

STATEMENT OF PRINCIPLES

1. We affirm the beauty, value and the significance of the Jewish faith as the primary source of our spiritual teachings.
2. We believe that, from the beginning, the Jewish faith has evolved to meet changing historical conditions.
3. We believe in the One God of all humanity.
4. We believe that meditation, inward spiritual seeking and song are instruments of attuning to the Divine Presence that is at the very core of our human nature.
5. We emphasize affirmative power rather than petitionary prayer.
6. We believe that new and renewed forms of individual and communal prayer such as meditations, visualizations, affirmations and music can enhance the real purpose of the prayer experience.
7. We hold that one of the most important purposes of religion is healing.
8. We affirm that each human being is part of this healing process, called in the tradition *Tikkun Olam* - the healing of the worlds.
9. We affirm the extraordinary rich teachings of the Jewish faith as, for us, the most important aspect of Judaism.
10. We believe that a Judaism that emphasizes the spiritual facet of our faith is an authentic Jewish expression that has its roots in the Bible.
11. The closer contact that exists today among the diverse ethnic, cultural, racial, and religious groups of humanity leads us to a deeper sense of the oneness of humanity.
12. Spiritual Judaism is a non-dogmatic, non-legalistic liberal spiritual path that welcomes all people who seek to attune to the presence of God in their lives as the source of health, abundance, joy, love and wholeness.

Administrative Office:

10 Cuttermill Road ~ Suite 302
Great Neck, NY 11021
newsynagogue.li@gmail.com
www.newsynagogue-li.org



The New Synagogue of Long Island The Synagogue for Spiritual Judaism High Holy Days - Erev Yom Kippur

Rabbi Scott Matous ~ Cantor Irene Failenbogen
Rabbi Stuart A. Paris, HaKohen, Rabbi Emeritus
Dr. Joseph H. Gelberman, Rabbi Emeritus

1. KOL NIDRE

כָּל נְדָרֵי וְאֶסְרֵי וְחַרְמֵי, וְקוֹנָמֵי וְכַנְּמֵי, וְקוֹנוֹסֵי וְשְׁבוּעוֹת, דִּנְדָרְנָא
וְדִאֲשַׁתְּבַעְנָא, וְדִאֲחַרְמִנָא וְדִאֲסַרְנָא עַל נַפְשֵׁתְנָא, מִלֵּם כְּפָרִים
זֶה עַד יוֹם כְּפָרִים הַבָּא עָלֵינוּ לְמוֹעֵד, כְּלַחוּן אֲחַרְמִנָא כְּהוּן.
כְּלַחוּן יְהוּן שְׂרָן, שְׁבִיקוּן שְׁבִיתוּן, בְּמַלְיוֹן וּמְכַבְּלִין, לֹא שְׂרִירִין
וְלֹא קוֹמִין. נְדָרְנָא לֹא נְדָרֵי, וְאֶסְרְנָא לֹא אֶסְרֵי, וְשְׁבוּעַתְנָא לֹא
שְׁבוּעוֹת.

God, we will do our best to keep every promise, fulfill every good intention and every resolution that we make during the year that has just begun, from this Day of Atonement to the next. But if there are promises that we truly cannot keep, however hard we try, we pray that we may be forgiven. And we ask pardon, too, for those promises we could not keep in the year now ended. Now and always, we ask forgiveness, as we remember the words of your Torah: "The Lord said, 'I have pardoned as you have asked.'"

2. V'NEESLACH

וְנִסְלַח לְכָל עֲדַת בְּנֵי יִשְׂרָאֵל וְלִגְר הַגֵּר בְּתוֹכְכֶם, כִּי לְכָל הָעָם
בְּשָׁנָה.

V'nees'lach l'chal adat b'nai yisrael v'lagair hagar b'toa'cham ki l'chal ha'ahm
bish'ga'ga.

