



Congregation Agudat Achim

Over 120 years of Conservative Judaism

סליחות

Selichot



Penitential Prayer Service

Leading Up to Rosh Hashanah and Yom Kippur

Designed to be used before the *Shacharit*/Morning service



Rabbi Rafi Spitzer

Congregation Agudat Achim Selichot 2021

Introductory Prayers

אֲשֶׁר יוֹשְׁבֵי בֵיתְךָ עוֹד יְהַלְלוּךָ סֶלָה.
אֲשֶׁר הָעַם שִׁפְכָה לּוֹ אֲשֶׁר הָעַם שֶׁה' אֱלֹהָיו.
תִּהְיֶה לְדוֹד.

אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ וְאַבְרָכָה שְׁמֶךָ לְעוֹלָם
וָעֶד.

בְּכָל יוֹם אֲבָרְכְךָ וְאֶהְלֶלְךָ שְׁמֶךָ לְעוֹלָם וָעֶד.
גָּדוֹל ה' וּמְהֵלָל מְאֹד וְלִגְדָלְתוֹ אֵין חֶקֶר.
דוֹר לְדוֹר יִשְׁבַּח מַעֲשֶׂיךָ וּגְבוּרָתֶיךָ יִגְדֹּד.
הַדָּר כְּבוֹד הוֹדֶךָ וְדְבָרֶיךָ נִפְלְאוֹתֶיךָ אֲשִׁיחָה.
וְעֶזְרוֹ נִוְרָאוֹתֶיךָ יֹאמְרוּ וְגִדְלָתְךָ אֲסַפְּרָנָה.
זָכַר רַב טוֹבֶךָ יִבְיַעוּ וְצִדְקָתְךָ יִנְגִּנוּ.

חֲנוּן וְרַחוּם ה' אָרְךָ אֲפִים וּגְדֹל חֶסֶד.
טוֹב ה' לְכָל וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

יְדוּדֶךָ ה' כָּל מַעֲשֶׂיךָ וְחִסְדֶּיךָ יִבְרָכְוֶנָה.
כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ וּגְבוּרָתְךָ יִדְבְּרוּ.
לְהוֹדִיעַ לְבָנֵי הָאָדָם גְּבוּרָתוֹ וְכְבוֹד הַדָּר
מַלְכוּתוֹ.

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים וּמִמְשַׁלְתְּךָ בְּכָל דוֹר
וָדָר.

סוֹמֶךְ ה' לְכָל הַנִּפְלִיִּים וְזוֹקֵף לְכָל הַכְּפוּפִים.
עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם
בְּעֵתוֹ.

פּוֹתֵחַ אֶת יָדְךָ וּמַשְׁבִּיעַ לְכָל חַי רָצוֹן.
צֹדִיק ה' בְּכָל דְּרָכָיו וְחֹסֵד בְּכָל מַעֲשָׂיו.
קָרוֹב ה' לְכָל קֹרְאָיו לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.
רָצוֹן יִרְאֶיו יַעֲשֶׂה וְאֵת שְׁוַעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם.
שׁוֹמֵר ה' אֶת כָּל אֹהֲבָיו וְאֵת כָּל הַרְשָׁעִים
יִשְׁמִיד.

תִּהְיֶה ה' יְדָבָר פִּי וִיבָרֵךְ כָּל בֶּשֶׂר שֵׁם קִדְשׁוֹ
לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נִבְרַךְ יְיָ מִעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ.

Joyous are they who dwell in Your house;
they shall praise You forever. Joyous the
people who are so favored; joyous the
people whose God is Adonai.

A Song of Praise, of David

I exalt You, my God, my sovereign; I praise
Your name, always. Every day I praise You,
glorifying Your name, always. Great is
Adonai, greatly to be praised, though Your
greatness is unfathomable. One generation
praises Your works to another, telling of
Your mighty deeds. I would speak of Your
majestic glory and of Your wondrous acts.
Generations speak of Your awe-inspiring
deeds; I, too, shall recount Your greatness.
They recount Your great goodness, and sing
of Your righteousness. Adonai is merciful
and compassionate, patient, and abounding
in love. Adonai is good to all, and God's
mercy embraces all of creation. All of
creation acknowledges You, and the faithful
bless You. They speak of the glory of Your
sovereignty and tell of Your might,
proclaiming to humanity Your mighty deeds,
and the glory of Your majestic sovereignty.

Your sovereignty is eternal; Your dominion
endures in every generation. Adonai
supports all who falter, and lifts up all who
are bent down. The eyes of all look hopefully
to You, and You provide them nourishment
in its proper time. Opening Your hand, You
satisfy with contentment all that lives.
Adonai is righteous in all that is done,
faithful to all creation. Adonai is near to all
who call, to all who call sincerely. God fulfills
the desire of those who are faithful,
listening to their cries, rescuing them.
Adonai watches over all who love the Holy
One, but will destroy all the wicked. My
mouth shall utter praise of Adonai. May all
that is mortal praise God's name forever and
ever. We shall praise Adonai now and
always. Halleluyah!

When a minyan is present, continue with Hetzi Kaddish
Otherwise, continue with Han'shama Lakh

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא
בְּעָלְמָא דִּי בְּרָא כְּרַעוּתָהּ. וְיִמְלִיךָ מַלְכוּתָהּ, בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְכָל בֵּית
יִשְׂרָאֵל, בְּעָגְלָא וּבְזִמְנָן קָרִיב וְאִמְרוּ אָמֵן.
יְיָ אֱלֹהֵינוּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵינוּ.
יְתַבְּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל, שְׁמֵהּ
דְּקוּדְשָׁא בְּרִיךְ הוּא

לְעֵילָא מִן כָּל \ כְּעֵשֶׂת יָמֵי תְּשׁוּבָה: לְעֵילָא וּלְעֵילָא מְכַל
בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנִחְמַתָּא, דְּאִמְרֵינוּ בְּעָלְמָא וְאִמְרוּ אָמֵן

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 worshiped, exalted and honored, extolled and acclaimed—though God, who is blessed, is truly *[during the 10 days of repentance add: far]* beyond all acknowledgement and praise or any expression of gratitude or consolation ever spoken in the world. And respond with: Amen.

