

**CONGREGATION AM HAYAM**

**ADDITIONAL ROSH HASHANAH READINGS and  
TRANSLITERATIONS**



***Shanah tovah u-m'tukah!***  
**A year of goodness and sweetness to all!**

**[www.CongregationAmHaYam.com](http://www.CongregationAmHaYam.com)**

**HASHIVEINU** (*Hanna Tiferet*)

***Hashiveinu, Adonai  
Eilecha, v'nashuva--  
chadeish yameinu k'kedem.***

Renew our faith in life  
Release us from pain and strife  
Remind us of who we are  
As we return to you.

**TO BREAK THE BONDS** (*Alden Solovy, adapted*)

To break the bonds of anger,  
To be generous of heart;

***To break the bonds of shame,  
To live with self-respect;***

To break the bonds of envy,  
To serve one another in joy;

***To break the bonds of boredom,  
To be attentive to all G!d's gifts;***

To break the bonds of fear,  
To live with courage and strength;

***To untie the knots of betrayal;  
To love with fullness of being.***

To break the bonds of loneliness,  
To receive a hand of hope;

***To break the bonds of egoism,  
To extend a hand of help;***

Released from the darkness,  
our people found their freedom at the Sea;

***And so we pray for release and liberation  
at the dawning of this new year. Amen!***

## VA-HA-SHEI-VO-TA

***Va-ha-shei-vo-ta el l'va-ve-cha ki A-d-nai hu ha-E-l-him.***

(Accept into your being that HaShem is G!d.)

### STUDY TEXTS

**TEXT #1:** Mishnah, Pirkei Avot 4:20

**אֵל תִּסְתַּכֵּל בִּקְנִיָּן, אֲלֵא בְּמָה שֵׁיֶשׁ בּוֹ**

Don't look at the container but at that which is in it

**TEXT #2:**

**Rav Chaim Vital (1542-1620), Shaarei HaK'dushah, Section 1, Gate 2**

**וּנְמָצָא כִּי יוֹתֵר צָרִיךְ לִיזְהַר מִמִּידוֹת רְעוֹת יוֹתֵר מִן קִיּוֹם הַמִּצְוֹת עֲשֵׂה  
וְלֹא תַעֲשֵׂה כִּי בִהְיוֹתוֹ בַּעַל מִידוֹת טוֹבוֹת בִּנְקֵל יִקְיִים כָּל הַמִּצְוֹת.**

Thus we find that a person must be even more careful in staying away from bad character traits than in fulfilling the mitzvot, positive or negative, because when one achieves refinement of character, they will be able to easily fulfill all of the mitzvot.

**TEXT #3:** Vilna Gaon (1720-1797), Even Sh'leimah 1

**כָּל עֲבוֹדַת ה' תְּלוּי בְּתִיקוֹן הַמִּידוֹת, שֶׁהֵם כְּמוֹ לְבוּשׁ לְהַמִּצְוֹת...  
וְכָל הַחֲטָאִים מוֹשְׂרָשִׁים מִיְדוֹת.**

All service of G!d is dependent upon the improvement of one's character since character traits are like clothing to the mitzvot.... All wrongdoing stems from unimproved character traits.

## AVINU MALKEINU

Avinu Malkeinu, cha-ta-nu l'fa-ne-cha

***Avinu Malkeinu, ein la-nu Me-lech e-la A-ta.***

Avinu Malkeinu, ha-cha-zi-rei-nu bit-shu-va sh'lei-ma l'fa-ne-cha.

***Avinu Malkeinu, cha-deish a-lei-nu shanah tovah.***

Avinu Malkeinu, sh'lach r'fu-a sh'lei-ma l'cho-lei a-me-cha.

***Avinu Malkeinu, ha-fer a-tsat oy-vei-nu.***

Avinu Malkeinu, zoch-rei-nu b'zich-ron tov l'fa-ne-cha.

***Avinu Malkeinu, kot-vei-nu b'Sefer Chayyim Tovim.***

Avinu Malkeinu, kot-vei-nu b'Sefer G'u-la Vi-shu-a.

***Avinu Malkeinu, kot-vei-nu b'Sefer Par-na-sa v'CHal-ka-la.***

Avinu Malkeinu, koth-vei-nu b'Sefer Z'chu-yot.

***Avinu Malkeinu, kot-vei-nu b'Sefer S'li-cha uM'chi-la.***

Avinu Malkeinu, hats-mach la-nu y'shu-a b'ka-rov.

