

סליחות  
Selihot



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 that is right; and we are truly humbled

*—Interpreted and translated by Rabbi Nancy Flam*

## Ben Adam

Ben adam mah lekha nirdam  
Kum kera betah<sub>an</sub>unim

Shefokh si<sub>h</sub>ah derosh seli<sub>h</sub>ah  
Me-adon ha-adonim

Reh<sub>at</sub>z utehar ve-al te-a<sub>h</sub>ar  
Beterem yamim ponim

Umeherah rutz le'ezrah  
Lifnei shokhen me'onim

Umipesha' vegam resha'  
Bera<sub>h</sub> uf<sub>h</sub>ad me-asonim

Ana she'e<sub>h</sub> shimkha yod'e<sub>i</sub>  
Yisrael ne-emanim

Lekha Adonai hatzedakah  
Velanu boshet hapanim

'Amod kegever vehitgaber  
Lehitvadot al h<sub>at</sub>a-im

Yah El derosh bekhoved rosh  
Lekhaper 'al pesha'im

Ki le'olam lo ne'elam  
Mimenu nifla-im

Vekhol ma-amar asher ye-amar  
Lefanav hem nikra-im

Hamera<sub>h</sub>em hu yera<sub>h</sub>em 'aleinu  
Kera<sub>h</sub>em av 'al banim

Lekha Adonai hatzedakah  
Velanu boshet hapanim

בן אדם מה לך נרדם  
קום קרא בתחנונים

שפך שיחה דרש סליחה  
מאדון האדונים

רחץ וטהר ואל תאחר  
בטרים ימים פונים

ומהרה רוצ לעזרה  
לפני שוכן מעונים

ומפשע וגם רשע  
ברח ופחד מאסונים

אנא שעה שמך יודעי  
ישראל נאמנים

לך אדני הצדקה  
ולנו בשת הפנים

עמד בגבר והתגבר  
להתודות על חטאים

יה אל דרש בכבוד ראש  
לכפר על פשעים

כי לעולם לא נעלם  
ממנו נפלאים

וכל מאמר אשר יאמר  
לפניו הם נקראים

המרחם הוא ירחם עלינו  
ברחם אב על בנים

לך אדני הצדקה  
ולנו בשת הפנים



## Haneshama Lakh

Haneshama lakh vehaguf po-alakh,  
husa al amalakh.

הַנֶּשְׁמָה לְךָ וְהַגּוּף פָּעֵלְךָ,  
חוֹסֶה עַל עַמְלֶךָ.

Haneshama lakh vehaguf shelakh,  
Adonai, ase lema'an shemekha.

הַנֶּשְׁמָה לְךָ וְהַגּוּף שְׁלֶךָ,  
יְיָ, עֲשֵׂה לְמַעַן שְׁמֶךָ.

Atanu al shimkha, Adonai,  
ase lema'an shemekha.

אָתָּנוּ עַל שְׁמֶךָ, יְיָ,  
עֲשֵׂה לְמַעַן שְׁמֶךָ.

Ba'avur kevod shimkha,  
ki el hanun verahum shemekha.

בְּעִבּוּר כְּבוֹד שְׁמֶךָ,  
כִּי אֵל חַנוּן וְרַחוּם שְׁמֶךָ.

Lema'an shimkha Adonai,  
vesalahta la'avoneinu, ki rav hu.

לְמַעַן שְׁמֶךָ, יְיָ,  
וְסָלַחְתָּ לְעוֹנֵינוּ, כִּי רַב הוּא.

The soul is Yours, the body is Your creation.  
Adonai, have compassion upon Your handiwork.

The soul is Yours, the body is Yours.

Deal with us according to Your name.

We come before You relying on Your name.

According to Your glorious name, help us.

Your name is "gracious, compassionate God."

Forgive, then, our sin, though it is great.