Sing/Chant Han'shama Lakh in Hebrew or read responsively in English

הַנְּשָׁמָה לָךְ וְהַגּוּף פְּעֻלָּתְךָ חוּסָה עַל עַמְלָךְ
הַנְּשָׁמָה לָךְ וְהַגּוּף שְׁלֹךְ יִי עֲשֵׂה לְמַעַן שְׁמִיךְ
אֲתָאנוּ עַל שְׁמִיךְ יִי עֲשֵׂה לְמַעַן שְׁמִיךְ
בְּעֵבֹר כְּבוֹד שְׁמִיךְ כִּי אֵל חַנוּן וְרַחוּם שְׁמִיךְ
לְמַעַן שְׁמִיךְ יִי וְסִלַּחְתָּ לְעוֹנֵינוּ כִּי רַב־הוּא
סִלַּח לָנוּ אֲבִינוּ כִּי בְּרוּב אֱוִלְתָּנוּ שְׁגִינוּ
מְחַל לָנוּ מִלְכָּנוּ כִּי רַבּוּ עוֹוֹנֵינוּ:

The soul is Yours, the body is Your creation.
Have compassion on Your handiwork.
The soul is Yours, the body is Yours.
Deal with us according to Your nature.
We come before You relying on who You are.
According to Your glorious nature, help us.
You are known as "gracious, compassionate God."
Forgive, then, our sin, though it is great.

Prayers of Penitence

Read/Sing [Adon HaSelichot](#) (from the Sefardi Selichot Service) every day:

Lord of Forgiveness

אָדון הַסְּלִיחוֹת

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

אָדון הַסְּלִיחוֹת
בוֹחֵן לְבָבוֹת
גּוֹלֶה עֲמוּקוֹת
דּוֹבֵר צְדָקוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

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

הַדּוֹר בְּנִפְלְאוֹת
וְתֵיק בְּנַחֲמוֹת
זִכֵּר בְּרִית אֲבוֹת
חֹקֵר כְּלִיּוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

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

טוֹב וּמַטִּיב לְבָרִיּוֹת
יּוֹדֵעַ כָּל נִסְתָּרוֹת
כּוֹבֵשׁ עֲוֹנוֹת
לּוֹבֵשׁ צְדָקוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

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

מָלֵא זָכוֹת
נוֹרָא תְהִלּוֹת
סוֹלֵם עֲוֹנוֹת
עֹנֶה בְּעֵת צָרוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

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

פוֹעֵל יִשְׁעוֹת
צוֹפֵה עֲתִידוֹת
קוֹרֵא הַדּוֹרוֹת
רוֹכֵב עָרְבוֹת
שׁוֹמֵעַ תְּפִלּוֹת
תָּמִים דַּעוֹת
חֲטֵאֵנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

The Thirteen Attributes of God

Read each paragraph in Hebrew or English. The thirteen attributes themselves should be read with gusto, with focus, with intention—these are the attributes of God's mercy that we hope to inhabit, to embody, to bring with us into the new year.

אל ארך-אפים אתה ובעל הרחמים נקראת ודרך תשובה הורית.
גדלת רחמך וחסדיך תזכור היום ובכל יום לזרע ידיך.
תפן אלינו ברחמים כי אתה הוא בעל הרחמים.

God, You are patient. You are known as the source of mercy. You taught the way of repentance. Today, and every day, call to mind the wonder of Your compassion and mercy toward the children of those You loved. Turn toward us in mercy, for You are the source of mercy.

בתחנון ובתפלה פניך נקדם כהודעת לענו מקדם
מחרון אפך שוב כמו בתורתך כתוב.
ובצל כנפך נחסה ונתלונן כיום "וירד יי בענן"
תעבור על פשע ותמחה אשם כיום "ויתיצב עמו שם"
תאזין שזעחנו ותקשיב מנו מאמר כיום "ויקרא בשם יי"

We approach Your presence with supplication and prayer, and with the words You revealed to Moses, the humble one, long ago. Turn away from wrath and let us nestle under Your wings, as it is written Your Torah, *about the day* "God descended in a cloud." Overlook sin, blot out guilt, *as on the day* "God stood beside him." Hear our cry, attend to our plea, *as on the day* "he called the name Adonai."

ויעבר יי על פניו ויקרא:

יי | יי אל רחום וחנון ארך אפים ורב חסד ואמת נצר חסד לאלפים נשא עון ופשע וחטאה ונקה
And Adonai passed before him and called:

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.

Singable English:

Yod Hay, Vav Hay, Compassion and Tenderness, Patience, Forbearance, Kindness, Awareness. Bearing love from age to age; Lifting guilt and mistakes and making us free.

וסלחת לעוננו ולחטאתנו ונתתנו
סלח לנו אבינו כי חטאנו, מחל לנו מלכנו כי פשענו
כי אתה אדני טוב וסלח ורב חסד לכל קראיך

Forgive our transgressions and our sins; claim us for Your own.
Forgive us, our creator, for we have sinned;
pardon us, our sovereign, for we have transgressed—
for You, Adonai, are kind and forgiving;
You act generously to all who call on You.

Choose one (or more) of the selections on pages 6-19, and then continue on page 20.

Selicha Selection 1

First Selichot – Sunday 29 Aug, Translation of B'Motzaei Menucha

Read responsively, and then continue on page 20

After the departure of the Sabbath, we approach You in prayer, incline Your ear from on high,
You Who are enthroned upon praises, and
hear our cry and our prayer!

*Raise Your mighty, right hand to act valiantly; for the sake of Isaac the righteous one, who was
bound on the altar, and in whose stead a ram was slain— shield his descendants as they cry to
You, and
hear our cry and our prayer!*

Turn to those who seek You when they seek Your Presence, be accessible to them from Your
Heavenly Abode, and to the cry of their supplication close not Your ear; and
hear our cry and our prayer!

