

# Or Ami congregation

Your Home for the **High Holy Days**

## High Holy Day Prayer Supplement



Feel connected. Reflect with us.

### HIGH HOLY DAY SERVICES 5785

*with*

Rabbi Paul Kipnes   Rabbi Lana Zilberman Soloway

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

OCTOBER 2-3 • OCTOBER 11-12  
2024





























# 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> <span style="float: right;">Wednesday, October 2</span>		
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
<b>ROSH HASHANA DAY</b> <span style="float: right;">Thursday, October 3</span>		
Clergy Welcome	Clergy Message and Announcements  	9:45 AM - 10:00 AM
Rosh Hashana Service	Sermon, Torah, and Shofar  	10:00 AM - 12:30 PM
High Holy Day Kids Camp	Fun Activities 	9:30 AM - 12:45 PM
Family Service	In our Calabasas Sanctuary  	2:30 PM - 3:45 PM
Tashlich at the Beach	Zuma Beach, Tower 11 	4:45 PM - 6:00 PM
<b>KOL NIDRE</b> <span style="float: right;">Friday, October 11</span>		
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
<b>YOM KIPPUR DAY</b> <span style="float: right;">Saturday, October 12</span>		
Clergy Welcome	Clergy Message and Announcements  	9:45 AM - 10:00 AM
Yom Kippur Service	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	Meaningful Activities 	9:30 AM - 12:45 PM
Study Session	Am Yisrael, Ahavat Yisrael: Loving Our Fellow Jews <i>(Even When We Disagree)</i> 	2:00 - 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](http://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](http://oramiLIVE.com), Facebook, YouTube (except Kid's 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** (747) 666-7481    **2** (657) 549-1302

*\*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 5785, the new Jewish Year. We invite our entire community to join us for embracing, musical, and meaningful High Holy Day services, either in person at the Fred Kavli Theatre, Bank of America Performing Arts Center in Thousand Oaks, or via our robust livestream.

This year, as we gather around the anniversary of the October 7th massacre in Israel by Hamas, we simultaneously reflect and remember, celebrate and mourn—standing on the cusp of a New Year together with our siblings in Israel and other Jewish communities around the world. The *Yamim Noraim* (Days of Awe) will be awe-inspiring, offering multi-access spiritual experiences that touch us deeply. Uplifting music, awakening prayers, thought-provoking Torah, and stirring shofar blasts will fill our hearts. Our souls will soar and find quietude through the beautiful music of Or Ami and the penetrating wisdom of Rabbis Lana Zilberman Soloway and Paul Kipnes.

We hope this High Holy Day Prayer Supplement will help guide your journey from counting blessings and recounting misdeeds to envisioning healthier ways of living and making *teshuva* (repentance). It includes service schedules, songs not in the *Machzor* (prayerbook), and tips for transforming your home into a *mikdash m'at* (small sanctuary).

Use the blank pages to capture memories of loved ones and pour out your hopes and dreams for the New Year. May this guide shape your spiritual experience and renew your faith in the future.

*L'Shanah Tovah u'Metukah* – Wishing you a sweet and happy New Year!  
(Ashkenazi greeting)

*Tizku Leshanim Rabbot* – May you merit many years!  
(Sephardic greeting)

*Anyada buena dulce i alegre* – Wishing you a good, sweet, happy year!  
(Ladino greeting)

**Rabbi Paul Kipnes**

**Rabbi Lana Zilberman Soloway**

**President Richard Rutkin**

## 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).



## HEALTH 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)?

## BECOMING THE LIGHT: REMEMBERING I AM AN ILLUMINATOR

During High Holy Day Services, we reflect on how we can be the light, dispelling the darkness by illuminating the world. We can accomplish this by “becoming an illuminator.”

### After Rosh Hashana Morning Services, reflect:

I have the ability to dispel darkness by becoming an illuminator.  
Here are two ways I will try to do so:

I hope to brighten or illuminate this part of the world ...

## TASHLICH - CAST AWAY YOUR SINS

Or Ami’s Tashlich at the Beach will be at **Zuma Beach, Tower 11 on 10/3/24, 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](http://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 - 12:45pm

Rosh Hashanah (October 3) and Yom Kippur (October 12)

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? micah@orami.org

SPACE IS LIMITED. Sign up today!

