

# Abbreviated S'lichot Machzor

## Entering The Synagogue

What does a person expect to attain when entering the synagogue? In pursuit of learning, one goes to a library; for aesthetic enrichment, one goes to the art museum; for pure music, to the concert hall. What is, then, the purpose of going to the synagogue?

Many are the facilities which help us to acquire the important worldly virtues, skills and techniques. But where should one learn about the insights of the spirit? Many are the opportunities for public speech; where are the occasions for inner silence? It is easy to find people who will teach us to be eloquent; but who will teach us how to be still? It is surely important to have a sense of reverence.

Where should one learn the general wisdom of compassion? The fear of being cruel? The danger of being callous? Where should one learn that the greatest truth is found in contrition? Important and precious as the development of our intellectual faculties is, the cultivation of a sensitive conscience is indispensable. We are all in danger of sinking into the darkness of vanity; we are all involved in worshipping our own egos. Where should we become sensitive to all the pitfalls of cleverness, or to the realization that expediency is not the acme of wisdom?

We are constantly in need of experiencing moments in which the spiritual is as relevant and as concrete, for example, as the aesthetic. Everyone has a sense of beauty; everyone is capable of distinguishing between the beautiful and the ugly. But we must learn to be sensitive to the spirit. It is in the synagogue where we must try to acquire such inwardness, such sensitivity.

Abraham Joshua Heschel

## S'LICHOT – OPENING THE GATES OF FORGIVENESS

### Ashrei - A Psalm of Praise

(Psalm 144:15 - 145)

*Ashrei yosh'vei veitecha od yehal'lucha Selah. אֲשֵׁרֵי יוֹשְׁבֵי בֵיתְךָ עוֹד יְהַלְלוּךָ. סְלָה:*

*Ashrei ha-am she-kachah lo אֲשֵׁרֵי הָעַם שֶׁכָּכָה לוֹ*

*Ashrei ha-am she-Adonai Elohav. אֲשֵׁרֵי הָעַם שֶׁיְהוָה אֱלֹהָיו:*

Happy are those who dwell in Your house, for their hearts sing praises in Your Presence.

Happy are the people who choose “what is,”

Happy are the people who see all Creation as the expression of the One.

### A Psalm of David: תְּהִלָּה לַדָּוִד:

- א How wondrous the ways You manifest, Holy One! How blessed Your eternal Name!
- ב Every day I find more opportunities to bless, in awe of Your Presence in my life.
- ג I sing with joy in the presence of Being, within and without, everywhere and nowhere.
- ד Each generation praises the marvels of Creation; bewildered by its magnificence.
- ה Anywhere I turn, I am surrounded by beauty. Words of wonder overwhelm me.
- ו Overpowering are the energies of Your Being that always draw me back to my center.
- ז The knowledge of Your Goodness enlivens me. Your righteousness stirs within me.
- ח You are gracious and merciful, endowing every soul with patience and love.
- ט Goodness is the source of all Creation, compassion the ground of all Existence.
- י I am moved with infinite gratitude, blessed by the grace of your Being.
- יא In all my actions I express thankfulness, for all the blessings of my world.
- יב In every being Your Presence awakens, every one beautiful and worthy.
- יג Your Being fills all worlds, visible and invisible, timebound and timeless.
- יד You are the Love that uplifts the downtrodden, raises up the humiliated.
- טו All eyes see but Your Presence everywhere. You are nourishment in every moment.
- טז In opening our hearts to Your Being, you satiate us beyond our will.
- יז I walk in Your footsteps when I act justly, for compassion is the fabric of Creation.
- יח Closer than I can ever fathom is the Eternal, You are the Truth behind all experiences.
- יט You await at the end of all desires, beyond the chatter of the mind.
- כ You are the Love that guards us along the way, that tears down the walls of our delusions.
- כא I will praise the Holy One, for in the heart of all beings is Your Name forever engraved.

**וְאֲנַחְנוּ נְבָרְךָ יְיָ מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ.**

*Va'anachnu n'vareich Yah, mei-attah v'ad olam. Halleluyah!*  
And we will bless the Eternal One now and always. Halleluyah!

**Sheh-heh-cheyanu - Blessing the Moment**

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.  
*Baruch Atah Adonai, Eloheynu Melech ha-Olam, she-heh-cheyanu,*  
*v'kiy'manu, v'hiygiyanu laz'man ha-zeh.*

Blessed One, You are the Emptiness that manifests as Form; You are the Life within us, You support and sustain us on our unique path, and bring us to this moment for blessing.

**Havdalah - Marking a Transition****Blessing over the Wine**

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

*Baruch Atah Adonai, Eloheynu Melech ha-olam, Borei p'ri ha-gafen.*

Blessed One, You are the Emptiness that manifests as Form, the Source of all that is, the Creator of the fruit of the vine.

