

**5783 High Holidays**



**What Sweetness Feels Like**

**סליחות**  
SELICHOT

Renewing Our Souls

## RETURN AGAIN

Return again, return again  
Return to the land of your Soul  
Return again, return again  
Return to the land of your Soul.

### CHORUS:

Return to who you are, return to what you are  
Return to where you were  
Born and reborn again.

## MAH LECHA NIRDAM

Man, Woman! Why do you sleep? Rise up and voice your pleas.  
Pour out your words, seek forgiveness from the Master of All.  
Wash yourself clean, do not wait for many days to go by.  
Quickly, seek help from the One who dwells beyond, within.  
Flee from all wrongdoings and fear their unintended consequences.  
God, Please hear the prayers of Israel who faithfully call on Your Name. You  
are the Source of all that is right; and we are truly humbled.  
Rise up, be strong and take courage so you may confess your failings.  
Seek God with reverence and find atonement.  
In this realm of the spirit wonders never cease.  
Every word that is said will be received.  
The Compassionate One will have compassion on us  
as parents do toward their children.  
You are the Source of all this right; and we are truly humbled.

## HANESHAMA LACH

הַנֶּשְׁמָה לְךָ וְהַגּוּף פְּעִלְךָ, Haneshama Lach v'haguf po'alach

חוּסָה חוּסָה עַל עֲמַלְךָ Chusah, chusah, al amalach

The soul is Yours, the body is Your creation

Have compassion on Your handiwork

## 13 MIDDOT

אֵל מֶלֶךְ. יוֹשֵׁב עַל כִּסֵּא רַחֲמִים. מִתְנַהֵג בְּחַסִּידוּת. מוֹחֵל עֲוֹנוֹת  
עַמּוֹ. מַעֲבִיר רֹאשׁוֹן רֹאשׁוֹן. מַרְבֵּה מַחִילָה לְחַטָּאִים וְסְלִיחָה  
לְפוֹשְׁעִים. עוֹשֶׂה צְדָקוֹת עִם כָּל בָּשָׂר וָרוּחַ. לֹא כָרַעְתָּם תִּגְמוּל: אֵל  
הוֹרִית לָנוּ לֹמֵר שְׁלֹשׁ עֲשָׂרָה. וְזָכַר לָנוּ הַיּוֹם בְּרִית שְׁלֹשׁ עֲשָׂרָה.  
כְּמוֹ שֶׁהוֹדַעְתָּ לַעֲבוֹ מִקֶּדֶם. כְּמוֹ שֶׁכְּתוּב וַיֵּרֶד ה' בָּעֵנָן וַיְתַיַּצַּב עַמּוֹ  
שָׁם, וַיִּקְרָא בְּשֵׁם ה':  
וַיַּעֲבֹר ה' עַל פְּנֵיו וַיִּקְרָא:

ה' ה' אֵל רַחוּם וְחַנוּן אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת: נֹצֵר חֶסֶד  
לְאַלְפִים נָשָׂא עוֹן וּפָשַׁע וְחַטָּאָה וְנָקָה:

Adonai, Adonai, El Rachum v'chanun. Erech apayim v'rav  
chesed v'emet. Notzer chesed la'alafim. Noseh avon va'fasha  
v'chata'ah v'nakeh

וְסִלַּחַת לַעֲוֹנוֹנוּ וְלַחַטָּאתֵנוּ וְנַחֲלַתֵנוּ:

God, Sovereign who sits on a throne of mercy, acting with unbounded  
grace, forgiving the sins of Your people, one by one, as each comes  
before You, generously forgiving sinners and pardoning transgressors,  
acting charitably with every living thing: do not repay them for their  
misdeeds.

God, You taught us how to recite the Thirteen Attributes of Your  
name; remember the promise implied in these Thirteen Attributes,  
which You first revealed to Moses, the humble one, as it is written:  
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name Adonai: And Adonai passed before him and called:

Adonai, Adonai, Almighty, Merciful, Gracious, Slow to Anger, and  
Abundant in Kindness, and Truth. Keeper of kindness for thousands of  
generations.

