

Yom Kippur Family Service



וּתְשׁוּבָה וּתְפִלָּה וְצַדִּיקָה מְעַבְרִין אֶת־רֹעַ הַגְּזֵרָה.
Repentance, prayer and good deeds
annul the severity of the judgement.

Yom Kippur is a day which allows us to make peace with God for the things we have done wrong. *Yom Kippur* does not automatically make peace for us with other people. We, ourselves, must ask forgiveness of all the people whom we have hurt. We have to do so before *Yom Kippur* starts.

Today we ask forgiveness for ourselves before God. Just as we can hurt other people we can hurt God with words and deeds.

We may have had good intentions, meant to do the right thing, or there may have been times in which we have meant to do the wrong thing. In either case, today is the day to say sorry, to promise to do better and then to do better.

I thank You, Everlasting God, for You have restored my soul to me in kindness. Great is Your faithfulness.

מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁהַחַיּוּת בִּי נִשְׁמַתִּי בְּחַמְלָה רַבָּה אֲמוּנָתְךָ.

Modeh ani l'faneichah Melech chai v'kayam, shehechezarta bi nishmati b'chemlah; rabbah emunatechah.

Creator of the Universe:

Today I forgive everybody who has hurt me and everyone who has done me wrong.

I forgive them whether they did it on purpose or by accident.

I forgive them whether they hurt me by what they said or by what they did.

Today, I forgive them.

Just as I forgave everybody who did me wrong,

I ask all those whom I have hurt to forgive me.

I am sorry for those things I did on purpose and for the things I did by accident.

I ask to be forgiven for the things I said which hurt others and for the things I did.

God, please wash away the wrong things I have done.

Help me to make sure that I never repeat any of these again.

עֲטִיפַת טָלִית **Putting on the Tallit**

We praise You, Eternal God, Sovereign of the universe: You sanctify us by Your commandments, and enjoin us to wrap ourselves in a fringed garment.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת.

Baruch Attah Adonai Eloheinu Melech ha-olam, asher kidd'shanu b'mitzvotav v'tzivanu l'hitatef ba-tzitzit

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שַׁחֲרִית לְיוֹם הַכְּפוּרִים **YOM KIPPUR MORNING SERVICE**

בְּרוּכוֹת הַשַּׁחַר **Morning Prayers**

How lovely are your tents, ○ מַה־טֹבֹו אֹהֲלֶיךָ, יַעֲקֹב,
Jacob, your dwelling-places, ○ מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל!
Israel!

Mah tovu ohaleicha Ya'akov, mishk'notecha Yisrael

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Hear, O Israel: the Eternal One is our God,
the Eternal God is One.

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתוֹ לְעוֹלָם וָעֶד

We praise God, whose wonderful rule is for ever and ever.

Shema Yisrael Adonai Eloheynu, Adonai echad (4x).

Baruch Shem kevod, Shem kevod malchuto, l'olam va'ed. (4x)

You shall love the Eternal One, your God, with all your heart, with all your soul, with all your might. Let these words, which I command you this day, be always in your heart. Teach them carefully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be like signs between your eyes; write them on the doorposts of your house, and on your gates.

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם
עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבְנֶיךָ
וְדַבַּרְתָּ בָּם בְּשֹׁבְתֶךָ בְּבֵיתְךָ
וּבְלִכְתֶּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ
וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאוֹת
עַל-יָדֶיךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ:

*V'ahavtah et Adonai Elohecha b'chol l'vav'v'cha uv'chol nafsh'cha
uv'chol m'odecha. V'hayu ha-d'varim ha-eleh, asher anochi
m'tzavcha ha-yom al l'vavecha. V'shinantam l'vanecha v'dibarta bam,
b'shivt'cha b'veitecha, uv'lecht'cha va-derech u-vshochb'cha
uv-kumecha. U-kshartam l'ot al yadecha, v'hayu l'totafot bein
einecha. U'chtavtam al mezuzot beitecha, uvisharecha.*

Deuteronomy 11:13-21

Songs of Praise פְּסוּקֵי דְזִמְרָא

Praised be the One at whose
command the world came to be.
We praise the One whose word
is deed, whose will is done. We
praise the One who causes
creation. We praise the One
who has mercy on the earth and
its inhabitants. We praise the
One who dispels darkness and
brings on light. We praise the
saving and redeeming God.

