



Congregation Beth Israel
חבורת בית ישראל

סלח לנו
S'lach Lanu
Forgive Us

a short service for Selichot



Rabbi Rachel Barenblat

Shehecheyanu

Baruch atah Adonai Eloheinu melech ha'olam,
shehecheyanu vekiyemanu vehigiyanu
lazeman hazeh.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁחַיֵּינוּ וְקִיְמָנוּ וְהִגִּיעָנוּ
לְזִמְנֵי הַזֶּה.

Blessed are You, Source of all being,
Who has given us life, established us
and allowed us to reach this sacred moment.

Lach Amar Libi (Psalm 27:8)

Lach
Amar libi
Bakshu fanai
Bakshu fanai

לָךְ
אָמַר לִבִּי
בִקְשׁוּ פָנַי
בִקְשׁוּ פָנַי

You
Called to my heart:
Come seek My face,
Come seek My grace.

Et panayich
Havayah
Avakeish

אֶת פָּנֶיךָ
הוֹי"ה
אֲבַקֵּשׁ

For Your love,
Source of all,
I will seek.

*(melody from Nava Tehila;
singable English by Rabbi David Markus)*

Havdalah: Sanctifying Transition

Hineh el yeshuati, evtach v'lo efchad,
Ki ozi v'zimrat Yah, v'y'hi li l'yeshua.
Ushavtem mayyim b'sasson mimainei
ha-yeshua.
L'Adonai ha-yeshua el amcha birchatecha
selah.
Adonai tz'vaot imanu misgav lanu Elohei
Ya'akov selah.
Adonai tz'vaot ashrei adam bote'ach bach.
Adonai hoshia hamelech ya'aneinu b'yom
koreinu.
La-yehudim haita ora v'simcha v'sasson v'ikar,
Ken tihyeh lanu. Kos yeshuot esa,
u'v'shem Adonai ekra.

הִנֵּה אֵל יְשׁוּעָתִי, אֲבַטַח וְלֹא אֶפְחָד,
כִּי עֲזִי וְזִמְרַת יְהוָה יִי, וְיִהְיֶה לִּי לְיֵשׁוּעָה:
וּשְׂאֲבַתֶּם מַיִם בְּשִׂשׁוֹן מִמַּעַיְנֵי הַיְשׁוּעָה:
לִּי הַיְשׁוּעָה עַל עֲמֻד בְּרִכְתְּךָ סֵלָה:
יִי צְבָאוֹת עֲמָנוּ מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה:
יִי צְבָאוֹת אֲשֶׁרִי אָדָם בֵּטַח בְּךָ:
יִי הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בַיּוֹם קְרִיאָנוּ:
לְיִהוּדִים הַיְתֵה אוֹרָה וְשִׂמְחָה וְשִׂשׁוֹן וִיקָר:
כֵּן תִּהְיֶה לָנוּ, כּוֹס יְשׁוּעוֹת אֲשָׂא.
וּבְשֵׁם יִי אֶקְרָא:

Here is the God of my salvation; I will trust and not be afraid.
For God is my strength and my song, and will be my salvation.
Draw water with joy from the living well.
Salvation is God's; may Your blessing rest upon your people.
The God of hosts is with us; the God of Jacob protects us.
God, save us, You Who will answer us on the day when we call!
"For the Jews there were light, happiness, joy, and honor" —may we have the same.
I raise the cup of salvation, and call out in the name of the One:

Hold up the glass of wine.

Baruch Atah Adonai
eloheinu melech ha'olam
borei p'ri hagafen.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגָּפֶן.

A fountain of blessings are You, Adonai our God, source of all being,
Who creates the fruit of the vine.

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

Baruch Atah Adonai
eloheinu melech ha'olam
borei minei besamim.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְי בְּשָׂמִים:

A fountain of blessings are You, Adonai our God, source of all being,
Who creates various spices.

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

Baruch Atah Adonai
eloheinu melech ha-olam
borei me-orey ha-esh.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מְאוֹרֵי הָאֵשׁ:

A fountain of blessings are You, Adonai our God, source of all being,
Who creates the lights of fire.

