

YOM KIPPUR FAMILY SERVICE SUPPLEMENT 5780

U-N'TANEH-TOKEF

We cannot escape the consequences of our past actions, but we do have the ability to change our behaviour in the future. Un'taneh Tokef is a prayer that allows us to begin the New Year fresh, with a clean slate. We release blame and guilt, replacing them with forgiveness, and a willingness to change our actions for the better. We remember that this is our chance to begin anew. We commit to beginning the year with our values confirmed, and our spirits refreshed.

*U-n'taneh-tokef k'dushat hayom —
ki hu nora v'ayom*

וּנְתַנְהָה תְּקֵף קְדוּשַׁת הַיּוֹם—
כִּי הוּא בּוֹרָא נְאֻמִּים.

We look to the future with hope and excitement, uncertain of what lies ahead.
If we must face disappointment, help us to learn patience.
If we must face pain, help us find strength.
If we must face failure, help us learn endurance.
If we earn praise, help us learn humility.
If we are blessed with a simcha, help us to share though tzedakah.

Whatever the New Year may bring, may we meet it with goodness, patience, and gratitude.

*U-v'shofar gadol yitaka.
V'kol d'mamah dakah yishama.*

וּבְשׁוֹפָר גָּדוֹל יִתְקַע.
וְקוֹל דְּמָמָה דְּקָה יִשָּׁמַע.

And so a great shofar will cry — t'kiah.
A still small voice will be heard.
Angels, in a whirl of fear and trembling, will say:
“Behold the day of judgment” —
for they too are judged;
in Your eyes even they are not blameless.
All who come into the world pass before You
like sheep before their shepherd.
As a shepherd considers the flock,
when it passes beneath the staff,
You count and consider every life.
You set bounds; You decide destiny;
You inscribe judgments.



On Rosh HaShanah this is written; on Yom Kippur this is sealed
who will live and who will die...

*B'Rosh HaShanah yikateivun;
u-v'Yom Tzom Kippur yeichateimun:*

בְּרֹאשׁ הַשָּׁנָה יִכְתָּבוּן,
וּבְיוֹם צוֹם כּוֹפֵר יִחְתָּמוּן:
מִי יִחְיֶה, וּמִי יָמוּת.

And who by fire, who by water,
Who in the sunshine, who in the night time,
Who by high ordeal, who by common trial,
Who in your merry merry month of may,
Who by very slow decay,
And who shall I say is calling?

And who in her lonely slip, who by barbiturate,
Who in these realms of love, who by something blunt,
And who by avalanche, who by powder,
Who for his greed, who for his hunger,
And who shall I say is calling?

And who by brave assent, who by accident,
Who in solitude, who in this mirror,
Who by his lady's command, who by his own hand,
Who in mortal chains, who in power,
And who shall I say is calling?

—Leonard Cohen (1934–2016)

*B'Rosh HaShanah yikateivun,
u-v'Yom Tzom Kippur yeichateimun
mi yichyeh, u-mi yamut.*

בְּרֹאשׁ הַשָּׁנָה יִכְתָּבוּן,
וּבְיוֹם צוֹם כּוֹפֵר יִחְתָּמוּן
מִי יִחְיֶה, וּמִי יָמוּת...

But Rosh HaShanah has just begun, and the pages of the book of life are empty. Therefore we can still change the decree. For we are a people that does not resign itself to fate.

We can change the future by changing ourselves,
We can make our lives and the world better through our choices.

This is the theme of *Un'taneh Tokef*.

*U-t'shuvah, u-t'filah, u-tzdaka
maavirin et roa hag'zeirah.*

וּתְשׁוּבָה, וּתְפִלָּה, וּצְדָקָה
מַעֲבִירִין אֶת רֹעַ הַגְּזֵירָה.

But through return to the right path, through prayer and righteous giving, we can transcend the harshness of the decree. These make easier what God may decree, make easier what life holds in store, make easier facing the world, make easier facing ourselves.

We feel proud of many things we did last year.
 We feel ashamed of other things we did last year.
 God, please help us make up for our mistakes, today and all year long.
 Please help us say we are sorry.
 Please help us improve our behaviour.
 God, please forgive us when we say we are sorry.
 We are ready to forgive those who have hurt us.
 We pray others will forgive us when we say we are sorry.

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...hurting people and then not caring enough to go and say, "I'm sorry."

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...not seeing the good in others.

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...misusing my anger.

