

CONGREGATION TIKKUN V'OR
ROSH HASHANAH SUPPLEMENT, 2023 / 5784

ANA B'CHO-ACH

אַנָא בְּכֹחַ גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה
קִבֵּל רִנַּת עַמְּךָ, שִׁגְבֵנוּ טְהַרְנוּ נוֹרָא

Ana b'cho-ach gedulat yemincha tatir ts'rurah
kabel rinat am'cha, sagvenu, taharenu, norah

Source of Mercy, With loving strength, Untie our tangles.
Your chanting folk, raise high, make pure. Accept our song.

(Music by Joey Weisenberg. Translation R. Zalman Schachter Shalomi)

YAH RIBON OLAM

Yah ribon olam v'almayah	יְהוָה רִבּוֹן עֹלָם וְעֹלְמֵיָא
Ant hu malkah melech malchaya	אַנְתְּ הוּא מַלְכָּא מֶלֶךְ מַלְכֵיָא
Ovad gevurtech v'timhaya	עוֹבֵד גְּבוּרְתְּךָ וְתִמְהֵיָא
Shefar kadamach l'hachavaya	שִׁפְרָא קְדָמְךָ לְהַחֲוִיָּא
Yah ribon, yah ribon olam, v'almayah	יְהוָה רִבּוֹן, יְהוָה רִבּוֹן עֹלָם, וְעֹלְמֵיָא
Ant hu malka, ant hu malka	אַנְתְּ הוּא מַלְכָּא, אַנְתְּ הוּא מַלְכָּא
Melech malchaya	מֶלֶךְ מַלְכֵיָא

Yah! Sovereign of all worlds, Wow, is it good to sing your praise!. Return to your holiest place, the place where all spirits and souls will rejoice. And when we come together, We will sing to you beautiful songs and praises.

(Music Josh Warhowsky. Translation Rabbi Yisrael Najara)

U'NETANEH TOKEF Introductory Readings

I stand in awe as I begin to put forth my plea,
I rise to pray in the presence of awesome wonder,
And I — of but little accomplishment— thus I fear —
and my understanding is lacking, so I can only hope.
You who formed me, let me understand this legacy I inherit,
and give me strength and courage in the face of weakness and fear.
May these utterances be acceptable like the offering of incense
and may my expressions be as sweet as honey from the hive.”

(R. David J. Cooper)

I come now before You with awe in my heart.
I know deep within me my flaws and my errors.
Give me the wisdom, the strength that I need.
Let my prayers arouse the hearts of those who pray here.

(R. Burt Jacobson)

The Unetaneh Tokef prayers below are also found in the TVO Machzor on pp 31-33. English varies.

וְנִתְּנָה תִּקְוָה קִדְּשֵׁת הַיּוֹם כִּי הוּא נִזְרָא וְאֵימָה וְבוֹ תִּנְשָׂא מַלְכוּתְךָ וְיִכּוֹן
בְּחֶסֶד כְּסֵאֲךָ וְיִשָּׁב עָלָיו בְּאֵמֶת

Now, we declare the sacred power of this day, for it inspires awe, and can make us
tremble with its truthfulness. On it, Your sovereignty will be exalted; Your throne will be
firmed with kindness and You will sit upon it in truth.

כְּבִקְרַת רוּעָה עֹדְרוֹ מַעְבִּיר צֵאֲנוּ תַּחַת שִׁבְטוֹ כֵּן תַּעְבִּיר וְתִסְפֹּר וְתִמְנֶה וְתִפְקֹד נֶפֶשׁ כָּל חַי
Like a shepherd counts their flock, accounting for each one as they pass, so we pass
before You, as You count, and account, and set in motion the course of each life.

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן, וּבְיוֹם צוֹם כְּפוּר יִחַתְמוּן.
B'rosh ha-shanah yikatevun, u'v'yom tzom kippur yechatemun.
On Rosh Hashanah all is written and revealed;
And on Yom Kippur the course of life is sealed.

(LITANY 1)

How many shall pass on, how many shall be born.

Who shall live and who shall die.

Who shall see a ripe old age and who shall not.

Who shall perish by fire and who by water,

Who by sword and who by beast,

Who by hunger and who by thirst,

Who by earthquake and who by plague,

Who by strangling and who by stoning,

Who shall be secure and who shall be driven,

Who shall be tranquil and who shall be troubled.

Who shall be poor and who shall be rich,

Who shall be humbled and who shall be exalted.

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן, וּבַיּוֹם צוֹם כִּפּוּר יִחַתְמוּן.

B'rosh ha-shanah yikatevun, u'v'yom tzom kippur yechatemun.