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, ha-mavdil u-
m'gasher beyn kodesh lechol.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אוֹר לְחֹשֶׁךְ,
בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי
לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה: בָּרוּךְ אַתָּה יי,
הַמְבַדִּיל וּמְגַשֵּׁר בֵּין קֹדֶשׁ לְחֹל:

Blessed are You, Adonai 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.
A fountain of blessings are You, Who separates and bridges
between holy time and 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)

אֱלִיָּהוּ הַנָּבִיא, אֱלִיָּהוּ הַתְּשֻׁבִי,
אֱלִיָּהוּ, אֱלִיָּהוּ, אֱלִיָּהוּ הַגִּלְעָדִי.
בְּמַהֲרָה בְיָמֵינוּ 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'leinu
El mei ha-y'shuah (2x)

מִרְיָם הַנָּבִיאָה עִז וְזִמְרָה בְיָדָה,
מִרְיָם תִּרְקֹד אֶתָּנוּ לְתַקֵּן אֶת הָעוֹלָם.
בְּמַהֲרָה בְיָמֵינוּ הִיא תְּבִיאֵנוּ
אֶל מֵי הַיְשׁוּעָה, אֶל מֵי הַיְשׁוּעָה!

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 repair the world.
Soon she will bring us to the waters of redemption!

(second verse by R' Leila Gal Berner)

Shavua Tov

Shavua tov!

שבוע טוב!

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

שָׁבוּעַ טוֹב

Shavua Tov!

Petition

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)

Answer Us!

The One who answered Abraham our father on Mount Moriah: answer us!

The One who answered Sarah our mother in the tent opening, answer us!

The One who answered Isaac when he was tied down on the altar, answer us!

The One who answered Rebecca at the well, answer us!

The One who answered Jacob in Beth El, answer us!

The One who answered Leah in the field and the tent, answer us!

The One who answered Joseph in the prison, answer us!

The One who answered Shifra and Puah in Pharaoh's house, answer us!

The One who answered our ancestors at the Reed Sea, answer us!

The One who answered Miriam by the shore of the sea, answer us!

The One who answered Moses at Sinai, answer us!

The One who answered Aaron with the incense pan, answer us!

The One who answered Jonah deep in the bowels of the fish, answer us!

The One who answered Daniel in the lion's den, answer us!

May the One who answered all the righteous, the devoted, the pure and the upright:
answer us.

(adapted from Mark Frydenburg and Rabbi David Seidenberg)

Ana BaKoach

Ana bakoach
gedulat yemincha
tatir tzrurah.

אָנָא בְּכַח גְּדֻלַּת יְמִינֶךָ
תִּתִּיר צְרוּרָה:

Source of Mercy,
With loving strength
Untie our tangles.

Kabel rinat
amcha sagveinu
tahareinu nora.

קַבֵּל רִנַּת עַמֶּךָ שֶׁגִּבְנוּ
טְהַרְנוּ נוֹרָא:

Your chanting folk
Raise high, make pure,
Accept our song.

Na gibor
dorshei yichud'cha
c'avat shomreim.

נָא גִבּוֹר דּוֹרְשֵׁי יַחֲוּדֶךָ
כְּבַבְתָּ שְׁמֵרִים:

Like Your own eye
Lord keep us safe
Who union seek with You.

Barcheim tahareim
rachamem tzidkat'cha
tamid gam'leim.

בְּרַחֲמֵי טְהַרֵם רַחֲמֵם
צְדֻקַּתְךָ תָּמִיד גַּמְלֵם:

Cleanse and bless us
Infuse us ever
With loving care.

Chasin kadosh
b'rov tuvcha
nahel adatecha.

חֲסִין קָדוֹשׁ בְּרוּב טוֹבֶךָ
נַהֵל אֲדַתְךָ:

Gracious source
Of holy power!
Do guide Your folk.

Yachid ga'eh
l'amcha p'neh
zochrei k'dushatecha.

יַחֲדִיד גָּאֵה לְעַמֶּךָ פְּנֵה
זוֹכְרֵי קְדוּשַׁתְךָ:

Sublime and holy One
Do turn to us
Of holy chant.

Shavatenu kabel
ushma tza'akateinu
yodea ta'alumot.

שׁוּעָתֵינוּ קַבֵּל וּשְׁמַע
צַעֲקוֹתֵנוּ יוֹדַע תַּעֲלֹמוֹת:

Receive our prayer,
Do hear our cry,
Who secrets knows.

Baruch sheim
kavod malchuto
le'olam va'ed.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ
לְעוֹלָם וָעֶד:

Through time & space
Your glory shines,
Majestic One.

(English translation by Rabbi Zalman Schachter-Shalomi.)

from **The Head of the Year**

...Now you must void yourself
of injuries, insults, incursions.
Go with empty hands to those
you have hurt and make amends.

It is not too late. It is early
and about to grow. Now
is the time to do what you
know you must and have feared
to begin. Your face is dark
too as you turn inward to face
yourself, the hidden twin of
all you must grow to be.

Forgive the dead year. Forgive
yourself. What will be wants
to push through your fingers...

