



Congregation Beth Israel  
חבורת בית ישראל

סלח לנו  
*S'lach Lanu*  
Forgive Us

*a short service for Selichot*

Rabbi Rachel Barenblat



# Havdalah

*Hold up the glass of wine.*

ברוך אתה יי, אלהינו מלך העולם,  
*Baruch Atah Adonai eloheinu melech*  
*ha'olam borei p'ri hagafen.* בורא פרי הגפן.

Blessed are You, THE BOUNDLESS ONE, our God, source of all being, creator of the vine.

*Hold up the spices, then pass them around and inhale their sweetness.*

ברוך אתה יי, אלהינו מלך העולם,  
*Baruch Atah Adonai eloheinu melech*  
*ha'olam borei minei besamim.* בורא מיני בשמים:

Blessed are You, REVIVER, our God, source of all being, creator of fragrant spices.

*Hold up the braided candle and see your radiance reflected there.*

ברוך אתה יי, אלהינו מלך העולם,  
*Baruch Atah Adonai eloheinu melech ha-*  
*olam borei me-orey ha-esh.* בורא מאורי האש:

Blessed are you, THE RADIANCE, our God, source of all being, creator of fire.

ברוך אתה יי, אלהינו מלך העולם,  
*Baruch Atah Adonai eloheinu melech ha-*  
*olam hamavdil beyn kodesh lechol, beyn or*  
*le choshech, beyn Yisrael l'amim, beyn*  
*yom hashevi'i lesheshet yemey ha ma'aseh.*  
*Baruch Atah Adonai eloheinu melech ha-*  
*olam hamavdil beyn kodesh lechol.* המבדיל בין קדש לחול, בין אור לחשך, בין ישראל לעמים, בין יום השביעי, לששת ימי המעשה: ברוך אתה יי, המבדיל בין קדש לחול:

Blessed are You, THE MANY-NAMED, our God, source of all being, who separates between holy and ordinary, between light and dark, between different communities, between the seventh day and the ordinary week. Blessed are you, THE INVISIBLE, who separates holy time from ordinary time.

*Extinguish the candle in the wine.*

## Eliahu HaNavi / Miriam HaNeviah

*Eliyahu hanavi, Eliyahu hatishbi,  
Eliyahu, Eliyahu, Eliyahu, hagiladi.  
Bimheira beyameinu, yavo eleinu  
Im moshiach ben David (2x)*

אֱלֹהֵי הַנְּבִיא, אֱלֹהֵי הַתְּשֻׁבִי,  
אֱלֹהֵי, אֱלֹהֵי, אֱלֹהֵי הַגִּלְעָדִי.  
בְּמַהֲרָה בְּיָמֵינוּ, יָבֹא אֵלֵינוּ,  
עִם מְשִׁיחַ בֶּן דָּוִד, עִם מְשִׁיחַ בֶּן דָּוִד.

*Miriam ha-n'vi'ah oz v'zimrah b'yadah.  
Miriam tirkod itanu l'taken et ha-olam.  
Bimheirah v'yameinu hi t'vi'einu  
El mei ha-y'shuah (2x)*

מִרְיָם הַנְּבִיעָה עִז בְּזִמְרָה בְּיָדָה  
מִרְיָם תִּרְקֹד אֶתְנוּ לְתַקֵּן אֶת הָעוֹלָם.  
בְּמַהֲרָה בְּיָמֵינוּ הִיא תְּבִיאֵנוּ  
אֶל מֵי הַיְשׁוּעָה, אֶל מֵי הַיְשׁוּעָה!

Translation: Elijah, the prophet; Elijah, the Tishbite; Elijah, the Gileadite! Come quickly in our days with the Messiah from the line of David.

Miriam the prophet, strength and song in her hand; Miriam, dance with us in order to increase the song of the world! Miriam, dance with us in order to repair the world. Soon she will bring us to the waters of redemption! (second verse by R' Leila Gal Berner)

## Shavua Tov

*Shavua tov! (repeat 8x)*

שבוע טוב!

*Shavua tov, a week of peace  
May gladness reign, and joy increase! (repeat)*

שבוע טוב

*Shavua Tov!*

# Petition

(A prayer for Selichot)

Compassionate One, remember  
we are your children

help us to know again  
that we are cradled

during these awesome days  
of changing light

we want to return  
to your lap, to your arms

remind us how to believe  
that we are loved

not for our achievements  
but because we are yours

as the moon of Elul wanes  
and the new year rushes in

hear us with compassion  
enfold us, don't let us go

— Rabbi Rachel Barenblat

## Adon HaS'lichot — Master of Forgiveness

Master of forgiveness,  
examiner of hearts,  
Revealer of depths,  
declarer of righteousness,  
We have sinned before You.  
Have mercy on us!

The One who dwells in wonders,  
Ancient One of mercy,  
Who remembers our ancestors' covenant  
and examines inward parts,  
We have sinned before You.  
Have mercy on us!

