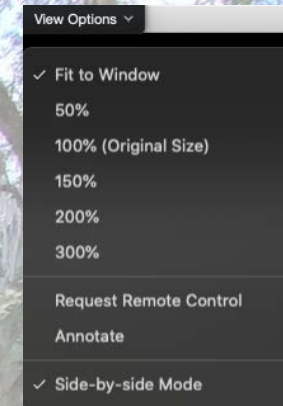


L'Shanah Tovah!


Recommended Zoom settings:

Computer only:

- *Click “View Options” at top right of screen
- *Select “Side-by Side” mode
- *Adjust vertical bar to change relative size of windows
- *Choose “speaker view” or “gallery view” according to your preference



On all platforms:

if you experience audio or video “freezing” or “stuttering,” try shutting down your video . You will still see others, but they will not see you. After a few minutes, try restarting your video.





Today is Rosh HaShanah, the first day of the Jewish year 5781. Today we celebrate the birthday of the world.

Today we thank God for our beautiful world. Today we are thankful for all the good things that fill our lives. For friends and family, for synagogue and school and home. We pray for a new year blessed with peace and plenty.

On Rosh HaShanah we think about ourselves, the people around us, and the world we need to care for. We hope we have done all we could to make the world an even better place.

We thank you, God, for helping us during the past year and for bringing us to this joyous day.

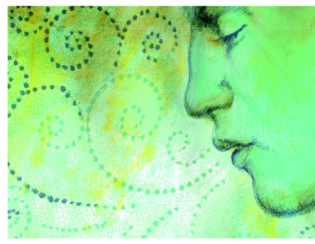
ברוך אתה יהוה אלהינו מלך העולם
שהחיינו וקימנו והגיענו לזמן הזה:

Baruch atah Adonai, Eloheinu melech ha-olam,
she-hech'yanu, v'ki-y'manu, v'hig-yanu laz-man ha-zeh.

Source of blessing, Eternal our God,
You fill the universe with majestic might,
Giving us life, upholding the life within us,
and bringing us to this time.



HAPPY NEW YEAR לשנה טובה



Elohai Neshama



El-o-hai, ne-sha-ma she-na-ta-ta bi
t-hor-a hee. Ata v-ra-ta,

אֱלֹהֵי, נִשְׁמָה שְׁנַתָּת בִּי
טְהוֹרָה הִיא. אַתָּה בְּרַאתָהּ,

Our hearts rise and fall with each breath we take.
We breathe in love and breathe out hate.
We breathe in calm and breathe out stress.
We breathe in acceptance and breathe out judgement.
We breathe in understanding and breathe out confusion.
We breathe in joy and breathe out sadness.
We breathe in compassion and breathe out anger.
Blessed are You, God, who fills us with life's breath.

Today we wonder about the world around us: Why does the sun rise? Why does the rain fall? Why does the world need our care?

Bar'chu et Adonai hamvo-rach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ.

Baruch Adonai hamvo-rach l'olam va-ed.

בָּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

Blessed is our Eternal God,
to whom our prayers are sent,
to whom our thoughts are lifted,
from whom our blessings flow



Today we wonder about the children
around us. Why are we so all different
from each other? Why are we all so
much the same?

*One and Eternal God,
I open my heart to Your whispering.
I open my heart to Your energy.
I open my heart to Your presence.*

שמעו
משקל
האחד



V'ahavta

Help us strive to love what is holy with all our courage,
with all our passion, with all our strength.

*If our children are to value these words we
cherish, we must speak about them in our
homes, when we are working, when we are at
play, when we lie down, and when we rise up.*

Let the work of our hands reveal these words; let our
eyes shine with their knowledge.

May they glow from our doors and windows.

We must love ourselves, for we are creatures of God. We
must love our neighbors as ourselves. We must love the
stranger, for we were once strangers in the land of Egypt.

*Let love fill our hearts with its clear precious
water.*

Today we wonder about things that happen deep inside us. What makes us happy? What makes us sad? What makes us feel love? What makes us angry?

