָּאָדָקָה, וְלָנוּ בְּשַׁת הַפְּנִים.
מַה נְּהָאָונָן, מַה נְּאָנָר, נָהָנָדָר וּמַה נְּצָטָךְ.
נְחַפְשָׁה דְּרַכְיָנָה וּנְחַלְרָה, נְשַׁוְּבָה אַלְיָה,
כִּי יְמִינָךְ פָּשׁוֹתָה לְקַבֵּל שְׁבִים.
לֹא בְּתַסְדִּיךְ וְלֹא בְּמַעֲשָׂים הַאֲנָוְלָנִים.
כְּדָלִים וּכְרִשִּׁים דְּקַבְנִי דְּלַמְנִי.
דְּלַמְנִיךְ דְּקַבְנִי, רְחוּם וְתַנוּן.
נָא אֶל תְּשִׁיבָנִי רַיִקְמָן מְלַפְנִיךְ.
מְלַפְנִיךְ, מְלַקְנִי, רַיִקְמָן אֶל תְּשִׁיבָנִי,
כִּי אַתָּה שְׁוֹמֵעַ תְּפִלָּה.

HATZI KADDISH

Magnified and sanctified be the glory of God
In the world created according to His will.
May His sovereignty soon be acknowledged.
During our lives and the life of all Israel.
Let us say: Amen.

May the glory of God be eternally praised,
Hallowed and extolled, lauded and exalted,
Honored and revered, adored and worshipped

Beyond all songs and hymns of exaltation,
Beyond all praise which man can utter
Is the glory of the Holy One, praised be He.
Let us say: Amen.

RIGHTEOUSNESS IS YOURS

Righteousness is Yours, O Lord;
Shame-faced embarrassment ours.

What can we say to You?
How can we word our defense?

We shall examine our ways, probe our deeds,
Return to You, for You welcome the penitent.

We possess neither good deeds nor virtue;
We come as paupers to knock at Your door.

11 We knock at Your door, O merciful God,
Please do not turn us away empty-handed.

Turn us not away unanswered, O Lord,
For You, O King, do listen to prayer.

שמע תפלה, עדריך כל בשר יבא. יבוא כל בשר להשתתחות
לפניך יי. יבוא ונשתחוו לפניך אדני, ויכבדו לשםך.

באו נשתחווה ונכערעה, נברכה לפניך יי עושנה. נבואה למשבעתינו,
נשתחווה להלום רגלו. באו שעריו בחרדה, תצלמיו בטהלה. הודהו
לו ברכו שםנו.

וأنחנו ברב מסדר נבוא ביתך, נשתחווה אל היובל קדש ביראתך.
ברכו את יי כל עבדיו יי, העמדים בבית יי בלאילות. שאו ידיכם
קדש וברכו את יי. רוממו יי אלתנו, ונשתחוו להלום רגלו, קדוש
הוא. רוממו יי אלתנו, והשתתחו להר קדשו, כי קדוש יי אלתנו.
השתתחו ליי בהדרת קדש, קילו מפניו כל הארץ.

נשתחווה אל היובל קדש ונזקה את שמה, על מסדר ועל אמתך,
בי הגדלתך על כל שםך אמרתך.

O LORD WHO LISTENS TO PRAYER

All flesh shall come to worship You, O Lord who listens to prayer; all flesh shall come to You. They shall come to worship in Your Presence; they shall come to honor You, O Lord.

Let us bow in worship and bend the knee to the Lord our Maker. Through His great goodness we enter His house; with reverence we bow before His holy ark. Let us enter His sanctuary and worship at His throne. Let us enter His gates with thanksgiving and come into His courts with praise. Thank Him! Praise Him!

Let all the servants of the Lord gathered this night in the house of the Lord, praise the Lord. Lift your hands in prayer and praise Him. Exalt the Lord our God, worship at His throne, exalt Him on His holy mountain. Worship the Lord our God, for He is holy. Worship the Lord in the beauty of holiness. Let all the earth tremble before Him.

13

With reverence do we bow toward Your holy Temple. We give thanks for Your love and Your faithfulness. Your goodness exceeds all that You promised.

י' אלהי צבאות, מי קמוך חסין י'ה, ואמונתך סביבותיך. כי מי בשמיך יערך ל'ז, ידמיה ל'ז בבני אלים. כי גדול אתה ועוזה נפלאות, אתה אלהים לבדך. כי גדול מעלה שמים חסך, ועד שחקים אמרתך. גדול י' ומחל מאר, ולהללו אין חקר.

כי גדול י' ומחל מאר, נורא הוא על כל אלהים. כי אל גדול י' ומחל גדול על כל אלהים. אשר מי אל בשמיים ובארץ, אשר יעשה כמעשיך וכגבורותיך. מי לא יראך מלך הגוים, כי לך אתה. כי בכל חכמי הגוים ובכל מלוכותם מאיין קמוך י', גדול אתה וגדול שמח בגבורה.

ל'ך זרוע עם גבורה, מזו זך פרום ימצע. לך יום, אף לך לילה, אתה היכינת מאור ושם. אשר בינו מתחמי הארץ, ותועפות הרים לנו.

מי ימלל גבורה, י' ישמע כל תהלה.

LORD GOD OF HOSTS

Lord God of hosts, who is mighty as You? Who is faithful as You, O Lord God? Who in the heavens can rival the Lord? Who among the mighty can be likened to You? Great are You, performing wonders; You alone are God. Your compassion extends beyond the heavens; Your faithfulness reaches to the clouds. Great are You and worthy of praise; Your greatness is without limit.

There is none to compare with You, O Lord. Great are You, and great is Your might. Who is there, in heaven or on earth, to match the power of Your deeds? You are King over all the nations. Who would not revere You? No wisdom and no royalty can rival You, O Lord. Great are You, and great is Your might.

15 Yours is the arm of mighty power. Yours is the hand exalted in might. The day is Yours and the night is Yours; You created the moon and the sun. In Your hand are the depths of earth, and the heights of mountains as well.

Who can recount God's glory? Who can declare all His praise?

לך יי' פָּרָקָה וְתָבָרָה, וְתִמְפָּאָרָת וְתִנְצָחָה וְתַהְוָה, כִּי כָל בְּשָׂמִים
וּבְאָרֶץ. לְךָ יי' הַמְּנִילָה, וְהַמְּתַנְשָׂא לְכָל לְרָאשׁ. לְךָ שָׁמִים, אָרֶץ לְךָ
אָרֶץ, מְבָל וּמְלֹזָה אָתָה יִסְדַּקְתָּם. אָתָה הַאֲבָתָךְ כָּל גּוֹלוֹת אָרֶץ,
גּוֹזֵן תְּהֻרֵף אָתָה יִצְרָקְתָּם.

אָתָה פָּוְרָת בְּעֻזָּךְ יְמִים, שְׁבָרָת רְאִשֵּׁי מְגִינִים עַל הַמְּמִים. אָתָה רְאִצָּת
רְאִשֵּׁי לְמִיחָן, תְּחַנֵּן מְאַכֵּל לְעַם לְאַיִם. אָתָה בְּקָעָת מְעַזְן גְּנָחָל,
אָתָה הַוּבָשָׁת נְהָרוֹת אַיִּתָן. אָתָה מוֹשֵׁל בְּגָנוֹת הַיָּם, בְּשָׂאו גְּלִיו
אָתָה תְּשַׁבְּחָם.