## 13 Middot

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: God descended in a cloud and stood beside him, and he called the name Adonai:

And Adonai passed before him and called:

**Adonai Adonai el rahum vehanun erekh apayim verav hesed ve-emet notzer hesed la-alafim nose avon vafesha ve-hata-a venakeh.**

Adonai, Adonai, God, merciful and compassionate, patient, abounding in love and faithfulness, assuring love for thousands of generations, forgiving iniquity, transgression, and sin, and granting pardon.

Then Moses prayed: "Pardon our iniquity and our sin, and claim us for Your own."

אל מֶלֶךְ יוֹשֵׁב עַל כִּסֵּא רַחֲמִים, מְתַנְהֵג בַּחֲסִידוֹת, מוֹחֵל עֲוֹנוֹת עַמּוֹ,  
מַעֲבִיר רֹאשׁוֹן וְרֹאשׁוֹן, מְרַבֵּה מַחִילָה לַחֲטָאִים, וּסְלִיחָה לַפּוֹשְׁעִים,  
עוֹשֶׂה צְדָקוֹת עִם כָּל בָּשָׂר וָרוּחַ, לֹא כִרְעָתָם תִּגְמּוֹל.

אֵל, הוֹרִיתָ לָנוּ לֹמֵר שְׁלֹשׁ עֶשְׂרֵה, זָכַר לָנוּ הַיּוֹם בְּרִית שְׁלֹשׁ עֶשְׂרֵה,  
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נִצֵּר חֶסֶד לְאֱלֹפִים, נִשָּׂא עוֹן וּפָשַׁע וְחַטָּאָה, וְנִקָּה.**

וְסָלַחְתָּ לַעֲוֹנֵינוּ וּלְחַטָּאתֵינוּ וּנְחַלֶּתֶנּוּ.





## Yah Ana Emtza-akha

Yah, ana emtza-akha  
mekomkha na'aleh vene'lam  
ve-ana lo emtza-akha  
kevodkha malei olam

יְהוָה, אָנֹכָה אֶמְצָאֲךָ  
מִקוֹמְךָ נֵעְלֶה וְנַעֲלֶם  
וְאֲנִי לֹא אֶמְצָאֲךָ  
כְּבוֹדְךָ מְלֵא עוֹלָם

Darashti kirvat'kha  
bekhol libbi keratikha  
uv'tzeti likratkha  
likrati metzatickha.

דָּרַשְׁתִּי קִרְבְּתְךָ  
בְּכָל-לִבִּי קִרְאתִיךָ  
וּבְצִאתִי לְקִרְאתְךָ  
לְקִרְאתִי מִצְאתִיךָ

Adonai, 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 breast rises, overflowing with gratitude and praise  
For you, Eternal Parent, ultimate giver of well-being.

Yet 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,  
You 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 year end  
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 to our nation. Amen.

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נִצֵּר חֶסֶד לְאֱלֹפִים, נִשְׂא עוֹן וּפָשַׁע וְחַטָּאָה, וְנִקָּה.**

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## Shema Koleinu

Shema koleinu Adonai Eloheinu hus verahem aleinu,  
Vekabel berahamim uvratzon et tefillateinu.

Hashivenu Adonai elekha venashuvah, hadesh yameinu  
kekedem.

Al tashlikhenu milefanekha, veru-ah kodshekha al tikahh mimenu.

Al tashlikhenu le'et zikna, kikhlot kohhenu al ta'azvenu.

Al ta'azvenu, Adonai Eloheinu, al tirhak mimennu.

Hear our voice, Adonai our God, be kind,  
and have compassion for us.

Willingly and lovingly 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.



שְׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,  
וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תַּפְלָתֵנוּ.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה, חֲדָשׁ יְמֵינוּ כְּקֶדֶם.

אֵל תִּשְׁלִיכֵנוּ מִלְּפָנֶיךָ, וְרוּחַ קִדְשְׁךָ אֵל תִּקַּח מִמֶּנּוּ.

אֵל תִּשְׁלִיכֵנוּ לַעֲת זְקָנָה, כְּכֹלֹת כְּחוּנוֹ אֵל תַּעֲזֹבֵנוּ.