MI CHAMOCHAH ba-eilim, Adonai!

Mi kamochah nedar bakodesh,
nora t'hilot, oseih fele!

Malchut'cha ra-u vanecha,
bokei-a yam lifnei Moshe uMiryam.
Zeh Eli, anu v'amru,
Adonai yimloch l'olam va-ed!

V'ne-emar: ki fadah Adonai et Yaakov,
ug'alo miyad chazak mimenu.
Baruch atah, Adonai, gaal Yisrael.

מִי-כְמוֹכָה בָּאֵלִים, יְיָ!
מִי כְמוֹכָה נֹאדָר בִּקְדֹשׁ,
נוֹרָא תִהְיֶה לָּךְ, עֹשֶׂה פִלֵּא!

מַלְכוּתְךָ רָאוּ בְּנֵיךָ,
בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.
זֶה אֱלֹהֵינוּ וְנֹאמְרוּ,
יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!

וְנֹאמַר: כִּי פָדָה יְיָ אֶת-יַעֲקֹב,
וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.
בָּרוּךְ אַתָּה, יְיָ, גֹּאֵל יִשְׂרָאֵל.



Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, doing wonders?

אָבִינוּ מֶלְכֵנוּ

Like a mother, like a father, God acts in special ways.



אָבִינוּ מֶלְכֵנוּ

God helped Jews who lived long ago.

אָבִינוּ מֶלְכֵנוּ

God hears our prayers today.

אָבִינוּ מֶלְכֵנוּ

God helps us understand ourselves.

אָבִינוּ מֶלְכֵנוּ

God helps us understand each other.

אָבִינוּ מֶלְכֵנוּ

God helps us make tomorrow better than today.

אָבִינוּ מֶלְכֵנוּ

Like a mother, like a father, God acts in special ways.



אָבִינוּ מַלְכֵנוּ!

חֲנֵנוּ וְעַנּוּנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.

Avinu Malkeinu,

cha-neinu v'an-einu ki ein banu ma'asim;
a-seh imanu tzedakah va-chesed v'hosh-i-einu



*Like a mother, like a father, hear our prayer, O God.
Help us because we are small, be kind to us and help us
be better people in the New Year that begins today.*



זְכוּרֵנוּ לְחַיִּים, מֶלֶךְ חֶפֶץ בַּחַיִּים,
וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

*Zochreinu le-chayyim, melech chafetz ba-chayyim
v'chotveinu b'sefer ha-chayyim,
l'mancha Elohim chayyim.*

Remember us unto life, O God who delights in life,
and inscribe us in the book of life for Your sake,
O God of life.





Long ago and today, we welcome Rosh HaShanah with the sound of a shofar. We sound four notes, each bringing a separate message to all who truly listen.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

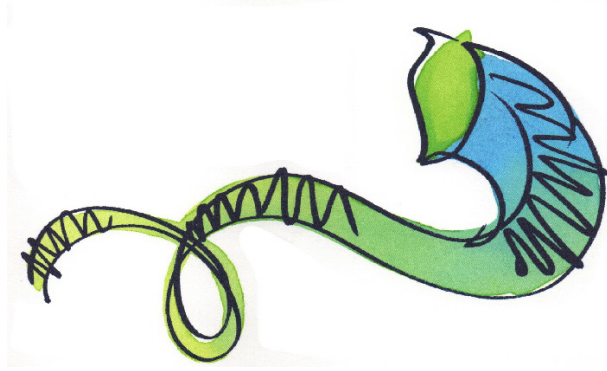
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְשִׁמּוֹעַ קוֹל שׁוֹפָר.

Baruch atah Adonai, elohaynu melech ha-olam,
asher kid-shanu b'mitzvo-tav, v'tzi-vanu lish-moa kol shofar.

Blessed are You, our Eternal God, who makes us holy
with commandments, commanding us to
hear the sound of the shofar.

Listen! Tekiah!