בְּרוּךְ שְׂאֵמַר וְהָיָה הָעוֹלָם,
בְּרוּךְ הוּא. בְּרוּךְ אֹמֵר
וְעוֹשֶׂה, בְּרוּךְ גּוֹזֵר וּמְקַיֵּם.
בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית.
בְּרוּךְ מְרַחֵם עַל הָאָרֶץ,
בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת.
בְּרוּךְ מַעֲבִיר אֶפְלָה וּמְבִיא
אוֹרָה. בְּרוּךְ פּוֹדֵה וּמְצִיל,
בְּרוּךְ שְׂמוֹ.

*Baruch she-amar v'hayah ha-olam,
Baruch omer v'oseh, Baruch gozer u-m'kayem.
Baruch oseh b'reishit.*

*Baruch m'rachem al ha-aretz, baruch m'rachem al ha-briyot.
Baruch m'avir afelah u-mevi orah.
Baruch podeh u-matzil baruch shemo.*

The Shema and its Benedictions שְׁמַע וּבְרָכוֹתֶיהָ

בְּרַכּוּ אֶת־יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*Bar'chu et Adonay ha-m'vorach.
Baruch Adonay ha-m'vorach l'olam va-ed*

Bless the Living God whom we are called to bless.
*Blessed is the Living God whom we are called to bless forever and
ever.*

You are our Sovereign and Helper, our Redeemer and Shield.

We praise You, O God, Shield of Abraham and Protector of Sarah.

Baruch Attah Adonai, Eloheinu v'elohei avoteinu v'imoteinu. Elohei Avraham, Elohei Sara, Elohei Yitzchak, Elohei Rivkah v'Elohei Ya'akov, Elohei Rachel v'Elohei Leah. Ha'El ha-gadol, ha-gibor v'ha-norah, El Elyon; gomel chasadim tovim, v'koneh ha-kol, v'zocher chasdei avot v'imahot, u-meivi go'el liv'nei v'neihem, l'ma'an sh'mo b'ahavah. Melech ozer u'moshi'ah u'magen. Baruch Attah, Adonai, Magen Avraham pokeid Sarah

You are endlessly mighty, Eternal One; You give eternal life and great is Your power to redeem.

Lovingly You sustain the living; with kindness You grant us eternal life. You support those who fall and heal those who are sick; You free those who are captive and care for those who sleep in the dust.

Who is like You Mighty God? Who is like You, You bring life and death? You want goodness on the earth.

Because we trust in You, we can see life beyond death.

We praise You, O God, Giver of life.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בְּרוּךְ אַתָּה יְיָ, מִגֵּן אַבְרָהָם
פוֹקֵד שָׂרָה.

אַתָּה גִבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה
מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

מְכַלְכֵּל חַיִּים בְּחַסְדְּךָ, מְחַיֶּה
מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר
אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי
עֶפְרָיִם.

מִי כְמוֹךָ, בְּעַל גְּבוּרוֹת, וּמִי
דוֹמֵה לְךָ, מֶלֶךְ מַמְיֵת וּמְחַיֶּה
וּמַצְמִיחַ יְשׁוּעָה? וְנֶאֱמַן אַתָּה
לְהַחְיֹת מֵתִים.

בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַמֵּתִים.

Who of the gods people worship is like You, Eternal One? Who is like You? You are full of glory and holiness, awe and splendour. You do wonderful things.

מִי־כְמוֹכָה בְּאֵלִים יְהוָה?
מִי־כְמוֹכָה, נְאֻדָּר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּת, עֲשֵׂה פְלֵאָה?

*Mi chamocha ba-eilim Adonai,
Mi chamocha ne'dar ba-kodesh,
Nora t'hillot, oseih fele?*

תְּפִלָּה Tefillah

(The Congregation will stand)

אֲדֹנָי שְׂפִתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.
Eternal God, open my lips, and my mouth shall declare Your praise.

Adonai, s'fatai tif'tach u-fi yaggid t'hillateicha.