The One who is good and benefits all life,  
who knows all that is hidden,  
Subduer of transgressions,  
wrapped in righteousness,  
We have sinned before You.  
Have mercy on us!

אֲדוֹן הַסְּלִיחוֹת, בּוֹחֵן לְבָבוֹת,  
גְּלָה עֲמֻקּוֹת, דּוֹבֵר צְדָקוֹת,  
חֲטֵאנוּ לְפָנֶיךָ. רַחֵם עָלֵינוּ!

הַדּוֹר בְּנִפְלְאוֹת, וַתִּיק בְּנִחְמוֹת,  
זוֹכֵר בְּרִית אָבוֹת, חוֹקֵר פְּלִיּוֹת,  
חֲטֵאנוּ לְפָנֶיךָ. רַחֵם עָלֵינוּ!

טוֹב וּמְטִיב לְבָרִיּוֹת, יוֹדֵעַ כָּל נִסְתָּרוֹת,

כּוֹבֵשׁ עוֹנוֹת, לּוֹבֵשׁ צְדָקוֹת,  
חֲטֵאנוּ לְפָנֶיךָ. רַחֵם עָלֵינוּ!

*Adon haselichot, bochen levavot,  
Golah amukot, doveir tzedakot,  
Chatanu lefanecha. Rachem aleinu!*

*Hadur baniflaot, vatik benachamot,  
Zocheir berit avot, chokeir kelayot,  
Chatanu lefanecha. Rachem aleinu!*

*Tov umeitiv labriot, yodei'a kol nistarot,  
Koveish avonot, loveish tzedakot,  
Chatanu lefanecha. Rachem aleinu!*

(we take an interlude to write down what we need to release)

*Optional readings for contemplation:*

## *Teshuvah*

God and I collaborate  
on revising the poem of myself.

I decide what needs polishing,  
what to preserve and what to lose;

God reads my draft with pursed lips.  
If I really mean it, God

sings a new song, one strong  
as stone and serene as silk.

I want this year's poem  
to be joyful. I want this year's poem

to be measured like flour,  
to burn like sweet dry maple.

I want every reader  
to come away more certain

that transformation is possible.  
I'd like holiness

to fill my words  
and my empty spaces.

On Rosh Hashanah it is written  
and on Yom Kippur it is sealed:

who will be a haiku and who  
a sonnet, who needs meter

and who free verse, who an epic  
and who a single syllable.

If I only get one sound  
may it be *yes*, may I be *One*.

—Rabbi Rachel Barenblat

## Shed Your Light

Shed Your light upon me, O God, that I may  
see the goodness in myself  
and in each of Your children.

God, I am not arrogant as to pretend  
that the trial of my life  
does not reveal my flaws.

I know myself  
in this moment of prayer,  
to have failed

the ones I love and the stranger,  
again and again.

I know how often  
I did not bring to the surface of my life  
the hidden goodness within.

Where I have achieved, O God,  
I am grateful;

where I have failed,  
I ask forgiveness.

Remember how exposed I am  
to the chances and terrors of life.

I was afraid.

I sometimes chose to fail.

And I ask:

Turn my thoughts from the hurt  
to its remedy.

Free me from the torments of guilt.

Forgiven, O God,

I shall then forgive others;  
failing, I shall learn to understand failure;  
renewed and encouraged,

I shall strive to be like  
those who came before me: human,  
sinners sometimes, yet a blessing.

—Adapted from Norman Hirsch

## Closing Songs

### *Achat Sha'alti* (from Psalm 27)

One thing I ask, I ask of You  
I earnestly pray for:

That I might dwell in Your house  
all the days of my life

Knowing the beauty, the beauty of You  
and to dwell in Your holy place!

אַחַת, שְׂאֲלַתִּי מֵאֵת-יְיָ--אוֹתָהּ אֶבְקֶשׁ:

*Achat sha'alti me'eit Adonai, otah awakesh*

שְׁבִתִּי בְּבַיִת-יְיָ, כָּל-יְמֵי חַיֵּי;

*Shivti b'veit Adonai, kol y'mei chayyay*

לְחַזוֹת בְּנוֹעַם-יְיָ, וּלְבַקֵּר בְּהֵיכָלוֹ.

*Lachazot b'noam, b'noam Yah, u'l'vaker b'heikhalo*

### *Ana Bakoach — Untie My Tangles*

Source of mercy, with loving strength,  
untie my tangles.  
Through time and space,  
Your glory shines,  
Majestic One.

אָנָּה בְּכַח גְּדֻלַּת יְמִינְךָ תִּתִּיר צְרוּרָה.

*Ana bekoach gedulat yemincha tatir tzurah.*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

*Baruch sheim kavod malchuto le'olam va'ed.*

### *Return Again*

Return again, return again,  
return to the land of your soul.  
Return again, return again,  
return to the land of your soul.  
Return to who you are,  
return to what you are,  
return to where you are  
born and reborn again—  
Return again, return again  
Return to the land of your soul.

*May these Days of Awe bring you discernment, transformation, and blessing!*