



# **M'kor T'filah**

Source of Prayer  
Selichot

**Congregation M'kor Shalom**  
Cherry Hill, New Jersey

## HAYDALAH

*The candle is lit*

הִנֵּה אֵל יִשׁוּעָתִי, אֲבֹטַח וְלֹא אֶפְחָד.  
כִּי עֲזִי וְזַמְרַת יְהוָה יִי, וַיְהִי־לִי לִישׁוּעָה.  
וּשְׂאֲבָתָם מֵיָם בְּשִׁשׁוֹן מִמַּעֲיֵנֵי הַיִּשׁוּעָה.  
לִי הַיִּשׁוּעָה, עַל־עַמֶּךָ בְּרַכְתֶּךָ, סֵלָה.  
יְיָ צַבָּאוֹת עֲמָנוּ, מִשְׁגֵּב־לָנוּ אֱלֹהֵי יַעֲקֹב, סֵלָה.  
יְיָ צַבָּאוֹת, אֲשֶׁר־י אָדָם בֹּטַח בְּךָ!

Behold, God is my Deliverer; trusting in Adonai, I am not afraid.

*For God is my Strength and my Stronghold, the Source of my deliverance.*

With joy shall we draw water from the wells of salvation.

*Adonai brings deliverance, and blessing to the people.*

The Ruler of the Universe is with us; the God of Jacob is our stronghold.

*O God of all the world, happy is the one who trusts in You!*

יְיָ, הוֹשִׁיעָה; הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם־קְרָאֵנוּ.  
לְיְהוּדִים הָיְתָה אוֹרָה וְשִׂמְחָה, וּשְׁשׁוֹן וִיקָר; בֵּן תְּהִיָּה  
לָנוּ.  
כּוֹס יִשׁוּעוֹת אֲשָׂא, וּבִשְׁם יְיָ אֶקְרָא.

Save us, O God, answer us, O Ruler, when we call upon You.  
Give us light and joy, gladness and honor, as in the happiest days  
of Israel's past.

*Then we will lift up the cup to rejoice in Your saving power, and call  
our Your name in praise.*

*The cup of wine is raised*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Blessed is Adonai our God, Ruler of the universe, Creator of the fruit of the vine.

*The spice-box is held up*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי  
בְּשָׂמִים.

Blessed is Adonai our God, Ruler of the universe, Creator of all the spices.

*The candle is held up*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוֹרֵי  
הָאֵשׁ.

Blessed is Adonai our God, Ruler of the universe, Creator of the light of fire.

---

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, הַמְּבַדִּיל בֵּין  
קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין  
יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה. בָּרוּךְ אַתָּה, יְיָ,  
הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

Blessed is Adonai our God, Ruler of the universe, who separates sacred from profane, light from darkness, the House of Israel from other peoples, and the seventh day of rest from the six days of labor.

Blessed is God, who separates the sacred from the profane.

*The candle is extinguished*

---

Elijah!  
 Week after week we wait,  
 at Sabbath's end we wait for you,  
 we wait to be redeemed:  
 from guilt and oppression redeemed;  
*from lonely days redeemed;*  
 from empty nights redeemed;  
*and from the stuttering of our hearts,*  
*from that, too, redeemed.*

Do you wait for us?  
 Do you await one sign,  
 one deed, one surprise?

*Yes, yes! You wait for us,*  
*you wait for us to wait no more.*

Help us. Help us turn.  
 Help us turn, to begin to turn.

*Ei-li-ya-hu ha-na-vi,*  
*Ei-li-ya-hu ha-tish-bi;*  
*Ei-li-ya-hu, Ei-la-ya-hu,*  
*Ei-li-ya-hu ha-gil-a-di.*  
*Bi-me-hei-ra ve-ya-mei-nu,*  
*ya-vo ei-lei-nu;*  
*im ma-shi-ach ben Da-vid,*  
*im ma-shi-ach ben Da-vid.*  
*Ei-li-ya-hu . . .*

אֱלֹהֵי הַנְּבִיא,  
 אֱלֹהֵי הַתְּשׁוּבָה;  
 אֱלֹהֵי הַתְּשׁוּבָה,  
 אֱלֹהֵי הַגְּלֵעָדִי.  
 בְּמַהֲרָה בְּיָמֵינוּ,  
 יָבֹא אֱלֹהֵינוּ;  
 עִם מְשִׁיחַ בֶּן דָּוִד,  
 עִם מְשִׁיחַ בֶּן דָּוִד.  
 אֱלֹהֵינוּ . . .