(Marge Piercy)



from Adon HaSelichot: Master of Repentance

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

Adon haselichot, Bochen
levavot, Golah amukot,
Doveir tzedakot.
Chatanu lefanecha.
Rachem aleinu!

אֲדוֹן הַסְּלִיחוֹת, בּוֹחֵן לְבָבוֹת,
גֹּלֶה עֲמֻקּוֹת, דּוֹבֵר צְדָקוֹת.
חָטְאָנוּ לְפָנֶיךָ. רַחֵם עָלֵינוּ!

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!

Hadur baniflaot, Vatik
benachamot, Zocheir
berit avot, Chokeir
kelayot,
Chatanu lefanecha.
Rachem aleinu!

הַדּוֹר בְּנִפְלְאוֹת, וְתֵיק בְּנִחְמוֹת,
זוֹכֵר בְּרִית אָבוֹת, חוֹקֵר כְּלִיּוֹת.
חָטְאָנוּ לְפָנֶיךָ. רַחֵם עָלֵינוּ!

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!

Tov umeitiv labriot,
Yodei'a kol nistarot,
Koveish avonot,
Loveish tzedakot,
Chatanu lefanecha.
Rachem aleinu!

טוֹב וּמְטִיב לְבְרִיּוֹת, יוֹדֵעַ כֹּל
נִסְתָּרוֹת, כּוֹבֵשׁ עֲוֹנוֹת,
לוֹבֵשׁ צְדָקוֹת.
חָטְאָנוּ לְפָנֶיךָ. רַחֵם עָלֵינוּ!

Bedtime Prayer of Forgiveness

You, My Eternal Friend,
Witness that I forgive anyone
who hurt or upset me or offended me—
damaging my body, my property,
my reputation or people that I love;
whether by accident or willfully,
carelessly or purposely,
with words, deeds, thought, or attitudes;
in this lifetime or another incarnation—
I forgive every person,
May no one be punished because of me.

Help me, Eternal Friend,
to keep from offending You and others.
Help me to be thoughtful
and not commit outrage,
by doing what is evil in Your eyes.
Whatever sins I have committed,
blot out please, in Your abundant kindness
and spare me suffering or harmful illnesses.
Hear the words of my mouth and
may the meditations of my heart
find acceptance before You, Eternal Friend
Who protects and frees me. Amen.

(translated by Rabbi Zalman Schachter-Shalomi)

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)

Psalm 27

YaH! You are my Light, my Savior —
whom need I dread?
YaH, with You as my strong Protector
who can make me panic?
When hateful bullies gang up on me,
wanting to harass me,
to oppress and terrorize me
they are the ones
who stumble and fall.
Even if a gang surrounds me,
my heart is not weakened;
if a battle is joined around me,
my trust in You is firm.
Only one thing do I ask of You, YaH:
Just this alone do I seek:
I want to be at home with you, YaH,
All the days of my life;
I want to delight in seeing You.
when I come to visit You
in Your temple.
You hide me in your sukkah
on a foul day;
You conceal me unseen in Your tent.
and also raise me beyond
anyone's reach
And now, as You have held
my head high,
despite the presence
of my powerful foes
I prepare to celebrate and thrill,
singing and making music
to You, YaH!

Listen, YaH, to the sound of my cry
and, being kind, answer me!
My heart has said:
I turn to seek You.
Your Presence is what I beg for;
don't hide Your Face from me.
Don't just put me down,
You, who have been my helper.
Don't abandon me, don't forsake me,
God, my support.
Though father and mother have left me
You, YaH, will hold me securely.
Please teach me Your way
and guide me on the straight path;
discourage those who defame me.
False witnesses stood up against me,
belching out violence;
don't let me become
the victim of my foes.
I wouldn't have survived
if I had not hoped that I would see, yet,
YaH's goodness fully alive on earth.
So, friend, you too hope to YaH.
Be sturdy!
And make strong your heart!
And most of all—keep hoping to YaH.

(translated by Rabbi Zalman Schachter-Shalomi z"l)

Achat Sha'alti (from Psalm 27)

Achat sha'alti me'eit Adonai,
otah avakesh

אַחַת שְׁאַלְתִּי מֵאֵת-יְיָ
אוֹתָהּ אֲבַקֵּשׁ:

Shivti b'veit Adonai,
kol y'mei chayyay

שִׁבְתִּי בְּבַיִת-יְיָ,
כָּל-יְמֵי חַיֵּי;

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

לְחַזוֹת בְּנוֹעַם-יְיָ,
וּלְבַקֵּר בְּהֵיכָלוֹ.

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!

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.

(Rabbi Shlomo Carlebach)