גָּדוֹל יי' וּמְהֻלָּל מָאָד, בָּעֵיר אַלְקָנִינו פָּר גְּדָשׁו. יי' אַלְלָה יִשְׁרָאֵל,
יִשְׁבֵּב הַכְּרָבִים, אָתָה הוּא הַאֲלֹהִים לְבָדָה. אֶל גְּעַרְץ בְּסָוד קְדוּשִׁים
רְבָה, וּנוֹרָא עַל כָּל סְבִיבָיו. וַיַּדְוּ שָׁמִים פָּלָאךְ יי', אָף אַמְנוֹתָה בְּקָהָל
קְדוּשִׁים.

YOURS ARE GREATNESS AND POWER AND GLORY

Yours, O Lord, are greatness and power and glory. Yours are triumph and majesty over all heaven and earth. You are the Ruler, supreme over all. The heavens and earth are Yours; You laid the foundation of the world. You determined the bounds of the earth, You fashioned summer and winter.

You split the sea with Your might; You shattered the heads of its monsters. You crushed the heads of the leviathan, leaving it as prey for scavengers of the desert. You opened springs and streams, and made mighty rivers run dry. You rule the raging sea, You quiet tumultuous waves.

17 Great is the Lord, and worthy of praise, in the city of our God, on His holy mountain. Lord, God of Israel, enthroned upon cherubim, You alone are God. God is revered in the councils of the holy; He inspires all about Him with awe. The heavens shall praise Your wonders, O Lord; the assembly of the holy shall extol Your faithfulness.

לכו גראנה

לכו גראנה ליי, גראעה לזר ישענו.
גראנה פניו בחרודה, בומירות גראץ לו.

אדרק ומשפט מכוון בסאה, חסיד ואמת יקדמי פניך.
אשר ייחדו נמתיק סוד, בביית אלהים נפלך ברגש.

אשר לו קים והוא עשהו, ויבשת ידיו יצאו.
אשר בידו נטש כל חי, ורוחם כל בשר איש.

הנשמה לך

הנשמה לך ותנו פועלך. חוסה על עמלך.
הנשמה לך ותנו פועלך. לי, עשה למן שמה.

אתאנו על שמה, לי, עשה למן שמה.
בעבור כבוד שמה, כי אל רחום ותנו שמה.
למן שמה לי, וסלחת לעוננו, כי רב הוא.

18

סליח לנו אבינו, כי בלב אגולתנו שניינו.
mpl זנו מילנו, כי רבינו עונינו.

LET US SING TO THE LORD

O come, let us sing to the Lord,
Acclaim the Rock of our salvation.

Let us approach Him with thanksgiving,
Let us acclaim Him with joyous psalms.

Righteousness and justice sustain His throne,
Love and truth are His constant attendants.

Come, let us join in pleasant fellowship,
Let us throng to the house of God.

The sea is His, for He made it;
His hands fashioned the dry land.

The soul of all life is in His hand.
The spirit of all human flesh.

THE SOUL IS YOURS

The soul is Yours, the body is Your work;
O Lord, have compassion upon Your labor.
The soul is Yours, the body is Your work;
O Lord, save us for Your name's sake.

We come before You in Your name;
For Your glorious name, help us.
You are called gracious and merciful;
Forgive, then, our sin, though it is great.

19 Forgive us, our Father!
 With great folly have we gone astray.
 Pardon us, our King!
 Our sins have overwhelmed us.

אב גודול וקדוש, אבי כל בא עולם!
 אַתָּה בֹּרֶא אֶת עַולְמָךְ-בָּנָךְ, בָּנָךְ – בְּכָל מַעֲוָף עַיִן.
 אם כהנָּרָף עַזְןָ פִּסְרָא אֶת חָסְדֵךְ-אִזְרָתָךְ וְהַיָּה הַכָּל אֵין נָאָפֵס.
 אבל אַתָּה מְרַקֵּעַל יְצִירָה-בָּנָךְ אַנְגָּרִי בָּרָכָה בְּכָל רַגְעָ וַרְגָּעָ –

וְעוֹד הַקָּעֵם יוֹפִיעוּ כּוֹכָבִי שָׁמָר וְשָׁרוּ שִׁירַת אַתָּה לְפָנֶיךָ
 וְעוֹד הַקָּעֵם יֵצֵא שָׁמֵשׁ בְּגָבוֹרָתוֹ וְשָׁרַ שִׁירַת אֹרֶל לְפָנֶיךָ
 וְעוֹד הַקָּעֵם יְשִׁירּוּ מְלָאכִים שִׁירַת קָדְשׁ לְפָנֶיךָ
 וְעוֹד הַקָּעֵם פְּשָׁרָנָה נְשָׁמוֹת שִׁירַת צָמָאוֹן לְפָנֶיךָ
 וְעוֹד הַקָּעֵם יְשִׁירּוּ עַשְׂבִּי שְׁדָה שִׁירַת גַּעֲנָנוּעִים לְפָנֶיךָ
 וְעוֹד הַקָּעֵם פְּשָׁרָנָה צָפָרִים שִׁירַת גַּל לְפָנֶיךָ
 וְעוֹד הַקָּעֵם יְשִׁירּוּ אַפְּרוֹחִים עַזְוָבִים שִׁירַת יְתּוּמִים לְפָנֶיךָ
 וְעוֹד הַקָּעֵם יַלְחַשׁ מַעַזְןָ אֶת תְּפִלָּתוֹ.

וְעוֹד הַקָּעֵם יַעֲטֹף עַנִּי וַשְּׁפָךְ אֶת שִׁיחָוּ לְפָנֶיךָ
 וְעוֹד הַקָּעֵם נְשָׁמָתוֹתָלָתוֹ בְּקָעָת רַקְיעָה-שְׁחָקִיעָה
 בְּעַלְוָתָה לְפָנֶיךָ
 וְעוֹד הַקָּעֵם פּוֹרֶר יְתּוֹרֶד גּוֹ מְאִימָת כְּבָדָךְ
 וְעוֹד הַקָּעֵם עַיְנוֹ נְשָׁוָאָה אֵלֶיךָ.

רַק גַּו אֶחָד מְאֹרֶךְ וְקַיִיטי תְּדוֹר אֹרֶה.
 רַק דָּבָר אֶחָד מְדָבָרִיךְ וְהַמְּטִי לְתְחִיתָה.
 רַק תְּנוּעָה אֶחָת מְתִי נְאַתָּה וְקַיִיטי רַוִּי טַל יְלָדּוֹת.
 הַלָּא אַתָּה בֹּרֶא הַכָּל מְחַדֵּשׁ, בָּרֶא גַּא אָבִי אָתָי, יְלָדָה, מְחַדֵּשׁ.
 נְשָׁוָם בַּי מְגַשְּׁמָת אֶפְךְ וְקַיִיטי חַיִם מְדָשִׁים, מַיִי יְלָדּוֹת תְּחִדָּשָׁה.

CREATE ME ANEW

Father,
O great and holy Father of all mankind,
You create the world, Your child, every instant.

If for an instant You withdrew
The loving gift of Your creation
— All would be nothingness.

But You shower Your children, Your creatures,
With blessing every moment.

Once again the morning stars appear,
Singing a song of love to You,
And once again the sun bursts forth,
Singing a song of light to You.

Once again angels sing of holiness to You,
Once again souls sing of yearning to You
And once again grass sings of longing to You.

