



Holy at Home: Yom Kippur

5781/ 2020



Gmar Hatima Tovah - May you be sealed for a good year!

Shalom Neshamah friends,

Yom Kippur has a unique atmosphere and holiness. It is called the “holy of holies” the most sacred time of the Jewish year. And although there are no meals to cook, many spiritual moments can happen at home.

Please peruse these prayers and blessings. Perhaps recite a few together before our Kol Nidrei service. Or share a few personal requests for forgiveness with your family members at your pre-Yom Kippur dinner.

Yom Kippur is a serious day but it's not a sad day! Take some time at home to sing a favorite Jewish song, talk about fun family holiday memory, or make some plans for self improvement and personal growth in the new year.

Although I miss our congregational gathering, our Jewish homes are considered a mini sanctuary and we all have the capacity to bring much needed peace and holiness into our midst.

Rabbi Amy Rader

Lighting Candles

Baruch atah YHVH, Eloheinu,
Melech ha-olam,
Asher kidshanu b'mitzv otav
V'tzivanu l'hadlik ner shel Yom HaKippurim.

Blessed are You, YHVH, Our God,
Sovereign in all time and space,
You make us holy in connecting-command
Calling us to kindle the lights of Yom HaKippurim.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם הַכִּפּוּרִים.



Before Kol Nidre

I now prepare
to unify my whole self—

heart
mind
consciousness
body
passions

with this holy community
with the Jewish people everywhere
with all people everywhere
with all life and being
to commune with the Source of all being.

May I find the words,
the music, the movements
that will put me in touch
with the great light of God.

May the rungs of insight and joy
that I reach in my devotion
flow from me to others
and fill all my actions in the world.

May the beauty of God rest upon us.
May God establish the works of our hands.
And may the works of our hands establish God.

Rabbi Burt Jacobson



Putting on a Tallit

Baruch atah, YHVH,
eloheinu melech
ha'olam, asher
kid'shanu b'mitzvotav
v'tzivanu l'hit'atef ba-
tzitzit.

Blessed are You, YHVH our God, source of all being,
Who makes us holy with mitzvot and commands us
concerning the wearing of *tzitzit*.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף
בְּצִיצִית.



Three Times

We hear Kol Nidre three times.

Anything done three times is a *chazakah*, a binding obligation.

“*Chazakah*” shares a root with *chazak*, “be strong.”

As in *chazak v'ya'amez libecha*, “Be strong and open your hearts wide.”
(Psalm 27)

May this *chazakah*, this threefold repetition, strengthen our highest selves--
--and open our hearts wide to the transformation this day can bring.



Shema - Oneness

Sh'ma Yisrael:

YHVH Eloheinu

YHVH echad!

שְׁמַע יִשְׂרָאֵל ,

יְהוָה אֱלֹהֵינוּ,

יְהוָה אֶחָד:

Baruch sheim k'vod
malchuto l'olam va'ed!

בְּרוּךְ שֵׁם כְבוֹד
מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear, O Israel -- YHVH is our God -- YHVH is One.

Through time and space Your glory shines forever now.



V'Ahavta

V'ahavta et Adonai elohecha, b'chol l'v avcha, uv'chol nafshecha, uv'chol me'odecha. V'hayu ha-d'varim ha-eileh, asher anochi m'tzav'cha hayom, al l'v avecha. V'shinantam l'v anechea, v'dibarta bam b'shiv't'cha b'veitecha, uv'lech't'cha v'aderech uv'shochb'cha uv'kumecha. Ukshartam l'ot al yadecha, v'hayu l'totafot bein einecha, uch'tavtam al m'zuzot beitecha uv'isharecha.

Love YHVH your God with all your heart, with all your soul, with all your being. Place these words that I command you this day upon your heart. Teach them faithfully to your generations. Speak of them at home and on your way, when you lie down and when you rise up. Write them on the doorposts of your house and on your gates.