*Ha-mav-dil bein ko-desh le-chol,*  
*cha-to-tei-nu hu yim-chol,*  
*zar-ei-nu ve-chas-pei-nu*  
*yar-beh ka-chol,*  
*ve-cha-ko-cha-vim ba-lai-la.*  
*Sha-vu-a tov . . .*

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל,  
 חַטָּאתָנוּ הוּא יִמְחַל,  
 זָרְעָנוּ וְכַסְפָּנוּ  
 יִרְבֶּה בְּחֹל,  
 וְכַכּוֹכָבִים בְּלֵילָה.  
 שְׂבוּעַ טוֹב . . .

## FORGIVENESS

On Jacob's journey home he had to meet his brother,  
Esau, whom he had cheated; Esau, who had sworn to kill him;  
Esau, on the journey home.

Each of the brothers thought of the past—  
One, of wrongs he had committed,  
The other, of injustice done to him;  
One, of exile suffered for his sins,  
The other, of tears of anguish he had shed.

The brothers came for battle, as brothers often do,  
But Jacob pleaded for forgiveness . . .  
Jacob thought, "Maybe he will forgive me."  
"And Jacob bowed seven times before he reached his brother.  
Then Esau ran to meet him, hugged him,  
Fell on his neck and kissed him.  
They wept."

Reconciliation. Forgiveness. An end to useless quarrels.  
Two brothers buried hate  
Because one was humble enough to say, I am sorry;  
And the other, forgiving enough not to mention former sins.

Esau is always on the journey home.  
Each of us must meet those we have wronged.  
Each of us is questing for home—  
The person that we ought to be.

When it is our turn to be like Jacob,  
God, help us to admit our wrongs. Help us to be humble.  
Strengthen us to seek forgiveness from our brothers.  
Let us not perish in our pride,  
Nor suffocate in self-justification.

When it is our turn to be like Esau,  
God, let us be forgiving. Help us to forget the past.  
Help us to erase from our eyes  
Bitter memories that blind us.  
Help us to meet our brothers.  
Help us to find the way home.

—Genesis 32-33

## L'CHU N'RAN'NA

*L'chu n'ran'na L'Adonai  
Naria l'tzur yisheinu  
N'kadma fanav b'todah  
Bis'mirot naria lo.*

לְכוּ נִרְנֵה לַיְיָ,  
נִרְיֵעָה לְצוּר יִשְׁעֵנוּ.  
נִקְדָּמָה פָּנָיו בְּתוֹדָה,  
בְּזִמְרוֹת נִרְיֵעַ לוֹ.

Come, let us sing to Adonai  
Let us sound the shofar to the Rock of our deliverance  
Let us greet God's presence with thanks  
With hymns let us raise our voices to God.

---

*Ha-shi-vei-nu A-do-nai ei-le-cha,  
ve-na-shu-vah.  
cha-deish ya-mei-nu ke-ke-dem.*

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ,  
וְנִשׁוּבָה.  
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

Help us to return to You, O God; then truly shall we return.  
Renew our days as in the past.

---

*Eli, Eli,  
Sheh-lo yi-ga-mer l'olam  
Ha-chol v'ha-yahm  
Rish-roosh shel ha-mah-yim  
B'rak ha-sha mah-yim  
T'fee-lot ha-a-dahm*

אֱלֹהֵי אֱלֹהֵינוּ,  
שֶׁלֹא יִגְמַר לְעוֹלָם  
הַחֹל וְהָיִים,  
רִשְׁרוּשׁ שֶׁל הַיָּמִים,  
בְּרַק הַשָּׁמַיִם,  
תְּפִלַּת הָאָדָם.

O Lord, my God,  
I pray that these never end:  
the sand and the sea,  
the rush of the waters,  
the crash of the heavens,  
the prayer of all.

