

Yom Kippur
10 Tishrei ל' תשרי
5784 - תשפ"ד
Kerhonkson Synagogue and
Congregation Tiferet Yehuda v'Yisroel

Erev Yom Kippur

Donning Tzitzit

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו, וצונו להתעטף בציצת
Blessed are You, Lord our God, Ruler of the Universe, who has sanctified us
with commandments, and commanded us wrap ourselves in the tzitzit.

מה יקר חסדך, אלהים ובני אדם בצל כנפיה יחסינו. ירונו מדשו ביתך, ונחל עדניך
תשקם. כי עמך מקור חיים, באורך נראה אור.

How precious is your kindness O God, and as human beings take shelter in
the shadow of your wings. They will satisfied with the abundance of Your
House, as You feed them to drink with the river of Your nectar. For the source
of life is with you, by means of Your light we see light. *Psalm 36*

Yartzheit Candle Lighting

"A light from God is a Human soul" (Prov 20:27). At this moment of solemn
reflection, we call to mind memories of our dear ones. May their souls enjoy
eternal life; together with the souls of Sarah, Rebecca, Rachel and Leah;
Abraham, Isaac, and Jacob; and all righteous man and women. May we be
inspired to acts of justice and kindness in their memories. And let us say,
Amen.

Meditation On Words

I On Yom Kippur, the day when we need the help of the shofar to pierce
all the barriers between us and heaven, we are very much alone. We receive
no outside help in communication. There are just ourselves and a constant
flow of the words of prayer.

II Words are important in the tradition. The world itself was created by
God through the power of the word. We begin Yom Kippur with Kol Nidrei,
proclaiming all our vows are naught. Like lovers making up only to know the
futility of it all for they will quarrel again, we begin by declaring that all New
Year resolutions will be broken.

III Since the Tower of Babel, God and humans have been searching to recapture that one language in which people could express themselves so clearly that everyone else and God could instantly comprehend them. We have been trying to recapture a time when our purpose was clear — a time when we almost reached the heavens using a structure of language. Only this time, God would no longer be afraid but eager for us to come close

Read together:

We strive again and again to find the right words, sounds, inflections, and movements. We chant Kol Nidrei, declaring our vows nullified, in the utmost seriousness. If the words say the opposite of what we mean, it is due only to the inadequacy of our language. .. On this day when we shall say more words than on any other day in the year, we strive to find one sentence, phrase, word, or letter that will begin here on earth and reach to the heavens.

Michael Strassfeld

Yom Tov Candle Lighting

Adapted from a traditional Sephardic techine

May it be Your will, my God and God of my ancestors, to be gracious to me and to all my family and to give us, and all Israel, a good and long life. Remember us with goodness and abundant blessing, and grant us salvation and mercy. May Your Presence dwell among us as we gather here tonight. May Your light, reflected in these candles, surround us always.

ברוך אתה יהוה אלהינו מלך העולם אשר קדשנו במצותיו וציונו להדליק נר של יום
הכפורים

Blessed are You, Lord our God, Ruler of the Universe, who ...commanded us to light Yom Kippur candles. **Amen**

Alternative Ma'ariv

Praised are You, our God,
who arranges the season and the stars,
who restores day and night,
and who has brought on the evening twilight.

**When we meditate on this universe
which You create day after day,
we are filled with wonder and awe.**

ומעביר יום ומביא לילה, ומבדיל בין יום ובין לילה, יי צבאות שמו
אל חי וקיים, תמיד ימלוך עלינו לעולם ועד. ברוך אתה יי המעריב ערבים:

We see ourselves as tiny specks in a vast universe,
and we are filled with fear.

**You seem too busy to be concerned with our lives,
and we feel alone.**

We see the difference
between ourselves as we are and as we might be,
between ourselves as we are and as we would like to be,
and we feel inadequate and powerless.

**But You, God, You understand what we feel,
You know how our souls, can be released from their bonds.**

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּתָּ

and so, through Your great love for Your people,
You have given us a precious gift -- the Torah.

**When we study Your Torah and observe its commandments,
we find that, small though we are,
we are more important in Your plan than the mightiest star.**

and we find that, powerless though we feel,
with you we gain strength

**We will therefore study Your Torah,
and grasp the way of life that it offers us,
at every possible opportunity.**

We will always rejoice over the words of Your Torah,
and the fulfillment of Your commandments, for they are our very lives
they add a new dimension to our days,
and we will tirelessly try to understand and live by them.