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...holding grudges and hanging onto bitterness.

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...ignoring my friend who needs affection.

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...not listening to my classmate who needs respect.

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...teasing my brother or sister who needs understanding.

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...criticizing my parent who needs appreciation.

עַל חֵטָא שְׁחַטְאנוּ לְפָנֶיךָ...

Al cheit she'chatanu l'fanecha...

For the sin we have committed against you by...
 ...being unkind to myself—body, mind, or spirit.

וְעַל כָּלֵם, אֲלוֹהַּ סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר-לָנוּ.

V'al kulam Elohai s'lichot, s'lach lanu, m'chal lanu, kaper lanu.

For all of these sins, O God, forgive us, pardon us and grant us atonement. Amen.

ASHAMNU

Our God and God of our fathers and mothers: Let our prayer enter Your presence; do not turn aside from our words! For we are not so obstinate and stubborn as to say before You, "We are righteous; we have done no wrong." For indeed, we have done wrong.

Ashamnu, bagadnu, gazalnu, dibarnu dofi.

אֲשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ לְפִי.

He'eivinu, v'hirshanu, zadnu, chamasnu, tafalnu shaker.

הֶעֵיבֵנוּ, וְהִרְשָׁעְנוּ, וְזָדְנוּ, חָמָסְנוּ טָפְלָנוּ שָׁקֵר.

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

יַעֲצֵנוּ רָע, כִּזְבְּנוּ, לָצַנוּ, מָרַדְנוּ, נֹאצְנוּ.

sararnu, avinu, pashanu, tzaranu, kishinu oref.

סָרַרְנוּ, עֵוִינוּ, פָּשַׁעְנוּ, צָרַרְנוּ, קִשְׁיֵנוּ עֶרְף.

Rashanu, shichatnu, tiavnu, tainu, titanu.

רָשָׁעְנוּ, שִׁחַתְנוּ, תִּיעַבְנוּ, תִּעֵינוּ, תִּעַתְעַנוּ.

We have ignored; we have betrayed; we have robbed; we have slandered; We have been wicked, we have done violence; we have lied, we have given evil advice; We have mocked; we have rebelled; we have been corrupt, we have teased; We have gone astray; we have led others astray.

AVINU MALKEINU

Avinu Malkeinu, sh'ma koleinu

אָבִינוּ מַלְכֵנוּ, שְׁמַע קוֹלֵנוּ.

Avinu Malkeinu, hear our voice.

אָבִינוּ מַלְכֵנוּ, חֲטֵאֵנוּ לְפָנֶיךָ.

Avinu Malkeinu, chatanu l'fanecha.

Avinu Malkeinu, we have sinned against You.

אָבִינוּ מַלְכֵנוּ, חָמוּל עָלֵינוּ וְעַל עוֹלָלֵינוּ וְטַפֵּינוּ.

Avinu Malkeinu, chamol aleinu, v'al oloteinu v'tapeinu.

Avinu Malkeinu, have compassion on us and on our children.

אָבִינוּ מַלְכֵנוּ, כֹּלֵה דָבָר וְחָרֵב וְרָעַב מֵעָלֵינוּ.

Avinu Malkeinu, kalei dever v'cherev, v'ra'av me'aleinu.

Avinu Malkeinu, make an end to sickness, war, and famine.

אָבִינוּ מַלְכֵנוּ, כֹּלֵה כָּל צָר וּמִשְׁטֵיִן מֵעָלֵינוּ.

Avinu Malkeinu, kalei kol tzar umastin me'aleinu.

Avinu Malkeinu, make an end to all oppression.

אָבִינוּ מַלְכֵנוּ, כִּתְבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים.

Avinu Malkeinu, kot'veinu b'sefer chayim tovim.

Avinu Malkeinu, inscribe us for blessing in the Book of Life.

אָבִינוּ מַלְכֵנוּ, חֲדִישׁ עָלֵינוּ שָׁנָה טוֹבָה.

Avinu Malkeinu, chadeish aleinu shanah tovah.

Avinu Malkeinu, let the New Year be a good year for us.

אָבִינוּ מַלְכֵנוּ, חַנּוּנוּ וְעֲנֵנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.

Avinu Malkeinu, choneinu v'aneinu, ki ein banu ma'asim, asef imanu tzedakah v'hoshi'einu.

Avinu Malkeinu, be gracious and answer us. For we have little merit. Treat us generously and with kindness, and be our help.