Reader

סְלַח נָא לְעוֹן הָעָם הַזֶּה כְּגֹדֶל חַסְדְּךָ, וּכְאֲשֶׁר נִשְׁאַתָּה לְעָם
הַזֶּה מִמִּצְרַיִם וְעַד הַנֵּת. וְשֵׁם נְאֻמְרֵי:

Congregation (thrice)

וַיֹּאמֶר יְהוָה סְלַחְתִּי כְּדַבְרְךָ. (3) Vayomer Adonai: salachti kid'vah'reh'cha (3)

Reader: Pardon, I beseech Thee, the iniquity of this people according to the greatness of Thy mercy, and according as Thou hast forgiven this people from Egypt even until now. And it is said:

Congregation (thrice): And the Lord said, "I have forgiven according to thy word."

3. SHECHEYANU

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ
וְהִגַּעְנוּ לְזֶמַן הַזֶּה.

Baruch atah adonai eloheynu melech haolam, shecheyanu, v'keymanu,
v'hegeyanu l'azman hazeh.

Blessed is the Lord our God, Ruler of the universe, for giving us life,
for sustaining us, and for enabling us to reach this season

4. BARCHU

בְּרַכּוּ אֶת־יְיָ הַמְּבָרָךְ!

Praise the Lord, to whom our praise is due!

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!

Praise be the Lord, to whom our praise is due, now and forever!

Ba-re-chu et A-do-nai ha-me-vo-rach!

Ba-ruch A-do-nai ha-me-vo-rach

Le o lam va ed!

5. READING

Blessed art Thou, O Lord our God, Ruler of the universe, who with Thy word bringest on the evening twilight, and with Thy wisdom openest the gates of the heavens. With understanding Thou dost order the cycles of time and dost very the seasons, setting the stars in their courses in the sky, according to Thy will. Thou creates day and night, rolling away the light from before the darkness, and the darkness from before the light. By Thy will the day passes into night; the Lord of creation is Thy name. O ever living, God, mayest Thou rule over us to all eternity. Blesses art Thou, O Lord, who bringest on the evening twilight.

6. READING

With everlasting love hast Thou loved the house of Israel, teaching us Thy Torah and commandments, Thy statutes and judgments. Therefore, O Lord, our God, when we lie down and when we rise up, we will meditate on Thy teachings and rejoice in the words of Thy Torah and in its commandments at all times, for they are our life and the length of our days. Day and night will we meditate upon them so that Thy love may never depart from us. Blesses art Thou, O Lord, who lovest Thy people Israel.

17. MOURNER'S KADDISH

Yitgadal v'yitkadash sh'mei raba. B'alma divra chirutei, v'yamlich malchutei
b'chayeichon uvyomeichon uvchayei d'chol beit Yisrael, ba-agala uvizman, kariv,
v'imeru: amen.

Y'hei shmei raba m'vorach l'olam ul'olemi olmaya.

Yitbarach v'yishtabach, v'yitpa-ar v'yitromam v'yitnasei, v'yit-hadar v'yitaleh
v'yitalal, shmei d'kud'sha, b'rich hu. L'eila min kol birchata, v'shirata, tushb'chata
v'nechemata, da-amiran b'alma, v'imru:
amen.

Yehei shelama raba min shemaya vechayim aleinu v'al kol Yisrael, v'imeru:
amen.

Oseh shalom bimeromav, hu ya-aseh shalom aleinu v'al kol Yisrael, v'imeru:
amen.

May the Source of peace send peace to all who mourn,
and comfort to all who are bereaved. Amen

18. ADON OLAM

Adon olam, asher malach, b'terem kol y'tzir nivra.
L'et na'asah v'cheftzo kol, azai melech sh'mo nikra.

V'acharey kichlot hakol, l'vado yimloch nora.
V'hu haya, v'hu hoveh, v'hu yih'yeh b'tifara.

V'hu echad, v'eyn sheni l'hamshil lo, l'hachbira.
B'li reishit, b'li tachlit, v'lo ha'oz v'hamisrah.

V'hu Eli, v'chai go'ali, v'tzur chevli b'et tzarah.
V'hu nisi umanos li, m'nat kosi b'yom ekra.

B'yado afkid ruchi b'et ishan v'a'irah.
V'im ruchi g'viyati, Adonai li v'lo ira.

15. ALEYNU

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּהּ לְיֹצֵר בְּרֵאשִׁית,

Aleinu le'shabeiach la'adon hakol,
lateit gedulah leyotzeir bereshit,

Oh Come, let us praise the Light of the World
And affirm the greatness of the Shaper of life
Who made every people a spark of divine
And Blessed each one in its own special way.