Through them we always have access to Your love.

כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְגָּה יוֹמָם וְלַיְלָה, וְאַהֲבַתְךָ אֶל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים
בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל

Mahzor Eit Ratzon

The Shema שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד
Shema Yisrael Adonai Eloheinu Adonai Echad
Hear O Israel, the Lord is our God, the Lord is One
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעַד

Barukh Fount of all blessings,
Beginning and home,
We kneel
In the cup of your hand.

Shem Heavenly marriage
Of fire and water,
Essence beyond Essence,
Unnamable Name.

K'vod Eyes look down as hearts reach up,
We see your back, but not your face.
Our minds cannot fathom glory above
In glory below.

Malkhuto You are King and we your kingdom
Shekhinah, Queen and Bride
Who dwells within, Come - lie with us

**L'olam
vaed** Sustaining gaze
Through space and time
Ground of Being, beyond before,
No end, no end, no end, no end.

Alexander Massey

Ya'aleh

*Ya'ale Tachanuneinu mei'erev, V'yavo Shavoteinu miboker
V'yeira-e Rinuneinu ad arev. Ya'ale Koleinu mei'erev.
Ya'ale , Ya'ale , Ya'ale Ya'ale koleinu
Ya'ale , Ya'ale , Ya'ale Ya'ale koleinu*

May our supplications ascend at eventide; our pleas come [before You] in the morning; and our prayer be favorably accepted until evening.
May our voice ascend at eventide; our righteousness come [before You] in the morning; and our [prayer for] redemption be favorably accepted until evening.

Music: Joey Weisenberg

Begin Again

Make a fist with one hand.
Use it to softly knock on the door to your heart,
while reciting the moral targets
you and other humans likely missed this year.

**al cheyt shechatahnu l'fanecha
regarding the mark WE have missed...**

You are not alone in facing this hard part of being human.
Look around you in synagogue,
we are all culpable, interdependent, struggling

**Every error is a lesson, every fall gives us the chance to begin
again.**

G. Milgrom

The Last Word

The last word has not been spoken
the last sentence has not been written

the final verdict is not in

It is never too late to change my mind, my direction

to say no to the past, and yes to the future
to offer remorse, and to ask and give forgiveness
It is never too late to start over again

to feel again

to love again

to hope again

Harold Shulweiss. z"l

Yom Kippur Morning Service

*Create a pure heart in me Great Spirit, create a pure heart in me
And renew a true soul within me, and renew a true soul within Psalm 51:10*

Baruch ata H' Eloheinu melekh ha'olam, ha'oseh ma'aseh bereisheet

ברוך אתה יי אלהינו מלך העולם, עושה מעשה בראשית:

be blessed, O Source of Creation, sovereign above all, that makes the products of Creation.

My G-d, the Neshamah, the soul that you have given me is pure

You have placed it within me, given it to me at birth...

Within each one of us, there is a pure soul

A tender, soft place to which we can always return...

Today, on Yom Kippur, the Day of Atonement...

The Day of At-One-ment

We open to our Neshamot – to become our pure, divine souls.

Finally becoming at-one with our truest selves....

As the gates of **Teshuvah** stand wide open to us on this Yom Kippur

Let us fully open our souls to forgiveness – forgiving loved ones, forgiving community.... Forgiving ourselves...

***The Neshamah, the breath of soul, allows us to access the Divine,
to reach the holy and sacred places within us...***

Elohai neshamah shenatah bee, tehorah hee

We return to the **Neshamah**, the soul

For it contains the breath, holds divinity, touches Oneness.

We return to our true selves... our best selves... our pure selves.

On this day of At-one-ment

Let us return to the best within us, individually and as a community

Elohai Neshamah Shenatah Bi, Tehorah Hi

My G-d, the soul of our community,

the soul of each one of us is pure.

On this Day of At-one-ment, We ask you, G-d,

Help us to open the gates of forgiveness

Help us to access our pure souls

Help us, Dear G-d, to finally be At-one.

Shelly Barnathan

=

An Amidah Intention (from Unetane Tokef)

I. PLACE YOURSELF

Place yourself in front of the fear.

You will be judged, you will die.

Place yourself in the center of the universe

You earned that spot simply by existing.

Place yourself under obligation to God

However you understand or don't understand God.

