

# Or Ami<sup>congregation</sup>

Your Home for the **High Holy Days**

## High Holy Day Prayer Supplement



### HIGH HOLY DAY SERVICES 5784

*with*

Cantor Kyle Cotler   Rabbi Paul Kipnes   Rabbi Lana Zilberman Soloway

### Schedule of Services Songs, Prayers, and Memories

SEPTEMBER 15-16 • SEPTEMBER 24-25  
2023

## DEDICATE THESE HIGH HOLY DAYS

Jewish tradition 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)
<b>EREV ROSH HASHANA</b> Friday, September 15		
Clergy Welcome	Clergy Message and Announcements	7:45 PM - 8:00 PM
Erev Rosh Hashana Service	Incredible Music & Inspirational Stories	8:00 PM - 9:30 PM
<b>ROSH HASHANA DAY</b> Saturday, September 16		
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 Kids Camp	Fun Activities	9:30 AM - 12:30 PM
Family Service	In our Calabasas Sanctuary	2:30 PM - 3:45 PM
Tashlich at the Beach	Zuma Beach, Tower 11	4:45 PM
<b>KOL NIDRE</b> Sunday, September 24		
Clergy Welcome	Clergy Message and Announcements	7:45 PM - 8:00 PM
Kol Nidre Service	Inspiring Music and Sermon	8:00 PM - 9:30 PM
<b>YOM KIPPUR DAY</b> Monday, September 25		
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 Kids Camp	Fun Activities	9:30 AM - 12:45 PM
Study Session	Forgiving Yourself: Exploring the T'shuva We Need to Give Ourselves	2:00 PM - 3:00 PM
Family Service	In our Calabasas Sanctuary	2:30 PM - 3:45 PM
Neila Concluding Service, Final Shofar, Havdala, & Hashkiveinu	In our Calabasas Sanctuary	5:00 PM - 6:00 PM

**Tickets and Information at [orami.org/HHD](https://orami.org/HHD).**

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



All services in person (Study Session is on Zoom).



All services are also livestreamed on [oramiLIVE.com](https://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**.

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 at (818) 880-4880**.

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** (805) 248-7496    **2** (805) 263-7789

*\*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 5784, the new Jewish Year. We welcome the entire community to our inclusive, musical, meaningful High Holy Day services. 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 stirring soundings of the shofar. Our souls will soar and slip into quietude as our amazing Cantor Kyle Cotler sings words of wonder and as Rabbis Lana Zilberman Soloway 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. This guidebook can shape your spiritual experience ahead.*

*As our 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 together in person, 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.*

**Rabbi Paul Kipnes**  
**Rabbi Lana Zilberman Soloway**

**Cantor Kyle Cotler**  
**Richard Rutkin, President**

## 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* (available at 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. We rely on your support. Please dig deep and give: [orami.org/donate](http://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](mailto: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](http://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](http://orami.org/hhd).



## COVID-19 SAFETY PRECAUTIONS

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. The Kavli Theatre's full seating capacity is available, so those who would like to socially distance may do so on the balconies.

Of course, we are offering both in-person and livestream viewing opportunities for High Holy Day worship so that everyone can participate.

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. Please remember that illness, the flu, and Covid can spread quickly. So if you or a loved one are feeling under the weather, even if you have not tested positive for Covid, we strongly encourage you to take advantage of the livestreaming option.

**These protocols may change; please stay tuned to [orami.org/hhd](http://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 on 9/16/23, beginning at 4:45 pm PT**. 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](https://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

Snacks will be provided

Fred Kavli Theatre in Thousand Oaks Civic Arts Plaza

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

Guardian(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 (Sept. 16) and Yom Kippur (Sept. 25)**

Guardian(s) 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? [kellie@orami.org](mailto:kellie@orami.org)

**SPACE IS LIMITED. Sign up today!**

**REGISTRATION at ORAMI.ORG/HHD**

**1 A New Year***by Michael Hunter 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

**2 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

Amen.....