We praise You, Eternal One, our God and God of our ancestors: of Abraham, Isaac, and Jacob; of Sarah, Rebecca, Rachel, and Leah; the great, mighty, and revered God; most high God You deal kindly with us and embrace us all. You remember the faithfulness of our ancestors, and in love bring a redeemer to their children's children for the sake of Your name.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ: אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי
יַעֲקֹב; אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רֵבֶקָה, אֱלֹהֵי רַחֵל וְאֱלֹהֵי
לֵאָה; הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיוֹן. גּוֹמֵל
חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל,
זוֹכֵר חֲסָדֵי אֲבוֹת וְאֲמָהוֹת,
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם,
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

Eloheinu v'eilohei avoteinu. Bar'cheinu bab'rachah ha-m'shuleshet
ba-Torah, ha-k'tuvah al y'dei Moshe av'decha ka-amur:
Y'varech'cha Adonai v'yishm'recha. Ken y'hi ratzon
Ya'er Adonai pnav elecha v'chuneka - Ken y'hi ratzon
Yisa Adonai panav eleicha v'yasem l'cha shalom. Amen - Ken y'hi
ratzon

* * *

Peace will come upon us and upon everyone. עוד יבוא שלום עלינו ועל כלם

סלאם עלינו ועל כל העולם.

*Od yavo shalom aleinu (2x)
Od yavo shalom aleinu v'al kulam
Salam, (2x) aleinu v'al kol ha-olam, salam, salam*

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Torah Service קריאת התורה

On three things does the world depend: on learning, worship and loving deeds.

על שלשה דברים העולם
עומד: על התורה, ועל
העבודה, ועל גמילות חסדים.

*Al sh'loshah d'varim ha-olam omed.
Al ha-Torah, v'al ha-avodah v'al g'milut chasadim.*

Blessing before the Haftarah Reading

Attah gibor l'olam, Adonai, m'chayeh meitim Attah rav l'hoshi'a.
M'chalkel chayyim b'chesed, m'chayeh meitim b'rachamim rabbim;
someich noflim v'rofeh cholim, u'matir asurim, u-m'kayem emunato
lishei'nei afar. Mi chamocho ba'al gevurot, umi domeh lach, melech
meimit u-m'chayeh u-matzmi'ach yeshu'ah.
V'ne'eman Attah l'hachayot meitim.
Baruch Attah Adonai, m'chayeh ha-meitim.

Give us and to all Israel Your people peace, blessing, life, love and mercy. Bless us like a parent with Your love, Eternal God.

We praise You, O God, You gives us peace.

שים שלום, טובה וברכה,
חן וחסד ורחמים, עלינו ועל
כל ישראל עמך. ברכנו,
אבינו, בלנו באחד.
ברוך אתה יי, עושה השלום.

*Sim shalom tovah u-v'rachah, chayyim, chen va-chesed v'rachamim,
aleinu v'al kol Yisrael amecha. Barchenu avinu kulanu k'echad.
Baruch Attah Adonai, oseh ha-shalom.*

All children shelter under their parents' tallit)

Our God and God of our ancestors, bless us with the threefold benediction of the Torah:

God bless you and keep you.

May this be God's will.

God look kindly upon you, and be gracious to you.

May this be God's will.

God reach out to you in tenderness, and give you peace.

Amen. May this be God's will.

אלהינו ואלהי אבותינו,
ברכנו בברכה המשלשת
בתורה, הכתובה על ידי
משה עבדך כאמור.
יברך יהוה וישמרך.
כן יהי רצון.
יאר יהוה פניו אליך ויחנך.
כן יהי רצון.
ישא יהוה פניו אליך וישם
לך שלום. אמן. כן יהי רצון.

Jonah:

God warns me to go to Nineveh even though Assyria is the great enemy of my people. It also bothers me that my own people do not listen to me; a prophet of Israel. If I go to Nineveh and tell the people to repent and they listen to me, then it will be very embarrassing for me and my people. Oh, what can I do? Ah! I know! I will run away!

Narrator:

So Jonah went to the port of Jaffa and embarked on a ship that was sailing to Tarshish far away. At first all went well, but then a great storm began to toss the ship to and fro. The waves were so high and so fierce, that all the sailors were afraid. But while they were in a terrible storm, nearby ships were sailing by in calm waters.

Sailor 1:

That is very strange! Perhaps one of our gods is angry with us. Let each of us pray to our gods to save us.

Sailor 2:

Let us throw some cargo in to the sea to make it lighter!

Sailor 3:

Hey, wait a minute! We've got a passenger sleeping in the hold. Let's wake him up and ask him to pray to his gods too!

Jonah:

Oh, hello! My, the sea is rough; there must be quite a storm out there!