Once again birds sing a song of joy to You,
Once again orphaned nestlings sing of loneliness to You
And once again a brook whispers its prayer.

Once again the afflicted, faint, pours out his complaint to You,
Once again his soul-prayer splits Your heavens, rising to You,
Once again he trembles in awe of Your glory
And once again he hopefully awaits You.

One ray of Your light and I am immersed in light,
One word from You and I am reborn,
One hint of Your eternal Presence and I am refreshed
with the dew of youth

21 For You create everything anew.
Father, please, create me, Your child, anew.
Breathe into me of Your spirit
That I may begin a new life.

איך נפתח פה ? פניך, דר מתחים. באלו פנים נפתח
שיחים. געלאנו נטיבותיך מישרים והנכונים. דבקנו בחוויות
ובמעשים נוחים. הילכנו אחריו משאות שוא ומדוחים. והקשינו
ערף והעזינו מתחים.

ועמך בשלהנו, בית משבנות מבטחים. חרב ופס ריח ניחחים.
טרדו וטלו פהנים המשוחים, יודעי ערך עולות וונחים.

במה יסדקנו על-ידי אירים ושלותים. לא תקשנו למורית
ולשמע למכחים. מאו ועד עתך אנו נדחים, נחרגים נחתים
ונטחים. שרדנו מתי מעט בין קוצים כסותים, עינינו כלות
למזה רוחים.

פוך עזקה אשר לבל שותחים. אפר וערב הולכים
ומצלחים. קמים למלך ונאצות שותחים. רעוואים ורוצאים,
במה אTEM בוטחים.

שוכן עד וקדוש, אפה בעלבון אנוחים. תמכים עלייך ובה
מתחחים. בונראות ימיך נושא לנוחים. כי על רחניך
הרבבים אנו בוטחים.

HOW CAN WE OPEN OUR MOUTH?

How can we open our mouth before You, dwelling on high? How shall we pour forth our prayers? We have rejected Your just and righteous ways; we have clung to abominations and infamous deeds. We have clung to vain delusions; we have been obstinate and insolent.

Our deeds provoked Your burning wrath; our sacred shrine became desolate. The daily offerings of fragrant incense could no longer be brought to the sanctuary. Priests, trained and anointed for preparing sacrifices, were exiled.

How often did Your prophets admonish us! Yet we refused to heed their warnings. Thus through the ages we have endured exile and suffering, homelessness, tyranny and slaughter. We are tiny remnants lying among thorns. Our hope is dim; there is no relief.

Why do they prosper, both early and late, who worship Baal and oppress Your people? They rise against You, asking us their blasphemous question: In whom do You trust?

23

Holy and eternal God! Behold our plight! You are our strength; upon You we rely. May Your awesome might save us. Upon Your compassion do we depend.

כִּי עַל רְחַמֵּךְ קָרְבִּים אָנוּ בְּטוּחִים, וְעַל אֲדָקָתְּךָ אָנוּ
גְּשֻׁעַנִים, וְלִסְלִיחַתְּךָ אָנוּ מִצְפִים, וְלִשְׁוֹעַתְּךָ אָנוּ מִקְנִים.

אֲתָּה הוּא יְיָ מֶלֶךְ אֶחָד אֲדָקּוֹת מִקְדָּם, מַעֲבִיר עֲזֹנוֹת עַמּוֹ
וּמַסִּיר חַטֹּאת יְגָאֵין, פֹּורַת בְּרִית לִרְאֵשׁוֹנִים, וּמַקְנִים שְׁבּוּעָה
לְאָמְרוֹנִים.

אֲתָּה הוּא שְׁנִירָת בְּעֵנָן כְּבָדָךְ עַל הַר סִינִי, וְהַרְאִית דָּרְכֵי
טוֹבָךְ לְמַשְׁה עַבְדָּךְ.

אֲרֻחוֹת חַסְדֵּךְ גָּלִית לוֹ, וְהַדְעַתְּךָ כִּי אֲתָּה אֶל רְחוּם וּמִנּוֹן,
אֶלְךָ אֲפִים וּרְבָּחָסֶד, וּמְרַבָּה לְהִיטִּיב, וּמְנַהֵג אֶת כָּל הַעוֹלָם
כָּלּוֹ בָּמִדְתַּת הַרְתָּמִים.

וְכֵן קָתוּב: נִיאָמֶר, אֲנִי אֲעַבֵּר כָּל טִיבִי עַל פָּנִיָּה, וּקְרָאָמֶר
בְּשָׁם יְיָ לְפָנֵיךְ. וְתַגְתִּי אֶת אָשֶׁר אָחָן, וּרְחַמְמָתִי אֶת אָשֶׁר אָרְחָם.

YOUR COMPASSION

Upon Your compassion do we depend,
Upon Your righteousness do we lean.

For Your forgiveness do we hope.
For Your saving power do we wait.

You are the Lord and King,
Loving righteousness eternally.

You forgive the sins of Your people,
The sins of those who revere You.

You made a covenant with our ancestors;
Pray keep Your oath with their children.

On Sinai, amidst a cloud of glory,
You spoke to Moses, Your servant.

You showed him Your ways of goodness,
You revealed to him Your lovingkindness.

You made known to him Your grace and mercy,
Your patience, love and abounding goodness.

You guide all the concerns of the world
With compassion, even as it is written:

25 "I will display all My goodness before you,
 And proclaim the name Lord before you.

I will be gracious and show compassion
According to My will."

אל ארך אפם אַפָּה, וּבַעַל הַרְתָּמִים גַּגְגָּאָתָה, וְדָרָךְ חִשּׁוּבָה
הוֹרִיתָה. גַּדְלַת רְחַמִּיךְ וְחַסְדֵּיךְ תִּפְכֹּר הַיּוֹם וּבְכָל יוֹם לְזַבְעָר
יִדְקִיה. פְּנֵן אַלְעַטְבָּרְתָּמִים, כִּי אַפָּה הַוָּא בַּעַל הַרְתָּמִים.

בְּתִתְנוּן וּבְתִפְלָה פְּנֵיךְ גַּגְגָּדָם, כְּהַזְּעַת לְעַנְיוֹן מִקְדָּם. מִתְרוֹן
אַפָּה שׁוֹבֵב, כְּמוֹ בְּתוֹרָתָךְ כְּתוּב, וּבְאַל כְּנַפְרִיךְ גַּחְסָה וּתְלִוָּן,
כְּיּוֹם נִירֵד יְהִי בְּעָנָן. מַעֲבָר עַל פְּשָׁע וּתְמַחָה אֶשְׁם, כְּיּוֹם
וַיַּתְבִּיאֵב עַמּוֹ שָׁם. פְּאַזְזָן שְׁוֹעַטָּנוּ וּמַקְשִׁיב מָנוֹ מְאֹרֶם, כְּיּוֹם
וַיַּקְרָא בְּשָׁם יְהִי. וְשָׁם נִאָמֶר: וַיַּעֲבֵר יְהִי עַל קְנִיוֹן וַיַּקְרָא:

יְהִי, אֶל רְחוּם וְתִנוּן, אֶרְךְ אַפָּים, וּבְ-
חַסְד וְאֶמֶת, נִצְרָחָד לְאַלְפִים, נִשְׁאָ-
עָן וְפְשָׁע וְמַטָּה, וְנִקְהָה.

