

Or Ami congregation

Your Home for the **High Holy Days**

High Holy Day Prayer Supplement



HIGH HOLY DAY SERVICES 5783

with

Rabbi Paul Kipnes and Rabbi Julia Weisz

Schedule of Services Songs, Prayers, and Memories

SEPTEMBER 25-26 • OCTOBER 4-5
2022

DEDICATE THESE HIGH HOLY DAYS

Jewish traditions encourages us *kivein et libeinu* (to direct our hearts) toward holiness. We dedicate our prayer, study, and reflection time to people (deceased or living) and for purpose and intention. Before or during Rosh Hashana, dedicate:

These High Holy Days, I dedicate my prayer, study, and reflection to:

My *kavannah* (purpose or intention) for this year's services is to:



SERVICE	FEATURING	TIMES (Pacific)
EREV ROSH HASHANA Sunday, September 25		
Clergy Welcome	Clergy Message and Announcements	7:45 PM - 8:00 PM
Erev Rosh Hashana Service	Incredible Music & Inspirational Stories	8:00 PM - 9:15 PM
ROSH HASHANA DAY Monday, September 26		
Clergy Welcome	Clergy Message and Announcements	9:45 AM - 10:00 AM
Rosh Hashana Service	Listen, Sermon, Torah, and Shofar	10:00 AM - 12:00 PM
High Holy Day Camp	Fun Activities	9:30 AM - 12:30 PM
Family Service	Energetic, Musical	2:15 PM - 3:30 PM
Tashlich at the Beach	Zuma Beach, Tower 11	4:30 PM
KOL NIDRE Tuesday, October 4		
Clergy Welcome	Clergy Message and Announcements	7:45 PM - 8:00 PM
Kol Nidre Service	Inspiring Music and Sermon	8:00 PM - 9:15 PM
YOM KIPPUR DAY Wednesday, October 5		
Clergy Welcome	Clergy Message and Announcements	9:45 AM - 10:00 AM
Yom Kippur Service	Listen, Sermon, Torah, and Healing	10:00 AM - 11:30 AM
Yizkor Memorial Service	Prayers, Music, and Meditation	11:30 AM - 12:30 PM
High Holy Day Camp	Fun Activities	9:30 AM - 12:30 PM
Study Session	Making <i>Teshuva</i> : How Judaism Guides Us on the Path Toward Repentance and Forgiveness	2:00 PM - 3:00 PM
Family Service	Energetic, Musical	2:30 PM - 3:45 PM
Neila Concluding Service	In our Calabasas Sanctuary	5:15 PM - 6:05 PM
Shofar, Havdala, & Hashkiveinu	In our Calabasas Sanctuary	6:05 PM - 6:10 PM

Tickets and Information at orami.org/HHD.

All events are at the Fred Kavli Theatre at the Bank of America Performing Arts Center in Thousand Oaks (except *Tashlich*, *Neila*, *Shofar*, and *Study Sessions* as noted on schedule above.)



All services in person (except *Study Sessions*).



All services are also livestreamed on oramiLIVE.com, Facebook, YouTube (except *High Holy Day Camp* and *Tashlich*).





How to Stream Services

Stream all services at oramiLIVE.com or on Congregation Or Ami's Facebook page [facebook.com/CongregationOrAmiCalabasas](https://www.facebook.com/CongregationOrAmiCalabasas).

Connect your computer to a television screen for enhanced view. For ideas on how, visit orami.org/hhdhelp.

Live Tech Support

If you have questions or experience difficulty accessing any of our services, live technical support is available to assist you.

Prior to services, you can reach us Monday through Friday, 9 am - 5 pm.

On service days, you can reach us starting 1 hour before the first service begins through the duration of the day's activities:

Contact us by phone:

- 1 818-660-6131 2 818-584-6820

**If you don't get through to one phone number, please try another.*

Contact us by email: hhd@orami.org

For complete information and updates on our High Holy Day services, visit orami.org/hhd and orami.org/hhdhelp

L'SHANA TOVA (HAPPY NEW YEAR)!

Welcome to 5783, the new Jewish Year. We welcome the entire community to our inclusive, musical, meaningful High Holy Day services. We are excited to be together in-person, mask-optional, with plenty of space to spread out. Please join us in the Fred Kavli Theatre, at the Bank of America Performing Arts Center in Thousand Oaks. We will also have robust livestreamed services.