Place yourself on the path of holiness and joy and truth.

Bless and be blessed by HaMakom, the Place where we find ourselves.

II. REMEMBER

Remember what you did wrong

Remember what you did right.

Remember those who came before you.

Remember that you are responsible for those who come after you.

Remember your history. Remember Torah.

Bless and be blessed by Shaddai, remembering us.

III. DECLARE YOURSELF

Because the truly evil are already condemned

The truly good are already blessed

And then, there's the rest of us.

It is said that on Rosh Hashanah God decides your fate: life or death.

And the ten days until Yom Kippur are your opportunity to change God's mind.

So don't blow it. This is a powerful day, a fantastic opportunity!

Choose to be yourself. Declare yourself for holiness and joy and truth.

Bless and be blessed by Shechina, listening...

We place ourselves in front of the fear, On the path of holiness and joy and truth. Amen

Trisha Arlin

Even rocks crack

I tell you, even rocks crack, and not because of age.

**For years they lie on their backs
in the heat and cold, so many years,
It almost seems peaceful.**

They don't move, so the cracks stay hidden.

A kind of pride.

Years pass over them, waiting there.

**....Whoever is going to shatter them hasn't come yet.
...the sea pushes through and rolls back**

the rocks seem motionless.

Till a little seal comes to rub against them,
comes and goes away.

And suddenly the rock had an open wound.

**I told you, when rocks break, it happens by surprise.
And people, too.**

Dahlia Ravikovitch

Kedusha

Kadosh, Kadosh, Kadosh,

Adonai Tzeva'ot,

m'lo kol ha'aretz kvodo m'lo kol ha'aretz kvodo

There is holiness when we strive to be true to the best we know

***There is holiness when we are kind to someone who cannot
possibly be of service to us.***

There is holiness when we promote family harmony.

***There is holiness when we forget what divides us and remember
what unites us.***

There is holiness when we are willing to be laughed at for what we believe in.

***There is holiness when we love; truly and honestly and
unselfishly.***

There is holiness when we remember the lonely and bring cheer into a dark corner.

**There is holiness when we share - our bread, our ideas, our
enthusiasm.**

There is holiness when we gather to pray to Him, who gave us the power to pray.

**Holy, holy, holy, is the Lord our God,
All of life can be filled with God's glory**

Marvin Leon

(Vidui) Confession for Citizens of Polarized Societies

We have become complicit in the dehumanization of others אשמנו	We have rebelled against the cooperation necessary for our survival מרדנו
We have betrayed our own values, and our own need, for healthy bonds between us בגדנו	We have provoked others, thereby exacerbating our alienation from one another נאצנו
We have robbed others of our compassion and of the benefit of the doubt גזלנו	We have turned away from the face of our neighbor סררנו
We have slandered those we see as opponents דברנו דפי	We have deliberately surrounded ourselves with opinions and voices that echo our own עוינו
We have corrupted ourselves and others, arguing that “the ends justify the means” העוינו	We have rebelled against our own desire for meaningful connection with others פשענו
We have encouraged others to act in ways that increase the divisions in our societies והרשענו	We have persecuted those we have identified as opponents, causing them to suffer צררנו
We have erred willfully, subduing the pleas of our own consciences for restraint or empathy זדנו	We have obstinately refused to admit that our own behavior is partially to blame for our situation קשינו ערף
We have acted with destructive violence, whether physical, verbal or emotional חמסנו	We have committed acts which widened the gulf between us רשענו
We have propagated falsehood that has increased baseless hatred טפלנו שקר	We have corrupted and weakened our social and political institutions שחתנו
We have given harmful advice that has damaged our collective wellbeing יעצנו רע	We have let the 'other' become repugnant in our eyes תעבנו
We have deceived ourselves and others by neglecting our underlying unity כזבנו	We have strayed from our humanity and from our highest potential תעינו
We have scorned and mocked those with whom we disagree לצנו	We have led others astray, down the path that threatens our very survival תעתענו

Shema Koleinu

Hear our voices O Holy One of blessing; Source of lovingkindness and justice.

May your compassion.. wash over us, cleanse us, heal.

Renewing our closeness, our future shall be as our ancient past...

When our sins have estranged us, don't send us away.

We struggle against the distance and we fear abandonment. ..

You have always been our loving partner and comforter.

Ineffable One, hear the utterances of our open hearts;

May the words of our lips and the meditations of our hearts be seen favorably,
our Rock, our Redeemer.