וְסַלְחָת לְעַזְזָנוּ וְלְמַטָּחָתָנוּ וְנִחְלָתָנוּ.
סַלְחָה לְנוּ אַבְנֵנוּ כִּי חַטָּאָנוּ,
מַחְלָל לְנוּ מַלְכָנוּ כִּי פְשָׁעָנוּ.
כִּי אַפָּה, יְהִי, טֻב וְסַלְחָה וְרַב חַסְד, לְכָל קָוָרָאִים.

MOST PATIENT GOD

Most patient God, Master of mercy,
You have shown us the way of penitence.
Grant lovingkindness every day
To the children of Your beloved people.

We seek Your Presence in supplication;
Meet us with mercy, O Master of mercy.
We come before You with our prayers.
Turn away wrath; shelter us, protect us.

Forgive transgressions, blot out sins,
As on the day when You answered Moses.
Heed now our cry; listen to our speech,
As on the day of Your revelation:

“The Lord, the Lord God is gracious and compassionate,
Slow to anger, abounding in kindness and faithfulness,
Assuring love for a thousand generations, forgiving iniquity,
Transgression and sin, and pardoning the penitent.”

Forgive us our sins; claim us for Your own.
Forgive us, our Father, for we have sinned.
Pardon us, our King, for we have transgressed.
You, O Lord, are generous and forgiving.
Great is Your love for all who call upon You.

יְיָ בְּקָר תְּשִׁמְעַ קָוְלָנוּ, בְּקָר נַעֲרֵךְ לְךָ וְנַצְּפָה. שִׁמְעַ קָוְלָ
תְּחִנְנָנוּ בְּשִׁוּעָנוּ אֶלְيָה, בְּנַשְׁאָנוּ יְדֵינוּ אֶלְ דְּבִיר קָדְשָׁךְ. שִׁמְעַ יְיָ
קָוְלָנוּ נַקְרָא, חָנָנוּ וְעַנְנוּ. שַׁוְּבָנוּ אֶלְיָה יְשָׁעָנוּ, וְהַפְּרָטָה
עָמָנוּ. אַיִן קָוְרָא בְּשָׁמָךְ, מַחְטוּרָה לְהַתְּזִיק בָּהּ. שִׁמְעַה
תְּפִלְתָּנוּ יְיָ, וְשִׁוּעָתָנוּ הָאָזִינָה, אֶלְ דְּמַעַתָּנוּ אֶלְ תְּחִרְשָׁ.

כְּרָחִם אָב עַל בָּנִים, כְּנָ תְּרַחֵם יְיָ עַלְיוֹן.
לְיִי הַיְשָׁעָה, עַל עַמָּךְ בְּרַכְתָּה סָלָה.
יְיָ אָבָות עָמָנוּ, מְשַׁגֵּב לָנוּ אֶלְיָה יְעַלֵּב סָלָה.

יְיָ אָבָות, אֲשֶׁרִי אָדָם בְּטַם בָּהּ.
יְיָ הַשִּׁיעָה, מְפַלֵּךְ יְעַנְנוּ בַּיּוֹם קָרָאנוּ.

HEAR OUR PRAYERS

In the morning hear our prayers, O Lord; hopefully we set them before You at dawn. We enter Your shrine to lift our hands in prayer; hear our supplications when we plead before You. Turn to us, O God of deliverance; be not indignant with us. There is no one to plead on our behalf; no one to stir us to hold fast to You. Hear our prayers; heed our cries, O Lord. Let not our tears remain unanswered.

Tender as a father with his children
Be tender with us, O Lord of deliverance.
Grant blessings to Your people.

O Lord of hosts, be with us;
O God of Jacob, be our stronghold!
Happy is he who trusts in You.

O Lord of hosts, come to our help;
O King, answer the prayer we utter.

אל מלך, יושב על כסא רחמים, מתרג בחסידות, מוחל שונות עמו, משביר ראשון רשות, מרבה מחלוקת לחתאים, וסיליחת לפושעים. עושה צדקות עם כל בשר ורוח, לא כרעתם תגמל.

אל, הוריית לנו לומר שלש עשרה, זכר לנו היום ברית שלש עשרה, כמו שהזדעת לעוני מקודם, כמו שכתוב: וירד יי בענן, ויתיאב עמו שם, ויקרא בשם יי. ועבר יי על פניו ויקרא:

י. י. אל רחום ורשות, ארד אפים, ורב חסד ואמת, נזר חסד לאלפים, נשא עון ונפש וחתאה, ונכח.

וסלחת לעוני ולחטאנו ומלחטנו.

סליחת לנו אבינו כי חטאנו, מוחל לנו מלכנו כי פשענו, כי אטה, יי, טוב וסלחה ורב חסד לכל קוראיך.

THE LORD IS GRACIOUS AND COMPASSIONATE

Our God and King, enthroned on mercy and ruling with loving-kindness, forgives the transgressions of His people and repeatedly pardons. He is generous with forgiveness for sins, and deals compassionately with all mortals.

You have taught us, O God, to remember Your attributes of loving-kindness. Remember in our favor Your covenant of kindness which You revealed to Moses, the most humble of men. Thus is it written in Your Torah: "The Lord descended in a cloud and stood with him there and proclaimed the name Lord. And the Lord passed before Moses and proclaimed:

"The Lord, the Lord God is gracious and compassionate, slow to anger, abounding in kindness and faithfulness, assuring love for a thousand generations, forgiving iniquity, transgression and sin, and pardoning the penitent."

Exodus 34:6-7

Then Moses prayed: "Pardon our iniquity and our sin; claim us for Your own."

Forgive us, our Father, for we have sinned. Pardon us, our King, for we have transgressed. You, O Lord, are generous and forgiving. Great is Your love for all who call upon You.

במושאי מנוחה קדמונך מהלה,
הט אונך מפּרומים ישב תהלה,
לשמע אל הרעה ואל ההפלה.

את ימין עז עורה לעשות חיל,
באדק נזדק, ונשעת פּמוּר איל,
גון נא געו בזעקים בעוד ליל,
לשמע אל הרעה ואל ההפלה.

דרך נא דורשיך בדרכם פניהם,
הדרך למו משמי מעונה,
ולשעת חנום אל מעלם אוננה,
לשמע אל הרעה ואל ההפלה.

וותלים ורעדים מיום בואך,
חלים כמבקירה מעברת מושאך
טנוכם מהה נא ויודו פלאיך,
לשמע אל הרעה ואל ההפלה.

HEAR OUR PLEA

The Sabbath has ended, night has come;
We come before You with earnest plea.
O You who dwell in the heavens above,
Bend low and hear our hymn of praise.

Hear our plea! Accept our prayer!

Remember Isaac, bound for an offering,
In whose stead the ram was slain.
Shield his descendants praying this night;
Kindle Your power; come to their aid.

Hear our plea! Accept our prayer!

Receive all who seek Your Presence;
Let their plea reach Your heavenly abode.
Do not refuse to hear their prayers,
The fervent prayers which they offer.

Hear our plea! Accept our prayer!

Trembling before You like a woman in travail
Like a woman bringing forth her firstborn,
They stand in awe before Your wonders,
Before the wonder of Your forgiveness.

3

Hear our plea! Accept our prayer!