## YA ANA EMTZA'ACHA

יְהִי, אָנֹכָה אֶמְצָאָךְ? מִקוֹמְךָ נִעְלָה וְנִעְלָם!  
וְאָנֹכָה לֹא אֶמְצָאָךְ? כְּבוֹדְךָ מְלֵא עוֹלָם!

Ya ana emtza'acha, m'komcha na'aleh v'ne'elam!  
V'ana lo emtza'acha, k'vodcha malei olam

הִנֵּמְצָא בְּקִרְבִּים, אֶפְסִי אֶרֶץ הַקִּיּוֹם,  
הִמְשָׁגֵב לְקִרְוִבִים, הַמִּבְטָח לְרוֹחוּקִים,  
אֶתְּהָ יוֹשֵׁב כְּרוּבִים, אֶתְּהָ שׁוֹכֵן שְׁחָקִים.  
תִּתְהַלֵּל בְּצַבְאָךְ, וְאֶתְּהָ עַל רֹאשׁ מַהֲלָלִים,  
גִּלְגַּל לֹא- יִשְׁאָךְ, אֶף כִּי חֲדָרֵי אוֹלָם!

דִּרְשָׁתִּי קִרְבְּתְּךָ, בְּכֹל- לִבִּי קִרְאָתִיךָ,  
וּבְצִאָתִי לְקִרְאָתְךָ, לְקִרְאָתִי מִצִּיאָתִיךָ,  
וּבִפְלֵאִי גְבוּרָתְךָ (x2), בְּקֹדֶשׁ חֲזִיתִיךָ.  
מִי יֹאמֶר לֹא רָאָךְ? הֵן נִשְׁמָעִים וְחִילָם  
יִגִּידוּ מוֹרָאָךְ, בְּלִי נִשְׁמַע קוֹלָם! (x3)

Yah, where shall I find you?  
High and hidden is your place;  
And where shall I not find you?  
The world is full of your glory!

I sought your closeness,  
I called to You with all my heart,  
And going out to meet You  
I found You coming toward me.  
-Rabbi Yehudah HaLevi



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# ON THE EVE OF THE NEW YEAR BY FANNY NEUDA

The day draws to a close, and with it

The outgoing year comes to an end

Like a sealed page-

A page to which we can no longer add,

A page from which we can no longer take.

It can be nothing for us now but a memory

That will serve as a witness for or against us.

In a cascade of images, the old year

Passes before my eyes. Once again

I see the shining moments of joy,

The blissful days and hours when your divine mercy

Enlightened me, when your rich blessings

Unfolded before me, and life showed me

Its most radiant aspect.

All those fortunate hours pass before me now,

Full of pleasure and contentment - all those times

When you blessed me with your goodness,

Those hours of useful action, in holy awareness

Of humanity's noble destiny and dignity.

My heart stirs and is filled with devotion.

My breath rises, overflowing with gratitude and praise

For you, Eternal Parent, ultimate giver of well being.

Yes gloomy pictures of the pain and struggle

I encountered - these also arise before me.

Some days I was troubled with fear and anxiety.

Some days brought bitter disappointments -

Hard tests that left my soul in mourning.

Sometimes danger and disaster

Confused and clouded my view.

Sometimes deep grief and heavy suffering

Oppressed my heart and drained my energy.

But even in those dark, bitter hours,

You allowed me to experience your love.

You brought my heart comfort.  
When I was exhausted from the agony of trying,  
You renewed and revived my strength.  
When everyone else denied me help and rescue,  
Your reached out your hand to me just in time,  
And when all others abandoned me,  
You remained, all-loving, by my side.  
Once more, my heart resonates with the deepest,  
Most fervent song of thanks and love  
For you, Eternal Parent.

Night draws around us now,  
And the old year comes to a close.  
Almighty God, may this yearend with its afflictions and bitterness,  
With all of life's worries and burdens:  
Let all illness and frailty cease,  
Let all disputes and discord fade away,  
Let all hate and despair be lifted -  
Let all the sins and transgressions that stain our lives  
And that fill us now with regret and remorse  
Be forgiven and forgotten in your sight.