וְאֵנַחְנוּ כְּזֵרִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מַלְכֵּנוּ מְלִכֵּנוּ

הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Va'anachnu korim, u'mishtachavim, u'modim,
lifnei melech, malchei ham'lachim,
hakadosh baruch Hu.

We bow before the Presence of God,
who is the Power that rules the Universe.

וְנִאֲמַר וְתָהּ יְיָ לְמַלְכֵּנוּ עַל כָּל הָאָרְצִים, בַּיּוֹם הַזֶּה הוּא יְיָ אֶחָד, וְשִׁמּוֹ
אֶחָד:

Ve-ne-e-mar: "Ve-ha-ya A-do-nai
le-me-lech al kol ha-a-arets,
Ba-yom ha-hu yi-he-yeh
A-do-nai e'chad u-she-mo e-chad."

16. READING

You are my Light and my Salvation, whom shall I fear?
When I am filled with sorrow, you sooth my soul -
You are the source of my strength and my comfort.

O God, comfort us now, fill us with you love
In the morning, that we may sing joyously
Throughout the day.
Balance our suffering with joy.
Show your wonders and loving care
Be gracious to us, O God.

7. V'SHAMRU

V'shamru v'nei Yisrael et HaShabat la'asot et HaShabat l'dorotam brit olam.

And the children of Israel shall keep the Sabbath and observe it throughout their generations for a perpetual covenant. It is a sign between Me and the children of Israel forever, for in six days the Lord made heaven and earth, and on the seventh day He ceased from work and rested.

For on this day shall atonement be made for you to cleanse you; from all your sins before the Lord shall you be clean.

8. SHMA

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Shma Yisrael, Adonai Elo-Heynu, Adonai Echad
Listen O Israel, Listen O Humankind.
The Lord is our God, The Lord is One!

You shall love your God with all your heart, with all your soul, and with all your might. These words which I command you this day shall be in your heart. You shall teach them diligently to the children, speaking of them when you sit in your house, when you walk by the way, when you lie down and when you rise up. You shall bind them for a sign upon your hand, and they will be reminders before your eyes. Write them upon the door posts of your homes and upon your gates as reminders of God's presence.

9. AWSHAMNU

אֲשַׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ, דִּבַּרְנוּ דָּפִי. הֶעֵינֵנוּ, וְהִרְשַׁעְנוּ,
וְדָרְנוּ, חָמַסְנוּ, טָפַלְנוּ שֶׁקֶר. יַעֲצֵנוּ רַע, כָּזַבְנוּ, לָצְנוּ,
מָרְדְּנוּ, נֶאֱצַנוּ, סָרְרְנוּ, עֵוִינוּ, פָּשַׁעְנוּ, צָרְרְנוּ, קִשִּׁינוּ
עֲרָף. רָשַׁעְנוּ, שָׁחַתְנוּ, תַּעֲבַבְנוּ, תַּעֲתִיעְנוּ.

Ashamnu, bagadnu, gazalnu, dibarnu doa'fee. He'e'vinu v'heer'shanu,
zadnu, chamasnu, tafalnu sheker. Ya'atznu rah, kizavnu, latznu,
maradnu, ni'atznu, sa.rarnu, a'vinu, pashanu, tza'rar'nu, kishinu oref,
rah'shanu. she'chat'nu, ti'avnu, ta'eenu, teet'ah'nu.

Our God and God of our Fathers, let our prayer come before Thee; hide not Thyself from our supplication, for we are not arrogant and still necked, that we should say before Thee, O Lord our God and God of our fathers: "We are righteous and have never sinned", but, verify, we have sinned.

We have trespassed, we have been faithless, we have robbed, we have spoken basely, we have committed iniquity, we have wrought unrighteousness, we have been presumptuous, we have done violence, we have spread lies, we have counseled evil, we have spoken falsely, we have scoffed, we have revolted, we have blasphemed, we have been rebellious, we have acted perversely, we have transgressed, we have persecuted, we have been stiff-necked, we have done wickedly, we have corrupted ourselves, we have committed abominations, we have gone astray and we have led astray.