(continued)

יזאָר אַתָּה לְכָל יִצְרָר נֹאָר,
פָּנָנָת מָאָז תַּרְפֵּח לְחִלְצָם מַפְעָאָר,
לְחִנָּם חִנָּם מָאָזָר הַמְּנָאָר,
לְשִׁמְעָאָל הַרְבָּה וְאָל הַתְּפָלָה.

מָרוֹם אִם עַצְמוֹ פְּשָׁעֵי קְהֻלָּה,
נָא שְׁגַבָּם מָאָזָר הַמּוֹקָן בְּנוּבּוּלָה,
עֲדִיך לְהַזְּנָה תְּנָם בְּאִים אַלְיָה,
לְשִׁמְעָאָל הַרְבָּה וְאָל הַתְּפָלָה.

פָּנָה נָא אָל הַתְּלָאָות וְאָל לְחַטָּאות,
אַדְקָה צְוָעָקָה מְפָלִיא פְּלָאוֹת,
קָשָׁב נָא חַנְנָם אַלְהִים יְיָ אַבָּאות,
לְשִׁמְעָאָל הַרְבָּה וְאָל הַתְּפָלָה.

רָאָה אַתָּמָרָקָם בְּעַמְּדָם גְּלִילָות,
לְשָׁעה בְּרָאָזָן כְּאַרְבָּן כְּלִיל וּנְעָלוֹת,
פְּרָאָם נְפִיעָה עֹשָׂה גְּדוּלוֹת,
לְשִׁמְעָאָל הַרְבָּה וְאָל הַתְּפָלָה.

You created every living being,
Of old You rescued us from trouble.
Bless us though we be not worthy.
Grant us Your gift of forgiveness.

Hear our plea! Accept our prayer!

Strengthen Your people, O Lord on high,
Though their transgressions are so many.
Bless them from Your heavenly treasure
Though undeserving, they plead before You.

Hear our plea! Accept our prayer!

Consider our suffering, not our sins;
Vindicate those who plead before You.
You, who perform wonders, hear us;
Lord God of hosts, heed our plea.

Hear our plea! Accept our prayer!

Once You received the Temple sacrifices,
Now accept our petition for forgiveness.
Accept the plea we offer this night,
Reveal for us the wonder of Your deeds.

Hear our plea! Accept our prayer!

שְׁמַע קְוָלָתֵנוּ, יְיָ אֱלֹהֵינוּ, הוּא וְרַחֲם עַלְנוּ,
וְחִבְלָבְרַתְמִים וּבְרַצְנוֹן אֶת חִפְלָתָנוֹ.
הַשִּׁיבָנִי יְיָ אֱלֹהֵיךְ וּנְשׁוֹבָהָה, חֶדְשׁ יְמֵינוֹ כִּקְדָם.

אֶל פְּשִׁילִיקָנוּ מַלְפִנִיהָ, וְרוּם קְדוּשָׁךְ אֶל מַקָּח מִמְנוּ.
אֶל פְּשִׁילִיקָנוּ לְעַת וּלְגַעַת, פְּכָלוֹת פְּתַנְנוֹ אֶל תְּעִזָּבָנוֹ.
אֶל פְּעִזָּבָנוֹ, יְיָ אֱלֹהֵינוּ, אֶל תְּרַטְקָמָנוּ.

עֲשֵׂה עַמְנָנוּ אֶת לְטוֹבָה, וַיְרָאוּ שׁוֹנְאֵינוּ וַיְבַשּׂוּ
כִּי אָסָה יְיָ עַזְרָתָנוּ וּנְחַמְפָנוּ.
אַמְרֵינוּ פָּאֵנֵה יְיָ, בִּינָה תְּגִינֵנוּ.

יְהִי לְרַצְנוֹן אָמְרֵי קִינוּ וְלִבְיוֹן לְבָנוּ לְפִנִיהָ, יְיָ צְוָנוּ וּנוֹאָלֵנוּ.
כִּי לְהָיָה הַוּחָלָנוּ, אָתָה מַשְׁגַחַת, אֲדֹנֵי אֱלֹהֵינוּ.

HEAR US AND SAVE US

I hear us, O Lord our God, pity us, save us,
Accept our prayer with compassion and favor.

O Lord, renew our lives as in days of old;
Return us to You that we may serve You.

Cast us not away from Your Presence;
Deprive us not of Your holy spirit.

Cast us not off in our old age;
Forsake us not when strength is gone.

Forsake us not; be not far from us.
O Lord, hasten to our help, save us.

Grant us a token of Your favor
In the presence of our enemies.

Let them be shamed as they see
How You help us and comfort us.

O Lord, hear our words, consider our meditation.
Our Rock and Redeemer, accept the words we utter.

We wait for You, our God. You, O Lord, will answer.

פָּאָבִי רַב וּמְבָתִי אֲנוֹשָׁה
וְלְחֵי סָר וּעֲצָמוֹתִי חַלְוָשָׁה,
וְאֵין מְבָרָח וְאֵין מְנוּס לְנֶפֶשׁ,
וְאֵין מָקוֹם תָּהִי לֵי בָּו נֶפֶשׁ.
שְׁלִשָּׁה אָסְפּוֹ עַלְיִ לְכָלֹת
שְׁאָר גַּפִּי וּרוּחִי הַעֲנוֹשָׁה:
גָּדָל עָזָן וּרְבָּה מְכָאָב וּפְרוֹד –
וּמִי יוּכָל עַמְּדָה לְפָנֵי שְׁלִשָּׁה
בַּיּּוֹם אָנָּי וְאֶם פְּנֵין, אַלְהָי,
וְכִי בְּרִיאָל עַצְמָי אוֹ נְחֹשָׁה?
אֲשֶׁר כָּל עַת יַסְבּוּנִי תְּלָאֹת,
כָּאַלְוָה הַמָּסּוּרִים לֵי יַרְשָׁה,
וּמְדָרְשָׁה לְעֹזְנִי רַק, כָּאַלְוָה
לְהָאֵין עַל בְּנֵי אָדָם דְּרִישָׁה!
רָאָה נָא בְּעַמְלָל עַבְדָּךְ וְעַזְנוֹ
וְכִי נֶפֶשׁ כִּמו דָאָה יַקְוָשָׁה –
וְאַהֲרָה כְּהָה לְעֹזְלָמִים לְעַבְדָּה
וְלֹא אָשְׁאָל עַדְיִ נָצָח חַפִּשָּׁה.

GRIEVOUS ARE MY WOUNDS

Grievous are my wounds, fearful are my pains;
My strength is gone, I am drained to the core.

There is no escape for my body or my soul,
No haven for me, no relief from my plight.

A triad of evil seeks my destruction,
Consuming my flesh, and enslaving my spirit—

Corroding sin, frightful pain, stark loneliness.
Can anyone withstand their crushing power?

O God! Am I an ocean or a monster of the deep?
Am I made of iron or cast of bronze?

How can I bear the threats levelled against me?
Why should constant suffering be my heritage?

Why probe into all my failings?
Are all others free of wrongdoing?

39 Consider my agony, the punishments I suffer,
How my soul is imprisoned like a caged bird.

Accept me as Your constant servant,
For to be Your servant is to be ever free.