***Avinu Malkeinu, Ha-reim ke-ren Yisrael a-me-cha.***

Avinu Malkeinu, sh'ma ko-lei-nu, chus v'ra-chem a-lei-nu.

***Avinu Malkeinu, ka-beil b'ra-cha-mim***

***uv-ra-tson et t'fi-la-tei-nu.***

Avinu Malkeinu, cha-mol a-lei-nu v'al o-la-lei-nu v'ta-pei-nu.

***Avinu Malkeinu, a-sei l'ma-an ba-ei va-eish u-va-ma-yim  
al ki-dush sh'me-cha.***

*(All together:)*

***Avinu Malkeinu, a-sei l'ma-an-cha im lo l'ma-a-nei-nu.***

***Avinu Malkeinu, cho-nei-nu va-a-nei-nu: ki ein ba-nu ma'a-sim.***

***a-sei i-ma-nu tse-da-ka va-che-sed v'ho-shi-ei-nu.***

## **PARENT'S PRAYER**

Oh, G!d, on this New Year, help me to be the best parent I can be. May I listen patiently to \_\_\_\_\_, and may I be attuned to what lies underneath his/her/their statements and questions. Keep me from interrupting or contradicting him/her/them.

May I not vainly hurt \_\_\_\_\_'s feelings. May I never shame him/her/them. Give me calm and self-control. Blind me to little errors, and help me to see the good that he/she/they do/es.

May my praise and love be palpable. May I take *naches*/pride in him/her/them. May our home(s) be a *mik-dash m'at*, a Holy Sanctuary, wherein reside respect, honor, love, and peace.

## **MI SHE-BEIRACH for the Kahal/Community**

Eternal Presence, who blessed our mothers and fathers, bless this holy congregation--a house of study, prayer, and righteous deeds.

***Bless those who strive to learn and uphold the Torah,  
to those who inspire others to learn, and uphold the Torah;  
to those who do the sacred work of building our community.***

May their service bring them joy, fulfillment, and purpose;  
and may they go *mi-chayil l'chayil*, from strength to strength.

***To our CAH members who offer their time and talent,  
their love and commitment***

and to all who come here, on this holy day of Rosh HaShanah,  
to share the search for meaning and renewal,

***may you know that your presence is a blessing,  
and that your friendship is a gift.***

May the spirit of peace, dignity, and respect live within these walls,  
inspiring us to care for one another with compassion;  
and may we be a source of goodness, light, and healing  
to the wider Ventura area community and to the world.

***Let us renew ourselves for the year ahead.  
Let us honor the precious legacy that is ours.***

## **May the Cry of the Shofar**

May the cry of the shofar shatter our complacency.  
***May the cry of the shofar penetrate our souls.***

May the cry of the shofar break the bonds of all that enslaves us.  
***May the cry of the shofar destroy the idols  
we have placed at the forefront of our lives.***

May the cry of the shofar awaken us to how we have strayed.  
***And may the cry of the shofar  
summon us to a life of responsibility.***

May the cry of the shofar elicit the response, “Hineni—Here I am.”  
***May the cry of the shofar remind us  
that we can be instruments of redemption.***

May the cry of the shofar break open our hearts.  
***May the cry of the shofar bring blessing to us,  
the people who hear its call.***

## **Page 282--K'VAKARAT**

***K'vakarat ro-e ed-ro; ma'avir tso-no ta-chat shiv-to.  
Kein ta-avir v'tis-por v'tim-ne; v'tif-kod nefesh kawl chai.  
V'tach-toch kitz-va l'chol bir-ya; v'tich-tov et g'zar dinam.***

*(As a shepherd looks after their flock, passing each under their staff,  
so do You look after us, passing each of us and reviewing each of us.)*

## **Page 284–ADAM Y’SODO MEI-AFAR**

*(Cantor Abram Brodach)*

***Adam y’sodo mei-afar v’sofu le-afar.  
B’naf-sho yavi lach-mo.***

***(Oy) mashul k’cheres (x2) k’cheres ha-nish-bar.  
Adam (3x) [Adam y’sodo...]***

***(Oy) k’cha-tsir ya-veish  
U-ch’tsits no-veil k’tseil o-ver.  
Adam (3x) [Adam y’sodo...]***

***V’che-anan kalah uch-ru-ach no-sha-vet  
Uch-avak po-rei-ach v’cha-cha-lom ya-uf.***

## **WE BELIEVE**

*(Katie Andrews)*

We believe that there is more Goodness than evil,  
and in the Goodness in all of the people that we meet.