*They tremble and quake at the day of Your coming to judge them, they are panic-struck— as a
woman giving birth the first time, from the burning wrath You carry; O' please, wipe away their
sins that they may praise Your wonders, and
hear our cry and our prayer!*

You are the Creator of all that is formed, You prepared from of old, a remedy to save them from
distress, by bestowing undeserved grace upon them from Your hidden treasure.
Hear our cry and our prayer!

*Exalted One, if the sins of Your congregation are great, strengthen them, we pray from the
treasure stored in Your abode; Your community implores You to grant them undeserving grace
as they approach You.
Hear our cry and our prayer!*

Turn to our sufferings and not to our sins, justify those who cry out to You; God who performs
wonders, listen to their supplication, God, Adonai of Hosts.
Hear our cry and our prayer!

*Be pleased and accept their pleadings as they stand before You, regard their prayers with favor
as the offering of burnt-offerings; show them Your miracles O One Who does great things.
Hear our cry and our prayer!*

Selicha Selection 2

Monday 30 Aug, *The Head of the Year*, adapted from March Piercy

Read responsively, and then continue on page 20

The Head of the Year

Soon the moon will be dark, a new moon for a new year.

It is hollow and hungers to be full. It is the black zero of beginning.

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.

The light you seek hides in your belly.

The light you crave longs to stream from your eyes.

You are the moon that will wax in new goodness.

Selicha Selection 3

The Season of Healing, from Alden Solovy, *This Grateful Heart*

Read responsively, and then continue on page 20

The Season of Healing

This is the season of healing:

Of healing our hearts and souls,

Of healing the moments we share with each other

And the moments we share with ourselves.

This is the season of memory:

Of remembering our parents and grandparents,

The love of generations,

The holiness of our ancestors.

This is the season of stillness,

The season of silence and quiet:

Of deep breaths,

Of open eyes,

Of compassion and consolation.

This is the season of healing:

The season of grief turning to wonder,

Of loss turning toward hope,

The season that binds this year to the next,

The season that heralds the redemption of spirit

And our return to God's Holy Word.

Selicha Selection 4

Wednesday 1 Sep, Verses from Job

Sing Deborah Sacks Mintz's [Makom Binah](#), read responsively, then continue on page 20

Based on Job 28

וְהַחֲכָמָה מֵאַיִן תִּמָּצֵא וְאֵי זֶה מְקוֹם בִּינָה:
הֵן יִרְאֶת אֲדֹנָי הִיא חֲכָמָה וְסוֹר מֶרֶע בִּינָה:

We know there is a place where gold is found,
and somewhere there is silver for refining.

But wisdom—where can it be found?

Where is the place of true knowledge?

The deep declares, “It is not in me!”

The ocean echoes, “Neither is it here!

*Yet it has no match in gold or glass,
it cannot be traded for precious trinkets,
not even for corals or crystal.*

But wisdom—where can it be found?

Where is the place of true knowledge?

God perceives its path.

God knows its place.

While peering to the ends of the earth,
inspecting everything under the heavens,

*weighing out the winds,
apportioning the water,
setting quotas for the rain,
fixing routes for the thunderstorms,*

God saw it and appraised it,
examined it and plumbed it,
and then God said to human beings:

*“The fear of Adonai—that is wisdom;
departing from sin—that is true knowledge.”*

Selicha Selection 5

Thursday 2 Sep, *God's Plan: An Introspection*, from Alden Solovy

Read responsively, and then continue on page 20

God's Plan: An Introspection

If God's plan
Followed my plan,
I would have no scars on my skin
Or in my heart.

*If God's plan
Followed my plan,
I would not have felt the fire or the ice,
Heard the beauty or the terror,
Seen the new bud or the dying leaf.*

If God's plan
Followed my plan,
I would not have learned to grieve or cherish,
To hope or surrender,
To be broken and still be whole.

*What, then, keeps me locked in fear,
In dread of yielding to Your great works,
Your awesome love,
Your radiant power?
What small desire,
Petty hope--
What yearning of self--
Blocks my service in God's holy name?*

God on high,
Release me from my judgements and designs.
Open my heart to You fully,
Without reservation.
Cast out my doubts and shames,
So I may receive Your divine wisdom and strength.

*God of all being,
Make my limbs Your tools and
My voice Your messenger.
Make my heart Your tabernacle,
A dwelling place of holiness
And splendor.*

Selicha Selection 6

Friday 3 Sep, Zchor Lanu Brit Avot

Read responsively, sing וְהִבִּיאֹתֶימָם and then continue on page 20.

Remember to us the covenant of the Patriarchs, as You promised, “And I will remember my covenant with Jacob, and also my covenant with Isaac, and also my covenant with Abraham will I remember, and the land I will remember” (Lev 26:42).

Remember to us the covenant of the ancestors, as You promised, “And I will remember for their sake, the covenant with their ancestors, whom I brought out of the land of Egypt, in the sight of the nations; to be their God I am Adonai” (Lev 26:45).

Be accessible to us when we seek You, as it is written: “And from there you will seek Adonai, your God, and you will find God; if you search after God with all your heart and with all your soul” (Deut 4:29).

Open our hearts to love Your Name, as it is written in Your Torah: “And Adonai, your God will open your heart, and the heart of your descendants, to love Adonai, your God, with all your heart, and with all your soul, that you may live” (Deut 30:6).

Sprinkle clean water upon us, and cleanse us, as it is written: “And I will sprinkle clean water upon you, and you will be clean; from all your defilements, and from all your idols, I will cleanse you” (Ezekiel 36:25).

Sweep aside our transgressions as a thick cloud and as a mist, as You have promised: “I have swept away like a thick cloud your transgressions, and like a mist, your sins; return to Me, for I have redeemed You” (Isaiah 44:22).

Make our sins as white as snow or wool, as it is written: “Come now, let us reason together, says Adonai, though your sins be as scarlet, they shall be as white as snow; though they be red as crimson, they shall become [white] as wool” (Isaiah 1:18).

Have compassion on us and do not destroy us, as it is written: “For an Almighty of mercy is Adonai, your God; who will not abandon you or destroy you, and who will not forget the covenant of your fathers which God swore to them” (Deuteronomy 4:31).