אֵל תַּעֲזֹבֵנוּ, יְיָ אֱלֹהֵינוּ, אֵל תִּרְחַק מִמֶּנּוּ.

עֲשֵׂה עִמָּנוּ אוֹת לְטוֹבָה, וְיִרְאוּ שׁוֹנְאֵינוּ וַיִּבְשׁוּ, כִּי אַתָּה יְיָ עֲזַרְתָּנוּ וְנִחַמְתָּנוּ.  
אֲמַרְיֵנוּ הֶאֱזִינָה יְיָ, בִּינָה הִגִּיגֵנוּ. יִהְיוּ לְרָצוֹן אֲמָרֵי פִינוּ וְהִגִּינָן לִבֵּנוּ לְפָנֶיךָ,  
יְיָ צוּרֵנוּ וְגוֹאֲלֵנוּ. כִּי לָךְ יְיָ הוֹחֲלָנוּ, אַתָּה תַעֲנֶנָּה, אֲדֹנָי אֱלֹהֵינוּ.

Do not abandon us, Adonai our God,  
do not distance yourself from us.

Give us a signal of hope, so that our enemies will understand and  
hesitate, knowing that You have been our help and comfort.

Hear our words, Adonai, and consider our innermost thoughts.

May the words of our mouths and the meditations of our hearts  
be acceptable to You, Adonai, our rock and redeemer.

It is for You we wait; surely You will respond, Adonai our God.

## Ashamnu

Our God and God of our ancestors, hear our prayer; do not ignore our plea. We are neither so brazen nor so arrogant to claim that we are righteous, without sin, for indeed we are sinful.

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 embitter, we falsify.

We gossip, we hate, we insult.

We jeer, we kill, we lie.

We mock, we neglect, we oppress.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ, וְאַל תִּתְּעַלֵּם מִתְחַנְּתֵנוּ,  
שָׂאִין אָנוּ עֲזֵי פָנִים וְקָשִׁי עֶרְף, לוֹמֵר לְפָנֶיךָ יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
צְדִיקִים אֲנַחְנוּ וְלֹא חָטְאנוּ, אֲבָל אֲנַחְנוּ וְאֲבוֹתֵינוּ חָטְאנוּ.

אֲשַׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ דֹּפִי.  
הָעֵוִינוּ, וְהִרְשַׁעְנוּ, וְדָנוּ, חָמְסָנוּ, טָפְלָנוּ שָׁקֵר.  
יַעֲצָנוּ רָע, כִּזְבָּנוּ, לָצָנוּ, מָרְדְּנוּ, נֶאֱצָנוּ.  
סָרְרָנוּ, עָוִינוּ, פָּשַׁעְנוּ, צָרְרָנוּ, קָשִׁינוּ עֶרְף.  
רִשַׁעְנוּ, שָׁחַתְנוּ, תַּעֲבָנוּ, תַּעֲיִנוּ, תַּעֲתָעְנוּ.

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.

## Eloheinu Shebashamayim

Eloheinu shebashamayim shema koleinu vekabel tefilateinu  
beratzon  
Eloheinu shebashamayim barekh et lahmeinu ve-et meimeinu  
Eloheinu shebashamayim batel me'aleinu kol gezerot kashot  
vera'ot  
Eloheinu shebashamayim gezor aleinu gezerot tovot  
Eloheinu shebashamayim derashnukha himatze lanu  
Eloheinu shebashamayim he'ater lanu hayom uvekhol yom vayom  
bitefilatenu  
Eloheinu shebashamayim hahzirenu bitshuvah shelemah lefanekha  
Eloheinu shebashamayim ve-al tevishenu misivrenu  
Eloheinu shebashamayim venikra ve-atah ta'anenu  
Eloheinu shebashamayim zokhreinu bezikhron tov milefanekha  
Eloheinu shebashamayim hamol 'aleinu ve'al tapenu ve'al olaleinu  
Eloheinu shebashamayim lema'ankha aseh im lo lema'anenu  
Eloheinu shebashamayim male mishalot libeinu letovah  
Eloheinu shebashamayim semokh et nefilateinu  
Eloheinu shebashamayim 'aneh et 'atirateinu  
Eloheinu shebashamayim tzaveh itanu birkhotekha  
Eloheinu shebashamayim tzaveh itanu yeshu'atekha  
Eloheinu shebashamayim refa holei amekha Yisrael  
Eloheinu shebashamayim re-eh bedohak hasha'ah  
Eloheinu shebashamayim sim shalom beineinu  
Eloheinu shebashamayim ten shalom ba-aretz  
Eloheinu shebashamayim ten sava ba'olam  
Eloheinu ten lehem lefi hataf lasova  
Eloheinu shebashamayim tikon tefilateinu ketoret lefanekha