***We believe the human family was meant to live in peace,  
and that there is far more to give thanks for than we can see.***

We believe our world needs as much Goodness as we can give,  
and we give as much as we can.

***We believe in the generosity of kindness,  
and that the gift of kindness echoes through time.***

We believe there is enough love for everyone,  
and that everyone could use a little more love.

***We believe that we have been given the gift  
of mercy and forgiveness—and our gratitude runs deep.***

We believe in the spirit of the holy day season,  
and that each day we walk in faithful purpose on a blessed journey.

## **A HERITAGE HAS COME DOWN TO US**

*(author unknown; adapted by Rabbi J.B. Sacks)*

A heritage of faith has come down to us.  
When others worshiped gods indifferent to goodness,  
our ancestors found One whose ways  
unite all people in justice and love.

***A heritage of learning has come down to us.  
When learning was the secret lore of princes and priests,  
our sages opened their doors to all who sought inspiration.***

A heritage of justice has come down to us.  
In a world where the powerful tormented the weak,  
our Torah taught us to love the poor and the stranger.

***A heritage of peace has come down to us.  
Where the sword was sovereign,  
we were commanded to seek peace and pursue it.***

All this is now ours.  
Ours is the teaching; ours is the task--  
to make this heritage live.

***This was the spirit of those who crossed the Red Sea;  
This was the commitment each generation of parents  
made to their parents and instilled in their children.***

It is a commitment we renew this moment,  
A commitment to our ancestors,  
to make this New Year, truly,

***a year of faith,  
a year of learning,  
a year of justice,  
a year of peace.***

## **ON THIS DAY OF RENEWAL**

*(Rabbi Abraham Karp, adapted by Rabbi J.B. Sacks)*

On this Day of Renewal we can decide;  
on this Day of Repentance we can determine;

***Who shall live--and live fully,  
and who shall live--but not get the most out of life;***

Who shall acquire fullness of life--through sharing,  
and who shall be cut off--through selfishness.

***Who shall be consumed by the fires of arrogance,  
and who shall be quenched by the waters of despair;***

Who shall be cut down by the sword of envy,  
and who shall be devoured by beastly hate;

***Who shall hunger for love and belonging,  
and who shall thirst for friendship and acceptance;***

Who shall be shaken by rejecting sacred values,  
and who shall be plagued by scorning cherished virtues;

***Who shall be strangled into silence,  
and who shall be stoned into submission;***

Who shall find rest in home and hearth,  
and who shall be gripped by restlessness and disquietude;

***Who shall attain tranquility of mind and soul,  
and who shall be beset with anxiety and doubt;***

Who shall have a life poor in accomplishment,  
and who shall have a life rich in satisfactions;

***Who shall bring themselves low in dejection,  
and who shall raise themselves high in hope;***

But all have been gifted with the power  
of *T'shuvah*, *t'fillah*, and *tz'dakah*,  
changing, resolving, and doing.

***May we use wisely the gifts which these Days  
of Renewal and Repentance bring.***

## **LIVING LIFE ON LIFE'S TERMS: A CODE**

*(Mother Teresa)*

People are often unreasonable, illogical, and self-centered;  
forgive them anyway.

***If you are kind, people may accuse you  
of selfish, ulterior motives;  
be kind anyway.***

If you are successful,  
you will win some false friends and some true enemies;  
succeed anyway.

***If you are honest and frank,  
people may cheat you;  
be honest and frank anyway.***

What you spend years building,  
someone could destroy overnight;  
build anyway.

***If you find serenity and happiness,  
they may be jealous;  
be happy anyway.***

The good you do today, people will often forget tomorrow;  
Do good anyway.

***Give the world the best you have,  
and it may never be enough;  
Give the world the best you've got anyway.***

You see, in the final analysis,  
it is between you and God;  
it was never between you and them anyway.

## **A BLESSING OF ANGELS**

*(John O'Donohue)*

May the Angels in their beauty bless you.  
May they turn toward you streams of blessing.

***May the Angel of Awakening stir your heart  
to come alive to the eternal within you,  
to all the invitations that quietly surround you.***

May the Angel of Healing  
turn your wounds into sources of refreshment.