Our High Holy Days, called the Yamim Noraim (Days of Awe), will be awe-inspiring! They represent a technological feat, creating simultaneous multi-access spiritual experiences — in-person and online — each of which will touch us deeply in our heart-centers. We will feel the warmth of uplifting music, awakening prayers, thought-provoking Torah, and a stirring sounding of the shofar. Our souls will soar and slip into quietude as our amazing soloists sing words of wonder and as Rabbis Julia Weisz and Paul Kipnes inspire us with ancient prayers, meaningful meditation, stories, and sermons.

Let this High Holy Day Prayer Supplement guide you through your journey as you move from counting your blessings and recounting your misdeeds to envisioning healthier ways of living and making teshuva (repenting) for your mistakes and sins. It contains service schedules, songs that do not appear in the Machzor (prayer book), and suggestions for how to transform your home viewing area into a mikdash m'at (small sanctuary).

On the blank pages, capture memories of loved ones from holy days long past, and pour out your hopes and dreams for the new year. Along with the High Holy Day Essentials Bag, assembled by our Henaynu Caring Community, this guidebook can shape your spiritual experience ahead.

As Unetaneh Tokef prayer reminds us, we may lack control over the realities of these days, but with teshuva (self-reflective repentance), tzedaka (selfless charitable giving), and tefila (prayerful spiritual centering), we can bring wholeness and holiness to our lives. May this Prayer Supplement help fill us with renewed faith in the future.

One final suggestion: if you stream services, consider gathering in small groups outside, or set up simultaneous private calls, FaceTime, or Zoom with family or dear friends. That way, you can "go to services together."

L' shana Tova u'Metukah.

Wishing you a sweet New Year of blessing.

Laurie Keleman, Henaynu Chair **Craig Steinhauer**, President **Rabbi Paul Kipnes**

CHECKLIST: TO DO BEFORE SERVICES

Do Now (or complete online very soon)

- Find or order *Machzor: Sha'arei Or: Gates of Light* (prayer book)
- Read *Mikdash M'at - Creating a Home Sanctuary* (p. 5)
- Connect your computer to your television (orami.org/hhdhelp)
- Test the stream at oramiLIVE.com (orami.org/hhdhelp)

Prepare

- Make your sitting area comfortable
- Hang your *Shiviti* (in Essentials Bag or orami.org/hhd)
- Cover table with a white or colorful tablecloth

Gather

- Machzor: Sha'arei Or: Gates of Light* (prayer book)
- High Holy Day Prayer Supplement
- Pen/Pencil

Reflect and Fill Out

- Soon: *Yizkor Memorial Scroll* and mail to Or Ami (or online at orami.org/hhd)
- Before Rosh Hashana: *Dedicate these Holy Days* (inside cover)
- Before Kol Nidre: *Teshuva Tefilah u'Tzedaka* (p. 7)
- After Yom Kippur Morning Service: *Leading with Love* (p. 8)

TO DO FOLLOWING SERVICES

Bless

- Say: *Baruch atah Adonai, hamavdil bayn kodesh l'chol. Blessed are You Adonai, who distinguishes the holy and ordinary.*

Give

- Donate to our **High Holy Day Appeal**. As we provide inspiring worship, lifesaving pastoral counseling and spiritual support, warm community, and critical social action work, we face significant financial challenges. Without full capacity in-person attendance, we rely on your support. Please dig deep and give: orami.org/donate

Kvell (Praise)

- After services, offer thanks and praise to those who created our inspiring in-person and livestreamed High Holy Days. Send Rabbi Kipnes an email to pass on your praises: rabbipaul@orami.org.

MIKDASH M'AT - CREATING A HOME SANCTUARY

Without a physical place of worship, how can we pray? The rabbis asked the same question right after the destruction of the Jerusalem Temple. Their answer: our homes become our *mikdash m'at* (miniature sanctuary), our personal holy place.

If you are not able to gather in Or Ami's usual High Holy Days sanctuary, you still can create sacred space in your home, so that when you are streaming Congregation Or Ami's services, the holiness is surrounding you. What would help you create a spiritual mindset and spiritual refuge?

- Choose your prayer space carefully in advance by spending a few moments of individual contemplation or family discussion. Don't wait for the last minute!
- Say a blessing or *kavannah* (intentions) over it to mark it as your *mikdash m'at*. Suggestions of verses and blessings are below.