## TURNING: THE CALL

Now is the time for turning. The leaves are beginning to turn from green to red and orange. The birds are beginning to turn and are heading once more toward the South. The animals are beginning to turn to storing their food for the winter. For leaves, birds, and animals turning comes instinctively. But for us turning does not come so easily. It takes an act of will for us to make a turn. It means breaking with old habits. It means admitting that we have been wrong; and this is never easy. It means losing face; it means starting all over again; and this is always painful. It means saying: I am sorry. It means recognizing that we have the ability to change. These things are terribly hard to do. But unless we turn, we will be trapped forever in yesterday's ways. Lord, help us to turn—from callousness to sensitivity, from hostility to love, from pettiness to purpose, from envy to contentment, from carelessness to discipline, from fear to faith. Turn us around, O Lord, and bring us back toward You. Revive our lives, as at the beginning. And turn us toward each other, Lord, for in isolation there is no life.

---

As clay takes form  
in a potter's hand,  
so do we in Yours.

*Mold us into human form.  
You are the potter;  
we are but clay.*

As words are shaped  
by a poet's hand,  
so are we by Yours.

*Make us Your song.  
You are the singer,  
we are Your work.*

As a ship takes its course  
from a sailor's hand,  
so do we from Yours.

*Set us on Your chosen course.  
You are the sailor;  
we are Your ship.*

As threads are patterned  
by a weaver's hand,  
so are we by Yours.

*Weave us into Your plan, O God.  
We are Your people;  
You are our King!*

We are Your people,	כִּי אָנּוּ עַמֶּךָ
You are our God.	וְאַתָּה מֶלֶכְנוּ.
We are Your children,	אָנּוּ בְנֶיךָ
You are our Ruler.	וְאַתָּה אָבִינוּ.
We are Your possession,	אָנּוּ נַחֲלָתְךָ
You are our Portion.	וְאַתָּה גּוֹרְלָנוּ.
We are Your flock,	אָנּוּ צֹאנֶךָ
You are our Shepherd.	וְאַתָּה רוֹעֵנוּ.
We are Your vineyard,	אָנּוּ כַרְמֶךָ
You are our Keeper.	וְאַתָּה נוֹטְרָנוּ.
We are Your beloved,	אָנּוּ רְעִיתְךָ
You are our Friend.	וְאַתָּה דוֹדָנוּ.



## THE DIVINE COMPASSION

אל מֶלֶךְ, יוֹשֵׁב עַל כִּסֵּא רַחֲמִים, מִתְנַהֵג בְּחַסִּידוֹת,  
מוֹחֵל עֲוֹנוֹת עַמּוֹ, מַעֲבִיר רֵאשׁוֹן רֵאשׁוֹן, מְרַבֵּה  
מַחִילָה לְחַטָּאִים, וְסֹלִיחָה לְפוֹשְׁעִים. עוֹשֶׂה צְדָקוֹת  
עִם כָּל בָּשָׂר וָרוּחַ, לֹא כִרְעָתָם תִּגְמַל.

Sovereign God, whose throne is mercy, You guide the world with steadfast love, forgiving the transgressions of Your people; You pardon all who sin, are generous with all who live, treating them with compassion.

אל, הוֹרִיתָ לָנוּ לֹמֵר שְׁלֹשׁ עֶשְׂרֵה. זָכַר לָנוּ הַיּוֹם  
בְּרִית שְׁלֹשׁ עֶשְׂרֵה, כְּמוֹ שֶׁהוֹדַעְתָּ לְעֵנֹו מִקְדָּם, כְּמוֹ  
שֶׁכָּתוּב: "וַיֵּרֵד יְיָ בְּעָנָן, וַיִּתְיַצֵּב עִמּוֹ שָׁם, וַיִּקְרָא בְּשֵׁם  
יְיָ. וַיַּעֲבֵר יְיָ עַל פָּנָיו וַיִּקְרָא:

You have taught us, O God, Your covenant with life. This day remember Your covenant, revealed from of old to Moses, the humble one. As it is written: The Lord descended in a cloud and stood with him there and revealed the divine nature. Adonai passed before Moses and said:

יְיָ, יְיָ אֵל רַחוּם וְחַנוּן, אֶרְךְ אַפַּיִם וְרַב־חֶסֶד וְאֱמֶת,  
נִצַּר חֶסֶד לְאֲלֹפִים, נִשְׂא עוֹן וְפָשַׁע וְחַטָּאָה וְנִקָּה.