***May the Angel of the Imagination enable you to stand at ease  
with your ambivalence and draw you in new directions  
through the glow of your contradictions.***

May the Angel of Compassion open your eyes  
to the unseen suffering around you.

***May the Angel of Wildness disturb the places  
where your life is domesticated and safe,***

and take you to the territories of true otherness,  
where all that is awkward in you can fall into its own rhythm.

***May the Angel of Eros introduce you to the beauty of your senses  
To celebrate you As a temple of the holy spirit.***

May the Angel of Justice disturb you  
to take the side of the poor and the wronged.

***May the Angel of Encouragement confirm you  
in worth and self-respect,  
that you may live with the dignity that presides in your soul.***

May the Angel of Death arrive only when your life is complete  
And you have brought every given gift  
to the threshold where its infinity can shine.

***May all the Angels be your sheltering and joyful guardians.***

## CONCLUDING BENEDICTION

***Our G!d and G!d of all generations before us:  
May it be Your will in the coming year to grant us--***

A year of **A**bundance and atonement

***A year of Blessings bestowed and received***

A year of **C**ommunity and compassion

***A year of Delight and exultation***

A year of **E**nlightenment

***A year of Friendship and forgiveness***

A year of **G**oing-up in gladness to the Land of Israel

***A year of Health and healing and humor***

A year of **I**nnner strength and well-being

***A year of Joy and Jewish celebration***

A year of **K**nowledge and learning for its own sake

***A year of Love--between parents and children,  
friends and spouses, brothers and sisters***

A year of **M**itzvot and moments of sweetness

***A year of Nature protected and enjoyed***

A year of **O**ptimism and hope

***A year of Peace--pursued with perseverance***

A year of **Q**uiet and tranquility

***A year of Rain in its season***

A year of **S**ong and spiritual growth

***A year of Torah study and tikkun olam***

A year of **U**nderstanding and unity

***A year of Vows fulfilled and violence overcome***

A year of **W**isdom acquired and shared

***A year of co-eXistence among the families of the earth***

A year of **Y**oung and old reaching out to one another

***A year of Zion aglow with light for us and all the world***

***Our G!d and G!d of the generations before us:***

***Grant us a year of gratitude to You***

***for the most profound of blessings--Your gift of life.***

## **Congregation Am HaYam Mission Statement**

We are a progressive, egalitarian, and inclusive congregation.

We embrace the Conservative Movement's thoughtful, germane, and sometimes challenging interplay between innovation and tradition, and wish to participate in creating and maintaining an engaging synthesis of the two.

We strive to create a community in which Judaism feels central, indispensable, and relevant to twenty-first century life.

We believe that the values of Torah (exploring the accumulated wisdom of our tradition), Chesed (extending kindness, hospitality, and generosity to others) and K'dushah (bringing God and holiness into life's every day and sacred moments) can provide us with direction, meaning, and connection in an evolving world.

### **Torah: Exploring The Accumulated Wisdom Of Our Tradition**

- We believe in the importance of studying Jewish values, traditions, wisdom, history, and the Hebrew language.
- We believe that this knowledge gives us a foundation that can anchor and guide us through our lives.
- We believe that Jewish learning and Jewish literacy will ensure the continuity of Jewish life and tradition from one generation to another.

### **Chesed: Extending Kindness, Hospitality And Generosity To Others**

- We believe that how we welcome and care for those in our midst defines us.
- We are an inclusive congregation, and we treat one another with civility, respect, and kindness.
- We are aware of, and grateful for, our blessings, and we are committed to sharing and giving generously to others within our community, the greater Jewish community, Israel, and the world.

### **K'dushah: Bringing God And Holiness Into Life's Every Day And Sacred Moments**

- We believe that through communal prayer experiences, creative holiday programs, and meaningful life cycle rituals our lives will be enriched.
- We come together for spiritual and personal deepening through prayer and ritual, to support each other through life's challenges and celebrations, to mark life's milestones, and to observe and/or celebrate holy days and holidays.
- We believe these experiences enable us to feel connected to something greater than ourselves—a tradition and community upon which we can rely.