Birkat Habayit (home blessing):

<i>B'zeh hasha'ar lo yavo tza'ar.</i>	Let no sorrow come through this gate.
<i>B'zot hadirah lo tavo tzara.</i>	Let no trouble come in this dwelling.
<i>B'zot hadelet lo tavo behala.</i>	Let no fright come through this door.
<i>B'zot hamach'laka lo tavo machloket.</i>	Let no conflict come to this section.
<i>B'zeh hamakom t'hee v'racha v'shalom.</i>	Let there be blessing and peace in this place.

With the last line of *havdala* separating Shabbat from weekdays, we separate this space for sacredness:

<i>Baruch atah Adonai, hamavdil bayn kodesh lechol.</i>	Blessed are You Adonai, who distinguishes the holy and the ordinary.
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- Make your space feel holy: Put cushions or festive pillows on chairs, or drape them with a tallit, special piece of fabric, or scarf. Decorate your space on Rosh Hashana with candlesticks and *kiddish* cup, and apples and honey. On Yom Kippur, surround yourself with cherished mementos, family heirlooms, and photos of loved ones.
- Transform your computer from your work space to a contemplative *bima* (stage) by covering the desk or table with a white tablecloth, white runner, or white placemat. Add a vase of flowers.

- Move your computer, if possible, away from where you are sitting, so you can pray toward the screen, rather than looking down on it. Connect your computer to a TV so it feels less like a work device.
- Wear clothing that makes you feel as if you are entering a spiritual space. Consider dressing in white clothing. *Kippah* and *tallit* are welcome if they help you express a connection to this special worship.
- As you hold Or Ami's *Sha'arei Or: Gates of Light machzor* (prayer book), feel its cover and edges and flip its pages. Remember the times you have used it before—who you sat near, what moved you in the service, the first time you prayed from it. Inscribe a meaningful phrase or hope for this year. You can purchase copies now in time for pickup or to be delivered by mail to your home at orami.org/hhd.
- Shiviti*: Historically, many synagogues and even homes had a decorative work on the wall called a *Shiviti*, taken from the first Hebrew word of the verse, "I always set Adonai before me" (Psalm 16:8). We have commissioned a shiviti from artist and congregant Isaac Brynjegard-Bialik as a gift to all service participants. We hope you will hang it in front of you, so it becomes another focus of inspiration. You can download it at orami.org/hhd.



COVID-19 SAFETY PROTOCOLS

As we plan inspiring High Holy Day services, we wanted to share with you our Covid-19 Safety protocols. *Briyut* (health) — safeguarding everyone's physical, emotional, and spiritual health — remains our top priority. Our clergy, our medical advisors, and production teams have been carefully planning to ensure everyone's safety and comfort.

Following the latest guidance from the CDC and local authorities, we will be mask optional, while supporting each individual's right to, and not, to wear a mask. We ask every worshipper to self-monitor for any symptoms, and if sick or not feeling well, to please stay home and join us via livestream. The theater's full seating capacity is available so that those who would like to socially distance may do so on the balconies. If Covid numbers change substantially, we will respond as advised by our medical team.

Of course, we are offering both in-person and livestream viewing opportunities for High Holy Day worship so that everyone can participate. **These protocols may change; please stay tuned to orami.org/hhd for updates.**

REFLECT: *TESHUVA*, *TEFILA*, *U'TZEDAKA* (Repentance, Prayer, and Righteous Giving)

Rabbi Kipnes teaches that the *Unetaneh Tokef* prayer provides us with three ways to face the harsh reality of life and death by reaching:

Teshuva (repentance) – reaching inward to admit our weaknesses, cease our bad habits, and begin repairing the pain we have caused.

Tefila (prayer) – reaching beyond ourselves, linking our spiritual selves with Holiness, and refocusing on what's really important.

Tzedaka (righteous giving) – reaching out to lift others up, and donating our money and time to help repair the world.

Before Kol Nidre, consider:

***Teshuva* (repentance):** What 2 steps will take to repair the pain I have caused others?

***Tefila* (prayer):** In what 2 ways will I tend to my soul and my spiritual life?

***Tzedaka* (righteous giving):** In what 2 ways will I give what's mine to help lift up others (beyond my family)?

LEADING WITH LOVE: CREATING A LEGACY FOR THE FUTURE

During High Holy Day Services, we reflect on our failings to move ourselves from *who we are* to *who we could be* (and should be). We can accomplish this by “leading with love.”