**3 One Day / Hashkiveinu***by Matisyahu and Craig Taubman*

Sometimes I lay under the moon,  
I thank God I'm breathing  
Then I pray don't take me soon,  
'Cause I am here for reason

Sometimes in my tears I drown,  
But I never let it get me down  
So when negativity surrounds,  
I know someday it'll all turn around because

All my life I've been waiting for,  
I've been praying for, for the people to say  
That we don't want to fight no more,  
There'll be no more war, and our children will play

One day, one day, one day,  
oh oh oh  
One day, one day, one day

Hashkiveinu Adonai Eloheinu  
l'shalom  
V'ha-amideinu Shomreinu l'chaim

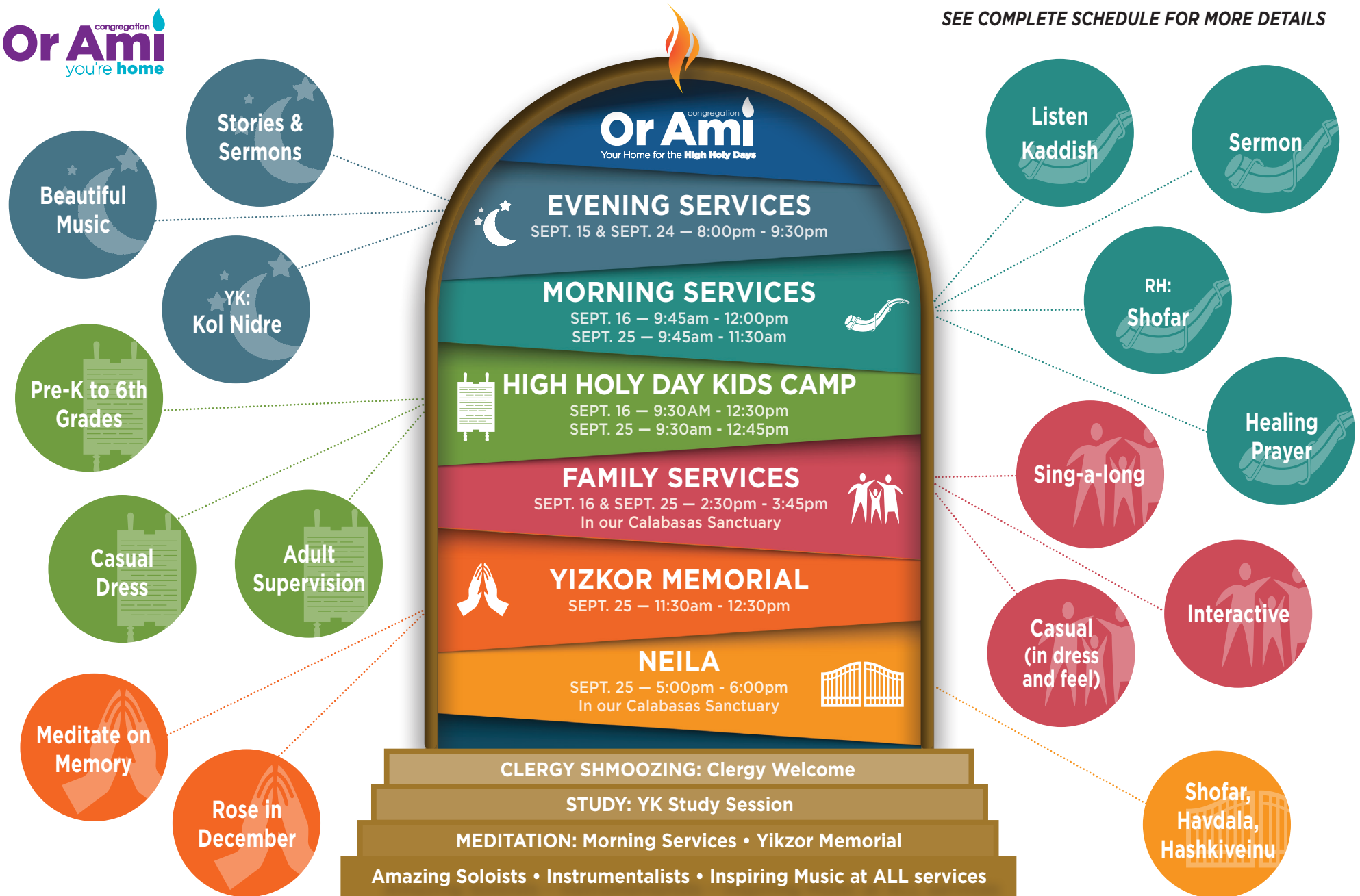
All my life I've been waiting for,  
I've been praying for, for the people to say  
That we don't want to fight no more,  
There'll be no more war, and our children will play

