

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.

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The New Synagogue of Long Island The Synagogue for Spiritual Judaism High Holy Days—Rosh HaShanah

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

1. MA TOVU

מָה טוֹבוֹ אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Ma tovu, ohalecha Ya-akov, mishk'notecha Yisrael.
How lovely are your tents, O Jacob, your dwelling-places, O Israel!

2. MODEH ANI

מוֹדָה אָנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם.
שְׁהַחֲזֵרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה:
רַבָּה אֱמוּנָתֶךָ:

Modeh Ani Le'fanecha, Melech Chai V'Kaym
Shehechezarta Bi Nish'mati B'Chem'lah
Rabah Emunatecha

O God, the soul which Thou gavest me is pure; Thou hast created it, Thou hast formed it, Thou hast breathed it into me. Thou preservest it within me; and Thou wilt take it from me, but wilt restore it unto me hereafter. So long as the soul is within me, I will give thanks unto Thee, O Lord my God and God of my fathers, Sovereign of all works, Lord of all souls! Blesses art Thou, O Lord, who restorest souls unto the dead.

3. READING

What shall we say before Thee, O thou who dwellest on high and what shall we recount unto Thee, Thou who abidest in the heavens? Doest Thou not know all things, both the hidden and the revealed?

Thou knowest the secrets of eternity and the most hidden mysteries of all living things. Thou searchest the innermost recess and triest the deepest motives of the heart. Naught is concealed from Thee, or hidden from Thine eyes.

May it then be Thy will, O Lord our God and God of our fathers, to forgive us for all our sins, to pardon us for all our iniquities, and to grant us remission for all our transgressions.

4. BEYADO

בְּנֹדוֹ אֶפְקִיד רִיחִי,
בְּעֵת אִישׁוֹן וְאֵעִיָּה:
וְעַם רִיחִי גֹזְזִי,
הֲהֵנָּה לִי וְלֹא אֵירָא

Beyado afkid ruchi, Be'eit ishan ve'a'ira,
Ve'im ruchi geviati: Adonai li, velo ira.

5. BARCHU

בָּרְכוּ אֶת יְיָ הַמְבָרָךְ:
בְּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד:

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!

6. AVINU MALKEINU

אֲבִינוּ מַלְכֵנוּ! חַנּוּנוֹ וְעֲנָנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד 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.
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-ei-nu

7. 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.

17. 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.

18. MOURNER'S KADDISH

Yitgadal v'yitkadash sh'mei raba. B'alma divra chirutei, v'yamlich malchutei b'cha-
yeichon uvvomeichon 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

14. OSEH SHALOM

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

15. EIN KEILOHEINU

אין כְּמוֹשִׁיעֵנוּ.	אין כְּמֹלְכָנוּ.	אין כְּאֹדוֹנֵינוּ.	אין כְּאֱלֹהֵינוּ.
מי כְּמוֹשִׁיעֵנוּ.	מי כְּמֹלְכָנוּ.	מי כְּאֹדוֹנֵנוּ.	מי כְּאֱלֹהֵינוּ.
גִּדְדָה לְמוֹשִׁיעֵנוּ.	גִּדְדָה לְמֹלְכָנוּ.	גִּדְדָה לְאֹדוֹנֵנוּ.	גִּדְדָה לְאֱלֹהֵינוּ.
בְּרַחֵם מֹשִׁיעֵנוּ.	בְּרַחֵם מֹלְכָנוּ.	בְּרַחֵם אֹדוֹנֵנוּ.	בְּרַחֵם אֱלֹהֵינוּ.
אַתָּה הוּא	אַתָּה הוּא מֹלְכָנוּ.	אַתָּה הוּא אֹדוֹנֵנוּ.	אַתָּה הוּא אֱלֹהֵינוּ.

אַתָּה הוּא שֶׁהִקְטִירָה אֲבוֹתֵינוּ לְפָנֶיךָ אֶת קְמַרְת הַסַּמִּים.

Ein keilo-heinu,	ein kado-neinu,	ein k'mal-keinu,	ein k'moshi-einu.
Mi kheilo-heinu,	mi khado-neinu,	mi kh'mal-keinu,	mi kh'moshi-einu.
Nodeh leilo-heinu,	nodeh lado-neinu,	nodeh l'mal-keinu,	nodeh l'moshi-einu.
Barukh elo-heinu,	barukh ado-neinu,	barukh mal-keinu,	Barukh moshi-einu.
Attah hu elo-heinu,	attah hu ado-neinu,	attah hu mal-keinu,	
			attah hu moshi-einu.