After Rosh Hashana Morning Services, reflect:

I have inherited a legacy passed down *l'dor vador* (from generation to generation) that includes:

I hope to create my own legacy by passing down...

TASHLICH - CAST AWAY YOUR SINS

Or Ami's Tashlich at the Beach will be at **Zuma Beach, Tower 11**. If you cannot join us in-person, observe Tashlich on your own:

1 Go to a natural body of water that you can access easily.

Tashlich calls us to cast our sins into a body of water like an ocean, river, or lake. Usually observed on *Rosh Hashanah*, *Tashlich* can be done any day until *Yom Kippur*. If you don't live near a natural body of water, use running water from a hose, or a bucket of water.

2 Examine what you've struggled with in the past year.

Tashlich requires that we review your behavior over the last year before we can cast away our sins. Remember, everyone struggles with mistakes and sins, so be honest with yourself.

3 Take a meditation walk.

After thinking about our actions over the past year, we consider how to improve in the upcoming year. Taking a walk offers time to meditate about ways to change our behavior and return to holy living.

4 Use Or Ami's Tashlich service.

On orami.org/hhd use Or Ami's Tashlich service for readings and songs like *Eli, Eli; Listen and Shema; Turn, Turn, Turn*; and *Hashiveinu*.

5 Offer a prayer about your hope for the year.

Talk to God (aloud or in your head), being as honest as possible, about your past year. Speak how you plan to do better: *Do my relationships reflect k'dushah (holiness)? Can I be there for people who need me? The kind deed: did I perform or postpone it? The unnecessary word: Did I say it or hold back? Did I live fully? If not, how can I?*

6 Cast your mistakes and sins into the body of water.

Reach into your pockets and grab the breadcrumbs or metaphorical sins, and throw them into the water. When you let go of them, breathe out and watch them wash away.

Adapted from Rabbi Robin Leonard Nafshi

Or Ami congregation
Your Home for the High Holy Days

High Holy Day Camp

"Let your kids play while you pray!"

Enroll your children (potty-trained Pre-K to 6th grade) in our fun, engaging High Holy Day Camp, held during adult morning services

High Holy Day Camp features **MUSIC, GAMES, MOVEMENT** and **ART PROJECTS**, all rooted in Judaism and run by our trained staff

Parent(s) must REGISTER and get a High Holy Day ticket for each child in High Holy Day Camp

When? 9:30am - 12:30pm
Rosh Hashanah and Yom Kippur Morning

Guardians must be at the Kavli Theatre throughout the program
COST? No cost, BUT every child participating in High Holy Day Camp must be registered

Questions? cathy@orami.org

SPACE IS LIMITED. Sign up today!

REGISTRATION at ORAMI.ORG/HHD

Snacks will be provided

1 Grateful

By Daniel Cainer

Is it just me or do the days,
these days
Go by much so more quickly
than they did.

So many strange things
going on,
So many pieces of the puzzle
that don't fit.

I watch the sunset on the
western sea.

The light plays on the water and
it feels to me

That I am blest to be here
despite all the unrest,
And how it may appear.

I'm grateful
For what I'm about to receive
Let me be grateful
For all that I've achieved

And when I'm looking for a place
to hide,

When I feel broken inside,
Remind me...

Grateful.
That's how I want to be

Just look around.
It doesn't take that much to be
confused.

Don't get upset.
When the world is upside down
And what you see is not always
what you get.

There's been so many things I
should have done
And so many others that I would
not have done

Had I known then,
What I know today
But then again I'd not have
learned along the way

To be grateful
When it's not quite how I imagine
I'll be grateful
For the lights and sound and
action.

When I can't tell wrong from
right,
When I'm wound up far too tight,
Release me...

Grateful.
That's how I want to be.

How much you push.
How much you're pulled.
How much you wait.
How much you wish.
How much you pray.

And if you don't get what you
want
Then what you want's not what
you needed anyway

Zoom out the camera lens and
what do we see
The earth, the moon, the planets
and the galaxy

And I am just
A speck of dust
Lost... somewhere in my own
universe.

