



United Hebrew Congregation 5780 Prayers for Selichot

Havdalah

The Blessing over Wine or Grape Juice

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן.

Baruch atah, Adonai, Elohaynu melech ha'olam, boray pri hagafen.

Blessed are You, Adonai, Our God, Ruler of the universe, Creator of the fruit of the vine.

The Blessing over Spices

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׂמִים.

Baruch atah, Adonai, Elohaynu melech ha'olam, boray minay vesamim.

Blessed are You, Adonai, Our God, Ruler of the universe, Creator of the different spices.

The Blessing over the Candle

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.

Baruch atah, Adonai, Elohaynu melech ha'olam, boray me'oray ha'aysh.

Blessed are You, Adonai, Our God, Ruler of the universe, Creator of the fire's lights.

The Blessing over Ending Shabbat

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

Baruch atah, Adonai, Elohaynu melech ha'olam, hamavdil bayn kodesh lechol.

Blessed are You, Adonai, Our God, Ruler of the universe, who separates between the holy and the profane.

Eliyahu HaNavi

אֱלִיָּהוּ הַנָּבִיא, אֱלִיָּהוּ הַתִּשְׁבִּי, אֱלִיָּהוּ הַגִּלְעָדִי בְּמַהֲרָה יָבוֹא אֵלֵינוּ עִם מְשִׁיחַ בֶּן דָּוִד

Eliyahu Hanavie, Eliyahu Hatishbi, Elyahu Hagiladi, Bimherah Yavo Elenu Im Mashiach Ben David.

Elijah the Prophet, Elijah the Tishbite, Elijah the Giladite, May he soon come to us, with Mashiach the son of David.

שְׂבוּעַ טוֹב!

Olam Chesed Yibaneh

עוֹלָם חֶסֶד יִבְנֶה...

Olam chesed yibaneh, dai dai dai dai dai... (4x)

I will build this world from love... dai dai dai dai dai...

And you must build this world from love... dai dai dai dai dai...

And if we build this world from love... dai dai dai dai dai...

Then God will build this world from love... dai dai dai dai dai...

For Personal Reflection...

What is the nature of my *cheshbon nefesh*, my personal reflection, this year? What should be my focus, as I examine my deeds and my direction, from now until Yom Kippur?

What is unresolved in my heart? What questions are on my mind? What is unclear, uncertain, and unsettled in my life?

What decisions have I been putting off?

Is there one change I would like to make in the way I am living my life and relating to other people?

When I look over my “accounts,” what do I see? Which personal qualities need repair and strengthening? What habits of mind, character, and behavior need correction?

Which relationships in my life are most challenging at this time?

Adonai El Rachum

*Adonai, Adonai -- El rachum v'chanun;
erech apayim, v'rav chesed ve-emet;
notzeir chesed la'alafim; nosei avon
vafesha v'chataah; v'nakeh.*

יְיָ יְיָ, אֵל רַחוּם וְחַנוּן אֶרֶךְ אַפַּיִם,
וְרַב-חֶסֶד וְאֱמֶת. נִצֵּר חֶסֶד לְאַלְפִים, נֹשֵׂא
עוֹן וּפְשָׁע וְחַטָּאָה; וְנִקְהָה.

Adonai, Adonai --

God, compassionate, gracious, endlessly patient, loving, and true; showing mercy to the thousandth generation; forgiving evil, defiance, and wrongdoing; granting pardon.

***M'silat T'shuvah* - The Path of Return**

Return now, Israel, to the One who forgives, For you have fallen because of your sin.

Return, as the shrill sound of the shofar that rises from the spiral of the ram's horn toward heaven.

Take the words with you and return to the Eternal.

I will be to Israel like dew; they shall blossom like the lily.

Return, as the leaves in spring, renewed and beautiful.

Stretch out your arms to God and return, like a child to her mother, to love and peace.

If There Are

If there are sprigs of forgiveness, let me please have (with all due respect) a small spring with abundantly flowing fresh water it will cleanse me, like a pure path for myself not dry or sealed let it be for me like a gushing spring, unadulterated by anyone by any other.

Or even if there's only a stream, singled out for me (may it whiten me like snow) so I won't stumble stricken by sin, spearated from grace taking stock (about the hidden and revealed).

Even if a slow trickle is all there is, it will clean my soul completely of everything and I, my thoughts watered, will be an oasis spring for myself or a portion of a stream would that someone only had.

If You only gave me a little bit of Your spring, through this wondrous flow a light would rise (a small spring) and all my springs would gush out.

If there is, let it be, and I will be who I will be.

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Vidui - Confession

There are those who struggle for a day, and they are good. There are those who struggle for a year, and they are better. There are those who struggle for a life-time, and they are the indispensable ones.

Who among us is blameless and free of sin? Together we confess. Together we take responsibility.