Attah hu sheh-hiktiru avoteinu l'fanekha et k'toret hasamim.

16. 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

8. THE SOUNDING OF THE SHOFAR

Blessed art Thou o Lord our God, King of the Universe, who has sanctified us by Thy commandments, and commanded us to listen to the sound of the shofar.

Blessed art Thou o Lord our God, King of the Universe, who has kept us alive, preserved us, and permitted us to reach this season.

תְּקִיעַת שׁוֹפָר

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ
לְשִׁמּוֹעַ קוֹל שׁוֹפָר.

9. BROSH HASHANAH

As the shepherd seeks out his flock,
And makes the sheep pass under his staff,
So do You muster and number and consider every soul,
Setting the bounds of every creature's life,
And decreeing destiny.

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן, וּבַיּוֹם צוֹם כְּפוּר יִחְתְּמוּן.

Brosh hashana yekatevun
U'v'yom tzom kippur
U'v'yom tzom kippur
yechatemun

On Rosh Hashanah it is written, on Yom Kippur it is sealed,
How many shall pass on,
How many shall come to be;
Who shall live and who shall die;
Who shall see ripe age and who shall not;
Who shall perish by fire and who by water;
Who by sword and who by beast;
Who by hunger and who by thirst;
Who by earthquake and who by plague;
Who by strangling and who by stoning;
Who shall be secure and who shall be driven;
Who shall be tranquil and who shall be troubled;
Who shall be poor and who shall be rich;
Who shall be humbled and who exalted.

וּתְשׁוּבָה וּתְפִלָּה וְצַדִּיקָה
מַעֲבִירִין אֶת־רֵעַ הַגְּזֵרָה.

U'teshuvah, U'tefilah, U'tzedakah maaverim et roah hageserah
But Repentance, Prayer and Charity temper the decree.

10. ASHAMNU

אֲשַׁמְנוּ, בְּגַדְנוּ, גָּזַלְנוּ, דִּבְרַנוּ דְּפִי. דְּעֵוִינוּ, וְהִרְשַׁעְנוּ,
אָדְנוּ, חָמַסְנוּ, טָפְלָנוּ שִׁקֵּר. יַעֲצֵנוּ רַע, כְּזָבְנוּ, לָצְנוּ,
מָרְדְנוּ, נֹאצְנוּ, סָרְרְנוּ, עֵוִינוּ, פִּשְׁעֵנוּ, צָרְרְנוּ, קִשִּׁינוּ
עָרְף. רְשַׁעְנוּ, שִׁחַחְנוּ, תַּעֲבֵנוּ, תַּעֲתֵנוּ.

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. t'avnun. ta'eenu. teef'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.

11. ALEYNU

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר 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.

וְאִנְחָנוּ בְּיָדֵינוּ וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ, מַלְכֵנוּ
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 וְהִיא יְיָ לְמַלְכָּה עַל כָּל הָאָרֶץ, בְּיָם הַזֶּה יִקְרָה יְיָ אֱהֵד, וְשִׁמוֹ
אֱהֵד:

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."

12. HENEI MATOV

הִנֵּה מָה טוֹב וּמָה נְעִים שִׁבַּת אַחִים גַּם יַחַד

Henei ma tov umanaim
Shevet achim gam yachad

13. WELCOMING THE ANGELS

Angel Song

B'shem Ha-Shem Elohey Yisrael
Meey'meenee Micha-El
U-mis'mol-ee Gavri-El
U-mil'fanay Uri-El
U-mey-achoray Rafa-El
V'al roshi Shekhinat El

Shalom Aleichem

Shalom aleichem
mal'achei hasharet
mal'achei elyon.
Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Bo'achem leshalom
mal'achei hashalom
mal'achei elyon
Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Bar'chuni leshalom
mal'achei hashalom
mal'achei elyon
Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.

Tzetchem leshalom
mal'achei hashalom
mal'achei elyon

Mimelech mal'achei ham'lachim
Hakadosh baruch Hu.