With the first rosy glow of dawn  
May we enter the new year  
In a renewed, happier state of mind,  
One that brings contentment and well-being  
To us and to our loved ones -  
Health and strength to our bodies,  
Purity and good cheer to our souls,  
Growth and prosperity to our children -  
A blessed and productive year,  
Untroubled and undisturbed in our enjoyment of it -  
Peace and contentment to our hearts,  
Peace upon our houses and our families.  
Peace and blessing our nation. Amen



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## SHEMA KOLEINU

שמע קולנו ה' אלהינו חוס ורחם עלינו וקבל ברחמים וברצון את תפלתנו:  
השיבנו ה' אליך ונשובה חדש ימינו כקדם:  
אל תשליכנו מלפניך ורוח קדשך אל תקח ממנו:  
אל תשליכנו לעת זקנה ככלות כחנו אל תעזבנו:  
אל תעזבנו ה' אלהינו אל תרחק ממנו:

Shema koleinu Adonai Eloheinu, chus v'rachem aleinu, v'kabel b'rachamim  
uv'ratzon et t'filateinu

Hashivenu Adonai elecha v'nashuva, chadesh yameinu k'kedem  
Al tashlichenu mil'fanecha, v'ruach kod'shecha al tikach mimenu  
Al tashlichenu l'et zikna, kichlot kocheinu al ta'azvenu  
Al ta'azvenu Adonai Eloheinu al tirschak mimenu

Hear our voice, Adonai our God, be kind, and have compassion. Willingly  
accept our prayer. Turn us toward You, Adonai, and we will return to You;  
make our days seem fresh, as they once were. Do not cast us away from  
You; take not Your holy presence from us. Do not cast us away as we grow  
old; do not desert us as our energy wanes.

## ASHAMNU

אשָׁמְנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבְרַנּוּ דְּפִי הָעוֹיִנוּ. וְהִרְשָׁעְנוּ. זָדְנוּ. חָמְסְנוּ. טָפְלְנוּ שִׁקְרָה. יַעֲזֹבֵנוּ רַע.  
כָּזְבְנוּ. לָצַנוּ. מִרְדְּנוּ. נֶאֱצַנּוּ. סָרְרְנוּ. עוֹיִנוּ. פִּשְׁעֵנוּ. צָרְרְנוּ. קִשְׁיֵנוּ עָרְפִי. רִשְׁעֵנוּ. שִׁחַתְנוּ.  
תַּעֲבֹנוּ. תַּעֲתֵבֵנוּ.

Ashamnu, bagadnu, gazalnu, dibarnu dofi.

He'evinu, vehirsha'nu, zadnu, hamasnu, tafalnu sheker.

Ya'atznu ra, kizavnu, latznu, maradnu, ni-atznu.

Sararnu, 'avinu, pasha'nu, tzararnu, kishinu 'oref.

Rasha'nu, shihatnu, ti'avnu, ta'inu, ti'ta'nu.

We abuse, we betray, we are cruel. We destroy, we embittter, 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 xenophobic. We yield to evil,  
we are zealots for bad causes .



## Lord of Forgiveness

Lord of forgiveness,  
 knower of thoughts  
 Revealer of the Concealed,  
 Speak of truths  
 We have sinned before You, Have mercy upon us

Glorious in wonders,  
 Veteran in comforts  
 Remembers ancestral covenant,  
 Knower of Inner Thoughts  
 We have sinned before You, Have mercy upon us

Good and beneficent to humanity,  
 Knowing all hidden things,  
 Overcomes sins,  
 Clothed in righteousness  
 We have sinned before You, Have mercy upon us

Full of purities,  
 Awesome in praises  
 Forgiving of sins,  
 Answerer in time of trouble  
 We have sinned before You, Have mercy upon us

Bridger of deliverance,  
 Seer of futures  
 Calling to the generations,  
 Rider of clouds  
 Hearer of Prayer,  
 Perfect in knowledge  
 We have sinned before You, Have mercy upon us