(LITANY 2)

How many shall be truly alive and how many shall merely exist;

Who shall be happy and who shall live in misery.

Who shall be tormented by the fire of ambition.

And whose hopes shall be quenched by the waters of failure.

Who shall be pierced by the sharp sword of envy;

And who shall be torn by the wild beast of resentment.

Who shall hunger for companionship, and who shall thirst for approval.

Who shall be shattered by the storms of change

And who shall be stressed by the pressures of conformity.

Who shall be content with their lot;

And who shall wander in search of satisfaction.

Who shall be serene; and who shall be distraught.

Who shall be at ease; and who shall be afflicted with anxiety.

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן, וּבַיּוֹם צוֹם כְּפוּר יִחַתְמוּן.
B'rosh ha-shanah yikatevun, u'v'yom tzom kippur yechateimun.

וּתְשׁוּבָה וּתְפִלָּה וְצִדְקָה מְעִבִּירִין אֶת רֵעַ הַגְּזֵרָה.
U'teshuvah, u'tefillah, u'tzedakah ma-avirin et ro-a ha-gezerah.
And returning, and prayer, and acts of reparative justice
can soften the harshness of the decree.

THIRTEEN ATTRIBUTES

יְהוָה יְהוָה אֵל רַחוּם וְחַנוּן אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת. נֹצֵר חֶסֶד לְאֲלָפִים נָשָׂא עוֹן וְכָשַׁע
וְחִטָּאָה וְנִקָּה:

*Adonai, Adonai, El Rachum V'chanun, Erech apayim, v'rav Chesed v'Emet, Notzer
chesed la-alafim, Nosei avon, V'feshah, V'chata-ah, V'nakei...*

Yod-Hey-Vav-Hey, Compassion and Tenderness, Kindness, Awareness, Patience,
Forbearance, Bearing love from age to age, Forgiving guilt, And mistakes, And
renewing us again...
Adonai, Adonai...

A Contemplation Before Avinu Malkeynu

By Ruth Brin

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 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.

AVINU MALKEYNU

Opening

אָבינוּ מַלְכֵנוּ חָטֵאנוּ לְפָנֶיךָ:
אָבינוּ מַלְכֵנוּ אֵין לָנוּ מֶלֶךְ אֱלֹא אַתָּה:
אָבינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:
אָבינוּ מַלְכֵנוּ חַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה:

Our Source and Our Way, we have missed the mark this year.
Our Source and Our Way, there is no sovereignty but your Presence.
Our Source and Our Way, may we be aligned with Divine Essence.
Our Source and Our Way, may this be a year of new beginnings.

Litany

(Adapted from R. Burt Jacobson)

Avinu Malkeynu, teach us how to make this year a new beginning.
Imeynu M'koreynu, teach us how to grow from the harshness of life.
Our Source and our Way, teach us how to accept what we must accept.
Our Guide and our Truth, teach us to change what must be changed.

Avinu Malkeynu, teach us how to face disease and death.
Imeynu M'koreynu, teach us how to enjoy the gifts of life.
Our Source and our Way, teach us how to make peace with others.
Our Guide and our Truth, teach us how we can best help our people Israel.

Avinu Malkeynu, teach us how we can best help all humanity.
Imeynu M'koreynu, let us find pardon for our wrongdoings.
Our Source and our Way, let us return to You, wholly and completely.
Our Guide and our Truth, teach us how to help those who are ill.

Avinu Malkeynu, let us write our names in the Book of Life.
Imeynu M'koreynu, help us to find meaningful work.
Our Source and our Way, help us to find inner freedom.
Our Guide and our Truth, help us to learn how to love.

Avinu Malkeynu, receive our prayers.
Imeynu M'koreynu, teach us how to be good beloveds.
Our Source and our Way, teach us how to be good parents.
Our Guide and our Truth, teach us how to be good children.

Avinu Malkeynu, teach us how to be good friends.
Imeynu M'koreynu, teach us how to be good Jews.
Our Source and our Way, teach us how to be good people.
Our Guide and our Truth, teach us how to be one with Your universe.

AVINU MALKEYNU (Closing)

*Avinu Malkeynu, cho-neynu va-aneynu,
Avinu Malkeynu, cho-neynu va-aneynu,
ki eyn banu ma-asim.
Aseh imanu tzedakah va-chesed,
aseh imanu tzedakah va-chesed
v'hoshieynu.*

Oh, Mother and Father of Life,
please hear us and give us Your grace,
our Guide deep within us, please hear us and give us
compassion and mercy and peace.
O guide us through Your grace, justice and mercy to all,
O guide us and teach us, grant justice and mercy,
we shall be free once again.
Avinu malkeynu...