**We place our hope in you, eternal everlasting One, near to us when
we call out. That You may answer us, Almighty One, our God.**

shorewit

Yizkor

My Peace

My peace is tied by a thread to yours
And the beloved holidays
and glorious seasons of the year
with the wealth of,
fragrances, flowers,
fruit, leaves and winds,
the fog and rain,
the sudden snow and the dew
are suspended on a thread of longing
I and you and the Sabbath
I and you and our lives
in the last incarnation
I and you and the lie.
And the fear.
And the breaches.
I and you and the Creator
of the heavens that have no shore
I and you and the riddle.
I and you and death.

*Empty-handed I entered the world
Barefoot I leave it.*

My coming, my going --

*Two simple happenings
that got entangled. K. Ichikyo*

Mincha

Come, come, whoever you are.
Wonderer, worshipper, lover of leaving.
It doesn't matter. Ours is not a caravan of despair.
Come, even if you have broken your vow a thousand times
Come, yet again, come, come.

Lines written in the days of growing darkness

Every year we have been
witness to it: how the
world descends
into a rich mash, in order that
it may resume.
And therefore
who would cry out
to the petals on the ground
to stay,
knowing as we must,
how the vivacity of what was is married
to the vitality of what will be?
I don't say
it's easy, but
what else will do
if the love one claims to have for the world
be true?

So let us go on, cheerfully enough,
this and every crisping day,
though the sun be swinging east,
and the ponds be cold and black,
and the sweets of the year be doomed.
Mary Oliver

Atah Yodea Razei Olam - You are the Knower of the Mysteries of the world

All our secrets are known to You, O God. We cannot even fool ourselves.
Lying is a vain exercise; help us not even to try.

**How could we deceive You, within us,
at once forming and knowing our most secret thoughts?**

...
As we live our lives, rent asunder,
each in his own small world,
help us to remember what we often forget;
**we need one another, we each are part of the other,
and someplace, so well known yet so secret,
we may find our true solace in You.**

Arthur Green and Andre Ungar

Neilah Service

There are fifty gates of teshuva (repentance). ..the fiftieth gate is God's teshuva (returning). Teshuva applies to God as well, as it is written; "Return (shuvu) to Me and I will return (ashuva) to you" Rebbe Nachman interpreted by Rabbi Caren Levine

The Closing of the Gates

Before the gate has been closed

before the last question has been posed,
before I am transposed.

before the weeds fill the gardens,
before there are no pardons,

before the concrete hardens.

before all the flute holes are covered,

before things are locked in the cupboard,

before the rules are discovered.

before the conclusion is planned,

before God closes His hand,

before we have nowhere to stand.

Yehuda Amichai

Extract from Kedushat Hashem

Open for us and for all of Israel

our people wherever they are

Gates of light, blessings, and joy,

gates of gladness, splendor and good counsel,

gates of merit, love and purity,

gates of salvation, atonement and kindness,

gates of pardon, consolation and forgiveness,

gates of help, prosperity, and righteousness,

gates of uprightness and complete healing,

gates of peace and repentance.

Machzor Lev Shalem

Let's remake the world with words.

Listen

Let's remake the world with words.

Not frivolously, nor

To hide from what we fear,

But with a purpose.

Let's,

As Wordsworth said, remove

"The dust of custom" so things

Shine again, each object arrayed

In its robe of original light.

And then we'll see the world

As if for the first time,

As once we gazed at the beloved

Who was gazing at us. *Gregory Orr*

Who By Fire (Unetane Tokef)

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?

Leonard Cohen

The Time of Your Life

In the time of your life, live—so that in good time there shall be no ugliness or death for yourself or for any life your life touches.

Seek goodness everywhere, and when it is found, bring it out of its hiding place and let it be free and unashamed.

Place in matter and in flesh the least of the values, for these are the things that hold death and must pass away.

Discover in all things that which shines and is beyond corruption.

Encourage virtue in whatever heart it may have been driven into secrecy and sorrow by the shame and terror of the world.

Ignore the obvious, for it is unworthy of the clear eye and the kindly heart.

Be the inferior of no one, or of any one be the superior. Remember that everyone is a variation of yourself. No one's guilt is not yours, nor is anyone's innocence a thing apart.

In the time of your life, live—so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite delight and mystery of it.

William Saroyan