**Blessing over the Spices**

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׂמִים:

*Baruch Atah Adonai, Eloheynu Melech ha-olam, Borei miney v'samim.*

Blessed One, You are the Emptiness that manifests as Form, the Source of all that is, the Creator of multiple kinds of spices.

**Blessing of the Light**

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ:

*Baruch Atah Adonai, Eloheynu Melech ha-olam, Borei m'orey ha-esh.*

Blessed One, You are the Emptiness that manifests as Form, the Source of all that is, the Creator of the light of the flame.

**Havdalah Blessing**

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי, לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה: בְּרוּךְ אַתָּה יי, הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחֹל:

*Baruch Atah Adonai, Eloheynu Melech ha-olam, ha-Mavdil beyn kodesh l'chol, beyn or l'choshech, beyn Yisrael l'amim, beyn Yom ha-Sh'vee-ee l'sheshet y'mey ha-ma-aseh. Baruch Atah Adonai, Eloheynu Melech ha-olam, ha-Mavdil beyn kodesh l'chol.*

Blessed One, You are the Emptiness that manifests as form, the Source of all that is, the One Who distinguishes the holy from the ordinary, the light from the dark, the spiritual path of the People called Israel from the spiritual path of other Peoples, the seventh day of rest from the six days of creating. Blessed One, You are the Emptiness that manifests as form, the One Who separates that which is holy from that which is yet to be holy.

**Toward Messianic Times: Elijah the Prophet**

אֱלֹהֵינוּ הַנְּבִיאַ, אֱלֹהֵינוּ הַתְּשִׁבִי, אֱלֹהֵינוּ, אֱלֹהֵינוּ, אֱלֹהֵינוּ הַגְּלֵעֲדִי,  
בְּמַהְרָה בְּיָמֵינוּ יָבֵא אֱלֵינוּ, עִם מָשִׁיחַ בֶּן דָּוִד, עִם מָשִׁיחַ בֶּן דָּוִד.

*Eliyahu ha-navi, Eliyahu ha-Tishbi, Eliyahu, Eliyahu, Eliyahu ha-Giladi.  
Bim'heira, v'yameinu, yavo eilenu, im Mashiach ben David, im Mashiach ben David.  
Shavuah Tov...*

A good week, a week of peace, may gladness reign and joy increase...  
*Shavuah Tov...*

**The Sh'ma**

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

*Sh'ma Yisrael, Adonai Eloheynu, Adonai Echad.*

Listen, Israel: The Eternal manifests as all that Is, the Eternal is One.

**Hashiveinu - Return us to You**

*(Lamentations 5)*

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֵדָם.

*Hashiveinu Adonai eleycha v'nashuvah, chadeish yameynu k'kedem.*

Return us to You, Holy One, and we shall return. Renew our lives as you've done before.

**Al Chet: For all our sins\***

Our God and God of our fathers and mothers, we are not so insolent as to claim that we are without failing. We join in the ancient litany of confession as a community, as we have done for generations.

For all the moments when with our actions, our words, our thoughts, our feelings, and our images we denied the Life that is our life, God of Forgiveness, forgive us, pardon us, and grant us at-one-ment.

*Al chet sheh-cha-tanu l'fanecha. . .*

For the sin we have sinned before You. . .

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּאִמּוּץ הַלֵּב. *Al chet sheh-cha-tanu l'fanecha b'imutz ha-lev.*  
For the sin we have sinned before You by hardening our hearts to the feelings of others.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּבִלִי דַעַת. *Al chet sheh-cha-ta-nu l'fanecha bivli da-at.*  
For the sin we have sinned before You because we lacked knowledge of the consequences of our actions.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּגִלּוּי עֲרִיּוֹת. *Al chet sheh-cha-ta-nu l'fanecha b'gilui arayot.*  
For the sin we have sinned before You through acting against our own morality.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּגִלּוּי וּבִסְתֵּר. *Al chet Sheh-cha-ta-nu... bagalui u-va-sater.*  
For the sin we have sinned before You openly or in secret.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּדַעַת וּבְמַרְמָה. *Al chet sheh-cha-ta-nu... b'da-at u-v'mir'mah.*  
For the sin we have sinned before You knowingly and deceitfully.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּדַבּוּר פֶּה. *Al chet sheh-cha-ta-nu l'fanecha b'dibur peh.*  
For the sin we have sinned before You through speech.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּהוֹנָאת רֵעַ. *Al chet sheh-cha-ta-nu l'fanecha b'hona-at re-a.*  
For the sin we have sinned before You through deceiving another person.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּזִדּוֹן וּבְשִׁגְגָה. *Al chet sheh-cha-ta-nu... b'zadon u-vish'gagah.*  
For the sin we have sinned before you consciously or unconsciously.