אלָהָנוּ וְאֶלְהָיָ אֲבוֹתֵינוּ, תָּבָא לְפָנֵיךְ תְּפִלְתָּנוּ, וְאֶל מְתַחְלָלָם
מְתַחְמָנָנוּ, שָׁاءֵן אֲנָחָנוּ עָזִי פְּנִים וְקַשִּׁי עָרֵף לוֹמֵר לְפָנֵיךְ, גַּם
אלָהָנוּ וְאֶלְהָיָ אֲבוֹתֵינוּ, צְדִיקִים אֲנָחָנוּ וְלֹא חָטָאנוּ, אֲכַל
אֲנָחָנוּ חָטָאנוּ.

אֲשָׁמָנוּ, בְּגָדָנוּ, גּוֹלָנוּ, דִּבְרָנוּ דְּכִי.
הַצְּנוּנוּ, וְהַרְשָׁעָנוּ, זְדוּנוּ, חַמְסָנוּ,
טְפִלָּנוּ שְׁקָר. יְעַצְּנוּ רֵעַ, בְּזָבָנוּ, לְצָנוּ,
פְּרָדָנוּ, בְּאָצָנוּ, סְרָרָנוּ, עַזְיָנוּ,
פְּשָׁעָנוּ, צְרָרָנוּ, קְשִׁינוּ עָרֵף. רְשָׁעָנוּ,
שְׁחַתָּנוּ, תְּעַבָּנוּ, תְּקַעָּנוּ, תְּעַטָּעָנוּ.

סְרָנוּ מִמְּצֹוִיךְ וּמִמְּשִׁפְטִיךְ הַטוֹּבִים, וְלֹא שָׂוָה לָנוּ, וְאַתָּה
צְדִיק עַל כָּל הַבָּא עַלְיוֹן, כִּי אֶמְתַּחַת עַשְׂיוֹת וְאֲנָחָנוּ הַרְשָׁעָנוּ.
וְמִן בְּלֵבָנוּ לְעֹזֹב דָּרָךְ רְשָׁע וְחִישׁ לָנוּ יְשָׁע, כְּכֹתֵב עַל
יָד נְבִיאָךְ: יְעֹזֹב רְשָׁע דָּרְכָו, וְאִישׁ אָנוּ מְחַשְּׁבָתָיו, וַיְשַׁב אֶל
גַּם וַיַּחַמֵּהָנוּ, וְאֶל אֶלְהָנוּ בַּיּוֹרְבָה לְסָלֹות.

ASHAMNU

Our God and God of our fathers, hear our prayer; do not ignore our plea. We are neither so brazen nor so arrogant to claim that we are righteous, without sin, for indeed we are sinful.

We are guilty, we betray, we rob.
We slander, we pervert, we corrupt.
We insult, we are cruel, we falsify.
We counsel evil, we lie, we mock.
We rebel, we blaspheme, we are ruthless.
We are pernicious, we transgress, we oppress.
We are stubborn, we are wicked, we destroy.
We are degraded, we blunder, we misguide.

We have ignored Your commandments and statutes, and it has not profited us. You are just; we have stumbled. You have acted faithfully; we have been unrighteous.

Endow us with the will to forsake evil; save us now. This Your prophet declared: "Let the wicked forsake his path and the unrighteous man his plottings. Let him return to the Lord, who will have compassion upon him. Let him return to our God, who will surely forgive him."

מי שעננה לאברהם אבינו בחר הפוריה
 מי שעננה ליצחק בנו כשנעהך על גב המזבח
 מי שעננה ליעקב בבית אל
 מי שעננה לヨסף בבית קאוסורים
 מי שעננה לאבותינו על ים סוף
 מי שעננה למשה בחרב
 מי שעננה לאברהן במחתה
 מי שעננה לפינחס בקומו מתחז העדה
 מי שעננה ליהושע בגנול
 מי שעננה לשמהאל במקפה
 מי שעננה לדוד ושלמה בנו בירושלים
 מי שעננה לאלהו בחר הכרמל
 מי שעננה לאליישע ביריחו
 מי שעננה לירנה במעי הדרה
 מי שעננה לחזקיהו בחליו
 מי שעננה לחנניה מישאל וצורה בتوزק בשן האש
 מי שעננה לדניאל בנב הארץות
 מי שעננה למרדכי ואסתר בשושן הבירה
 מי שעננה לעזרא בגוללה
 מי שעננה לכל הצדיקים והחסידים והתקומים והישרים הוא יעננה.

MAY HE ANSWER US

He answered Abraham on Mount Moriah
And his son Isaac, bound on the altar.

May He answer us.

He answered Jacob, praying at Beth El
And his son Joseph, imprisoned in Egypt.

May He answer us.

He answered our fathers at the Red Sea
And our teacher Moses standing at Sinai.

May He answer us.

He answered Aaron, bearing an offering,
And his grandson Phineas, the priestly hero.

May He answer us.

He answered Joshua at Gilgal
And Samuel, the prophet, at Mitzpah.

May He answer us.

He answered David facing Goliath
And Solomon, his son, king in Jerusalem.

May He answer us.

He answered Elijah on Mount Carmel
And his disciple, Elisha, in Jericho.

May He answer us.

He answered Jonah in the whale
And King Hezekiah during his illness.

May He answer us.

He answered Hananiah, Mishael and Azariah
When they were thrown into the fiery furnace.

May He answer us.

He answered Daniel in the den of lions,
Mordecai and Esther in the city of Shushan.

May He answer us.

He answered Ezra in captivity
And all the righteous and upright.

May He answer us.

יְהוָה, אֶל בְּאַפָּךְ תַּוְכִּיחַנִּי, וְאֶל בְּחַמְתָּךְ תַּנְסְּרַנִּי.
חָנַנִּי, יְהוָה, כִּי אִמְלָל אָנִי. רְפָאַנִּי, יְהוָה, כִּי נְבַהַלְוָה עָצָמי.

וּנְפָשֵׁי נְבַהַלְוָה מָאָד. וְאַתָּה יְהוָה, עַד מָתִין.
שָׁוֹבָה, יְהוָה, חַלְצָה נְפָשֵׁי. הַוְשִׁיעָנִי לְמַעַן חִסְדְּךָ.

כִּי אֵין בְּמֹות זָכָרָה, בְּשָׁאֹל מֵי יוֹדָה לְהָלָךְ.
יַגְעַתִּי בְּאַנְחָתִי, אֲשָׁחָה בְּכָל לִילָּה מִטְתִּי,
בְּדִמְעָתִי עַרְשִׁי אַמְסָה.

עַשְׁשָׁה מִקְעָס עַיִן, עַתְקָה בְּכָל צָוָרָה.
סָוּרוּ מִמֵּנִי, כָּל פְּעָלֵי אָחָן, כִּי שָׁמַעַתִּי קֹול בְּכָי.

שָׁמַעַתִּי תְּחִנָּתִי, יְהוָה תְּפִלָּתִי יְהָחָד.
יַבְשֵׁו וַיְבַהַלְוֵוּ מָאָד כָּל אַיְבָּי, יַשְׁבֵּו יַבְשֵׁו רַגְעָה.

THE LORD WILL ACCEPT MY PRAYER

O Lord, rebuke me, but not in anger;
O Lord, chasten me, but not in wrath.

Pity me, I faint; heal me, my limbs tremble.
How long must my soul suffer such agony?

Return to me, O Lord, and rescue me;
Save me, for the sake of Your kindness.

In death there is no one to remember You.
In the grave who can praise You?

Weary am I with groaning and weeping;
Nightly my pillow is soaked with tears.

Grief has dimmed my eyes;
Enemies have made me aged.