One day, one day, one day,  
oh oh oh  
One day, one day, one day,  
oh oh oh  
One day, one day, one day

# 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 Family Services, Tashlich, Neila, Shofar, and Study Session.)

All services in person (Study Session is on Zoom).

All services are also livestreamed (except High Holy Day Camp and Tashlich).

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



#### 4 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!

#### 5 Please Heal Us

by Sheryl Braunstein and Paul Kipnes

For those in need of healing  
For all in need of strength  
For all whose hearts are grieving  
For all those feeling pain

Holy One, the Source of blessing  
Shower us with your love  
Fulfill our dreams of healing  
Send us hope from above

Mi shebeirach avoteinu  
Mi shebeirach imoteinu  
Hu yivareich et kulanu  
V'hacholim ha-y'kareinu  
Please heal us all

For those in need of comfort  
For those who've lost their way  
For those in need of wholeness  
For all those losing faith

Holy One, the Source of blessing  
Shower us with your love  
Fulfill our dreams of healing  
Send us hope from above

Mi shebeirach avoteinu  
Mi shebeirach imoteinu  
Hu yivareich et kulanu  
V'hacholim ha-y'kareinu

Please heal us all  
Please heal us all  
Amen

#### 6 Oseh Shalom

by Michael Hunter Ochs

Oseh shalom bimromav  
Hu ya-aseh shalom aleinu  
(repeats 3x)

Ya-aseh shalom  
Ya-aseh shalom  
Shalom aleinu v'al kol yisrael  
(repeats 2x)

May the One who causes peace  
to reign in the high heavens,  
let peace descend on us,  
on all Israel, and all the world.

Oseh shalom bimromav  
Hu ya-aseh shalom aleinu  
(repeats 3 times)

Ya-aseh shalom  
Ya-aseh shalom  
Shalom aleinu v'al kol yisrael  
(Repeats 8 times)

#### 7 From a Distance

by Julie Gold

From a distance the world  
looks blue and green  
And the snow capped  
mountains white  
From a distance the ocean  
meets the stream  
And the eagle takes to flight

From a distance there is harmony  
And it echoes thru the land  
It's the voice of hope.  
It's the voice of peace  
It's the voice of every woman  
and man

From a distance we all have  
enough  
And no one is in need  
There are no guns, no bombs,  
no disease  
No hungry mouths to feed

From a distance we are  
instruments  
Marching in a common band  
Playing songs of hope.  
Playing songs of peace  
They're the songs of every  
woman and man

God is watching us. God is  
watching us  
God is watching us, from a  
distance

From a distance you look like  
my friend  
Even though we are at war  
From a distance I can't  
comprehend  
What all this war is for  
From a distance there is harmony  
And it echoes thru the land

It's the hope of hopes.  
It's the love of loves  
It's the heart of every woman  
and man

God is watching us. God is  
watching us  
God is watching us, from a  
distance

#### 8 Am I Awake/Bar'chu

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?

Ya di li-li-li (x2)

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?