וְעַל כָּלֵם, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר לָנוּ.

*V'al kulam, Eloah s'lichot; s'lach lanu, m'chal lanu, ka-per lanu.*

For all of them, God of Forgiveness, forgive us, release us, grant us atonement.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּלִצּוֹן. *Al chet sheh-cha-ta-nu l'fanecha b'latzon.*  
For the sin we have sinned before You through scorning others.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּחִזּוֹק יָד. *Al chet sheh-cha-ta-nu l'fanecha b'chozek yad.*  
For the sin we have sinned before You by hurtfully exercising power.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּלִשׁוֹן הָרַע. *Al chet sheh-cha-ta-nu l'fanecha bil'shon ha-ra.*  
For the sin we have sinned before You by hurting others through our speech.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּמִשָּׂא וּבְמִתָּן. *Al chet sheh-cha-ta-nu... b'masa u-v'matan.*  
For the sin we have sinned before You through dishonest and hurtful business dealings.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּפִלְלוֹת. *Al chet sheh-cha-ta-nu l'fanecha bi-f'lilut.*  
For the sin we have sinned before You in judging others and ourselves unfairly.

עַל חַטָּא שְׁחַטָּאנוּ לְפָנֶיךָ בְּקִשְׁיוֹת עֲרָף. *Al chet sheh-cha-ta-nu... b'kash'yut oref.*  
For the sin we have sinned before You through being obstinate.

*Al chet sheh-cha-ta-nu l'fanecha b'sin'at chinam.* . . על חטא שחטאנו לפניך בשנאת חנם.  
For the sin we have sinned before You by hating too easily.

*Al chet sheh-cha-ta-nu... b'tim'hon leivav.* . . על חטא שחטאנו לפניך בתמהון לבב.  
For the sin we have sinned before You through not knowing our own heart.

**ועל כָּלֵם, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר לָנוּ.**

*V'al kulam, Eloah selichot; s'lach lanu, m'chal lanu, ka-per lanu.*

For all of them, God of Forgiveness, forgive us, release us, grant us atonement.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by failing to work toward peace.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by keeping silent in the face of injustice.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by not acting to relieve the suffering of those in distant lands.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by not caring for the poor in our midst.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by not acting to protect our fragile environment.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by indulging ourselves while others suffer.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by being unclear about our priorities in the Life You have given us.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.  
For the sin we have sinned before You by being closed to Your Presence in our Lives.

*Al chet sheh-cha-ta-nu l'fanecha...* . . על חטא שחטאנו לפניך.

**ועל כָּלֵם, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר לָנוּ.**

*V'al kulam, Eloah s'lichot; s'lach lanu, m'chal lanu, ka-per lanu.*

For all of them, God of Forgiveness, forgive us, release us, grant us atonement.

## Adonai Ori

יהוה אורי וישעי ממי אירא? יהוה מעוז חיי ממי אפחד?

*Adonai ori v'yishi, mimi irah? Adonai ma'oz chayai mimi ef'chad?*

Adonai is my light, who shall I fear? Adonai is the strength of my life, of whom shall I be afraid?

## Ribono Shel Olam\*

רבוננו של עולם הריני מוחל לכל מי שהכעיס והקניט אותי, או שחטא כנגדי  
 בין בגופי בין בממוני בין בכבודי בין בכל אשר לי, בין באנס, בין ברצון, בין  
 בשוגג, בין במזיד, בין בדבור בין במעשה, בין במחשבה בין בהרהור, בין  
 בגלגול זה בין בגלגול אחר, לכל בני האדמה, ולא יענש שום אדם בסבתי. יהי  
 רצון מלפניך יי אלהי ואלהי אבותי ואמותי, שלא אחטא עוד, ומה שחטאתי  
 לפניך מחוק ברחמיך הרבים, אבל לא על ידי יסורים וחליים רעים. יהיו לרצון  
 אמרי פי והגיון לבי לפניך, יי צורי וגאלי.

Ruling Presence of the Universe, I now forgive all who have hurt me, all who have done me wrong, whether deliberately or by accident, whether by words, by deed, or by thought, whether against my pride, my person, or my property, in this incarnation or in any other. May no one be punished on my account.

And may it be Thy Will, Eternal One Who is my God and the God of my fathers and mothers, that I be no more bound by the wrongs that I have committed, that I be free from patterns that cause pain to me and to others, that I no longer do that which is evil in Thy sight.

May my past failings be wiped away in Your great Mercy, Eternal One, and may they no longer manifest through pain and suffering.

Let my words, my thoughts, my meditations, and my acts flow from the fullness of Your Being, Eternal One, Source of my being and my Redeemer.

## **High Holy Days Machzor Sources**

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