## **PRIVATE PRAYERS** (for synagogue, home, and for anytime)

### **What Is a Jewish Tefillah/Prayer?**

*(Rabbi J.B. Sacks, based upon Rabbi Ralph De Koven, Siddur M'forash)*

A Jewish tefillah/prayer can be many things:

- It can be a way of saying “thank you” to G!d the many wonderful gifts to us
- It can be a song of praise, telling how great this world is, and how wonderful life can be
- It can be a story of the great deeds of human heroes and of great happenings in our people’s past
- It can be a recounting of G!d’s miracles and life’s wonders
- It can be a telling of Jewish laws, holy days, or customs
- While it can be something for ourselves, most prayers are for the Jewish people and all people everywhere. So tefillah takes us out of the “me” perspective, and puts us into the “we” perspective
- One of the original meanings of the word t’fillah is “think.”

Don’t you often “think” about the great and unusual things that you experience in our world?

Don’t you often feel that you would like to show your joy and appreciation?

Aren’t there times when you feel sad, ill, or lonely?

Aren’t there times when you see things happen in our world that are wrong and cruel?

Don’t you often feel like crying out about it?

Tefillah, then, is a way to show our feelings about any and all of these things.

Come, let us give thanks, let us praise, let us retell, let us recount, let us go from “me” to “we,” let us think and feel.

Tefillah points the way.

**For Reflection:**

Dear G!d, I come to You to express awe  
for all that You have already given me  
and for all that I am.

I know that everything I experience is to further my growth.  
I thank You, G!d, for the myriad experiences You present me each day.  
(*Yvonne Dayan*)

**For Surrendering to G!d:**

G!d, I come to You, the One, to surrender my emotions.  
I drop in front of You and melt down my defenses,  
letting You transform and lift me to a higher place.

I let go and surrender to You  
all the thoughts, feelings, and actions previous to this moment--  
whatever they may have been--  
to You in peace, serenity, and bliss.

Blessed are You, Holy One of the Universe,  
who embraces the one who surrenders to You.  
(*Yvonne Dayan*)

**For Tikkun Olam/Repair of the World:**

I acknowledge the Oneness of the universe  
and am deeply moved by the workings of nature,  
and the marvels of the world.

May You, Source of Light and Darkness,  
bless me with wisdom,  
understanding, compassion,  
strength, harmony,  
success, beauty,  
creativity, and nobility  
to do Your will and serve as a sacred vehicle  
for *tikkun olam*, the repair of the universe.  
(*Yvonne Dayan*)

## For Living with Others

Loving G!d,  
how much I need the balm of friendship  
and the warmth of understanding!

How greatly I need to be needed and cherished!

I pray therefore that my soul may know the joy of love given and received.  
Open my eyes to the beauty within all who walk the earth.

When I feel lonely and forsaken,  
let the faith that You are with me give me strength,  
and the solace of friendship bring me courage.

Keep me from imagined hurts,  
from seeing only foes where friends are to be found.

And give me insight into my own heart,  
that I may uproot my weaknesses.

Help me to be patient when I am misunderstood,  
open to the thoughts of others,  
and quick to forgive hurts.

As a friend to others,  
may I neither judge them too harshly  
nor slavishly follow them in paths that are not mine.

And as we walk through life together,  
let me and my dear ones  
go with that integrity which leads to peace,  
that love which brings harmony and joy,  
that regard whose fruit is enduring friendship.  
Amen.

*(On the Doorpost of Your House, CCAR Press, NY, 1994)*

## **Listen, G!d: A Personal Prayer**

*(Debbie Perlman, adapted by Rabbi J.B. Sacks)*

Listen!

Because I know You will hear me  
As I hope yet fear the unknown year I must enter,  
Surrendering my self, my authority,  
If only for a brief while.  
If only now.

Listen!

Because I know You will hear  
As I praise You at this season  
Spreading warmth of renewal  
over the cold earth covering hearts  
Even as my soul's chill is starting to warm.

Listen!

Because I know You are there:  
Hearing me,  
Warming me,  
Renewing me,  
Leading me through this time  
To a place of health and vigor.

## **Things You Can Control**

*Caleb LP Gunner*

Your Beliefs

Your attitude

Your thoughts

Your perspective

How honest you are

Who your friends are

What books you read

How often you exercise

The type of food you eat

How many risks you take

How you interpret the situation

How kind you are to others

How kind you are to yourself

How often you say "I love you."

How often you say "thank you."

How you express your feelings

Whether or not you ask for help

How often you practice gratitude

How many times you smile today

The amount of effort you put forth

How you spend/invest your money

How much time you spend worrying

How often you think about your past

Whether or not you judge other people

Whether or not you try again after a setback

How much you appreciate the things you have



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