Gather our dispersed ones, as it is written: “If your dispersed are in the farthestmost part of heaven, from there Adonai, your God will gather you, and from there God will take you” (Deut. 30:4).

Bring us to Your holy mountain, and make us joyful in Your House of Prayer, as it is written: “And I will bring them to My holy mountain, and make them joyful in My House of Prayer; their burnt-offerings and sacrifices will be accepted with favor on My Altar, for My House, will be called a House of Prayer for all peoples” (Isaiah 56:7).

תְּבִיאֵנוּ אֶל הַר קֹדֶשְׁךָ וְשִׂמְחָנוּ בְּבֵית תְּפִלָּתְךָ כְּמָה שְׂכָתוֹב. וְהִבִּיאֹתֶימָם אֶל הַר
קֹדֶשׁ וְשִׂמְחָתֶימָם בְּבֵית תְּפִלָּתִי עוֹלוֹתֵיהֶם וְזִבְחֵיהֶם לְרָצוֹן עַל מִזְבְּחִי כִּי בֵיתִי בֵּית
תְּפִלָּה יִקְרָא לְכָל הָעַמִּים :

Selicha Selection 7

Sunday 5 Sep, The Season of Return, from Alden Solovy, *This Grateful Heart*

Read responsively, and then continue on page 20

The Season of Return

This is the season of return:

Of returning to ourselves and to our people,

Of returning to our God

And returning to our calling.

This is the season of quiet:

Of quieting the mind to hear the Voice,

Of quieting the heart to hear the Soul,

Of quieting the self to make space for the Ein Sof.

This is the season of surrender:

Of surrendering odd quirks and old habits to dignity and kindness,

Of surrendering fear and despair to hope and adventure, to honor and service.

This is the season of return:

Of returning to wholeness and love,

To prayer and charity,

To family and friends.

This is the season that reminds us of who we are

And who we might become.

The season that summons us to return ourselves to purpose,

And our lives to God's Holy Word.

Selicha Selection 8

Erev Rosh Hashanah – Monday 6 Sep,

Sing or read responsively, and then continue on page 20

עֲנֵנוּ יְיָ עֲנֵנוּ.	Answer us, Adonai, answer us!
עֲנֵנוּ אֱלֹהֵינוּ עֲנֵנוּ.	Answer us, our God, answer us!
עֲנֵנוּ אָבִינוּ עֲנֵנוּ.	Answer us, our Parent, answer us.
עֲנֵנוּ בּוֹרְאֵנוּ עֲנֵנוּ.	Answer us, our Creator, answer us.
עֲנֵנוּ גּוֹאֲלֵנוּ עֲנֵנוּ.	Answer us, our Redeemer, answer us.
עֲנֵנוּ דּוֹרְשָׁנוּ עֲנֵנוּ.	Answer us, our Seeker, answer us.
עֲנֵנוּ הָאֵל הַנֶּאֱמָן עֲנֵנוּ.	Answer us, faithful Almighty, answer us.
עֲנֵנוּ וְתִיק וְחֶסֶד עֲנֵנוּ.	Answer us, steadfast and benevolent One, answer us.
עֲנֵנוּ זָךְ וְיָשָׁר עֲנֵנוּ.	Answer us, pure and upright One, answer us.
עֲנֵנוּ חַי וְקַיִם עֲנֵנוּ:	Answer us, living and permanent One, answer us.
עֲנֵנוּ טוֹב וּמְטִיב עֲנֵנוּ.	Answer us, good and beneficent One, answer us.
עֲנֵנוּ יוֹדֵעַ יִצָּר עֲנֵנוּ.	Answer us, Knower of our inclination, answer us.
עֲנֵנוּ כּוֹבֵשׁ כְּעָסִים עֲנֵנוּ.	Answer us, Suppressor of Anger, answer us.
עֲנֵנוּ לּוֹבֵשׁ צְדָקוֹת עֲנֵנוּ.	Answer us, One enrobed in righteousness, answer us.
עֲנֵנוּ מֶלֶךְ מַלְכֵי הַמַּלְכִּים עֲנֵנוּ.	Answer us, Supreme Sovereign, answer us.
עֲנֵנוּ נוֹרָא וְנִשְׁגָּב עֲנֵנוּ.	Answer us, awesome and exalted One, answer us.
עֲנֵנוּ סוֹלֵחַ וּמוֹחֵל עֲנֵנוּ.	Answer us, Pardoner and Forgiver, answer us.
עֲנֵנוּ עוֹנֶה בְּעֵת צָרָה עֲנֵנוּ.	Answer us, Who answers in time of distress, answer us.
עֲנֵנוּ פּוֹדֶה וּמַצִּיל עֲנֵנוּ.	Answer us, Redeemer and Saver, answer us.
עֲנֵנוּ צַדִּיק וְיָשָׁר עֲנֵנוּ.	Answer us, just and upright One, answer us.
עֲנֵנוּ קָרוֹב לְקוֹרְאָיו עֲנֵנוּ.	Answer us, Who is near to those who call, answer us.
עֲנֵנוּ רַחוּם וְחַנוּן עֲנֵנוּ.	Answer us, merciful and gracious One, answer us.
עֲנֵנוּ שׁוֹמֵעַ אֶל אֲבִיּוֹנִים עֲנֵנוּ.	Answer us, You Who listen to the needy, answer us.
עֲנֵנוּ תוֹמֵךְ תְּמִימִים עֲנֵנוּ.	Answer us, Supporter of the innocent, answer us.
עֲנֵנוּ אֱלֹהֵי אֲבוֹתֵינוּ עֲנֵנוּ. עֲנֵנוּ אֱלֹהֵי	Answer us, God of our ancestors, answer us.
אַבְרָהָם עֲנֵנוּ. עֲנֵנוּ פָּחַד יִצְחָק עֲנֵנוּ.	Answer us, God of Avraham, answer us. Answer us, Fear of Yitzchak, answer us.
עֲנֵנוּ אֲבִיר יַעֲקֹב עֲנֵנוּ. עֲנֵנוּ עֲזֶרֶת	Answer us, Mighty One of Yaakov, answer us.
הַשְּׂבָטִים עֲנֵנוּ. עֲנֵנוּ מְשֻׁבַּ אִמָּהוֹת	Answer us, Helper of the Tribes, answer us.
עֲנֵנוּ. עֲנֵנוּ קָשָׁה לְכַעֵס עֲנֵנוּ. עֲנֵנוּ	Answer us, Stronghold of the Matriarchs, answer us.
רַךְ לְרִצּוֹת עֲנֵנוּ. עֲנֵנוּ עוֹנֶה בְּעֵת	Answer us, Whom it is hard to provoke, answer us.
רִצּוֹן עֲנֵנוּ. עֲנֵנוּ אָבִי יְתוֹמִים עֲנֵנוּ.	Answer us, You Who are easily reconciled, answer us.
עֲנֵנוּ דִין אֶלְמָנוֹת עֲנֵנוּ:	Answer us, you Who answer in a time of favor, answer us. Answer us, Parent of orphans, answer us.
	Answer us, [Protective] Judge of widows, answer us.