Sailor 2:

Why are you sleeping? Get up and pray to your gods to call off this storm just as we have done!

Narrator:

But neither the prayers nor the throwing of cargo overboard seemed to help. Finally the sailors decided to cast lots; they believed that on whomsoever the lot would fall was the person responsible for the

We praise You, Eternal One, our God, Sovereign of the universe: You inspired faithful prophets, and took pleasure in the words they spoke in truth. We praise You, O God, for the gift of Torah, Your servant Moses, Your people Israel, and the prophets of truth and righteousness.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר בָּחַר בְּנְבִיאִים
טוֹבִים וְרָצָה בְּדְבָרֵיהֶם
הַנִּאֲמָרִים בְּאַמֶּת. בָּרוּךְ אַתָּה
יְיָ הַבּוֹחֵר בְּתוֹרָה וּבְמִשְׁנָה
עֲבָדוֹ וּבִישְׂרָאֵל עִמּוֹ וּבְנְבִיאָי
הָאֲמֵת וְצֶדֶק.

*Baruch Attah Adonai, Eloheinu Melech ha-olam, asher bachar bin'vi'im
tovim v'ratza v'div'reihem ha-ne'emarim be-emet.
Baruch Attah Adonai, ha-Bocher baTorah u-v'Moshe av'do u-v'Yisrael
ammo u-vinvi'eh ha-emet va-tzedek.*

The Haftarah is read

The Book of Jonah

Narrator:

In the book of Second Kings, chapter 14, verse 25 we are told that Jonah the son of Ammitai served as a prophet in Israel during the reign of King Jeroboam II, who ruled from 785-745 B.C.E. One day, God spoke to the prophet Jonah.

God:

Listen Jonah. Get up and go to Nineveh, the capital of Assyria. Tell the people that they have done wicked things and that they will be destroyed if they do not sincerely repent of their sins.

Narrator:

Jonah listened carefully to the words and was very upset. He thought to himself:

Jonah:

Oh God, I realize that I have done evil. I did not obey Your command and tried to escape from You. Now I know that a person cannot run away from You, because You, O God, are everywhere. I pray that you will forgive me.

Narrator:

All the while the fish had been swimming in the direction of Nineveh. When God heard Jonah's prayer God knew that now Jonah was ready to do what God had asked him to do. So the fish spat Jonah onto dry land. And God spoke to Jonah for the second time, commanding him to go to Nineveh to tell the people of their sinfulness. This time Jonah listened to God's command and went straight into the city, proclaiming:.

Jonah:

Oh people of Nineveh, listen to me; you have sinned so greatly that in 40 days your city will be destroyed, unless you truly repent of your evil deeds.

Narrator:

The people of Nineveh listened to Jonah. they proclaimed a fast and put on sackcloth and ashes. Even the king listened to Jonah's words.

And God saw that the people of Nineveh were truly repenting of their evil ways. So God decided not to destroy them. But this kind and just action of God greatly upset Jonah! He was upset that the people of Nineveh - the enemy of the Jews listened to him, but not his own people.

Jonah:

Oh God, because I know You are a gracious, compassionate and merciful God, I knew that You would spare the people of Nineveh. Because I knew this would happen I did not want to prophesise to them. Now I'd rather die than return to my people!

Narrator:

Later that day, Jonah left the city and sat down to see what would

storm. So they cast lots and the lot fell on Jonah.

Sailor 1:

Tell us, who are you? Where do you come from and what have you done that this evil falls upon us?

Jonah:

My name is Jonah and I am a Hebrew. I fear the Eternal One, the God of heaven, who made the sea and dry land.

Sailor 2:

What have you done to bring us this harm?

Jonah:

God commanded me to go to Nineveh, but I did not want to go. Instead I boarded this ship that goes in the opposite direction. Now I see that I cannot run from God because God is everywhere. It is all my fault.

Sailor 1:

What shall we do so that the sea will once more be calm?

Jonah:

Pick me up and throw me in the sea, and the storm will cease.

Sailor 2:

We cannot do that; you'd die! Let us try and row back to Jaffa.

Narrator:

The harder the sailors rowed, the less it seemed to help. Finally they realized they had no choice: they picked Jonah up and threw him into the sea. But they were very worried and so they also offered a sacrifice to God; Jonah's God.

Narrator:

After the sailors had thrown Jonah in the sea, the storm stopped. Then a great fish came along and swallowed him up. For three days and three nights Jonah remained in the belly of the gigantic fish. On the third day he felt so miserable, he started to pray to God.