REGISTRATION at ORAMI.ORG/HHD

## HHD SONGSHEET

**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

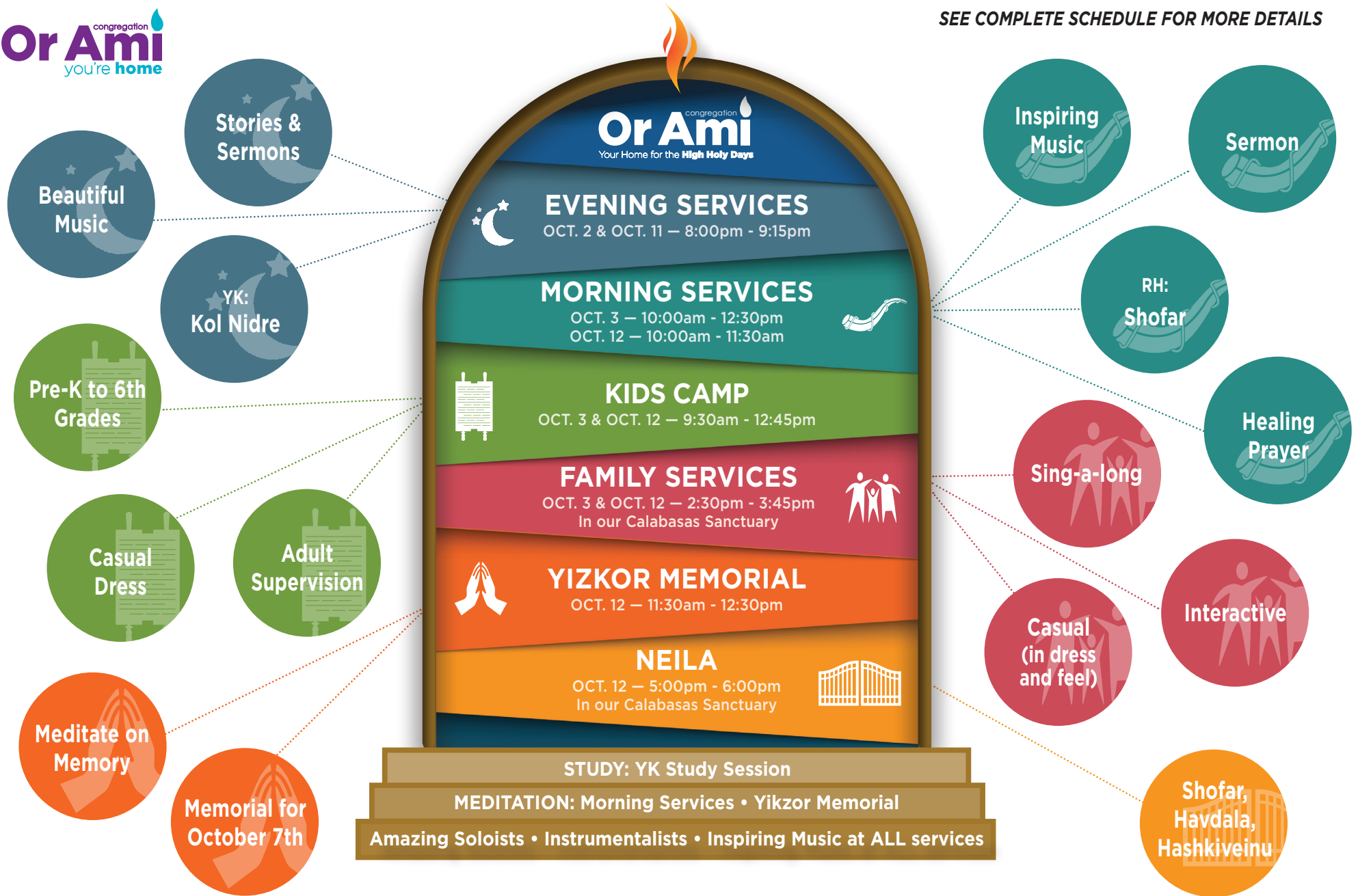
All my life I've been waiting for,  
I've been praying for, for the people to say  
That we don't want to fight no more,  
There'll be no more war, and our children will play

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 Kids 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 Oseh Shalom***by Michael Hunter Ochs*

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

*Ya-aseh shalom  
Ya-aseh shalom  
Shalom aleinu v'al kol yisrael  
(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  
(3x)*

*Ya-aseh shalom  
Ya-aseh shalom  
Shalom aleinu v'al kol yisrael  
(8x)*

**5 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 (2x)*

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 (2x)*

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

**6 Hinei Ma Tov**

*Hinei ma tov umanayim  
shevet achim gam yachad  
Hinei ma tov umanayim  
shevet achim gam yachad*

*Hinei hinei hinei ma tov  
Uma- uma- umanaim  
Oy, yoi yoi  
Shevet achim  
Shevet achim gam yachad  
Shevet achim  
Oy, achim gam yachad*

*Hinei ma tov umanayim  
shevet achim gam Yachad (2x)*

**7 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-aretz*

*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*

**8 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.

**9 Oseh Shalom Shallow**

*Music by Germanotta, Ronson,  
Rossomando, Wyatt  
New Lyrics by Cantor Rachel Brook*