Selicha Selection 9

Tzom Gedalia – Thurs 9 Sep, Avlah Nafshi in translation, by Saadiah Gaon

Read responsively, and then continue on page 20

Our God and God of our ancestors:

א My soul mourned, my face was darkened,

ב when the lion breathed out [destruction] against my glorious temple.

ג Even my refugees whom they left [in the land], and my remnant,

ד were smashed on this day, on the Third of Tishrei.

ה The fire and the treacherous waters have inundated us in their pursuit;

ו they smashed the Temple and looted their share.

ז The elders of our remnant, that escaped the day of vengeance,

ח were stricken now, on the day of the Fast of Gedaliah ben Achikam.

ט The poor people of the country were torn asunder;

י what the cutter has left, the locust has devoured.

כ Vineyardists and farmers commanded to remain by the One who made the earth tremble,

ל were burnt up, with none to erect a fence or to stand in the breach.

מ What can I tell over? My sighs are so deep;

נ my soul contends against life, my communities grieve.

ס The branches of our vine that were left from the blazing fire

ע they had not yet been re-established, and they were driven out with fury.

פ How long will you hide your countenance from us?

צ Hear our cry and release our prisoners!

ק O Holy One, observe that there is no one to pray for us;

ך see our poverty and redeem us, and with Your praise in our mouth we will crown You.

ש We have been pillaged from generation to generation,

from one expected end of exile to another,

ת O Forceful One, awaken and rise to our judgement!

ת May You atone for our sins and declare an end to our exile.

Selicha Selection 10

Friday 10 Sep, *Ki Anu Amecha We Are Your People*

Sing together, read in English, and then continue on page 20

Ki Anu Amecha: We Are Your People

Ki anu amecha v'atah Eloheinu.

Anu vanecha v'atah avinu.

Anu avdecha, v'atah adoneinu.

Anu kehalecha, v'atah chelkeinu.

Anu nachalatecha, v'atah goraleinu.

Anu tzonecha, v'atah ro'einu.

Anu charmecha, v'atah notreinu.

Anu fe'ulatecha, v'atah yotzreinu.

Anu rayatecha, v'atah dodeinu.

Anu segulatecha, v'atah keroveinu.

Anu amecha, v'atah malkeinu.

Anu ma'amirecha, v'atah ma'amireinu.

כִּי אֲנִי עַמְּךָ, וְאַתָּה אֱלֹהֵינוּ.

אֲנִי בְנִיךָ וְאַתָּה אָבִינוּ.

אֲנִי עַבְדְּךָ, וְאַתָּה אֲדֹנָינוּ.

אֲנִי קְהֵלְךָ, וְאַתָּה חֶלְקֵנוּ.

אֲנִי נַחֲלָתְךָ, וְאַתָּה גּוֹרְלֵנוּ.

אֲנִי צֹאנְךָ, וְאַתָּה רוֹעֵנוּ.

אֲנִי כֶרֶמְךָ, וְאַתָּה נוֹטְרֵנוּ.

אֲנִי פֹעֲלָתְךָ, וְאַתָּה יוֹצְרֵנוּ.

אֲנִי רַעֲיָתְךָ, וְאַתָּה דּוֹדֵנוּ.

אֲנִי סִגְלָתְךָ, וְאַתָּה קְרוֹבֵנוּ.

אֲנִי עַמְּךָ, וְאַתָּה מַלְכֵנוּ.

אֲנִי מֵאֲמִירְךָ, וְאַתָּה מֵאֲמִירֵנוּ.

We are Your people,
and You our holy source.

We are Your children,
and You our parent.

We are Your helpers,
and You our guiding spirit.

We are Your body,
and You our designer.

We are Your images,
and You our true essence.

We are Your flock,
and You our shepherd.

We are Your plantings,
and You our gardener.

We are Your creation,
and You our origin.

We are Your companions,
and You our beloved.

We are Your treasure,
and You delight in us.

We are Your people,
and You are our sovereign.

We solely favor You,
and You recognize us.

Selicha Selection 11

Sunday 12 Sep, A Modern Confession, from Mishkan Hanefesh

Read responsively, and then continue on page 20

We wrong You when we wrong ourselves.

For our **failures of integrity**, Adonai, we seek forgiveness.

*For passing judgement without knowledge of the facts,
and for distorting facts to suit our purposes.*

For succumbing in silence to social pressure,
and for acquiescing in beliefs we find offensive.

*For using others' bad behavior to excuse our own,
and for blaming others for our mistakes and poor decisions.*

For pretending to emotions we do not feel,
and for appearing to be other than what we are.

*For condemning in our children the faults we tolerate in ourselves,
and for tolerating in ourselves the faults we condemn in our parents.*

We dishonor You when we dishonor our society.

For our **failures of justice**, Adonai, we seek forgiveness.

*For being indifferent to deprivation and hunger,
while accepting a culture of self-indulgence and greed.*

For abuse of power in board rooms, court rooms, and classrooms, and for accepting the neglect of children and elders, the ill and the weak.

*For permitting social inequalities to prevail,
and for lacking the vision to transcend our selfishness.*

For glorifying violence and turning hastily to war,
and for allowing history to repeat itself.