Grateful.
Modim Anachnu Lach

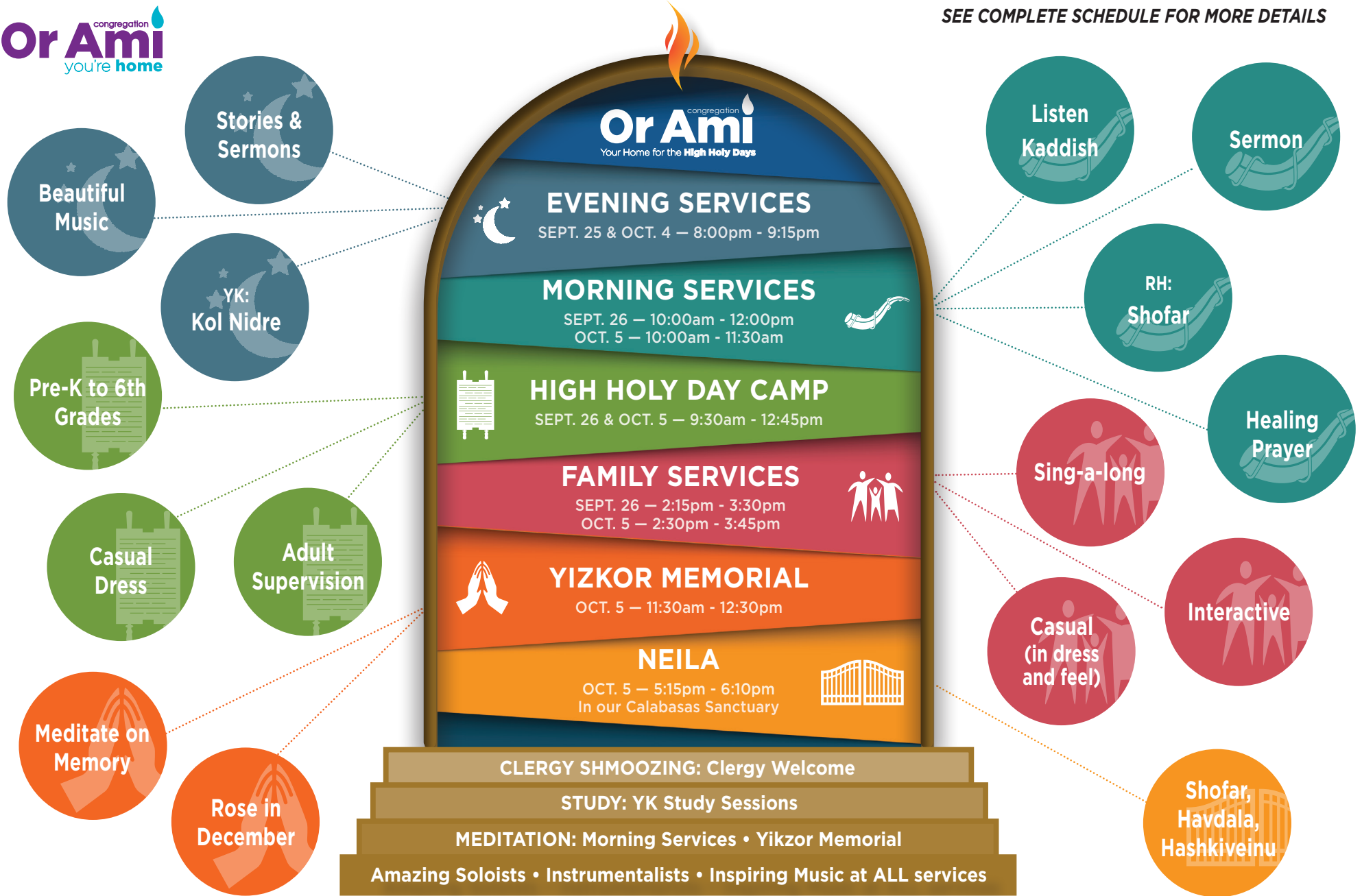
[We are thankful to You]
We sing and we are faithful
And give thanks for everything
For all that's said and done
For all that's yet to come.

Help me.
Grateful...
That's how I want to be
Grateful. Grateful. Grateful.

DESIGN YOUR OWN HIGH HOLY DAY EXPERIENCE



SEE COMPLETE SCHEDULE FOR MORE DETAILS



All events are at the Fred Kavli Theatre at the Bank of America Performing Arts Center in Thousand Oaks (except Tashlich, Neila, Shofar, and Study Sessions.)
Study Sessions are on Zoom • All services in person (except Study Sessions).