Away with you, doers of evil!
The Lord has heard my cry.

The Lord has heard my supplication;
The Lord will accept my prayer.

45 All my foes shall be shamed and dismayed;
Quickly they shall withdraw in humiliation.

שומר יִשְׂרָאֵל, שָׁמֹר שָׁאָרִית יִשְׂרָאֵל,
וְאֵל יַאֲבֵד יִשְׂרָאֵל, הָאוּמְרִים שָׁמַע יִשְׂרָאֵל.

שומר גוי אֶחָד, שָׁמֹר שָׁאָרִית עִם אֶחָד,
וְאֵל יַאֲבֵד גוי אֶחָד, הַמִּתְחִדִּים שָׁמָה, יְהִי אֱלֹהֵינוּ, יְהִי אֶחָד.

שומר גוי קָדוֹשׁ, שָׁמֹר שָׁאָרִית עִם קָדוֹשׁ,
וְאֵל יַאֲבֵד גוי קָדוֹשׁ, הַמְשֻׁלְשִׁים בְּשָׁלַשׁ קָרְשׁוֹת לְקָרוֹשׁ.

מִתְרָאָה בְּרִתְמִים וּמִתְפִיסָּה בְּמִתְנִינִים,
הַתְּרָאָה וּמִתְפִיסָּה לְדוֹר עֲנֵי, כִּי אֵין עֹזֵר.

אָבִינוּ מֶלֶכְנוּ, חָנָנוּ וּעֲנָנוּ, כִּי אֵין בָּנוּ מִעְשִׁים.
עֲשָׂה עָמָנוּ צְדָקָה וּחֲסֵד וּהוֹשִׁעָנוּ.

וְאַנְחָנוּ לֹא גָּדוֹעַ מָה בָּעֵשָׂה, כִּי עַלְיָה עִינֵינוּ.
וְכָר בְּרִתְמִיכָה יְהִי, וְחַסְדִיכָה, כִּי מַעֲוָלָם קָמָה.

יְהִי תָסְדָה יְהִי עַלְיָנוּ, כִּאֵשֶר יִתְלַנוּ לָן.
אֶל תָזַקֵר לָנוּ עֲוֹנוֹת רַאשֵינוּ.
מַהְר יִקְדְמָנוּ בְרִתְמִיכָה, כִּי דְלֹנוּ מָאָד.

חָנָנוּ יְהִי חָנָנוּ, כִּי בְבָשְׁבָעָנוּ בָהוּ. בְּלָנוּ רַחֲם תָזְכֹּר,
כִּי הוּא יִדְעָ יִצְרָנוּ, וְכָור כִּי עַפְר אַנְחָנוּ.

עָזָרָנוּ, אֱלֹהֵי יִשְׁעָנוּ, עַל חִבָּר כְבָוד שָׁמָה,
וְהַאִילָנוּ וּכְפָר עַל חַטָּאתֵנוּ לְמַעַן שָׁמָה.

GUARDIAN OF ISRAEL

Guardian of Israel, guard the remnant of Israel.
Let not disaster overcome Israel,
Who daily proclaim: Hear, O Israel!

Guardian of a unique people, guard the remnant of this people.
Let not disaster overcome this unique people,
Who daily proclaim: The Lord is One!

Guardian of a holy people, guard the remnant of this people.
Let not disaster overcome this holy people,
Who daily proclaim: Holy, holy, holy is the Lord!

O God, moved by prayer and reconciled by supplication,
accept the prayers and supplications of our
afflicted generation, for there is none else to help.

Our Father, our King, be gracious to us and answer us.
Though we are without good deeds, be merciful with
us and save us. We look to You, for alone we are
helpless. Remember Your mercies and kindness,
O Lord, for they are of eternity.

May Your lovingkindness be with us, for we put our
trust in You. Do not recall our former sins,
but let Your mercies come to our aid, for we are
brought so very low.

17 Have mercy on us, O Lord, have mercy, for we are
sated with humiliation; remember that we are but
dust. Help us, O Lord of deliverance, for the
sake of Your glory. Forgive our sins and save us.

וְאֵת תְּפִלָּה לְךָ אֵל אֱלֹהִים:
שְׁמָרְנִי בְּלֹא שְׁמָט מִנְתִּיב חַיִּים,
לְבָל יַמֵּק רֹוחִי וְלְבָל יַדְלֵל
מְאַמְּנוֹנוֹ לְךָ וּמִן הַטָּל
עַצְיוֹ תְּלַקְפָּת בְּעַזְבִּין רַחֲם.

יְהִי לְבִי פְּתִיחָה אֶל כָּל דָּבָר,
אֶל כָּל יִחוֹם חַיִּים, אֶל כָּל כּוֹשֵׁל
גְּפַתֵּל בְּסַחַר וּמְנַשֵּׁשׁ בְּאַל.

בָּרוּךְ שְׁמַיָּה, וְכָנִי לְרָאֹות
יְפִי אָדָם עוֹלָה בְּתַבְלָל אֶת,
וְהַוְדָעָה עַמִּי בְּאָרְצֹה גָּאוֹלָה
מְרַעַיף רִיחוֹ עַל אֲדָמָה כָּלָה.

וְאֵת חֹשֶׁן בְּיַהֲעֵמֶק, הַרְחָב
לְסִפְרָג עוֹלָם יָרָק, נַצְנָן נַאֲבָר,
לְקַלְלָת מִקְרָם סָוד הַלְּבָלוֹב בְּדָמָי.

חַנְנִי אָוֹן לְתַת מִיטָּב כָּל פְּרִי,
סְפָמָצִית חַיִּים, בְּנִיב שְׁקוֹר לְשָׁדָי
מְבָלִי צְפֹות לְגַמּוֹל אַפְיוֹ בְּעַדְיִי;

וְכָבֹ� יוֹמִי – לְתַחַמְקָה לְרִשּׁוֹת הַלְּיָל
בְּלִי תְּבַעַץ מָה מְאִישׁ וּמְמָה, אֵל.

THIS IS MY PRAYER

This is my prayer to You, O my God:
Let me not swerve from my life's path,
Let not my spirit wither and shrivel
In its thirst for You
And lose the dew
With which You sprinkled it
When I was young.

Be my heart open
To every broken thing,
To orphaned life,
To every stumbler
Wandering unknown
And groping in the shadow.

Bless my eyes, purify me to see
Man's beauty rise in the world,
And my people's grandeur
In its land redeemed,
Scattering its scent
Over all the earth.

Deepen and broaden my senses
To absorb a fresh
Green, flowering world,
To take from it the secret
Of blossoming in silence.

Grant strength to yield fine fruits,
Quintessence of my life,
Steeped in my very being,
Without expectation of reward.

49 And when my time comes –
Let me slip into the night
Demanding nothing, God, of man
Or of You.

וַתַּעֲדֶל וַיַּתְקִדְשׁ שָׁמָה רֶבֶא
בְּעַלְמָא דִי בָּרָא כְּרֻעָתָה
וַיַּמְלִיךְ מֶלֶכְתָּה בְּתִיכְנוֹן וְבְיוּמִיכְנוֹן
וּבְתִיכְיָה דִי כָּל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וְבְזַמְן קָרִיב, וְאָמְרוּ אָמֵן.

יְהָא שָׁמָה רֶבֶא מַבְרָךְ לְעַלְמָן וְלְעַלְמָי עַלְמָנִיא.

