

## Kol Nidre and Yom Kippur

הָשִׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֶדֶם

*Hashiveynu Adonai Eleycha v'nashuva hadeysh yameinu k'kedim*

Turn us to you, Adonai, and we shall return. Renew our days as of old.

*Lamentations 5:21*

### Hakarah HaTov: Recognizing the Good

We loved. And we wept. We were kind—and spoke thoughtfully.  
We were faithful and trusting. We put forth effort. We were mindful.  
We embraced. We took delight in the holy books. We were creative. And we yearned.  
We fought for justice—and searched out the good. We tried our best. And we were attentive.  
We did what You commanded us to do.  
We found meaning in Torah. And, most of the time, we did what is right.  
We proclaimed Your name. And we were accepting.  
We were joyful. And we cared.

*Mishkan Hanefesh*

We miss them at celebrations, when there's an empty seat at the table.  
We miss them when the community gathers, and there's an empty place beside us.  
We miss them today, and every today, with every year that passes, as our life goes on without them.  
Their faces, their voice, the feel of our arms around them—these are with us forever.  
For so it is written: *Love is strong as death.*

The love that we gave, the love that we received – these endure amid the pain of loss. *Mishkan Hanefesh*

### Kol Nidre Transliteration

*Kol nidrei, veessarei, vecharamei, vekonamei, v'chinuyei, v'kinusei, u'shu'vuot. Din---darna, ud'isht'bana, u-d'acharimna v'da---asarna, al nahfshatana. Mi yom kipurim zeh, ad yom kipurim habah ah---aleinu l'tovah. Kulhon l'charatna v'hon. Kulhon y'hon sh'ran. Sh'vikin, sh'viti b'teilin um'vutalin, la sh'ririn v'lah kayamin. Nidrana la---nidrei ve-esarana la esarei ush'vuatana la sh'vuot.*

### We Return

We return (we return) We return (we return) We return, return again and again.

To love, To truth, To You...

*Noah Aronson and Eliana Arian*

### Mi Shebeirach

*Mi Shebeirach avoteinu,*

*M'kor hab'rachah l'imoteinu.*

May the Source of Strength,

Who blessed the ones before us,

Help us find the courage, to make our lives a blessing,

And let us say - Amen.

*Mi Shebeirach imoteinu,*

*M'kor hab'rachah la'avoteinu.*

Bless those in need of healing, with r'fuah sh'leima.

The renewal of body, the renewal of spirit.

And let us say - Amen.

### Readings for the Amidah

When I was young and learned the alphabet, life was open to me

“A” was full of aspiration “B” was for beauty; “C” for confidence And “D” for dreams

And so on through the list—no fewer than twenty-six opportunities, twenty-six possibilities

And yet I fear that with the passage of time, I've squandered them, creating instead

“A”'s of apathy, “B”'s of brusqueness, and “C”'s of coarseness.

Help me, then, to return to that innocence. Let the letters be letters once again,

and let them rise to the heavens and form into the words that you know I wish to say.

*Rabbi Alan Cook*

## Kol Nidre and Yom Kippur

When men were children, they thought of God as a father;  
When men were slaves, they thought of God as a master;  
When men were subjects, they thought of God as a king.  
But I am a woman, not a slave, not a subject, not a child who longs for God as father or mother.  
I might imagine God as a teacher or friend, but those images,  
Like king, master, father or mother, are too small for me now.  
God is the force of motion and light in the universe; God is the strength of life on our planet;  
God is the power moving us to do good; God is the source of love springing up in us.  
God is far beyond what we can comprehend.

*Ruth Brin*

Answer us,  
You who answered our mother Sarah in her old age  
You who answered our father Abraham on Mount Moriah  
You who answered their son Isaac, when bound upon the altar  
You who answered Rebecca when she cried, “Why do I exist?”  
You who answered Jacob at Beth El, “Israel shall be your name”  
You who answered Leah in her sadness  
You who answered Rachel in her pain  
You who answered Joseph in the prison-house  
You who answered the midwives—Shiphrah and Puah— at the birthing stones  
You who answered Yocheved’s courage on the bank of the Nile  
You who answered our father and our mothers at the Sea of Reeds  
You who answered Moses at Mount Sinai: “I bore you on eagles’ wings.”  
You who answered the daughters of Zelophehad,  
who stood up for their rights before Moses and God  
You who answered Elijah with a “still, small voice” in the wilderness  
You who answered the righteous ones before us men and woman of integrity and compassion—  
Answer us.

*Mishkan Hanefesh*

### **Prayer for Our Country**

Loving and Holy God, it is a precarious time in our lives. At home, in our local community, throughout our nation and across the world, we are facing challenges unlike any we have ever experienced before. We therefore turn to you as our Source of hope, healing, and comfort.

We pray for our loved ones and for our neighbors – may they be healthy and safe. In these uncertain economic times, we pray for our livelihoods and the strength to weather the storm. We pray for those living on the margins who are experiencing severe economic hardship.

We pray for our health care workers, essential workers and school personnel who put themselves at risk to care for us all. Without them we could not treat those who are ill, buy groceries or medicine, or educate our children.

We pray for our elected officials. At this time of great difficulties, may they pursue the common goals of safety and dignity of all people. May they be blessed with the wisdom and courage needed to lead our country.

May the spirit of respect, dignity and reconciliation reside within our homes, our places of business, and in the corridors of political leadership. In our clinics and our classrooms, in our boardrooms and in the halls of diplomatic appeal, let each of us be a source of goodness, light and healing, our actions reflecting the very highest ideals of principled living and ethical aspiration. *Amen.*

*adapted from Mishkan HaNefesh by Billy Dreskin, Mara Young and Erica Asch*