IN-PERSON: **TICKETS REQUIRED.** • LIVESTREAM & ZOOM: **NO TICKETS REQUIRED.**
Register to receive changes and updates at orami.org/hhd. **Questions?** office@orami.org
STREAMING: All on oramiLIVE.com and **Facebook: Congregation Or Ami**

2 A New Year

by Michael Ochs

May this be a year of love and kindness
May strangers come to be friends.
May truth and compassion always guide us
Amen

May this be a year of hope and healing
For all of those in need.
May all of our deeds be a blessing
Amen

A new year, a good year
A chance to start all over
A new year, a sweet year
A chance to bring us closer

May this be a year of selfless giving
May this be a year of peace.
And may we forgive
And be forgiven
Amen

Closer to the ones we love
A world that be proud of
Long as there are stars above
There comes a New Year.
Amen

3 The Climb / Esa Einai

by Jessi Alexander and Jon Mabe; and by Doug Cotler

Esa einai el heharim
M'ayin yavo ezri
I look to the mountains
The source of my help

I can almost see it
That dream I'm dreaming but
There's a voice inside my head sayin,
You'll never reach it,

Every step I'm taking,
Every move I make feels
Lost with no direction My faith is shaking but
I got to keep trying
Got to keep my head held high

There's always going to be another mountain
I'm always going to want to make it move
Always going to be an uphill battle,
Sometimes you going to have to lose,

Ain't about how fast I get there,
Ain't about what's waiting on the other side
It's the climb

The struggles I'm facing,
The chances I'm taking
Sometimes they knock me down but
No, I'm not breaking
I may not know it,
But these are the moments that
I'm going to remember most yeah
Just got to keep going
And I, I got to be strong
Just keep pushing on

Esa einai el heharim - I look to the mountains
There's always going to be another mountain
I'm always going to want to make it move
Always going to be an uphill battle,
Sometimes you going to have to lose,

M'ayin yavo ezri - The source of my help
Ain't about how fast I get there,
Ain't about what's waiting on the other side
It's the climb!

4 Hallelujah

by Leonard Cohen

I heard there was a secret chord
That David played, and it pleased the Lord
But you don't really care for music, do you?
It goes like this: The fourth, the fifth
The minor fall, and the major lift
The baffled king composing Hallelujah
Hallelujah, Hallelujah, Hallelujah, Hallelujah

You say I took the name in vain.
But I don't even know the name
But if I did, well really, what's it to you?
There's a blaze of light in every word
It doesn't matter which you heard
The holy or the broken Hallelujah
Hallelujah, Hallelujah, Hallelujah, Hallelujah

I did my best, it wasn't much
I couldn't feel, so I tried to touch
I've told the truth, I didn't come to fool you
And even though it all went wrong
I'll stand before the Lord of Song
With nothing on my tongue but Hallelujah
Hallelujah, Hallelujah, Hallelujah, Hallelujah

5 Zochreinu

Zochreinu, zochreinu l'chayim,
Melech chafeitz ba-chaim
V'chotmeinu, b'sefer hachayim
L'ma-ancha Elohim chaim

L'ma-ancha, l'ma-ancha, l'ma-ancha Elohim
L'ma-ancha, l'ma-ancha, l'ma-ancha
Elohim chaim

[Remember us unto life, O Sovereign who delights in life.
And inscribe us in the Book of Life, for Your sake, O God of life.]

6 Oseh Shallow (Shallow from "A Star is Born")

Music by Germanotta, Ronson, Rossomando, Wyatt

Od yavo shalom
Od yavo shalom aleinu
Od yavo shalom
Od yavo shalom aleinu
Shalom aleinu v'al kol yisrael
V'imru, v'imru amen

[Peace will still come to us and all Israel.]

Oseh shalom bimromav
Hu yaaseh shalom
Aleinu v'al kol yisrael
V'al kol yoshvey teivel
Yaaseh Sha Shalom
Shala sha shala la la lom
Yaaseh Sha Shalom v'imru amen

Oh, ahhhhh....
Oh, ahhhhh....

7 Birkat Hagomel

Music and English lyrics by Kyle Cotler © 2015

Baruch Atah Adonai
Eloheinu Melech ha-olam
Hagomel l'chayavim tovot
Sheg'malanee kol tov.

[Blessed are You Adonai who bestows goodness,
favor and protection upon all creation.]

Blessed are You Adonai
Blessed are You Adonai
I'm so grateful
And I'm so thankful
Amen. Amen.

Mi shegamalcha kol tov
Hu y'gamalcha kol tov

[May the One who has granted you all kindness
always grant kindness to you, selah.]

