



September 15, 2021 || 10 Tishrei, 5782

Or Zarua

אור זרוע

Psalm 97:11

English lyrics and music by Dan Nichols

Or zarua latzadik ulyishrei lev simchah

אור זרוע לצדיק ולישרי לב שמחה.

We must keep our hopes alive. / We must raise our voices high.  
We must hold each other tight. / We must stand up in the night / and be a light.

We must spread our love around. / We must feel this spiritual sound.  
We must work til peace has come. / We must love and live as one / and be a light.

Light is sown for the righteous and gladness for the upright in heart. Psalm 97:11

### Poetic Kol Nidre Translation - by Merle Feld

I am grateful for this; a moment of truth,  
grateful to stand before You in judgment.  
You know me as a liar and I am flooded with relief  
to have my darkest self exposed at last.  
Every day I break my vows—  
to be the dutiful child, selfless parent, caring friend, responsible citizen of the world.  
No one sees, no one knows, how often I take the easy way,  
I let myself off the hook, give myself the benefit of the doubt—  
every day, every day.  
On this day, this one day, I stand before You naked,  
without disguise, without embellishment, naked, shivering ridiculous.  
I implore You—let me try again.

### If It Be Your Will

by Leonard Cohen

If it be your will / That I speak no more / And my voice be still / As it was before  
I will speak no more / I shall abide until / I am spoken for / If it be your will

If it be your will / That a voice be true / From this broken hill / I will sing to you  
From this broken hill / All your praises they shall ring / If it be your will / To let me sing

If it be your will / If there is a choice / Let the rivers fill / Let the hills rejoice  
Let your mercy spill / On all these burning hearts in hell / If it be your will / To make us well

And draw us near / And bind us tight / All your children here / In their rags of light  
In our rags of light / All dressed to kill / And end this night / If it be your will

*Tonight's Prayer Lab Ensemble:*

*Jeremiah Kaplan, Dan Kurek, Steve Ozer, Eric Schaefer, Debbie Waitkus, Ruth Wenger*

## Kanfei Ruach

Text from Orot Hakodesh 1:4:4  
by Rav Abraham Isaac Kook

Ben adam, aleh l'malah aleh

aleh l'malah aleh ben adam

aleh l'malah aleh

Ki ko'ach az l'cha

yeish l'cha kanfei ruach (2x)

kanfei n'sharim abirim

al t'chacheish bam, pen y'chachashu l'cha

d'rosh otam d'rosh ben adam

v'yimatzu l'cha miyad

Rise up, rise up, for you have the strength to do so. You have wings of the spirit, wings of powerful eagles. Do not deny them or they they will deny you. Seek them, and you will find them in a flash.

## Judge Ourselves Gently by Shakti Gawain "Living in the Light"

Remember,

If you judge and criticize yourself, others will judge and criticize you.

If you hurt yourself, others will hurt you.

If you lie to yourself, others will lie to you.

If you are irresponsible to yourself, others will be irresponsible in relation to you.

If you blame yourself, others will blame you.

If you do violence to yourself emotionally, others will do violence to you emotionally or even physically.

If you don't listen to your feelings, no one will listen to your feelings.

If you love yourself, others will love you.

If you trust yourself, others will trust you.

## כנפי רוח

Music by Avigail Uziel Amar

בֶּן אָדָם, עֲלֵה לְמַעְלָה עֲלֵה

עֲלֵה לְמַעְלָה עֲלֵה בֶּן אָדָם

עֲלֵה לְמַעְלָה עֲלֵה

כִּי כַח עֵז לְךָ

יֵשׁ לְךָ כַּנְפֵי רוּחַ (2x)

כַּנְפֵי נְשָׂרִים אַבִּירִים

אַל תִּכְחַשׁ בָּם פֶּן יִכְחֹשׁוּ לְךָ

דְּרוֹשׁ אוֹתָם דְּרוֹשׁ בֶּן אָדָם

וְיִמְצְאוּ לְךָ מִיָּד

If you are honest with yourself, other will be honest with you.