*(translation on next page)*

אֱלֹהֵינוּ שְׁבַשְׁמִים שְׁמַע קוֹלֵנוּ וְקַבֵּל תַּפִּלָּתֵנוּ בְּרִצּוֹן  
 אֱלֹהֵינוּ שְׁבַשְׁמִים בִּרְךְ אֶת לֶחֱמֵנוּ וְאֶת מִימֵינוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים בְּטֵל מַעְלֵינוּ כָּל גְּזֵרוֹת קָשׁוֹת וְרָעוֹת  
 אֱלֹהֵינוּ שְׁבַשְׁמִים גְּזֹר עָלֵינוּ גְּזֵרוֹת טוֹבוֹת  
 אֱלֹהֵינוּ שְׁבַשְׁמִים דִּרְשָׁנוּךְ הַמָּצֵא לָנוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים הַעֲתֵר לָנוּ הַיּוֹם וּבְכָל יוֹם בְּתַפִּלָּתֵנוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים הַחֲזִירֵנוּ בְּתִשׁוּבָה שְׁלֵמָה לְפָנֶיךָ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים וְאַל תִּבְיָשֵׁנוּ מִשִּׁבְרֵנוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים וְנִקְרָא וְאַתָּה תַעֲנֵנוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים זְכָרֵנוּ בְּזִכְרוֹן טוֹב מִלְּפָנֶיךָ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים חַמֵּל עָלֵינוּ וְעַל טַפְּנוּ וְעַל עוֹלָלֵינוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים לִמְעַנְךָ עֲשֵׂה אִם לֹא לִמְעַנֵּנוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים מִלֹּא מִשְׁאֲלוֹת לִבֵּנוּ לְטוֹבָה  
 אֱלֹהֵינוּ שְׁבַשְׁמִים סִמּוֹךְ אֶת נַפְלָתֵנוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים עֲנֵה אֶת עֲתִירָתֵנוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים צוּה אֶתֵּנוּ בְּרִכּוֹתֶיךָ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים צוּה אֶתֵּנוּ יִשׁוּעָתְךָ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים רַפָּא חוֹלֵי עַמְּךָ יִשְׂרָאֵל  
 אֱלֹהֵינוּ שְׁבַשְׁמִים רְאֵה בְּדַחֵק הַשָּׁעָה  
 אֱלֹהֵינוּ שְׁבַשְׁמִים שִׁים שָׁלוֹם בֵּינֵינוּ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים תֵּן שָׁלוֹם בְּאֶרֶץ  
 אֱלֹהֵינוּ שְׁבַשְׁמִים תֵּן שָׁבַע בְּעוֹלָם  
 אֱלֹהֵינוּ תֵּן לֶחֶם לְפִי הִטָּף לְשֹׁבַע  
 אֱלֹהֵינוּ שְׁבַשְׁמִים תִּכּוֹן תַּפִּלָּתֵנוּ קִטְרֵת לְפָנֶיךָ