We praise You, Sovereign God, whose forgiving love annuls our trespasses year after year. Ruler of all the world, You hallow the House of Israel and the Day of Atonement. *Amen.*

תְּבָרַךְ שְׁמֶךָ בְּפִי כָל־חַי
תְּמִיד לְעוֹלָם וָעֶד. בְּרוּךְ
אַתָּה יְיָ, מֶלֶךְ מוֹחֵל וְסוֹלֵחַ
לְעוֹנוֹתֵינוּ, וּמַעֲבִיר אֲשֵׁמוֹתֵינוּ
בְּכַל־שָׁנָה וְשָׁנָה, מֶלֶךְ עַל
כָּל־הָאָרֶץ, מְקַדֵּשׁ יִשְׂרָאֵל
וְיוֹם הַכִּפּוּרִים. אָמֵן.

Al ha-Torah v'al ha-avodah, v'al ha-n'vi'im v'al Yom ha-Kippurim hazeh, shenatata-lanu, Adonai Eloheinu, l'chavod u-tif'aret, al ha-kol, Adonai Eloheinu, anachnu modim lach, u-m'varachim otach. Yitbarach shimcha b'fi kol-chay tamid l'olam va-ed. Baruch Attah Adonai, melech mochel v'sole'ach la'avonoteinu uma'avir ash'moteinu b'chol shanah v'shanah, Melech al kol ha-aretz, m'kaddesh Yisrael v'Yom ha-Kippurim. Amen

* * *

Jonah Jazz

Jonah was the chief prophet man in the land
So God called him up to give God a hand
But Jonah said, 'Who me?' and his soul began to quail
He ran away to the sea and got swallowed by a whale.

Do *teshuvah* and make a fresh start!
Do *teshuvah* and open your heart!
Do *teshuvah*, you'd better not fail
Or you might end up in the belly of a whale.

Jonah ran from God to get away
He didn't want to hear what God had to say.
He climbed on board a boat, and sailed to sea
He told God to let him be.

happen to the city. Because it was very hot, he built himself a booth to escape the afternoon sun, but during the night God caused a gourd to grow, so that Jonah had its lovely shade over his head, which protected him from the sun, and Jonah was very pleased with the plant. But then God caused a worm to eat the roots of the gourd, which made it shrivel up and die. Then God caused a strong East wind to blow and the sun to beat down on Jonah's head and Jonah felt utterly miserable.

Jonah:

Oh God, it would be better to die than to live! How could You have been so cruel as to cause this plant to die? Indeed I am very upset for what You have done, O God.

God:

Listen to Me Jonah! You are upset over the death of something you did not create, did not help grow, and did not tend to. If you can care about something you had no part in making, then should not I, the Creator of all, be concerned with the well-being of all My creatures? The people of Nineveh need My help as much as your people, and are you to tell Me that I should ignore them?

Blessing after the Haftarah Reading

For the Torah, for the privilege of worship, for the prophets, and for this Day of Atonement which You, Eternal One, have given us for honour and beauty, we thank and praise You, O Eternal One our God. May all the living praise Your name now and for ever.

עַל־הַתּוֹרָה וְעַל־הָעֲבוּדָה
וְעַל־הַנְּבִיאִים וְעַל־יוֹם
הַכִּפּוּרִים הַזֶּה שְׁנַת־תְּלָנוּ, יְיָ
אַל־הֵינּוּ, לְכָבוֹד וּלְתִפְאַרֶת,
עַל־הַכֹּל, יְיָ אֱלֹהֵינוּ, אֲנַחְנוּ
מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ.

*Mi she-berach avteinu Avraham, Yitzchak, v'Ya'akov, Sarah, Rivka,
Rachel v'Leah, Hu y'varech v'rapeh et ha-cholim. El na, refa na lah*

* * *

Concluding Song

Eternal God, who reigned before אֲדוֹן עוֹלָם אֲשֶׁר מִלְּפָנֶיךָ,
Your will had caused the world to be, בְּטָרָם כָּל־יִצְיִיר נִבְרָא,
Already then You reigned supreme לָעֵת נִעְשָׂה בְּחִפְצוֹ כֹּל,
In undisputed sovereignty. אֲזִי מִלְּפָנֶיךָ שָׁמוּ נִקְרָא.