*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....*

**10 Pitchu Li / Lord Prepare Me***by Randy Scruggs & John W. Thompson*

*Pitchu li sha'arei tzedek  
Avo vam odeh Yah  
Pitchu li sha'arei tzedek  
Avo vam odeh Yah*

Lord prepare me  
To be a sanctuary  
Pure and holy, tried and true  
And with thanksgiving  
I'll be a living sanctuary to You

**11 Yerushalayim Shel Zahav***by Naomi Shemer**English by Chaya Galai*

*Avir harim tzalul kayayin  
Vere'ach oranim  
Nisa beru'ach ha'arbayim  
Im kol pa'anonim*

*Uvetardemat ilan va'even  
Shvuyah bachalomah  
Ha'ir asher badad yoshevet  
Uvelibah chomah*

*Yerushalayim shel zahav  
V'shel nechhoshet veshel or  
Halo lechol shirayich ani kinor  
(2x)*

As clear as wine the wind is flying  
Among the dreamy pines.  
As evening light is slowly dying  
A lonely bell still chimes

So many songs, so many stories  
The stony hills recall  
Around her heart my city carries  
A lonely ancient wall

*Yerushalayim shel zahav  
V'shel nechhoshet veshel or  
Halo lechol shirayich ani kinor  
(2x)*

The wells are filled again with  
water,  
The square with joyous crowd,  
On the Temple Mount within the  
City,  
The shofar rings out loud.

Within the caverns in the  
mountains  
A thousand suns will glow,  
We'll take the Dead Sea road  
together,  
That runs through Jericho.

*Yerushalayim shel zahav  
V'shel nechhoshet veshel or  
Halo lechol shirayich ani kinor  
(2x)*

**12 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.*

**13 Time After Time***by Cyndi Lauper / Rob Hyman*

Lying in my bed, I hear the clock  
tick and think of you  
Caught up in circles  
Confusion is nothing new  
Flashback, warm nights  
Almost left behind  
Suitcase of memories  
Time after

Sometimes you picture me  
I'm walking too far ahead  
You're calling to me, I can't hear  
What you've said  
Then you say, "go slow"  
And I fall behind  
The second hand unwinds

If you're lost you can look  
and you will find me  
Time after time  
If you fall, I will catch you,  
I'll be waiting  
Time after time  
If you're lost, you can look  
and you will find me  
Time after time  
If you fall, I will catch you,  
I will be waiting  
Time after time

After my picture fades and  
darkness has  
Turned to gray  
Watching through windows  
You're wondering if I'm okay  
Secrets stolen from deep inside  
(deep inside)  
And the drum beats out of time

If you're lost you can look  
and you will find me  
Time after time  
If you fall I will catch you,  
I'll be waiting  
Time after time  
If you're lost, you can look  
and you will find me

Time after time  
If you fall, I will catch you,  
I will be waiting  
Time after time  
Time after time

I've got a suitcase of memories  
that I almost left behind  
Time after time  
Time, time, time  
But you say to go slow but  
I fall behind  
Time after time after time  
(after time, oh)

**14 Hashkiveinu***by Yoshi Zweiback and Ken Chasen*

*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.  
O Adonai

Amen

**15 V'ahavta: You Shall Love**

by Debbie Friedman

And you shall love the Lord  
your God  
With all your heart  
With all your soul  
And with all of your might

And all these words  
Which I command you on this day  
Shall be in your heart  
Shall be in your heart

And you shall teach them diligently  
Unto your children  
And you shall speak of them  
When you sit in your house  
When you walk by the way  
When you lie down  
And when you rise up  
And when you rise up

And you shall bind them for a sign  
Upon your hand  
And they shall be for frontlets  
Between your eyes  
And you shall write them  
On the doorposts of your house  
And upon your gates  
And upon your gates

That you may remember  
And do all of My commandments  
And be holy  
Unto your God  
Unto your God  
Unto your God

**16 Lu Yehi**

by Naomi Shemer

Translation by Ida Rae Meisels

*Od yesh mifras lavan ba'ofek  
mul anan shachor kaved  
Kol shenevakesh - Lu Yehi.*

*Ve'im bacholonot ha'erev  
Or nerot hachag ro'ed -  
Kol shenevakesh - Lu Yehi.*

*Lu Yehi, Lu Yehi, Ana, Lu Yehi  
Kol shenevakesh - Lu Yehi.*

*Zeh sof hakayitz, sof haderech  
Ten lahem lashuv halom  
Kol shenevakesh lu yehi*

*Az ten shalva veten gam ko'ach  
Lechol eileh shenohav  
Kol shenevakesh - lu yehi*

*Lu Yehi, Lu Yehi, Ana, Lu Yehi  
Kol shenevakesh - Lu Yehi*

If from the dark of night about us  
there shines forth a blessed star,  
then may all our prayers come to be.  
May peace abide within our land  
and  
strengthen all those near and far,  
may it come to pass, may it be.