Our God in Heaven: Hear our voices, accept our prayers

Our God in Heaven: Bless our food and drink

Our God in Heaven: Annul all evil decrees

Our God in Heaven: Bring goodness upon us

Our God in Heaven: Be there for those who seek You

Our God in Heaven: Answer us today and always

Our God in Heaven: Do not shame us for our sins

Our God in Heaven: Answer us when we call You

Our God in Heaven: Remember us with goodness

Our God in Heaven: Have mercy on us and our children

Our God in Heaven: Do this for Yourself if not for us

Our God in Heaven: Fulfill our desires to serve You

Our God in Heaven: Support us when we fall  
Our God in Heaven: Answer us on the day we call You  
Our God in Heaven: Grant us Your blessings  
Our God in Heaven: Grant us Your salvation  
Our God in Heaven: Heal our sick  
Our God in Heaven: Look at the gravity of the hour  
Our God in Heaven: Grant peace among us  
Our God in Heaven: Grant peace in the land  
Our God in Heaven: Grant abundance in the world  
Our God in Heaven: May all the children of the world eat  
and be satisfied  
Our God in Heaven, may our prayers ascend  
like fragrant incense

## Adon HaSelihot

Adon haseli <u>h</u> ot	Bo <u>h</u> en levavot
Gole amukot	Dover tzedakot
<u>H</u> atanu lefanekha ra <u>h</u> em aleinu.	
Hadur benifla-ot	Vatik bene <u>h</u> amot
Zokher berit avot	<u>H</u> oker kelayot
<u>H</u> atanu lefanekha ra <u>h</u> em aleinu.	
Tov umetiv laberiyot Yode'a kol nistarot	
Kovesh avonot	Lovesh tzedakot
<u>H</u> atanu lefanekha ra <u>h</u> em aleinu.	
Male zakhiyot	Nora tehilot
Sole-a <u>h</u> avonot	Oneh vatzarot
<u>H</u> atanu lefanekha ra <u>h</u> em aleinu.	
Po'el yeshu'ot	Tzofe atidot
Kore hadorot	Rokhev aravot
Shome'a tefilot	Temim de'ot
<u>H</u> atanu lefanekha ra <u>h</u> em aleinu.	

**A**wesome God, **B**eneficent and good to all Your creatures,  
**C**lothed in right, **D**eclying truth.

**E**ver constant in comforts, **F**oreseeing, **G**lorious in wonders,  
**H**arkening to prayers.

**I**nvoking the generations, **J**udging in knowledge, **K**nowing all  
that is hidden, Adonai of forgiveness, **M**oving over the skies,



בֹּחֵן לְבָבוֹת	אֲדוֹן הַסְּלִיחוֹת
דּוֹבֵר צְדָקוֹת.	גּוֹלָה עֲמוּקוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ.	
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ.	הַדּוֹר בְּנִפְלְאוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ.	זוֹכֵר בְּרִית אָבוֹת
יֹדֵעַ כָּל-נִסְתָּרוֹת	טוֹב וּמִטֵּיב לַבְּרִיּוֹת
לּוֹבֵשׁ צְדָקוֹת.	כּוֹבֵשׁ עֲוֹנוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ.	
נוֹרָא תְהִלּוֹת	מְלֵא זְכוֹיּוֹת
עֹנֶה בַּצָּרוֹת.	סוֹלֵחַ עֲוֹנוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ.	
צוֹפֶה עֲתִידוֹת	פוֹעֵל יְשׁוּעוֹת
רוֹכֵב עַרְבוֹת	קוֹרָא הַדּוֹרוֹת
תָּמִים דְּעוֹת.	שׂוֹמֵעַ תְּפִלּוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ.	

**N**igh in trouble, **O**verflowing in virtue, **P**ardoning sins,  
**Q**uelling sinfulness, **R**emembering the covenant with the  
fathers, **S**earcher of inmost feelings,  
**T**ester of hearts, **U**ncovering the depths, **V**enerated in praises,  
**W**orking salvation.