Ya di li-li-li (x2)

## 9 B'Rosh Hashana

by Meir Finkelstein

B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun  
B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun

Kama yaavrun v'chama yibareion  
mi yichyeh  
Umi yamut mi v'kitzo umi lo  
v'kitzo

B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun  
B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun

Mi vaeish umi vamayim  
Mi vacherev umi vachaya  
Mi varaav umi vatzama  
Mi varaash umi vamageifa  
Mi vachanika umi vaskila

B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun  
B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun

Mi yanuach umiyanua  
Mi Yishkeit umiyitarif  
Mi yishleiv umiyityasa  
Mi yeiani umi yeiasheir  
Mi yishfell umi yarum

B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun  
B'rosh hashanah yikateivun  
uvyom tzom kipur yeichateimun

## 10 Birkat Kohanim/The Blessing

by Kari Jobe

Kein y'hee ratzon  
Kein y'hee ratzon

Y'varechecha Adonai  
v'yish'mirecha  
Yaer Adonai panav elecha  
v'chuneka  
Yisa Adonai panav elecha  
V'yaseim l'cha shalom

God bless you, and keep you  
God's face shine upon you and be  
gracious to you  
God's face, turn toward you, and  
grant you peace.

Amen Amen Amen  
Amen Amen Amen

May God's favor be upon you  
For a thousand generations  
And your family and your children  
and their children and their  
children

May God's presence go before you  
And behind you, And beside you  
All around you and within you  
God is with you, God is with you

In the morning, in the evening  
In your coming and your going  
In your weeping and rejoicing  
God is for you, God is for you

God is for you, God is for you  
Kein y'hee ratzon  
God is for you, God is for you  
Kein y'hee ratzon  
God is for you, God is for you  
Yeaaaaaah

Amen Amen Amen  
Amen Amen Amen  
Amen

## 11 V'shamru

by Michael Hunter Ochs

V'shamru v'nei Yisrael et  
ha-shabbat  
La-asot et ha-shabbat l'dorotam  
brit olam.

Beini u-vein b'nei Yisrael  
Ot hee l'olam.  
Beini u-vein b'nei Yisrael  
Ot hee l'olam.

Kee sheshet ya-meem  
Kee sheshet ya-meem  
Asah Adonai  
Asah Adonai et hashamayim  
v'et ha-arets

U-vayom, va-yom hash'vee-ee,  
hash'vee-ee  
shavat shavat va-yin-afash.

Beini u-vein b'nei Yisrael  
Ot hee l'olam.  
Beini u-vein b'nei Yisrael  
Ot hee ot hee,  
Ot hee, ot hee, l'olam.

V'shamru, v'shamru, v'nei Yisrael  
et ha-shabbat

## 12 Heal Us Now

by Leon Sher

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

Eyl karov l'chol korav.  
Ach karov leeray-av yish-oh.

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.

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.

## 13 Oseh Shalom Shallow

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

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....

**14 All We Are –  
Interpretation of Kol Nidre**

*by Rick Dinitz*

All we are  
All we have been  
All we have said  
All we have promised  
All we've forgotten  
All we have done  
All we earnestly intended yet  
we did not do.

Help me see  
Help me be who I could be  
Help me gather up the broken  
parts  
And recreate myself as from  
the start.

Today we turn back time  
Restore harmony and rhyme  
Look a year ahead to Yom  
Kippur  
To see our better selves walk  
through this door.

Our flaws we own  
Harmful habits hard as stone  
We repair and we atone  
Returning to ourselves and to  
our home.

Soul-stains need cleaning  
Destructive deeds I've done  
demand redeeming  
With caring and repairing.

The road we are clearing  
The boat we are steering.

Help me know  
The direction I must grow  
Help me through  
The sea between my old ways  
and the new  
Today the gates of change  
swing open  
With renewed hope.