Listen! The *Tekiah* reminds us of the still, small voice inside us, the voice that calls us to do justice, love mercy, and walk humbly in God's ways.



Listen! Shevarim!

Listen! The *Shevarim* teaches us to remember the good and bad things we did this year, both big and small. Remember the things done well and the things done poorly. Remember! Only when we remember do we learn and grow.

Listen! Teruah!

Listen! The *Teruah* reminds us to dream of great things, of growing up toward the brightness of the sun.

Listen! Tekiah Gedolah!

Listen! The great *Tekiah*! Remember what we were like yesterday; think what we can be like tomorrow, and all the days of the New Year.

We have heard the shofar calling each of us to listen to the still, small voice inside, calling us to remember all our deeds, calling us to dream of what we could be. When we listen to the shofar, we crown the world with peace and joy.



For those who need strength

אֵל נָא רַפָּא נָא לָהּ:

El nah r'fah nah lah

"Oh God, pray heal her!"

When Miriam was sick, her brother, Moses, prayed:
"O God, pray, heal her please!" We pray for those who
are now ill in body or spirit. We pray now for ourselves
and all our loved ones. Source of life, we pray, heal us.

We pray for families and friends who give love to those
who suffer. Source of life, we pray, strengthen us.

We pray for those who search Your world for treatments
and cures. Source of life, we pray, enlighten us.