וַתַּבְרָךְ וַיִּשְׁתְּבָחַ, וַיַּתְפָּאֵר וַיִּתְרֹומֵם, וַיַּתְנַשֵּׁא וַיִּתְהַדֵּר,
וַיַּתְעַלֵּה וַיַּתְהַלֵּל שָׁמָה דִי גָּדוֹשָׁא, בְּרִיךְ הוּא,
לְעַלְמָא מִן כָּל בְּרִכְתָּא וְשִׁירְתָּא,
פְּשִׁיבָּחָה וְנִחְמָחָה, דִי אָמִירָן בְּאַלְמָא, וְאָמְרוּ אָמֵן.

תַּתְקִבֵּל אַלְוָתָהָן וְבַעֲוָתָהָן דִי כָּל יִשְׂרָאֵל
קָדָם אֲבוֹהָן דִי בְּשִׁמְיָא, וְאָמְרוּ אָמֵן.

יְהָא שְׁלָמָא רֶבֶא מִן שִׁמְיָא, וְתִיִּם,
עַלְיָנוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

עַשְׂה שְׁלָום בְּמִרְוָמִיו, הוּא יַעֲשֵׂה שְׁלָום
עַלְיָנוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

KADDISH

Magnified and sanctified be the glory of God
In the world created according to His will.
May His sovereignty soon be acknowledged,
During our lives and the life of all Israel.
Let us say: Amen.

May the glory of God be eternally praised,
Hallowed and extolled, lauded and exalted,
Honored and revered, adored and worshipped.

Beyond all songs and hymns of exaltation,
Beyond all praise which man can utter
Is the glory of the Holy One, praised be He.
Let us say: Amen.

May the prayers and the supplications
Of the whole house of Israel be acceptable
To their heavenly Father.
Let us say: Amen.

Let there be abundant peace from heaven,
And life's goodness for us and for all Israel.
Let us say: Amen.

51
He who ordains the order of the universe
Will bring peace to us and to all Israel.
Let us say: Amen.

מִנְמָרָן לְדוֹד: יְהִי יְגֹוָר בְּאַהֲלָה, מִי יִשְׁכַּן בְּהַר גִּדְשָׁה.
הַוְלָךְ תְּמִימִים וּפְעֵל אָדָק, וְדָבָר אַמְתָה בְּלַבְבוֹ. לֹא רְגֵל עַל
לְשָׁנוֹ, לֹא עָשָׂה לְרַעַתּוֹ רַעַת, וְחַרְפָּה לֹא גַּשְׁא עַל קָרְבָּו, נְבָזָה
בְּעַזְנֵיו גַּמְאָס וְאַת יְרָאֵי יְהָוָה יְכָבֵד, נְשַׁבֵּעַ לְהַרְעֵעַ וְלֹא יִמְרֵא.
כְּסָפוֹ לֹא גַּמְנָן בְּגַשְׁךְ וּשְׁחָד עַל גַּנְקִי לֹא לְקַחְתָּ, עָשָׂה אֱלֹהָה לֹא
יִמּוֹת לְעוֹלָם.

WHO SHALL DWELL IN YOUR SANCTUARY?

O Lord, who shall dwell in Your sanctuary? Who shall dwell upon Your holy mountain? He who lives with integrity, does what is right, and speaks the truth in his heart, who has no slander upon his tongue, who does no evil to his fellow man, who does not reproach his neighbor. In his eyes, a vile person is despised, but he honors those who revere the Lord. He takes an oath, even to his own harm, and does not change. He does not lend money at usurious interest; he does not take a bribe against the innocent. Whoever does these things shall stand firm forever.

52

Psalm 15

CLOSING PRAYER

O Lord our God and God of our fathers, grant us of Your Spirit that we may be cleansed of the jealousies and hates, the grudges and pettiness, the treachery and prejudice which befoul life and poison happiness. Remove the clouds that hover about us. Lift from our hearts the threatening burdens of fear and of loneliness.

May the coming year bring to all men and to all nations the understanding of the Psalmist, that peace is the handmaiden of justice and that love must be founded on truth.

O merciful Father, grant us the understanding and the will to love mercy, to live justly and to walk humbly before You. May our hearts be open with generosity and our hands ready with kindness. May our faith in the attainment of peace for all men remain unshaken.

53 May the words of our mouth and the meditations of our hearts find expression in our lives day by day, helping us to overcome the sins in our own lives and in the lives of those who are about us.

May all our aspirations for good be soon fulfilled. Amen.

NOTE

Preparation for the New Year begins with Elul, the month preceding Rosh Hashanah. During this month the weekday *Shaharit* Service is concluded with the reading of Psalm 27 and the sounding of the Shofar.

Special penitential prayers—the *Selihot*—are recited before *Shaharit* beginning with the Sunday preceding Rosh Hashanah. If the Holy Day falls on Monday or Tuesday, the recitation of *Selihot* is begun on the second Sunday before Rosh Hashanah.

Since the day in the Jewish calendar begins with the sunset of the previous day, it has become the custom to recite the first *Selihot* on Saturday night, usually at midnight.

Selihot are recited also during the week between Rosh Hashanah and Yom Kippur, and on all fast days. There are variants in the *Selihot* for the various days and occasions, but their central theme and general pattern are uniform.

SOURCES AND TRANSLATORS

The oldest portions in this as in all editions of the *Selihot* are verses and chapters from the Bible, with the Book of Psalms as their primary source. Later sections stem from Talmudic and early post-Talmudic times. The largest number of *Selihot* included in standard compilations are the work of liturgical poets—*payyetanim*—who lived during the ten centuries following the close of the Talmudic era. The theme of these poets is largely uniform, as is the structure of their poetry.

Selihot by some of the most widely known *payyetanim* are represented in this edition. These include writings by Rav Amram Gaon of Babylonia (821-875), Saadya Gaon of Babylonia and Egypt (892-942), Benjamin ben Zerach of Europe (about 1050), and Solomon ben Isaac of France (Rashi, 1040-1150).

A number of poems and prayers have been introduced in this edition of the service. These include a poem by the poet and philosopher Solomon ibn Gabirol of Spain (1021-1058). Our current era is represented by Hillel Zeitlin (1872-1943) of Warsaw, Poland, the saintly and gifted author who perished in the Nazi holocaust. Included also is a poem by the sensitive and gentle Hillel Bavli (1892-1961), a Hebrew poet who was professor of Hebrew literature at the Jewish Theological Seminary of America. These selections, on pages 38, 20 and 48 respectively, were translated by Gershon Hadas, Jules Harlow and Norman Tarnor.

The Chairman of the Prayer Book Committee translated all the traditional portions of the service, and composed the various English readings. The entire service benefited greatly by the helpful criticisms of colleagues in the Rabbinical Assembly, as noted in the Foreword.

Master of the Universe! I herewith forgive anyone who may have irritated, angered or injured me, whether acting against my person, my possessions, or my reputation. Let no man be punished on my account, whether the wrong done me was accidental or malicious, unwitting or purposeful, by word or by deed. May it be Your will, O Lord my God and God of my fathers, that I not repeat the wrongs I have committed, and that I sin no more. May I never again anger You by doing that which is evil in Your sight. I pray that You will wipe away my sins, not through sickness and suffering but with great mercy. May the words of my mouth and the meditation of my heart be acceptable before You, O Lord, my Rock and my Redeemer.