*For behaviors that risk the future of our planet,
and for wreaking havoc on our only true inheritance—God's Creation.*

We sin against You when we hurt one another.

For our **failures of love**, Adonai, we seek forgiveness.

*For exploiting another for our own pleasure,
and for the wounds we cause through betrayal and deception.*

For withholding affection from those we claim to love,
and for using love to control our spouses and partners, our children and parents.

*For abandoning friends and siblings whose love has sustained us,
and for neglecting those who love us when they need us most.*

For harboring in our relationships mistrust, boredom, and disloyalty,
and for rejecting our partner's efforts at repair and renewal.

*For possessiveness, jealousy, and avarice,
and for lashing out in anger at those who are closest to us.*

For all these sins, forgiving God, forgive us, pardon us, grant us atonement.

Selicha Selection 12
Monday 13 Sep, Teshuva by Rabbi Rachel Barnblat
Read together, and then continue on page 20

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*.

Selicha Selection 13

Tuesday 14 Sep, Know Before Whom You Stand, from Mishkan Hanefesh

Read responsively, and then continue on page 20

Know Before Whom You Stand

You can't rush a prayer to God,
if it comes from the heart
it will rush out on its own
Speed through receding galaxies or
Silences in the soul,
And God will hear.

*Honesty with all, but
Speaking to God is different.
Mine the soul
for your coal and gems and regular earth,
No pretense,
And God will hear.*

Don't force the prayer
Or strings words together,
Pause, perhaps
Better not to pray,
Silence will be a message of awe,
And God will hear.

*Now step off into the very deep,
beyond the way of prayer:
We glimpse unknown magnitudes of God,
No more, or we would be stunned into silence.
Except that Love makes itself small,
we could not pray at all.*

Selicha Selection 10

Erev Yom Kippur – Wednesday 15 Sep, Adaptation of the liturgical poem (*piyyut*) *Ya'ale*

Highly encouraged: Listen to [this](#) musical rendition of the *Ya'ale* piyyut.

Read responsively, and then continue on page 20

Ya'ale Alternative Translation, from Mahzor Lev Shalem

Let our **y**earning rise to You in the evening,
our **e**xclamations come to You in the morning,
then **w**ondrous joy shall appear by evening.

*Let our **v**oices rise to You in the evening,
our **u**nsung deeds come to You in the morning,
so our **t**ru^e redemption shall appear by evening.*

Let our **s**ufferings rise to You in the evening,
our **r**emorse come to You in the morning,
then our **p**ardon shall appear by evening.

*Let our **o**utcries rise to You in the evening,
take **n**ote of them for Your sake in the morning,
pour Your **m**ercy upon us by evening.*

Let our **l**ament rise to You in the evening,
and may You **k**now the purity of our spirt in the morning,
that the **j**oy of forgiveness appear by evening.

*Let **i**ntimations of regret rise to You in the evening,
and **h**opefulness in our gathering come to You in the morning,
then our **g**lory, reflective of You, shall appear by evening.*

Let our **f**ervent knocking at the gates rise to You in the evening,
our **e**ntreaties come to You in the morning,
and Your forgiveness **d**elight us by evening.

*Let our **c**onfession rise up to You in the evening,
may it **b**laze across the skies in the morning,
so the forgiveness of **a**ll appear by evening*

The Thirteen Attributes of God

Read each paragraph in Hebrew or English. The thirteen attributes themselves should be read with gusto, with focus, with intention—these are the attributes of God's mercy that we hope to inhabit, to embody, to bring with us into the new year.

אֵל מְלֶךְ יוֹשֵׁב עַל כִּסֵּא רַחֲמִים מְתַנְהֵג בְּחַסְדֵּיכוֹת, מוֹחֵל עֲוֹנוֹת עַמּוֹ מַעֲבִיר רֹאשׁוֹן רֹאשׁוֹן, מְרַבֵּה
מְחִילָה לְחַטָּאִים וְסִלִּיחָה לְפוֹשְׁעִים, עֹשֶׂה צְדָקוֹת עִם כָּל בֶּשָׂר וְרוּחַ, לֹא כִרְעָתָם תִּגְמֹל.
אֵל הוֹרִיתָ לָנוּ לֹאמַר שְׁלֹשׁ עֶשְׂרֵה, וַיִּזְכֹּר לָנוּ הַיּוֹם בְּרִית שְׁלֹשׁ עֶשְׂרֵה, כְּהוֹדַעְתָּ לְעַנְיֵינוּ מִקֶּדֶם, כְּמוֹ
שִׁפְתוֹב וַיִּרְדּוּ יְיָ בְּעַנְיָנוּ וַיִּתְּצֵב עִמּוֹ שָׁם, וַיִּקְרָא בְּשֵׁם יְיָ.

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.”

וַיַּעֲבֹר יְיָ עַל פָּנָיו וַיִּקְרָא :

יְיָ אֵל רַחוּם וְחַנוּן אֲרוּךְ אַפַּיִם וְרַב חֶסֶד וְאֱמֶת נִצֵּר חֶסֶד לְאַלְפִים נִשְׂא עוֹן וְפָשַׁע וְחַטָּאָה וְנִקְיָה

And Adonai passed before him and called:

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.

Singable English:

Yod Hay, Vav Hay, Compassion and Tenderness, Patience, Forbearance, Kindness, Awareness. Bearing love from age to age; Lifting guilt and mistakes and making us free.

וְסָלַחְתָּ לְעֲוֹנוֹנוּ וּלְחַטָּאתֵינוּ וְנִחַלְתָּנוּ.
סָלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ מְחַל לָנוּ מִלִּפְנֵינוּ כִּי פָשַׁעְנוּ.
כִּי אַתָּה אֲדֹנָי טוֹב וְסָלַח וְרַב חֶסֶד לְכָל קְרָאִיךָ.

Forgive our transgressions and our sins; claim us for Your own.

Forgive us, our creator, for we have sinned;

pardon us, our sovereign, for we have transgressed—

for You, Adonai, are kind and forgiving;

You act generously to all who call on You.