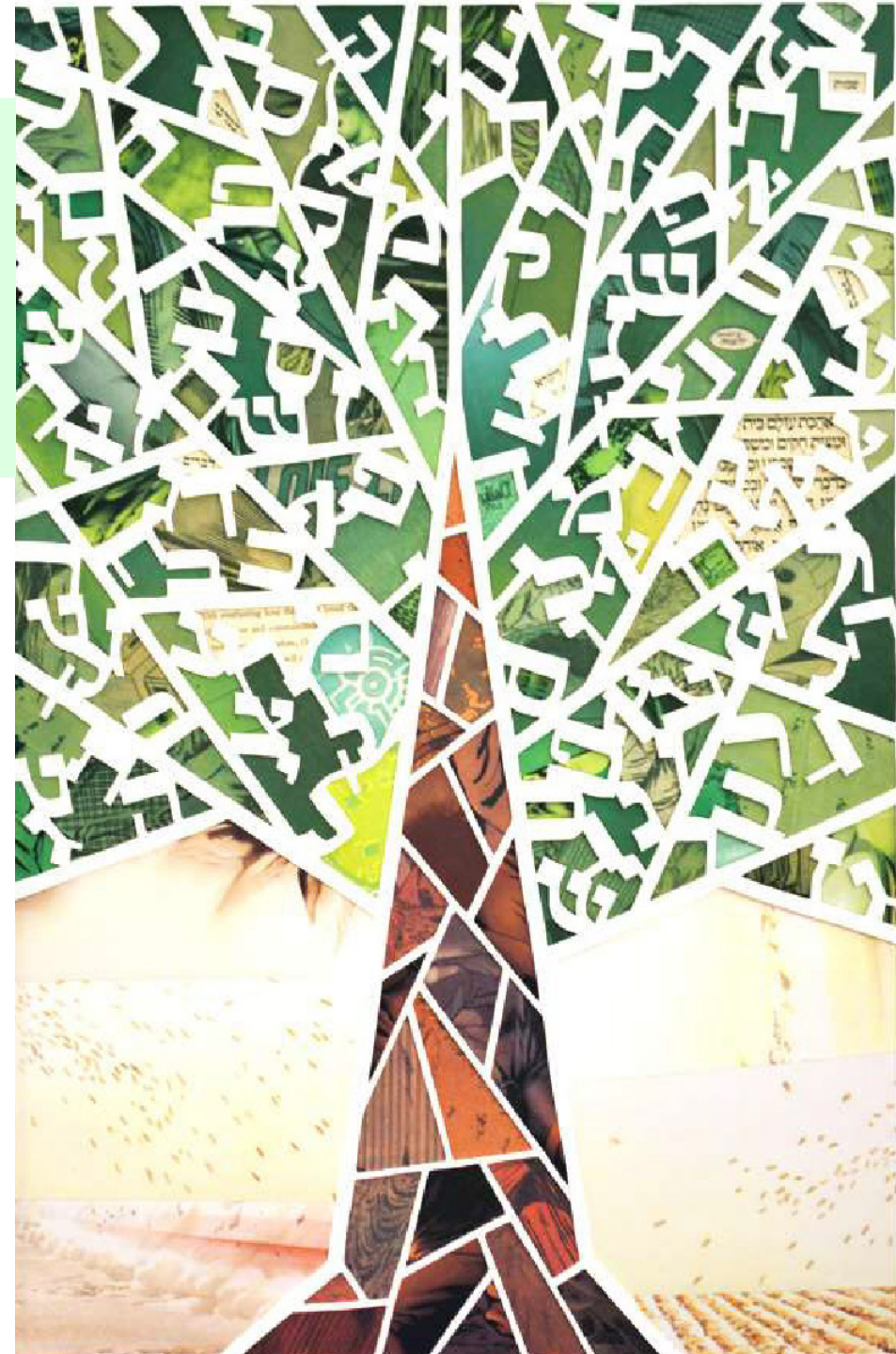


Mi she-bei-rach a-vo-tei-nu,
M'-kor ha-bra-cha
l'-i-mo-tei-nu.
May the source of strength
Who blessed the ones
before us,
Help us find the courage
To make our lives a
blessing,
And let us say, "Amen."

Mi she-bei-rach i-mo-tei-nu,
M'-kor ha-bra-cha
l'a-vo-tei-nu
Bless those in need of
healing
With r'-fu-a sh'-lei'ma,
The renewal of body,
The renewal of spirit,
And let us say, "Amen."

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ,
אֲבֹרָהֶם, יִצְחָק, וְיַעֲקֹב;
שָׂרָה, רִבְקָה, לֵאָה, וְרָחֵל,
הוּא יְבָרֵךְ וְיַרְפֵּא אֶת כָּל
הַחֹלִים שֶׁבְּלִבֵּינוּ.

May the One who blessed our ancestors
Abraham, Isaac, and Jacob; Sarah,
Rebecca, Rachel, and Leah bless all who
are in need of healing – especially now.
May we soon know a time of complete
healing of our bodies, minds, and spirits,
and let us say Amen.



שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא
מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמָּךְ
יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

Shalom rav al Yisrael am-cha ta-sim l'olam.

Peace, shalom is not the absence of difficulties
But the handling of difficulties without loss of balance.

*Shalom is not the absence of tension but the
acceptance of it as part of life.*

Shalom Is not the absence of war but the careful
waging of war without losing one's balance.

*Shalom is the ability to see the grain of life and act
in accord with it.*

To discover **shalom** is to discover the secret of both
peace and power.