**15 Sh'ma Koleinu**

*by Max Helfman*

Sh'ma koleinu Adonai Eloheinu  
Chus v'racheim aleinu aleinu  
V'kabel b'rachamim b'rachamim  
uv'ratzon et t'filateinu

Hashiveinu Adonai elecha  
Hashiveinu elecha v'nashuva  
Chadesh yameinu yameinu  
k'kedem

Al al tashlichenu  
Al al tashlichenu

L'eit ziknah kichlot kocheinu  
Al al al ta'azveinu

Sh'ma koleinu Adonai Eloheinu  
Chus v'racheim aleinu aleinu  
V'kabel b'rachamim b'rachamim  
uvratzon et t'filateinu

**16 Adonai Li**

*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 ruch  
I'm not afraid.  
Adonai Li

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

I'm not afraid.  
Adonai Li

**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.  
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.

**18 Hashkiveinu**

Hashkiveinu Adonai Eloheinu  
I'shalom I'shalom.  
V'ha-ameedeinu Shomreinu  
I'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.  
O Adonai

Amen

**19 Rose in December**

*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

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

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

## 20 Grateful

*by Daniel Cainer*

Is it just me or do the days,  
these days,  
Go by so much 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 blessed  
To be here  
Despite all the unrest  
And the way things 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 or  
get upset  
When the world seems upside  
down  
And what you see's  
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 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  
your pulled  
How much you wish, how much  
you wait  
How much you pray  
And if you don't get what you want  
Then wants 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  
Modeh anachnu lach 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, to be grateful

Grateful

## 21 Standing on the Shoulders

*by Lanny Cotler, Steve Cotler, 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.

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

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.  
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.

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

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

## 22 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

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

Ashira l'Adonai kee ga-oh ga-ah  
Ashira l'Adonai kee ga-oh ga-ah  
Mi chamocha ba-elim Adonai  
Mi kamocha ne-edar bakodesh

Nachitah b'chas-d'cha am zu  
ga-altah  
Nachitah b'chas-d'cha am zu  
ga-altah  
Ashira Ashira Ashira

Ashira l'Adonai kee ga-oh ga-ah  
Ashira l'Adonai kee ga-oh ga-ah  
Mi chamocha ba-elim Adonai  
Mi kamocha ne-edar bakodesh  
Nachitah b'chas-d'cha am zu  
ga-altah  
Nachitah b'chas-d'cha am zu  
ga-altah  
Ashira Ashira Ashira

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,  
Now you will  
You will when you believe.  
Amen

## INSPIRING, EXCITING EVENTS

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and critical social action work,  
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Please support our sacred work.

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# AS WE REMEMBER

During this time of hope, reflection and prayer, may we continue to honor life, family and tradition.



## Honor your loved ones with a *Yahrzeit* Memorial Plaque On our *Yahrzeit* Memorial Wall in the Sanctuary

Our *Yahrzeit* plaques serve as a permanent memorial to remember your loved ones. Every year we will rekindle their light on the anniversary of their passing.

Order plaques today for departed loved ones, or pre-pay to reserve a future memorial.

Order online at [orami.org/donate](http://orami.org/donate) or email [office@orami.org](mailto:office@orami.org).

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**SUNDAY, OCTOBER 8, 2023 10:00 am - 1:00 pm**

## **DROP-OFF AT OR AMI!**

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## **OUR MOST CRITICAL NEEDS:**

- **Nut Butters**  
(almond butter, cashew butter, coconut butter, full-fat regular peanut butter, hazelnut butter, natural peanut butter, soy nut butter, sunflower seed butter)
- **Canned Tuna**
- **Canned Salmon**
- **Canned Chicken**
- **Toothpaste**
- **Toothbrushes**
- **Soap**
- **Body Wash**
- **Deodorant**
- **Shampoo**
- **Conditioner**
- **Feminine Hygiene Products**
- **Hotel-sized Toiletries**
- **Diapers/Wipes**
- **Razors**
- **Lotion**

Jewish Family Services LA SOVA depends on your donations to meet the ongoing hunger crises in our community. Donations directly benefit the thousands of people who visit our pantries — people of all backgrounds and identities. Please be as generous as you can — the need is great.

**QUESTIONS? Contact Donna Hennes at [nvpdonna@gmail.com](mailto:nvpdonna@gmail.com)**

**JEWISH FAMILY SERVICE LA**

SOVA Community Food &  
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**Or Ami** congregation  
Your Home for the **High Holy Days**