Sh'ma Koleinu / Hear Our Voice

After the leader recites each of these four verses the congregation repeats it:

שְׁמַע קוֹלֵנוּ יְיָ אֱלֹהֵינוּ
חַוֶּס וְרַחֵם עָלֵינוּ
וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן אֶת תְּפִלָּתֵנוּ.
Hear our voice, Adonai our God, be kind, and
have compassion for us. Willingly and
lovingly accept our prayer.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה
חַדֵּשׁ יָמֵינוּ כְּקֵדָם.
Turn us toward You, Adonai, and we will
return to You; make our days seem fresh, as
they once were.

אַל תִּשְׁלִיכֵנוּ מִלִּפְנֵיךָ
וְרוּחַ קִדְשְׁךָ אַל תִּקַּח מֵמֵנוּ.
Do not cast us away from You; take not Your
holy presence from us.

אַל תִּשְׁלִיכֵנוּ לְעֵת זָקְנָה
כְּכֹלֹת כֹּחֵנוּ אַל תַּעֲזֹבֵנוּ.
Do not cast us away as we grow old; do not
desert us as our energy wanes.

Vidui / Confession

Read each paragraph in Hebrew or English.

It is customary to strike our heart as we recite each phrase of the confession.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. תִּבָּא לִפְנֵיךָ תְּפִלָּתֵנוּ וְאַל תִּתְעַלֵּם מִתַּחֲנֻנֵּנוּ. שְׂאִין אָנוּ עֲזֵי פָנִים וְקָשִׁי
עָרָף לֹאמַר לִפְנֵיךָ יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ צְדִיקִים אֲנַחְנוּ וְלֹא חַטָּאנוּ אַבָּל אֲנַחְנוּ וְאֲבוֹתֵינוּ
חַטָּאנוּ.

Our God and God of our ancestors, hear our prayer; do not ignore our plea. Our God and
God of our ancestors, we are neither so insolent nor so obstinate as to claim in Your
presence that we are righteous, without sin; for we, like our ancestors who came before us,
have sinned.

אֲשָׁמנוּ. בָּגַדְנוּ. גָּזַלְנוּ. דִּבַּרְנוּ דָּפִי.
הָעוֹיְנוּ. וְהִרְשָׁעְנוּ. וְזָדְנוּ. חָמְסְנוּ. טָפְלָנוּ שָׁקָר.
יַעֲצָנוּ רָע. כּוֹזְבֵנוּ. לִצָּנוּ. מָרְדְּנוּ. נֹאצָנוּ. סָרְרָנוּ. עֹוִינוּ. פָּשַׁעְנוּ. צָרְרָנוּ. קִשְׁיָנוּ עָרָף.
רִשָּׁעְנוּ. שָׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲתָעְנוּ.

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, we pervert, we quarrel,
we rebel, we steal, we transgress, we are unkind, we are violent, we are wicked, we are
extremists, we yearn to do evil, we are zealous for bad causes.

סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמְשָׁפְטֶיךָ הַטּוֹבִים וְלֹא שָׁוָה לָנוּ. וְאַתָּה צְדִיק עַל כָּל הַבָּא עָלֵינוּ כִּי אָמַת עָשִׂיתָ
וְאֲנַחְנוּ הִרְשָׁעְנוּ.

We have turned from your goodly laws and commandments, but it has not profited us.
Surely You are in the right with respect to all that comes upon us, for You have acted
faithfully, but we have been in the wrong.

Choose one or more of the concluding prayers on pages 22 and 23, then turn to page 24.

Concluding Selichot Prayers: Mi She'Anah / Answer Us!

Sing or chant either version. Everyone should join in for “hu ya'aneinu/answer us”.

May the One who answered Abraham our father on Mount Moriah	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְאַבְרָהָם אֲבִינוּ בְּהַר הַמֹּרְיָה
May the One who answered Sarah our mother at the door of the tent ¹	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְסָרָה אִמֵּנוּ בַּפֶּתַח הָאֹהֶל
May the One who answered Isaac their son when he was bound on the altar	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְיִצְחָק בְּנֵם כְּשֶׁנֶּעֱקַד עַל גְּבִי הַמִּזְבֵּחַ
May the One who answered Hagar and Yishma'el in the desert of Be'er Sheva ²	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְהַגָּר וְיִשְׁמָעֵאל בַּמִּדְבָּר בְּאֵר שֶׁבַע
May the One who answered Rebecca when she went seeking ³	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְרִבְקָה בְּלִבְתָּהּ לְדָרוֹשׁ
May the One who answered Jacob in Beit El	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְיַעֲקֹב בְּבֵית אֵל
May the One who answered Rachel and Leah in Padan Aram ⁴	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְרַחֵל וְלֵאָה בְּפָדָן אֲרָם
May the One who answered Tamar when they brought her out to be burned ⁵	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְתָמָר כְּשֶׁהוֹצִיאוּהָ לְשַׂרֵּף
May the One who answered Joseph in prison	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְיוֹסֵף בְּבֵית הָאֲסוּרִים
May the One who answered Shifra and Pu'ah in Egypt ⁶	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְשִׁפְרָה וּפְוֵעָה בְּמִצְרַיִם
May the One who answered Yokheved and Miriam on the bank of the Nile ⁷	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְיוֹכֶבֶד וּמִרְיָם עַל־שִׁפְתֵי הַיָּאָר
May the One who answered our ancestors at the Sea of Reeds	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְאַבוֹתֵינוּ עַל יַם סוּף
May the One who answered Moses at Horeiv	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְמֹשֶׁה בְּחוֹרֵב
May the One who answered Aaron with the censer	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְאַהֲרֹן בְּמִזְבֵּחַ
May the One who answered Pinhas when he rose up from amidst the people	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְפִנְחָס בְּקוֹמוֹ מִתּוֹךְ הָעָדָה
May the One who answered Joshua at Gilgal	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְיְהוֹשֻׁעַ בְּגִלְגָל
May the One who answered Deborah at Mount Tavor ⁸	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְדִבּוֹרָה בְּהַר־תְּבוֹר
May the One who answered Ruth when she went down to the threshing floor ⁹	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְרוּת בְּרִדְתָּהּ לְגֹרֶן
May the One who answered Hannah in Shiloh ¹⁰	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְחַנָּה בְּשִׁילָה
May the One who answered Samuel in Mitzpah	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְשִׁמְשׁוֹאֵל בְּמִצְפָּה
May the One who answered David and Solomon his son in Jerusalem	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְדָוִד וְשְׁלֹמֹה בְּנוֹ בִּירוּשָׁלַיִם
May the One who answered Elijah on Mount Carmel	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְאֵלִיָּהוּ בְּהַר הַכְּרִמָּל
May the One who answered Elisha in Jericho	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְאֵלִישָׁע בְּיֶרִיחוֹ
May the One who answered Jonah in the belly of the fish	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְיוֹנָה בְּבֶטֶן הַדִּיגָה
May the One who answered Hezekiah in his illness	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְחִזְקִיָּהוּ בְּחִלּוֹ
May the One who answered Hananiah, Misha'el, and Azariah in the burning furnace	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְחַנְנִיָּה מִשְׁאֵל וְעַזְרִיָּה בְּתוֹךְ כְּבֶשֶׂן הָאֵשׁ
May the One who answered Daniel in the lions' den	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְדָנְיָאֵל בְּגֹב הָאֲרִיֹּת
May the One who answered Mordechai and Esther in the fortress city Shushan	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְמֹרְדֳּכַי וְאַסְתֵּר בְּשׁוּשַׁן הַבִּירָה
May the One who answered Ezra in exile	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְעֶזְרָא בְּגוֹלָה
May the One who answered all the righteous, the pious, the perfect, and the upright	answer us.	הוא יעֲנֵנוּ.	מי שֶׁעָנָה לְכָל־הַצְדִּיקִים וְהַתְּמִימִים וְהַיֹּשֵׁרִים