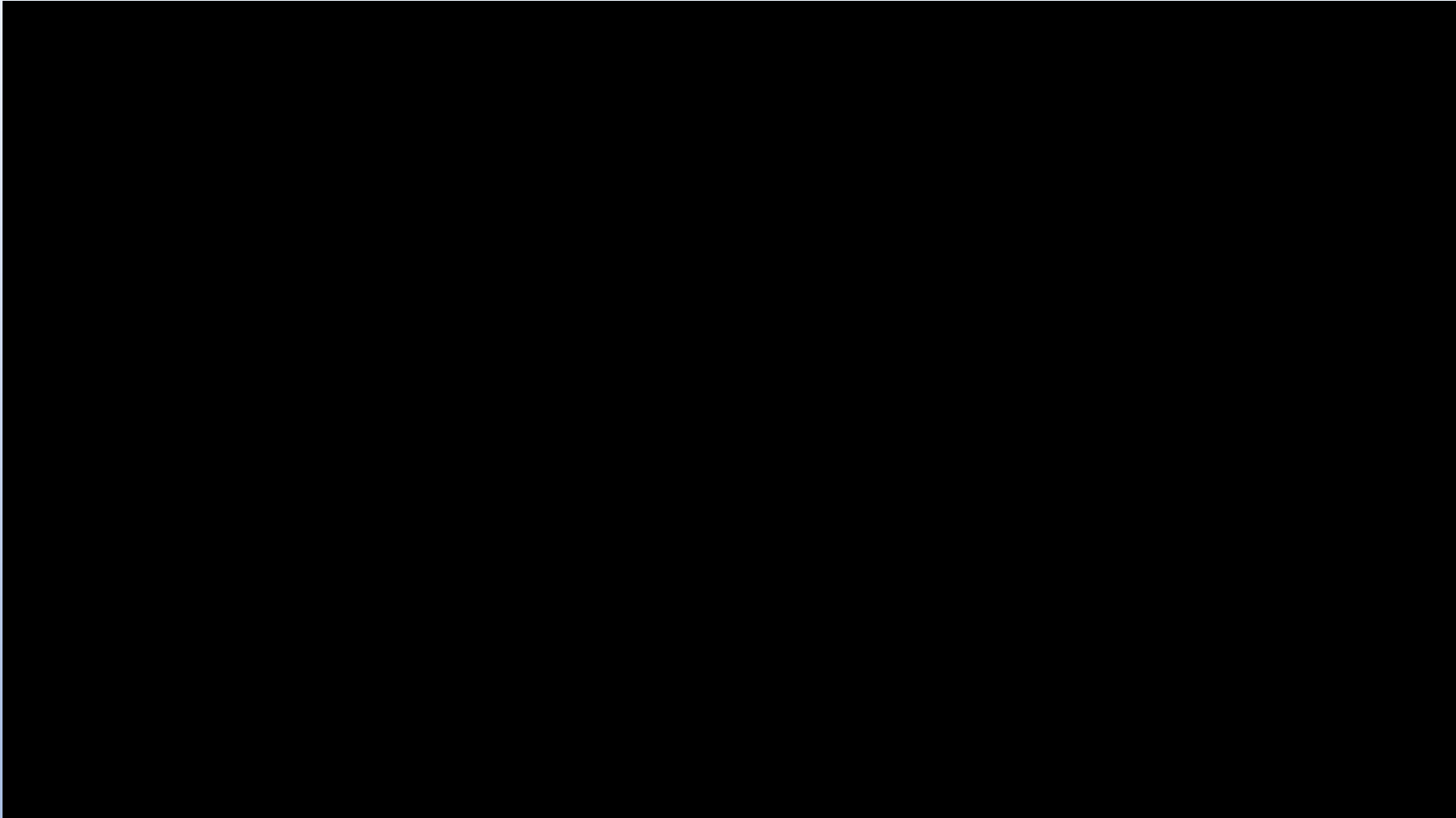


ALEINU l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shelo asanu k'goyei haaratzot,
v'lo samanu k'mishp'chot haadamah.
Shelo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.
Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech malchei ham'lachim
HaKadosh Baruch Hu.

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל,
לִיתֵת גְּדֻלָּה לַיּוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.
שֶׁלֹא שָׂם חֵלְקֵנוּ כֵּהֶם,
וְגִרְלָנוּ כְּכָל־הַמּוֹנִם.
וְאִנְחֵנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
הַקָּדוֹשׁ בְּרוּךְ הוּא.

It is up to us to praise
the Creator of all things, who made
us caretakers of the earth and
messengers of Torah. We therefore
bend our knees and bow our
heads, to praise and sanctify
the Holy One of Blessing.

בִּשְׁנָה הַבָּאָה



Next year we will sit on the porch and count all the migrating birds
Children on vacation will play catch between the house and the fields
Od tire, od tire, kama tov yihye, bashana, bashana haba'a
You will see, you will see how good it will be next year

Happy, healthy, and sweet New Year!