May it be, may it be  
peace within our land we'll yet  
see.  
*Lu y'hi Lu y'hi* we all pray let it be,  
all that we desire, may it be.

I hear the sound of people singing  
and bugle notes that fill the air,  
everything we wish, *lu y'hi*.  
Above the fanfare and the music  
let them hear my silent prayer  
everything we wish, *lu y'hi*.

*Lu y'hi lu y'hi* oh may it be,  
peace within our land we'll yet  
see.  
*Lu y'hi Lu y'hi* we all pray let it be,  
all that we desire, may it be.

Thank you for praying with



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**17 Forget Me Not**

by Stacy Citron

I remember when tickle fights  
and morning cartoons  
were my favorite way spending  
every moment with you  
But we're older now, after all  
we've been through  
I still think the best part of me is  
you

I remember you told me all this  
would change,  
I had to put on a brave face,  
I had to look away  
I know there's so much unknown,  
but I hope this stays with you  
when you go

Forget me not,  
Got your hands around my heart  
You ain't gotta be scared,  
baby I will always be there  
Imma always come through

Promise me, Forget me not  
Got your hands around my heart  
Love you to the moon and kinda  
dumb but you're my best friend  
If this is my final salute, I won't  
forget you

I remember when you first found  
out the news,  
Too protective to show me that it  
got you  
Your sentences are left unfinished  
Your mind is going but your  
heart's still in this

I'll remember the way you live  
fearlessly  
Now I'm just like you, our souls  
have symmetry  
I will treasure being your prize  
I will love you for all of my life

Forget me not,  
Got your hands around my heart  
You ain't gotta be scared, baby I  
will always be there  
Imma always come through

Promise me, Forget me not  
Got your hands around my heart  
Love you to the moon and kinda  
dumb but you're my best friend  
If this is my final salute, I won't  
forget you

I, I won't forget  
You, I won't forget  
If this is my final salute, I won't  
forget you.

## 18 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

## 19 Heal Us Now

by Leon Sher

*R'fa-eynu Adonai v'ney-rafah.  
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.

## 20 V'shamru

Music by Dan Nichols

V'shamru v'nai Yisrael et  
ha-shabbat  
La'asot et ha-shabbat l'dorotam  
b'rit olam

V'shamru v'nai Yisrael et  
ha-shabbat  
La'asot et ha-shabbat l'dorotam  
b'rit olam

Beini u'vein b'nai Yisrael  
Ot-hee l'olam  
Ki sheshet yamim asa Adonai  
Asa Adonai  
Et ha-shamayim ve'et ha'aretz  
U'vayom hashvi'i shavat  
va'yinafash

V'shamru v'nai Yisrael et  
ha-shabbat  
La'asot et ha-shabbat l'dorotam  
b'rit olam  
V'shamru v'nai Yisrael et  
ha-shabbat

# YOM KIPPUR STUDY SESSION

on Zoom with **Rabbi Cassi Kail**

## **Am Yisrael, Ahavat Yisrael: Loving Our Fellow Jews** (Even When We Disagree)

What does it mean to belong to *Am Yisrael*, the Jewish People? What binds us as one people, and why are we called to do the mitzvah of *ahavat Yisrael* (love our fellow Jews), even when we vehemently disagree with them? We will explore Torah, stories, and liturgy in an effort to find answers to these eternal questions.

### **Rabbi Cassi Kail**

serves as the Director of Jewish Life for Chapman University, creating opportunities for Jewish students, faculty, and staff to celebrate their Jewish identities, especially now. Working in Chapman's Fish Interfaith Center, she is a skilled educator, passionate about multifaith dialogue.



**SATURDAY, OCTOBER 12**

**2:00 - 3:00 pm PT | On Zoom**

Zoom link will be emailed to all registered two days before Yom Kippur

**REGISTRATION AND MORE INFO AT: [ORAMI.ORG/RSVP](https://orami.org/rsvp)**

## Or Ami Simchat Torah



Wednesday, Oct. 23 • Multigenerational Service: 6:30 pm

RSVP is requested but not required. In-Person and [oramiLIVE.com](https://orami.org)

Help us unroll the entire Torah as we read its ending and start over at the beginning

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Please donate to our

**High Holy Day Appeal.**

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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).

# **Sova Community** food drive **High Holy Day Food Drive**

**SUNDAY, OCTOBER 20** 10:00 am - 1:00 pm  
**TUESDAY, OCTOBER 22** 10:00 am - 5:00 pm  
**WEDNESDAY, OCTOBER 23** 10:00 am - 5:00 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)**

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**JFEDLA**

**Or Ami** congregation  
Your Home for the High Holy Days