1. Genesis 18. 2. Genesis 21. While Hagar and Yishma'el are generally not invoked in Jewish prayer, the exception to this is on the High Holidays, when they are the centerpiece of the Torah reading on the first day of Rosh HaShanah. During the medieval period, many *pyutim* (liturgical poems) about Hagar were composed and recited as part of the Torah service. 3. Genesis 25. 4. Genesis 29-30. 5. Genesis 38. 6. Exodus 1. 7. Exodus 2. 8. Judges 4. 9. Ruth 3. 10. I Samuel 1.

Additional verses © Julia Andelman and Lisa Exler. First edition, September 2004.

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

Concluding Selichot Prayers: Birth is a beginning (from Lev Shalem)

Birth is a beginning and death a destination. And life is a journey:

From childhood to maturity and youth to age;

From innocence to awareness and ignorance to knowing;

From foolishness to discretion, and then, perhaps, to wisdom;

From weakness to strength or strength to weakness—and often, back again;

From health to sickness and back, we pray, to health again;

From offense to forgiveness, From loneliness to love,

From joy to gratitude, From pain to compassion, And grief to understanding—

From fear to faith; From defeat to defeat to defeat—

Until, looking backward or ahead,

We see that victory lies not at some high place along the way,

But in having made the journey, stage by stage, a sacred pilgrimage.

Birth is a beginning and death a destination.

And life is a journey, a sacred pilgrimage.

Concluding Selichot Prayers: Hannah, David, Micah and Daniel (from Lev Shalem)

Hannah, sad and depressed, prayed to You, her heart overflowing with tears, her voice inaudible. But You understood her heartfelt cry and turned to her. Answer us in our time of need, as You responded to the plea of the woman in Shiloh, that like her we may sing, “Adonai brings down and lifts up, raises up the poor from the dust of the earth.”

Your servant David pleaded before You, “Who can be aware of error? Cleanse me of my most secret sins.” Cleanse us, Adonai, our God, of all our transgressions; purify us of all our foulness; pour over us purifying water that we may be cleansed, as the prophet Ezekiel wrote: “I will sprinkle purifying water upon you and you shall be cleansed; I will cleanse you of all your impurities and your idolatries.”

Your servant Micah declared: “Is there any divinity save You who forgives the sins and pardons the transgressions of the remnant, Your people? You do not maintain anger forever for You delight in love. You will return to us compassionately, overcoming the consequences of our sin, hurling our sins into the depths of the sea. You will keep faith with Jacob, showing enduring love to Abraham, as You promised our ancestors in days of old.”

Your beloved Daniel prayed to You: “My God, turn Your ear toward us, listen, open Your eyes and see our desolation and that of the city known by Your name.” Not because of our own merit do we cast our plea before You. Rather we depend on the generosity of Your compassion. Adonai, hear! Adonai, forgive! Adonai, listen! Do not delay. For Your sake, O my God; for Your city and Your people are known by Your name.

Kaddish Shalem

The Selichot Service Closes with Kaddish.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא
בְּעָלְמָא דִּי בְּרָא כְּרַעוּתָהּ. וְיִמְלִיךָ מַלְכוּתָהּ, בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְכָל בֵּית
יִשְׂרָאֵל, בְּעִגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵיָא.
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל, שְׁמֵהּ
דְּקוּדְשָׁא בְּרִיךְ הוּא
לְעִילָא מִן כָּל \ בעשרת ימי תשובה: לְעִילָא וּלְעִילָא מְכָל
בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנִחַמְתָּא, דְּאִמְרֵן בְּעָלְמָא וְאָמְרוּ אָמֵן
תְּתַקַּבֵּל צְלוֹתָהוֹן וּבְרַעוּתָהוֹן דְּכָל בֵּית יִשְׂרָאֵל
קָדָם אֲבוּהוֹן דִּי בְּשַׁמְיָא, וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן.
עוֹשֶׂה שְׁלוֹם \ בעשרת ימי תשובה: הַשְׁלוֹם
בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

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 worshiped, exalted and honored, extolled and acclaimed—though God, who is blessed, is truly *[during the 10 days of repentance add: far]* beyond all acknowledgement and praise or any expression of gratitude or consolation ever spoken in the world. And respond with: Amen.

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

May abundant peace from heaven, and life, come to 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 respond with: Amen.