I'm so grateful
And I'm so thankful
Amen. Amen. Amen.
Amen. Amen. Amen.

Blessed are You Adonai
Blessed are You Adonai
I'm so grateful
And I'm so thankful
Amen. Amen. Amen.
Amen. Amen. Amen.
Amen.

8 When You Believe

by Mariah Carey and Whitney Houston

Many nights we've prayed
With no proof anyone could hear
In our hearts a hopeful song
We barely understood
Now we are not afraid
Although we know there's much to fear
We were moving mountains long
Before we knew we could

There can be miracles when you believe
Though hope is frail it's hard to kill
Who knows what miracles you can achieve
When you believe,
Somehow you will
You will when you believe

In this time of fear
When prayer so often proved in vain
Hope seemed like the summer birds
Too swiftly flown away
Now I'm standing here
With heart so full I can't explain
Seeking faith and speaking words
I never thought I'd say

Ashira l'adonai ki gaoh ga-ah
Mi chamocha baelim adonai
Mi kamocho nedar bakodesh
Nachita v'chas-d'cha am zu ga-alta
Ashira ashira ashira

9 I Shall Be Released

by Bob Dylan

They say everything can be replaced
They say every distance is not near
So I remember every face
Of every one who put me here
I see my light come shining
From the west down to the east
Any day now, any day now
I shall be released

They say every person needs protection
They say that everyone must fall
Yet I swear I see my reflection
In every one inside this hall
I see my light come shining
From the west down to the east
Any day now, any day now
I shall be released
Any day now, any day now
I shall be released

10 Hashkiveinu

© Mah Tovv

*Hashkiveinu Adonai Eloheinu
l'shalom l'shalom.
V'ha-ameedeinu Shomreinu l'chayim
Ufros aleinu sukkat sh'lomecha
Ufros aleinu sukkat sh'lomecha
Amen*

Shelter us beneath thy wings, O Adonai.
Guard us from all harmful things, O Adonai.
Keep us safe throughout the night
'Til we wake with morning's light
Teach us daily wrong from right.
Amen

11 Shehecheyanu

by Craig Taubman

*Baruch Atah Adonai Eloheinu Melech haolam
You bring us here
Baruch Atah Adonai, Holy One of blessing
Your presence fills creation
You keep us here*

*Shehecheyanu v'keey'manu v'higianu lazman hazeh
Shehecheyanu v'keey'manu v'higianu lazman hazeh*

12 Standing on the Shoulders

© 1990 By Lanny, Steve, and Doug Cotler

In the garden there's a tree
Planted by someone who only imagined me.
What love, what vision.
I marvel at the gift.
No fruit could be sweeter than this.

As my people went from land to land,
Something passed from hand to hand.
And it isn't just the words and stories
Of the ancient laws and golden glories.
It's the way we study the Book we study.
It's the way we study the way.

I'm standing on the shoulders
Of the ones who came before me.

Today my life is full of choice,
Because a young man raised his voice.
Because a young girl took a chance,
I am freedom's inheritance.
Years ago they crossed the sea,
And they made a life that's come to me.

So in the garden I'll plant a seed,
A tree of life for you to read.
The fruit will ripen in the sun.
The words will sound when I am gone.
These are the things I pass along:
The fruit, the Book, and this Song.

13 Adonai Li

© 1995 By Doug Cotler and Jeff Marx

I lift my voice, when all is dark.
Into God's hands I place my heart.
B'yado afkeed ruchi.
I'm not afraid.
Adonai li

I lift my eyes, when all is night.
When I need help, I seek God's light.
Lo echsar, Adonai ro-ee.
I shall not want.
Adonai li

14 Brotherly Love

by Daniel Cainer

My brother's dead
My brother's dead
I held his hand; I stroked his head
I asked him not to leave me yet
Though I knew he had already

I was talking to the empty shell
Of the man I used to know so well
Who had so much more to show and tell
And who clearly wasn't ready

But not a word can he say now
Not a sigh now, not a breath can he take now
And all the moments that we had
All the good times and the bad
They echo in my head every day now

And after all is said and done
The phone calls stop
And the world moves on
Where once a star so brightly shone
Now that light is just a feeling

The seasons turning
The planets spinning
The candles burning
The angels singing
The kind of things we do and say
When our loved ones pass away-
It's not the end
It's the beginning...