*Adon olam asher malach, betereim kol yitzir nivra,
L'et na-asah v'cheftzo kol, azay melech sh'mo nik'ra.*

And when the universe has וְאַחֲרֵי כִבְלוֹת הַכֹּל,
ceased, לְבִדּוֹ יִמְלֶךְ נוֹרָא;
You still will reign in majesty, וְהוּא הָיָה וְהוּא הוֹדָה,
For as You were, so will You be וְהוּא יִהְיֶה בְּתַפְאָרָה.

*V'acharei kich'lot ha-kol, l'vado yimloch nora,
V'Hu hayah, v'Hu hoveh, v'Hu yih'yeh b'tif'arah.*

And You are One, there is none else, וְהוּא אֶחָד, וְאֵין שֵׁנִי,
No equal standing at Your side, לְהַמְשִׁיל לוֹ, לְהַחֲבִירָה,
Without beginning, without end, בְּלִי רֵאשִׁית, בְּלִי תְּכֵלִית,
All might and rule in You reside. וְלֹו הָעֹז וְהַמְשָׁרָה.

*V'Hu echad, v'ein sheni, l'ham'shil lo l'hach'birah,
B'li reishit, b'li tachlit, v'lo ha-oz v'ha-misrah.*

Do *teshuvah* and make a fresh start!
Do *teshuvah* and open your heart!
Do *teshuvah*, you'd better not fail
Or you might end up in the belly of a whale.

God said to Jonah, 'not so fast'
My time with you has not yet passed.
God sent a storm and rocked the boat
Jonah jumped overboard and tried to float.

Do *teshuvah* and make a fresh start!
Do *teshuvah* and open your heart!
Do *teshuvah*, you'd better not fail
Or you might end up in the belly of a whale.

A fish swam by and swallowed up the man
Jonah prayed, 'God I am sorry I ran'
God forgave Jonah after three days
Jonah thanked God and was on his way

Do *teshuvah* and make a fresh start!
Do *teshuvah* and open your heart!
Do *teshuvah*, you'd better not fail
Or you might end up in the belly of a whale.

* * *

Prayer for healing

May God who blessed our מִי שִׁבְרָךְ אֲבוֹתֵינוּ אַבְרָהָם,
ancestors Abraham, Isaac and יִצְחָק וְיַעֲקֹב, שָׂרָה רִבְקָה, רָחֵל
Jacob, Sara, Rebecca, Rachel וְלֵאָה, הוּא יְבָרְךָ וְיִרְפֶּה אֶת
and Leah bless and heal all אֵל נָא רַפָּא נָא לָהּ:
those who are ill. Oh God, heal
her.

My living and redeeming God,
My shelter on a stormy day,
My banner and my refuge still,
My cup of comfort when I pray.

וְהוּא אֱלֹהֵי וְחַי גְּאֻלֵּי,
וְצוּר חֻבְלֵי בְּעֵת צָרָה,
וְהוּא נֶסֶי וּמְנוּס לִי,
מִנֵּת כּוֹסֵי בַיּוֹם אֶקְרָא.

*V'Hu Eli, v'Hu Go'ali, v'tzur chevli b'et tzarah,
V'Hu nisi u-manos li, m'nat kosi b'yom ekra.*

Into Your hand I place my soul,
Asleep, awake, for You are near,
And with my soul, my body too:
You are my God, I shall not fear.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישׁוֹן וְאֶעֱיָרָה,
וְעִם רוּחִי גּוֹיָתִי;
יְיָ לִי, וְלֹא אִירָא.

*B'yado afkid ruchi, b'et ishan v'a'irah,
v'im ruchi g'viyati, Adonai li, v'lo ira.*

* * *

Concluding Blessing

May God bless you with all
good, and keep you from all evil.
May God teach your heart the
meaning of life, and grant you
knowledge.

May God reach out to you with
tenderness, that you may have
enduring peace.

יְבָרְכֶךָ בְּכֹל טוֹב,
וְיִשְׁמֹרְכָה מִכֹּל רָע,
וְיִאֵיר לְבָבְךָ בְּשִׂכְל חַיִּים,
וְיַחְוֶנְכָה בְּדַעַת עוֹלָמִים,
וְיִשָּׂא פָנָיו חֲסָדָיו לְכָה
לְשָׁלוֹם עוֹלָמִים.

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תְּקִיעַה גְּדוּלָה

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