10. AL CHET

Forgive us O God our Father,
For the sin we have sinned before You by selfishness,
And for the sin we have sinned before You through thoughtlessness;
For the sin we have sinned before You by deceit,
And for the sin we have sinned before You by wronging our friends.
For the sin we have sinned before You by untruthfulness,
And for the sin we have sinned before You by scoffing;
For the sin we have sinned before You by evil speech
And for the sin we have sinned before You through greed;
For the sin we have sinned before You with false pride;
For all these, O God of forgiveness, forgive us, pardon us, and grant us atonement.
For the sin we have sinned before You by envy,
And for the sin we have sinned before You by foolishness;
For the sin we have sinned before You by running after evil,
And for the sin we have sinned before You by tale bearing;
For the sin we have sinned before You by undeserved hatred,
For all these, O God of forgiveness, forgive us, pardon us and grant us atonement

וְעַל כָּלֵם, אֲלוֹתָהּ סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כְּפָר-לָנוּ.
V'al ku-lam, e-lo-hay s'li-chot, s'lach la-nu, m'chal la-nu, ka-per la-nu.

11. KE ANU

כִּי אָנוּ עַמְּךָ, וְאַתָּה אֱלֹהֵינוּ; אָנוּ בְנֵיךָ וְאַתָּה אֱבִינוּ.
אָנוּ עַבְדֶּיךָ, וְאַתָּה אֱדוֹנֵנוּ; אָנוּ קְהִלָּה, וְאַתָּה הַקְּלָנוּ.

For we are Thy people, and Thou art our God;
We are Thy children, and Thou art our Father.
We are Thy servants, and Thou art our Master;
We are Thy congregation, and Thou art our Portion.
We are Thine inheritance, and Thou art our Lot;
We are Thy flock, and Thou art our Shepherd.
We are Thy vineyard, and Thou art our Keeper;
We are Thy work, and Thou art our Creator.
We are Thy cherished ones, and Thou art our Beloved.
We are Thy chosen, and Thou art our Friend;
We are Thy subjects, and Thou art our King.
We are Thine acknowledged people, and Thou art our acknowledged Lord.

12. READING

My soul aches to receive your love.
Only by the tenderness of your light can she be healed.
Engage my soul that she may taste your ecstasy.
My heart yearns with an age-long yearning for the embrace of your compassion.
O God, penetrate my longing with your presence.
Hurry my loved one. Embrace me that I may rejoice in the source of all joy.

13. AVEENU MALKENU

אֲבִינוּ מַלְכֵנוּ! חַנּוּנוּ וְעֲנָנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,
עֲשֵׂה עִמָּנוּ צְדָקָה וְהַסֵּד וְהוֹשִׁיעֵנוּ.

A-vee-nu mal-kay-nu! Cha-nay-nu Va-ah-nay-nu, key ain ba-nu
ma-ah-seem, ah-say ee-ma-nu tzi-da-kah va-che-sed v'ho-shee-ay-nu.

Avinu Malkeinu, hear our prayer.
Have compassion upon us and upon our children,
Help us bring an end to pestilence, war, and famine,
Cause all hate and oppression to vanish from the earth.
Inscribe us for blessing in the Book Of Life .
Let the new year be a good year for us.

Avinu Malkeinu, hear our prayer.
Help us to remember our Highest self,
our ideals, and our values.
Inspire us to inscribe ourselves for a good year.

A-vi-nu Mal-kei-nu
Cha-nei-nu va-a-nei-nu (2x)
Cha-nei-nu Va-a-nei-nu
Ah-sei i-ma-nu
Tse-dah-kah va-che-sed (2x)
Vi-ho-shi-ci-nu

14. SILENT PRAYER

(or such other prayer as the heart may prompt)

O God, keep my tongue from evil and my lips from speaking guile. Be my support when grief silences my voice and my comfort when woe bends my spirit. Implant humility in my soul, and strengthen my heart with perfect faith in Thee. Help me to be strong in temptation and trial and to be patient and forgiving when others wrong me. Guide me by the light of Thy counsel, that I may ever find strength in Thee, my Rock and my Redeemer. Amen.