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ ,
וּבְכָל-נַפְשֶׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם, עַל-
לִבְבְּךָ: וְשִׁנַּנְתָּם לְבְנֶיךָ, וְדַבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַדֶּרֶךְ
וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְקִשְׂרָתָם לְאוֹת עַל-
יָדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ, וּכְתַבְתָּם
עַל מְזֻזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:



You Shall Be Purified

כִּי בַיּוֹם הַזֶּה יִכָּפֵר עֲלֵיכֶם לְטַהֵר אֶתְכֶם ,
מִכָּל חַטֹּאתֵיכֶם לִפְנֵי יְהוָה תִּטְהָרוּ.

Ki bayom hazeh y'chaper aleichem l'taher etchem
Mikol chatoteichem lifnei YHVH titharu.

For on this day, atonement shall be made to purify you
from all of your transgressions, in the presence of God:
you shall be pure.

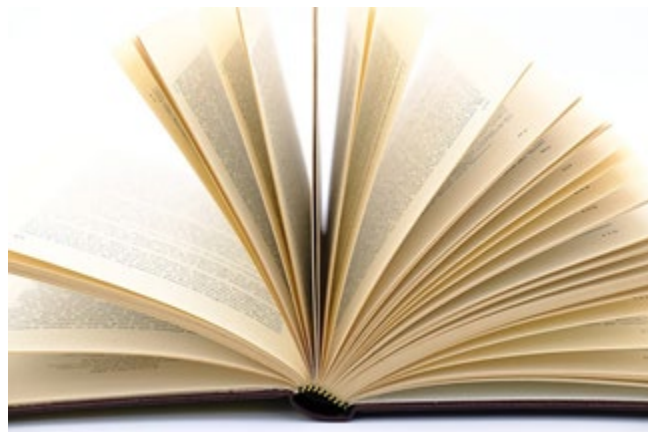


In The Book of Life

B'sefer chayyim, bracha
v'shalom, ufarnasah tovah,
N'zacher v'nikatev l'fanecha,
anachnu v'chol amcha beit
Yisrael, l'chayyim tovim
u'l'shalom.

In the book of life, blessing and peace
And of making a good living
May we be remembered, may we be written
Before You, Holy One.
All of us and all Your people *beit Yisrael*
For life and for goodness, for life and for goodness
And for shalom.

בְּסֵפֶר חַיִּים, בְּרָכָה וְשָׁלוֹם
וּפְרִנָּסָה טוֹבָה, נִזְכָּר
וְנִכְתָּב לְפָנֶיךָ, אָנֹחְנוּ וְכָל
עַמֶּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים
טוֹבִים וְלְשָׁלוֹם .



Selichot

Forgiveness Prayers



May Prayers Rise

May our prayer arise this evening,
May our cry come before You by tomorrow morning,
May our song be heard by next nightfall.

*May our voices arise this evening,
May our righteousness be found by tomorrow morning,
May our redemption be fulfilled by next nightfall.*

May our fast arise this evening,
May our plea for pardon come by tomorrow morning,
May our sighs be answered by next nightfall.



May Prayers Rise

*May our memory arise this evening,
May our community unite by tomorrow morning,
May we see Your splendor by next nightfall.*

May our knocking upon Your gates arise this evening,
May our joyfulness come by tomorrow morning,
May our search for You be crowned by next nightfall.

*May our weeping arise this evening,
May it reach You by tomorrow morning.
May You answer us by next nightfall.*



Vidui

Many people have the custom of beating the breast during the recitation of this alphabetical list of places where we've missed the mark. Another way to understand that gesture is: we're knocking on our hearts, imploring them to open.

Our God and God of our ancestors,
accept our prayer and do not hide from us.
We are not so hard-hearted and stiff-necked to say
before You, YHVH, that we are righteous and pure.
Rather, we confess that we have sinned.



Vidui

Ashamnu, bagadnu, gazalnu,
dibarnu dofi. He'ev inu, v'hirshanu,
zadnu, chamasnu, tafalnu shaker.
Ya'atznu ra, kizav nu, latsnu,
maradnu, ni'atznu, sararnu, av inu,
pashanu, tzararnu, kishinu oref.
Rashanu, shichatnu, ti'avnu,
ta'inu, titanu.

אֲשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ,
דֹּפִי. הֶעָוִינוּ, וְהִרְשָׁעְנוּ, זָדְנוּ,
חֲמָסְנוּ, טָפַלְנוּ שָׂקֵר. יַעֲצֵנוּ רָע,
כָּזְבְנוּ, לָצְנוּ, מִרְדְּנוּ, נֹאֲצֵנוּ,
סָרְרְנוּ, עָוִינוּ, פָּשַׁעְנוּ, צָרְרְנוּ,
קִשְׁיֵינוּ עֵרַף. רָשָׁעְנוּ, שִׁחַתְנוּ,
תַּעֲבָנוּ, תַּעֲוִינוּ, תַּעֲתֵעְנוּ.

We have abused, betrayed, conspired, deceived, endangered, flattered, gossiped, hated, insulted, jeered, kept grudges, lied, mocked, neglected, oppressed, perverted, quarreled, rebelled, stolen, threatened, undermined, vilified, wasted, and yielded to temptation.



Yahrzeits

Mention family members who are no longer living. Share memories and life lessons from your loved ones.



Mourners' Kaddish

Yitgadal v' yitkadash shmei raba.

B'olma di v'ra chir'uteih, v'yamlich
malchuteih b'chayeichon uv'yomeichon
uv'chayeid'chol beif Yisrael, ba-agala
uv'izman kariv, V'imru, **Amen.**

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךָ מְלְכוּתָהּ
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּידְכֵל בֵּית יִשְׂרָאֵל. בְּעָגְלָא
וּבְזְמַן קָרִיב וְאִמְרוּ אָמֵן :

May the Great Name be glorified and be made holy in the world God created by divine will. May God's sovereignty be established in Your life and days, and the lives of all the House of Israel, speedily and soon, and let us say, Amen.

**Y'hei shmeih raba m'vorach
l'olam ul'olmei olmaya.**

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמַיָּא:

May the Great Name be blessed forever and for all eternity.



Mourners' Kaddish

Yitbarach v 'yishtabach v 'yitpaar
v 'yitromam v 'yitnase v 'yithadar
v 'yit'aleh v 'yithalal,
shmeih d'Kudsha **Brich Hu.**

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלַּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא .

Blessed and praised, glorified and exalted, extolled and honored, adored and lauded
be the Name of the Holy One – Blessed Be!

L'eila u-l'eila min kol birchata
v 'shirata, tushb'chata v 'nechemata
da'amiran b'alma, v'imru **Amen.**

לְעֵילָא וּלְעֵילָא מִן כָּל בִּרְכָתָא
וְשִׁירָתָא, תִּשְׁבְּחָתָא וְנַחֲמָתָא,
דְּאִמְרִין בְּעֵלְמָא, וְאִמְרוּ אָמֵן:

Far beyond all the blessings and hymns, praises and consolations that are ever
spoken in the world – and say, Amen.



Mourners' Kaddish

Y'hei shlama raba min sh'maya
v'chayim aleinu v'al kol Yisrael,
v'imru **Amen**.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן:

May there be abundant heavenly peace and life for us and for all Israel, and let us say, Amen.

Oseh shalom bimromav Hu ya'aseh
shalom aleinu v'al kol Yisrael, v'al kol
yoshvei teiv el, V'imru **Amen**.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה
שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל
יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן:

May the One who makes peace on high make peace for us, and for all Israel, and for all who dwell on Earth, and let us say, Amen.



Oseh Shalom

Oseh shalom bimromav ,
hu ya'aseh shalom,
aleinu v 'al kol Yisrael,
v 'al kol yoshvei tev el,
v 'imru Amen.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְעַל כָּל יוֹשְׁבֵי תֵבֵל ,
וְאָמְרוּ אָמֵן:

May the One who makes peace in the high heavens
make peace for us,
for all Israel,
and for all who dwell on earth.
And let us say: Amen.