Remember this: We do not stay
The purpose is - no one can say
Where we're from and where we go
I guess we're not supposed to know
And though we try to do our best every day

My brother's gone
Enough's enough
His hopes, his dreams and all that stuff
And as below then so above:
Let all that's left be love
Let all that's left be love

15 Heal Us Now

by Leon Sher

R'fa-eynu Adonai v'ney-rafeh.
Hoshee-ey-nu v'nee-vashey-ah.

[Heal us, God, and we shall be healed.

Save us and we shall be saved. (Weekday Amidah)

God is close to all who call out. (Ps 145:18)]

Eyl karov l'chol korav.

Ach karov leeray-av yish-oh.

[Surely, help is near to all who call. (Ps 85:10)

Oh God, please heal. (Num 12:13)]

We pray for healing of the body;
We pray for healing of the soul,
For strength of flesh and mind and spirit.
We pray to once again be whole.

Eyl na r'fa na.

Oh, please, heal us now.

R'fu-at hanefesh,

U-r'fu-at haguf,

R'fu-ah sh'leyma.

[Healing of the soul, and healing of the body.

A complete healing. (Prayer for Healing)]

Heal us now.

Heal us now.

Ho-shee-ah et amecha u-varech et nach-la-techa.
U-r'eym v'naseym ad ha-olam.

Mee shebey-rach avoteynu,

Mee shebey-rach eemo-taynu,

Ana Adonai hoshee-ah na.

We pray for healing of our people;
We pray for healing of the land,
And peace for every race and nation,
Every child, every woman, every man.

Heal us now.

Heal us now.

Heal us now.

16 On Yom Kippur

By Daniel Cainer

On Yom Kippur I'll say the prayers
in English or in Hebrew.
I'm sorry for my trespasses:
For what I've done and what I did not do.
I may not be religious;
it may all be hot air.
But if I'm sincere
for at least one day of the year,
Maybe I'll find God there.

On Yom Kippur I'll hold my fast.
I'll try to be still and patient.
I'm a grain of sand.
I'm a blade of grass.
I'm a spark in the arc of creation.
Oh Let my mind be silent.
Let me feel something pure and rare.
Let my anguish cease.
Let me make my peace.
Maybe I'll find God there.

On Yom Kippur I'll beat my chest.
In the house of God, I'm a skeptical guest.
Show yourself. Give me a sign.
Flicker the flame. Knock over the wine...
If you're there knock once for no
Knock twice for yes.
On Yom Kippur my year is done.
It's the footer and the header.
And the oaths I swore can be annulled
And next year I swear I will do better.
And I'm praying for forgiveness
For everyone everywhere.
If can wipe the slate clean
And be someone I've not been
Maybe I'll find God
Maybe I'll find God
Maybe I'll find God here.

17 L'dor Vador

By Josh Nelson

We are gifts
And we are blessings
We are history in song
We are hope, and we are healing
We are learning to be strong

We are words and we are stories
We are pictures of the past
We are carriers of wisdom
Not the first and not the last

*L'dor vador nagid godlecha
L'dor vador, we protect this chain
From generation to generation
L'dor vador, these lips will praise Your name*

Looking back on the journey
That we carry in our heart
From the shadow of the mountain
To the waters that would part
We are blessed and we are holy
We are children of Your way
And the words that bring us meaning
We will have the strength to say

18 A Rose in December

© 1993 By Doug Cotler, Lanny Cotler, Steve Cotler, and Jeff Marx

You who gather here, crying silent tears,
Because you cannot talk to me,
You can remember.
I am here though I am gone.
Dust to dust; life goes on.
Think of me, and I will become...
A rose in December

If you remember, I'll be a rose
If you remember, I'll be a rose
A rose that blooms in December

In your thoughts and in your sight,
I am eternal light
Hold the torch against the night,
And you will remember.
In the flame are many sparks,
Touching lives beyond the dark.
By my deeds I've left my mark,
A rose in December

So say the words that must be said,
Prayer for beloved dead.
And as our precious tears are shed,
We shall remember.
Death and loss are what we pay,
For finding love along our way
A gift forever, sweet bouquet,
A rose in December.

19 **Am I Awake / Barchu**

by Noah Aronson

Am I awake? Am I prepared?
Are you listening to my prayer?
Can you hear my voice?
Can you understand?
Am I awake? Am I prepared?

Bar'chu et Adonai ham'vorach
Baruch Adonai ham'vorach l'olam va-ed
l'olam va-ed

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