TORAH
Verses: Shemot 33:11-23

I.

11 וַדַּבֵּר יְהוָה אֶל-מֹשֶׁה פָּנִים אֶל-פָּנִים כַּאֲשֶׁר יְדַבֵּר אִישׁ אֶל-רֵעֵהוּ וְשָׁב אֶל-הַמִּחֲנֶה וּמִשְׁרָתוֹ יְהוֹשֻׁעַ בֶּן-נוּן זַעַר לֹא יָמִישׁ מִתּוֹךְ הָאֹהֶל:

And he would speak to Moses face to face, as one person speaks to another. And he would then return to the camp; but his attendant, Joshua son of Nun, [serving as] deputy, would not stir out of the Tent.

12 וַיֹּאמֶר מֹשֶׁה אֶל-יְהוָה רְאֵה אֵתָּה אֹמֵר אֵלַי הֵעַל אֶת-הָעָם הַזֶּה וְאַתָּה לֹא הוֹדַעְתָּנִי אֶת אֲשֶׁר-תִּשְׁלַח עִמִּי וְאַתָּה אֹמֵרָה יְדַעְתִּיךָ בְּשֵׁם וְגַם-מִצָּאתָ חֹן בְּעֵינָי:

Moses said to יהוה, “See, You say to me, ‘Lead this people forward,’ but You have not made known to me whom You will send with me. Further, You have said, ‘I have singled you out by name, and you have, indeed, gained My favor.’”

13 וְעַתָּה אִם-נָא מִצָּאתִי חֹן בְּעֵינֶיךָ הוֹדַעְנִי נָא אֶת-דְּרָכְךָ וְאַדְעֶךָ לְמַעַן אֶמְצָא-חֹן בְּעֵינֶיךָ וּרְאֵה כִּי עַמְּךָ הִנְּנִי הַזֶּה:

Now, if I have truly gained Your favor, pray let me know Your ways, that I may know You and continue in Your favor. Consider, too, that this nation is Your people.”

14 וַיֹּאמֶר פָּנֶי יֵלְכוּ וְהִנַּחְתִּי לָךְ:

And [God] said, “I will go in the lead and will lighten your burden.”

II.

15 וַיֹּאמֶר אֵלָיו אִם-אֵין פָּנֶיךָ הֹלְכִים אֶל-תַּעֲלֵנוּ מִזֶּה:

And he replied, “Unless You go in the lead, do not make us leave this place.

16 וּבִמָּה | יוֹדָע אִפּוּא כִּי-מִצָּאתִי חֹן בְּעֵינֶיךָ אֲנִי וְעַמְּךָ הַלּוֹא בְּלִכְתָּךְ עִמָּנוּ וְנִפְלִינוּ אֲנִי וְעַמְּךָ מִכָּל-הָעָם אֲשֶׁר עַל-פְּנֵי הָאֲדָמָה:

For how shall it be known that Your people have gained Your favor unless You go with us, so that we may be distinguished, Your people and I, from every people on the face of the earth?”

17 וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה גַּם אֶת־הַדְּבָר הַזֶּה אֲנִי עֹשֶׂה לְךָ כְּכָל־אֲשֶׁר דִּבַּרְתָּ אֶעֱשֶׂה כִּי־מָצָאתָ חֵן בְּעֵינַי וְאִדְעָה בְּנֶשְׁמָה:

And יהוה said to Moses, “I will also do this thing that you have asked; for you have truly gained My favor and I have singled you out by name.”

18 וַיֹּאמֶר הֲרָאֵנִי נָא אֶת־כְּבוֹדְךָ:

He said, “Oh, let me behold Your Presence!”

19 וַיֹּאמֶר אֲנִי אֶעְבִּיר כָּל־טוֹבִי עַל־פָּנֶיךָ וְקִרְאתִי בְּשֵׁם יְהוָה לְפָנֶיךָ וְחַנּוּתִי אֶת־אֲנִי אֶחָד וְרַחֲמֵי אֶת־אֲנִי אֶחָד:

And [God] answered, “I will make all My goodness pass before you, and I will proclaim before you the name יהוה, and the grace that I grant and the compassion that I show,”

III.

20 וַיֹּאמֶר לֹא תוּכַל לִרְאֹת אֶת־פָּנַי כִּי לֹא־יִרְאֵנִי הָאָדָם וְחַי:

continuing, “But you cannot see My face, for a human being may not see Me and live.”