We abused and abandoned.
We blamed others when we failed.
We coveted and corrupted.
We drove away those we love with silence.
We exalted money and material goods.
We fouled air, sea, and land.
We gravitated to those who gossip.
We hate and humiliated.
We ignored and idolized.
We judged others rashly and wrongly.
We killed; we were knowingly unkind.
We were lazy and we lied.
We mocked what we did not understand.
We neglected those who depend on us.
We overreached and overreacted.
We perverted the truth for personal gain.
We quelled the voice of conscience within us.
We ridiculed and resented.
We squabbled and scorned.
We talked too much or not enough.
We utttered untruths.
We villified foreigners and strangers.
We wasted time, strength, and talent.
We exploited and expropriated.
We yearned too much for praise.
We zealously stuck to our opinion.

Al Cheit - Ways We Have Wronged, Harm We Have Caused

For these sins, our God, we ask forgiveness:

על חטא שחטאנו לפניך...

The ways we have wronged You under duress and by choice.
The harm we have caused in Your world deliberately and by mistake.
The ways we have wronged You openly and secretly.
The harm we have caused in Your world consciously and unconsciously.
The ways we have wronged You by hating without cause.
The harm we have caused in Your world through gossip and rumor.
The ways we have wronged You through a selfish or petty spirit.
The harm we have caused in Your world by hardening our hearts.

ועל כולם אלוהי סליחות. סלח לנו. מחל לנו. כפר לנו:

For all these failures of judgment and will, God of forgiveness -- forgive us, pardon us, lead us to atonement.

Sh'ma Koleinu: A Song of Forgiveness

שמע קולנו יי אלהינו, חוס ורחם עלינו וקבל ברחמים וברצון את תפלתנו, השיבנו יי | אליך
ונשובה חדש ימינו כקדם: אמרינו האזינה | יי בינה הגיגינו: יהיו לרצון | אמרי-פי והגיון לבי לפניך
יי צורי וגאלי:

Hear our call, Adonai our God. Show us compassion.

Accept our prayer with love and goodwill.

Take us back, Adonai; let us come back to You;

renew our days as in the past.

Hear our words, Adonai; understand our unspoken thoughts.

May the speech of our mouth and our heart's quiet prayer
be acceptable to you, Adonai, our Rock and our Redeemer.

Changing the Torah Covers

The holy season has now begun, and the elders in their *yontif* clothes,
stand proud and tall before us, beacons of wisdom and light,
reminders of the holiness we seek on this new day in Elul.

השיבנו יי | אליך ונשובה חדש ימינו כקדם:

Hashiveinu, Adonai, elecha -- v'nashuvah.

Chadeish yameinu k'kedem.

Take us back, Adonai -- let us come back to You. Renew in our time the days of old.

Return again, return again, return to the land of your soul.

Return to who you are, return to what you are, return to where you are,

Born and reborn again.

שוֹפָר Shofar

Ashrei ha-am yod'ei t'ruah;
Adonai, b'or panecha y'haleichun.

אַשְׁרֵי הָעָם יוֹדְעֵי תְרוּעָה,
יְיָ, בְּאוֹר-פְּנֵיךָ יִהְיֶה לְכוּן.

Happy are we who know the sacred sound, the joyful shout.
Soul of eternity, Your presence lights path we walk.

Notein laya-eif ko-ach, ul-ein onim otzmah
yarbeh. V'yiafu n'arim v'yiga-u
uvachurim kashol yikashailu.

נִתֵּן לִיְעָף כֹּחַ, וְלֵאֵין אוֹנִים
עֲצָמָה יִרְבֶּה. וְיַעֲפוּ נְעָרִים וְיִגְעוּ
וּבְחוּרִים כְּשׁוֹל יִכְשִׁלוּ.

God's gift:
Renewed strength for the weary,
vitality for those who stumble and fall.

K'ra v'garon al-tachsoch --
kashofar hareim kolecha!

קְרֵא בְּגֵרוֹן אַל-תַּחֲשׁוֹךְ
כְּשׁוֹפָר הָרֵם קוֹלְךָ!

Cry from the depths, says God --
do not hold back, lift up your voice like the shofar!

Avinu Malkeinu...

Avinu Malkeinu - Almighty and Merciful - we come before You without pretense.

Avinu Malkeinu - we are reaching toward You. Help us to find You.

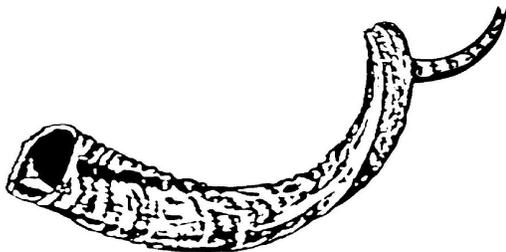
Avinu Malkeinu - strengthen us for the holy days that lie ahead.

Avinu Malkeinu - be with us as we strive to heal ourselves and become whole.

Avinu Malkeinu - help us to repair a broken world.

Avinu Malkeinu - hasten for us the days of redemption.

אָבִינוּ מֶלֶכְנוּ, חֲנֻנוּ וְעַנּוּנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים. עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד, וְהוֹשִׁיעֵנוּ.



The shofar is sounded.

תְּקִיעָה

תְּקִיעָה

תְּקִיעָה גְּדוּלָה

T'kiah

T'kiah

T'kiah G'dolah

תִּזְכוּ לְשָׁנִים רַבּוֹת!

Tizku l'shanim rabot!

Be worthy of your years -- and may they be many!