## אֲדוֹן הַסְּלִיחוֹת

אֲדוֹן הַסְּלִיחוֹת  
 בּוֹחֵן לִבְבוֹת  
 גּוֹלֶה עֲמוּקוֹת  
 דּוֹבֵר צְדָקוֹת  
 חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

הַדּוֹר בְּנִפְלְאוֹת  
 וְתֵיִק בְּנֶחֱמוֹת  
 זֹכֵר בְּרִית אֲבוֹת  
 חֹקֵר כְּלָיוֹת  
 חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

טוֹב וּמְסִיב לְבָרִיּוֹת  
 יוֹדֵעַ כָּל נִסְתָּרוֹת  
 כּוֹבֵשׁ עֲוֹנוֹת  
 לּוֹבֵשׁ צְדָקוֹת  
 חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

מָלֵא זָכוֹיֹת  
 נוֹרָא תְהִלּוֹת  
 סוֹלֵחַ עֲוֹנוֹת  
 עֹנֶה בְּעֵת צָרוֹת  
 חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

פוֹעֵל יְשׁוּעוֹת  
 צוֹפֶה עֲתִידוֹת  
 קוֹרֵא הַדּוֹרוֹת  
 רוֹכֵב עָרְבוֹת  
 שׁוֹמֵעַ תְּפִלוֹת  
 תָּמִים דְּעוֹת  
 חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

Adon Haselichot, bochen l'avot  
 Goleh Amukot, Dover tzedakot

Chatanu l'fanecha, rachem aleinu

## SHOMER ISRAEL

שׁוֹמֵר יִשְׂרָאֵל שְׁמוֹר שְׁאֵרִית יִשְׂרָאֵל  
וְאֵל יֹאבֵד יִשְׂרָאֵל הָאֲמֹרִים שְׁמַע יִשְׂרָאֵל:  
שׁוֹמֵר גּוֹי אֶחָד שְׁמוֹר שְׁאֵרִית עִם אֶחָד  
וְאֵל יֹאבֵד גּוֹי אֶחָד הַמִּיחָדִּים שְׁמַךְ ה' אֱלֹהֵינוּ ה' אֶחָד:  
שׁוֹמֵר גּוֹי קָדוֹשׁ שְׁמוֹר שְׁאֵרִית עִם קָדוֹשׁ וְאֵל יֹאבֵד גּוֹי קָדוֹשׁ  
הַמְשַׁלְּשִׁים בְּשָׁלֹשׁ קְדָשׁוֹת לְקָדוֹשׁ:

Shomer shomer Yisrael, sh'mor sh'eirit Yisrael,  
v'al yovad (x3) Yisrael, haom'rim shema Yisrael:

Shomer shomer goy echad, sh'mor sh'eirit am echad,  
v'al yovad goy echad, ham'yachadim shimcha, Adonai  
Eloheinu Adonai echad:

Shomer shomer goy kadosh, sh'mor sh'eirit am kadosh, v'al  
yovad goy kadosh, ham'shalshim b'shalosh,  
k'dushot l'kadosh.

Guardian of Israel, guard the remnant of Israel, and let not Israel  
perish, who say, "Hear Israel."

Guardian of the unique nation, guard the remnant of the unique  
people, and let not the unique nation perish, who proclaim the  
Oneness of Your Name, [saying:] Adonoy is our God, Adonoy is One.  
Guardian of the holy nation, guard the remnant of the holy people and  
let not the holy nation perish who repeat the threefold sanctification  
to the Holy One.