God, we have sinned before You; have mercy on us

# Rahamana De'anei

Rahamana de'anei la'aniyei aneina  
Rahamana de'anei litvirei liba  
aneinan

רַחֲמָנָא דְּעָנִי לְעָנִי עֲנִין  
רַחֲמָנָא דְּעָנִי לְתַבִּירִי לְבָא עֲנִין

God of Mercy, who answers the poor, answer us.  
May the Merciful One, who answers the downtrodden, answer us.  
God of Mercy, who answers the broken-hearted, answer us.

## Shomer Israel

Shomer Israel.

Shemor sherit Israel.

Ve-al yovad Israel.

Ha-omrim shema Israel.

שׁוֹמֵר יִשְׂרָאֵל.

שְׁמוֹר שְׂאִרִית יִשְׂרָאֵל.

וְאֵל יֹאבֵד יִשְׂרָאֵל.

הָאוֹמְרִים שְׁמַע יִשְׂרָאֵל:

Shomer goi ehad.

Shemor sherit am ehad.

Ve-al yovad goi ehad.

Hameyahadim shimkha

Adonai Eloheinu Adonai ehad.

שׁוֹמֵר גּוֹי אֶחָד.

שְׁמוֹר שְׂאִרִית עַם אֶחָד.

וְאֵל יֹאבֵד גּוֹי אֶחָד.

הַמַּיְחָדִים שִׁמְךָ

יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:

Shomer goi kadosh.

Shemor sherit am kadosh.

Ve-al yovad goi kadosh.

Hemeshalechim beshalosh

kedushot lekadosh.

שׁוֹמֵר גּוֹי קָדוֹשׁ.

שְׁמוֹר שְׂאִרִית עַם קָדוֹשׁ.

וְאֵל יֹאבֵד גּוֹי קָדוֹשׁ.

הַמְשַׁלְּחִים בְּשָׁלֹשׁ

קִדְשׁוֹת לְקָדוֹשׁ:

Guardian of Israel, guard the remnant of the people Israel.

Let not disaster overcome the people Israel

Who daily proclaim: Hear, O Israel!

Guardian of a unique people, guard the remnant of this people.

Let not disaster overcome this unique people

Who daily proclaim: Adonai is One!

Guardian of a holy people, guard the remnant of this people.

Let not disaster overcome this holy people

Who daily proclaim: Holy, Holy, Holy is Adonai!

## Kaddish Shalem

Yitgadal veyitkadash sheme rabba (Amen).

Be'alma di vera ki'rute, veyamlikh malkhuteh behayeikhon  
uveyomeikhon uvehaye de-khol beit yisrael,  
ba'agala uvizman kariv, ve-imru: Amen.

Yehe sheme rabba mevarakh le'alam ule'almei 'almaya.

Yitbarakh veyishtabah, veyitpa-ar veyitromam veyitnase,  
veyit-hadar veyit'aleh veyit-halal shemeh dekudsha, berikh hu,  
le'eila min kol-birkhata veshirata, tushbehata venehamata  
da-amiran be'alma, ve-imru: Amen.

Te'anu vete'atru berahamim min hashamayim (Amen).

Tekubal tza'akatkhem (Amen).

Tishama tefilatkhem beratzon (Amen).

Veye'aneh kol atiratkhem (Amen).

Vikayem bakhem mikra shekatuv:

Adonai elohei avoteikhem yosef aleikhem kakhem elef pe'anin,  
vivarekh etkhem ka-asher diber lakhem.

Vekhen yehi ratzon venomar: Amen.

Titkabal tzelotehon uva'utehon dekhon Israel kodam avuhon  
di vishmaya, ve-imru: Amen.

Yehe shelama raba min shemaya vehayim aleinu ve'al kol-yisrael,  
veimru: Amen.

Oseh shalom bimromav, hu ya'aseh shalom aleinu ve'al kol-yisrael,  
ve'al kol-yoshvei tevel, ve-imru: Amen.

