

Ashamnu - Confession

אֲשַׁמְנוּ. בְּגַדְנוּ. גָּזַלְנוּ. דִּבְרַנוּ דִּפְי.
הֶעֵיְנוּ. וְהִרְשַׁעְנוּ. זָדְנוּ. חִמְסְנוּ. טַפְלְנוּ שְׁקַר.
יַעֲצְנוּ רָע. כִּזְבְּנוּ. לָצְנוּ. מָרַדְנוּ. נֶאֱצְנוּ.
סָרְרְנוּ. עֵיְנוּ. פִּשְׁעֵנוּ. צָרְרְנוּ. קִשְׁיֵנוּ עֶרְף.
רִשְׁעֵנוּ. שְׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲיֵנוּ. תַּעֲתַעְנוּ:

*Ashamnu, baganda, gazalnu, dibbarnu dofi;
he-evinu, v'hirshanu, zadnu, chamasnu, tafalnu sheker;
ya-atznu ra, kizzavnu, latznu, maradnu, ni-atznu;
saran, avinu, pashanu, tzararnu, kishinu oref;
rashanu, shichatnu, ti-avnu, ta-inu, titanu.*

We **abuse**, we **betray**, we are **cruel**, we **destroy**, we **embitter**, we **falsify**,
we **gossip**, we **hate**, we **insult**, we **jeer**, we **kill**, we **lie**, we **mock**, we
neglect, we **oppress**, we **pervert**, we **quarrel**, we **rebel**, we **steal**, we
transgress, we are **unkind**, we are **violent**, we are **wicked**, we are
extremists, we **yearn** to do evil, we are **zealous** for bad causes.

There is a Time, Ecclesiastes 3:1-8

A season is set for everything, a time for every experience under heaven:

A time for being born and a time for dying,
A time for planting and a time for uprooting the planted;
A time for slaying and a time for healing,
A time for tearing down and a time for building up;
A time for weeping and a time for laughing,
A time for wailing and a time for dancing;
A time for throwing stones and a time for gathering stones,
A time for embracing and a time for shunning embraces;
A time for seeking and a time for losing;
A time for keeping and a time for discarding;
A time for ripping and a time for sewing,
A time for silence and a time for speaking;
A time for loving and a time for hating;
A time for war and a time for peace.

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Personal Time in Our Sanctuary

Guided Readings and Prayers



During these Days of Awe between Rosh Hashanah and Yom Kippur we welcome you to the Sanctuary for personal prayers and reflection before the Ark.

Please feel free to use this time to offer your most personal prayers from the heart. If you'd like suggestions of words that can guide you, feel free to use this booklet of readings and prayers.

Temple Sinai



תורה • עבודה • גמילות חסדים

Hineni, by Rabbi Karyn Kedar

I am here. I am here.

I stand before the open Ark and
the eternal scrolls of our people
dressed in white light.

I stand ready to enter into the Holy Days,

to offer prayers that urge me

to live better, kinder,

ever present to the pain of others,

to become a compassionate vessel, trustworthy

holding hope in the midst of despair.

Traditional Prayer for Holiday Torah Service:

Master of the universe! Fulfill my request for good, gratify my wishes and grant my request. Forgive all my iniquities, and all the iniquities of my family, with forgiveness of lovingkindness and compassion. Purify me of my sins, my iniquities and my transgressions. Remember us favorably before You, and be mindful of us for deliverance and compassion.

Remember us for a good, long life of peace, of maintenance and sustenance. Give us bread to eat, clothes to wear, and wealth and honor; give us long life to meditate in Your Torah, and to fulfill its commandments; [give us] intelligence and understanding to understand and be intellectually creative in comprehending its profound concepts.

Send healing for all our sorrows, and bless all the work of our hands.

Ordain for us good decrees of deliverances and comforts, and remove from us all harsh decrees. Cause the hearts of government leaders, their advisors and officers, to be favorably inclined toward us. Amein!

And may this be Your will. May the words of my mouth be acceptable and the thoughts of my heart — before You Adonai, my Rock and my Redeemer.

Avinu Malkeinu

Avinu Malkeinu, we have sinned in Your presence.

Avinu Malkeinu, forgive and pardon all of our sins.

Avinu Malkeinu, send complete healing to the sick among Your people.

Avinu Malkeinu, make this a good new year for us.

Avinu Malkeinu, inscribe us for good in the Book of Life.

Avinu Malkeinu, inscribe us in the Book of Forgiveness.

אָבִינוּ מַלְכֵנוּ חַנּוּן וְעֵבֶר וְאֵין בְּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:

Avinu malkeinu, chonneinu va-aneinu, ki ein bandasim,

aseih immanu tz'dakah va-chesed v'hoshi-einu

Avinu Malkeinu, have mercy on us, answer us, for our deeds are insufficient; deal with us charitably and lovingly, and redeem us.

Who by Fire, by Leonard Cohen

And who by fire, 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?

And who in her lonely slip, who by barbiturate,

Who in these realms of love, who by something blunt,

And who by avalanche, who by powder,

Who for his greed, who for his hunger,

And who shall I say is calling?

And who by brave assent, who by accident,

Who in solitude, who in this mirror,

Who by his lady's command, who by his own hand,

Who in mortal chains, who in power,

And who shall I say is calling?

בְּרֹאשׁ הַשָּׁנָה יִכְתָּבוּ וּבְיוֹם צוּם כִּפּוּר יִחְתָּמוּ

B'rosh ha-shanah yikkateivun, u-v'yom tzom kippur yeichateimum

On Rosh Hashanah it is written, and on Yom Kippur it is sealed