## CHASSIDIC KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. אָמֵן. בְּעֶלְמָא דִּי בְּרָא כְרֻעֻתָּהּ. וְיִמְלִיךְ מַלְכוּתָּהּ,  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעִגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַמֵּם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל, שְׁמֵהּ  
דְּקוּדְשָׁא בְּרִיךְ הוּא: לְעִילָא וּלְעִילָא מְכַל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא,  
דְּאִמְרִין בְּעֶלְמָא. וְאָמְרוּ אָמֵן:

תִּתְקַבֵּל צְלוֹתָהוֹן וּבְעוּתָהוֹן דְּכָל בֵּית יִשְׂרָאֵל קֳדָם אֲבוּהוֹן דִּי בְּשָׁמַיָּא, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן:  
עוֹשֶׂה הַשְׁלֹם בְּמִרְמִיּוֹ הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Yitgadal v'yitkadash shemei raba. AMEN. B'alma di v'ra kirutei,  
v'yamlich malchutei. B'chayeichon uv'yomeichon uv'chaye d'chol beit  
Yisrael, ba'agala uviszman kariv v'im'ru AMEN.

Yehei shmei rabah mevorach l'alam ul'olmei almaya.

Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnaseh v'yithadar  
v'yitaleh v'yithallal, shmei d'kudesha, B'RICH HU. Le'eila u'leila min  
kol birchata v'shirata, tushbechata ve'nechemata, damiran b'almah,  
v'imru AMEN.

Titkabel Tz'lot'hon Uva'ut'hon d'chol beit Yisrael, kodam avuhon  
divishmaya, v'imru AMEN.

Yehei shlama raba min sh'maya v'chayim aleinu v'al kol yisrael, v'imru  
AMEN.

Oseh (ha)shalom bimromav, hu ya'aseh shalom aleinu v'al kol yisrael,  
vimru AMEN.

## ACHAT SHA'ALTI PSALM 27

אַחַת שְׁאַלְתִּי מֵאֵת ה' אוֹתָהּ אֶבְקֶשׁ:  
שְׁבִתִּי בְּבֵית ה', כָּל יְמֵי חַיִּי,  
לַחֲזוֹת בְּנֹעַם ה', וּלְבַקֵּר בְּהִיכָלוֹ.

Achat sha'alti me'eit Hashem, otah avakesh:  
shivti b'veit Hashem, kol y'mei chayai, lachazot b'noam  
Hashem, u'l'vaker b'heikhalo.

One thing I ask from the Lord, one thing I desire  
That I might dwell in Your house all the days of my life  
To behold the graciousness of the Lord, and to enter God's sanctuary.

שְׁנָה טוֹבָה וּמִתּוֹקָה!  
MAY IT BE A SWEET NEW  
YEAR!

## HIGH HOLY DAYS AT AHAVATH ACHIM

Every year around this time, we wish each other a good and sweet new year. While it may be obvious why we wish each other a good year, why do we wish each other a sweet year specifically? Rosh Hashanah is not the only time honey appears in our Jewish pantry. Traditionally, a newly married couple dips their Shabbat challah in honey, replacing the salt which normally tops our challot. For that year, they mark the beginning of their new relationship with something that's sweet, an edible blessing for what they hope to manifest in their lives. So too for Rosh Hashanah—We add sweetness to our palate with the intention of manifesting that sweet new year. This year, as in the previous two years, we are offering the option to participate in services virtually as well as in person. The remodel of our sanctuary is well on the way to be completed, but, unfortunately, we will not be able to fill it with the prayers of our hearts. However, there will be an opportunity to view the construction, and we are excited to be able to showcase how transformative the new space is. Main services will take place in Srochi Auditorium with overflow seating available in Ellman Chapel where services will be live streamed. In addition to the main services, we will offer several shorter services geared towards families in the outdoor tent. Children's programming, which has been absent the past couple years, is coming back and will run parallel to our main service.



## REGISTER FOR THE HOLIDAYS TODAY!

For all information relating to the 5783 High Holidays, view our online High Holiday Hub as a source of everything you'll need as you navigate your High Holiday spiritual experience.

Thanks to you, our holy community, our congregation is on a sound financial footing today. Although we are making progress and are in a better place than last year, we still have many challenges this year, and most of our congregation will not be able to attend Yom Kippur services in person. We need your help. Please consider participating in our Yom Kippur Appeal/Chai Campaign if you have not already done so; you may send in a check, or donate online. Thank you in advance for your generosity and continued support.

Wishing you and your families "shanah tovah u'metukah"—a good and sweet year!



AHAVATH ACHIM  
SYNAGOGUE