*(translation on next page)*

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
בְּעִלְמָא דִּי בְּרָא בְּרֵעוּתָהּ. וַיִּמְלִיף מַלְכוּתָהּ. בְּחַיִּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית-יִשְׂרָאֵל  
בְּעִגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא

וַיְתַּבְּרָךְ. וַיִּשְׁתַּבַּח. וַיִּתְפָּאֵר. וַיִּתְרוֹמֵם. וַיִּתְנַשֵּׂא.  
וַיִּתְהַדָּר. וַיִּתְעַלֶּה. וַיִּתְהַלָּל שְׁמֵהּ דְּקִדְשָׁא בְּרִיף הוּא.  
לְעֵלָא מִן כָּל-בְּרִכְתָּא. וְשִׁירְתָּא. תְּשַׁבַּחְתָּא וְנַחֲמָתָא.  
דְּאִמְרִין בְּעִלְמָא וְאִמְרוּ אָמֵן.

תַּעֲנוּ וְתַעֲתְרוּ בְּרַחֲמִים מִן הַשָּׁמַיִם. (אָמֵן)  
תִּקְבַּל צַעֲקַתְכֶם. (אָמֵן)  
תִּשְׁמַע תְּפִלַּתְכֶם בְּרָצוֹן. (אָמֵן)  
וַיַּעֲנֵה קוֹל עֲתִירְתְּכֶם. (אָמֵן)  
וַיִּקְרָא בְּכֶם מִקְרָא שְׂכָתוֹב:  
יְיָ אֱלֹהֵי אֲבוֹתְכֶם יוֹסֵף עָלֵיכֶם כָּכֶם אֶלֶף פַּעַמִּים,  
וַיְבָרֶךְ אֶתְכֶם כְּאֲשֶׁר דִּבֶּר לָכֶם.  
וְכֵן יְהִי רָצוֹן וְנֹאמַר אָמֵן: (אָמֵן)

תִּתְקַבַּל צְלוֹתְהוֹן וּבְרֵעוּתְהוֹן דְּכָל-יִשְׂרָאֵל קֳדָם אֲבוּהוֹן  
דִּי בְּשִׁמְיָא וְאִמְרוּ אָמֵן:  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל  
וְאִמְרוּ אָמֵן:

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל-  
יוֹשְׁבֵי תֵבֵל, וְאִמְרוּ אָמֵן:

## Ahat Sha-alti

Ahat sha-alti me-et Adonai  
otah avakesh

אַחַת שְׁאַלְתִּי מֵאֵת-יְיָ  
אוֹתָהּ אֲבַקֵּשׁ,

Shivti bebeit Adonai  
kol yemei hayai

שִׁבְתִּי בְּבֵית-יְיָ  
כָּל-יְמֵי חַיִּי

Lahzot beno'am Adonai  
ulvaker beheikhalo

לְחַזוֹת בְּנוֹעַם-יְיָ  
וּלְבַקֵּר בְּהִיכָלוֹ.

One thing I ask of Adonai, for this I yearn:  
To dwell in God's House all the days of my life,  
to behold God's beauty,  
to pray in God's sanctuary.  
—Psalm 27

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the House of Israel. And respond with: Amen.

May God's great name be acknowledged forever and ever! May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed - though God, who is blessed, is truly far beyond all acknowledgement and praise, or any expressions of gratitude or consolation ever spoken in the world. And respond with: Amen.

May you be answered and your supplications accepted compassionately from the heavens (**Amen**)

May your cry be accepted (**Amen**)

May your prayer be heard with favor (**Amen**)

And may the voice of your supplications be answered (**Amen**)

May God fulfill, through you, what is written: May Adonai, the God of your ancestors, make you a thousand times as many more as you are, and bless you as God spoke to you

(Deuteronomy 1:11)

So may it be God's will, and we say: (**Amen**)

May the prayers and pleas of all Israel be accepted by their creator in heaven. And respond with: Amen.

May abundant peace from heaven, and life, come to all of us and to all Israel. And respond with: Amen.

May the One who brings harmony on high, bring harmony to us and to all Israel, and to all who dwell on earth. And respond with: Amen.



B'NAI  
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