21 וַיֹּאמֶר יְהוָה הִנֵּה מָקוֹם אֲתִי וְנִצַּבְתָּ עַל־הַצּוּר:

And יהוה said, “See, there is a place near Me. Station yourself on the rock

22 וְהִנֵּה בָּעָבֶר כְּבֹדִי וְשִׁמְתִּיךָ בְּגִקְרַת הַצּוּר וְשִׁכַּתִּי כַּפִּי עָלֶיךָ עַד־עָבְרִי:

and, as My Presence passes by, I will put you in a cleft of the rock and shield you with My hand until I have passed by.

23 וְהִסַּרְתִּי אֶת־כְּפִי וְרָאִיתָ אֶת־אֲחֹרָי וּפָנַי לֹא יִרְאוּ:

Then I will take My hand away and you will see My back; but My face must not be seen.”

KAVANA

May I be empty, and open to receive the light, may I be empty, and open to receive.

May I be full, and open to receive the light, may I be full and open to receive.

SHOFAR SERVICE

1. *Malchuyot*

Source of Life, may the sound of the Shofar that we hear today help us
to know Your true Presence and Your true Sovereignty.
May these sounds lift us to Your Presence, and make this time, our time, holy.
(Ilana Schatz, from Kehilla *machzor*)

BLESSING

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְשָׁמֹעַ קוֹל שׁוֹפָר

*Baruch atah Adonai Eloheinu melech ha'olam asher kidshanu b'mitzvotav v'tzivanu
lishmo'a kol shofar.*

Blessed are You, our God, Sovereign of the Universe, who makes our lives sacred with
commandments and has bid us to hear the sound of the shofar.

(Shofar Sounding #1)

תְּקִיעָה. שְׁבָרִים תְּרוּעָה. תְּקִיעָה

T'KIYAH – SHEVARIM T'RU'AH – T'KIYAH

תְּקִיעָה. שְׁבָרִים. תְּקִיעָה

T'KIYAH – SHEVARIM – T'KIYAH

Ha-yom Harat Olam!
Today is the birthday of the world!

2: *Zichronot - Remembrance*

We are part of God's memory,
Because nothing precious is ever lost in the universe,
And love is more precious than anything.
Love's promise and love's fulfillment are never lost. They always turn up.
They are our inheritance,
If we remember.

(Rabbi Sheila Peltz Weinberg in Kol Hanesama Machzor)

Source of Life, Source of Mystery, may the sounds of the shofar that we hear today help us
to know that we are remembered, remembered both in our purity and in our humanness.
May these sounds lift us to your Presence, and make this time, our time, holy.
(From Kehilla Community Synagogue *Machzor*)

(Shofar Sounding #2)

T'KIYAH – SHEVARIM T'RU'AH – T'KIYAH

תְּקִיעָה. שְׁבָרִים תְּרוּעָה. תְּקִיעָה

T'KIYAH – SHEVARIM – T'KIYAH

תְּקִיעָה. שְׁבָרִים. תְּקִיעָה

T'KIYAH – T'RU'AH – T'KIYAH

תְּקִיעָה. תְּרוּעָה. תְּקִיעָה

T'KIYAH – T'RU'AH – T'KIYAH

תְּקִיעָה. תְּרוּעָה. תְּקִיעָה

Areshet S'fateynu

*Areshet s'fateinu ye'erav lefanecha, eil ram v'nisah, Meivin uma'azin, mabit umakshiv
lekol tekiyateinu, Ut'kabel b'rachamim uv'ratzon seider shofroteinu.*

May the prayers of our lips be pleasing to You, O exalted God, who hears our shofar sounds. May You lovingly accept our recitation of Shofarot.

3. Shofarot: Hearing the Call

Source of Life, Source of meaning, may these sounds we're about to hear help us to know that we are called. May these sounds help us to know what we are called to do, and what we are called to be.

May these sounds lift us to Your Presence and make this time, our time, holy.

(Adapted from Ilana Schatz, Kehilla Synagogue Machzor)

(Shofar Sounding #3)

T'KIYAH – SHEVARIM T'RU'AH – T'KIYAH

תְּקִיעָה. שְׁבָרִים תְּרוּעָה. תְּקִיעָה

T'KIYAH – SHEVARIM – T'KIYAH

תְּקִיעָה. שְׁבָרִים. תְּקִיעָה

T'KIYAH – T'RU'AH – T'KIYAH

תְּקִיעָה. תְּרוּעָה. תְּקִיעָה

T'KIYAH – T'RU'AH – T'KIYAH GEDOLAH

תְּקִיעָה. תְּרוּעָה. תְּקִיעָה גְּדוּלָּה