If you are gentle and compassionate with yourself, others will treat you with compassion.

If you appreciate yourself, others will appreciate you.

If you honor yourself, others will honor you.

If you enjoy yourself, others will enjoy you.

## We Can Work it Out by John Lennon & Paul McCartney

Try to see it my way / Do I have to keep on talking 'til I can't go on?

While you see it your way / Run the risk of knowing that our love may soon be gone

We can work it out / We can work it out

Think of what you're saying / You can get it wrong and still you think that it's alright

Think of what I'm saying / We can work it out and get it straight, or say good night

We can work it out / We can work it out

Life is very short, and there's no time / For fussing and fighting, my friend

I have always thought that it's a crime / So, I will ask you once again

Try to see it my way / Only time will tell if I am right or I am wrong

While you see it your way / There's a chance that we might fall apart before too long

We can work it out / We can work it out

## Adon Has'lichot

Adon has'lichot / bochein l'avot

goleh amukot / doveir tz'dakot

**chatanu l'fanecha racheim aleinu**

Hadur b'nifla'ot / vatic b'nechamot

zocheir b'rit avot / chokeir k'layot

**chatanu l'fanecha racheim aleinu**

tov umeitiv labriyot / yodei'a kol nistarot

koveish avonot / loveish tz'dakot

**chatanu l'fanecha racheim aleinu**

## אָדוֹן הַסְּלִיחוֹת

אָדוֹן הַסְּלִיחוֹת / בּוֹחֵן לְבָבוֹת

גּוֹלָה עֲמוּקוֹת / דּוֹבֵר צְדָקוֹת

חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

הַדּוֹר בְּנִפְלְאוֹת / וְתִיק בְּנִחָמוֹת

זוֹכֵר בְּרִית אָבוֹת / חוֹקֵר כְּלִיּוֹת

חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

טוֹב וּמְטִיב לְבְרִיּוֹת / יוֹדֵעַ כָּל נִסְתָּרוֹת

כּוֹבֵשׁ עֲוֹנוֹת / לוֹבֵשׁ צְדָקוֹת

חֲטָאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

Malei zakiyot / nora t'hillot

solei'ach avonot / oneh b'eit tzarot

**chatanu l'fanecha racheim aleinu**

Po'eil y'shu'ot / tzofeh atidot

korei hadorot / rocheiv aravot

shomei'a t'fillot / t'mim dei'ot

**chatanu l'fanecha racheim aleinu**

Great One of forgiveness / examiner of hearts, Revealer of depths / Speaker of truths

**We have sinned before You, be compassionate with us**

Glorious in wonders / Experienced Comforter, Rememberer of the covenant / Knower of inner thoughts

**We have sinned before You, be compassionate with us**

Beneficent One to humanity / Knower of all hidden things, Overcomer of sins / clothed in righteousness

**We have sinned before You, be compassionate with us**

Full of purities / awesome in praises, Forgiving of transgressions / Answerer in times of trouble

**We have sinned before You, be compassionate with us**

Bridger of deliverance / Seer of futures, Calling to all generations / Rider of clouds

Hearer of prayer / Perfect in knowledge

**We have sinned before You, be compassionate with us**

## It is Never Too Late by Rabbi Harold Schulweis

The last word has not been spoken, the last sentence has not been written, the final verdict is not in.

It is never too late to change my mind, my direction, to say no to the past and yes to the future,  
to offer remorse, to ask for forgiveness.

It is never too late to start over again,

to feel again

to love again

to hope again....

מְלֵא זָכוֹת / נוֹרָא תְהִלּוֹת

סוֹלֵחַ עֲוֹנוֹת / עוֹנֶה בְּעֵת צָרוֹת

חָטְאָנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ

פוֹעֵל יְשׁוּעוֹת / צוֹפֵה עֲתִידוֹת

קוֹרֵא הַדּוֹרוֹת / רוֹכֵב עַרְבוֹת

שׁוֹמֵעַ תְּפִלּוֹת / תְּמִים דְּעוֹת

חָטְאָנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