Adonai, Adonai, God is merciful and gracious,

*endlessly patient,*

loving and true,

*showing mercy to thousands,*

forgiving our sin,

*and granting pardon.*

We pray with Moses:

*Pardon our sin;  
call us Your own,  
call us Your own.*

וְסִלְחֵנוּ לְעוֹנֵינוּ  
וְלִחַטָּאתֵנוּ  
וְנַחֲלֵתֵנוּ.

שְׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,  
וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן אֶת־תְּפִלָּתֵנוּ.  
הַשִּׁיבֵנוּ יְיָ אֱלֹהֵי, וְנָשׁוּבָה. חַדֵּשׁ יָמֵינוּ כְּקִדְמָם.  
אֲמַרְיֵנוּ הַאֲזִינָה, יְיָ, בִּינָה הִגִּיגְנוּ.  
אֵל תִּשְׁלִיכֵנוּ מִלְּפָנֶיךָ, וְרוּחַ קִדְשְׁךָ אֵל תִּקַּח מִמֶּנּוּ.  
אֵל תִּשְׁלִיכֵנוּ לְעַת זְקֵנָה, כְּכֹלֹת כַּחֲנוּ אֵל תַּעֲזֹבֵנוּ.  
אֵל תַּעֲזֹבֵנוּ, יְיָ אֱלֹהֵינוּ, אֵל תִּרְחַק מִמֶּנּוּ.  
כִּי לָךְ, יְיָ, הוֹחַלְנוּ, אֶתְּךָ תַּעֲנֶה, אֲדַנִּי אֱלֹהֵינוּ.

Hear our voice, Adonai our God; have compassion upon us, and with that compassion accept our prayer.

*Help us to return to You, O God; then truly shall we return.  
Renew our days as of old.*

Consider our words, God: look into our inmost thoughts.

*Do not cast us away from Your presence, do not remove Your  
holy spirit.*

Do not dismiss us when we are old; as our strength diminishes, do not abandon us.

*Do not abandon us, Adonai our God; do not be far from us.*

For You, Righteous One, do we wait; and You, our God, will answer.

---

### **WE ACKNOWLEDGE OUR SINS**

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, תְּבוֹא לְפָנֶיךָ תְּפִלָּתֵנוּ. וְאֵל  
תִּתְעַלֵּם מִתְחַנְּתֵנוּ, שְׂאִין אֲנַחְנוּ עֲזֵי פָנִים וְקָשִׁי עֲרָף,  
לוֹמַר לְפָנֶיךָ, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, צְדִיקִים  
אֲנַחְנוּ וְלֹא חָטְאנוּ; אֲבָל אֲנַחְנוּ חָטְאנוּ; חָטְאנוּ,  
עֲוִינוּ, פִּשְׁעֵנוּ.

Our God, God of our mothers and fathers, grant that our prayers may reach You. Do not be deaf to our pleas, for we are not so arrogant and stiff-necked as to say before You, our God and God of all ages, we are perfect and have not sinned; rather do we confess: we have gone astray, we have sinned, we have transgressed.

## SHORT CONFESSION

וידוי זוטא

אֲשָׁמְנוּ, בְּגִדְנוּ, גָּזַלְנוּ, דִּבְרָנוּ דְּפִי.  
הֵעֵוִינוּ, וְהִרְשָׁעוּ, וְדָנוּ, חָמְסָנוּ,  
טָפְלָנוּ שָׁקֵר. יַעֲצָנוּ רָע, כִּזְבָּנוּ, לָצָנוּ,  
מְרִדְנוּ, נֶאֱצָנוּ, סָרְרָנוּ, עֵוִינוּ,  
פָּשָׁעָנוּ, צָרְרָנוּ, קִשְׁיָנוּ עָרְף. רִשָּׁעָנוּ,  
שִׁחַתְנוּ, תַּעֲבָנוּ, תַּעֲיָנוּ, תַּעֲתָעָנוּ.

We all have committed offenses; together we confess these human sins:

*The sins of arrogance, bigotry, and cynicism; of deceit and egotism, flattery and greed, injustice and jealousy.*

Some of us kept grudges, were lustful, malicious, or narrow-minded.

*Others were obstinate or possessive, quarrelsome, rancorous, or selfish.*

There was violence, weakness of will, xenophobia:

*We yielded to temptation, and showed zeal for bad causes.*

וּבְכֵן יְהִי רְצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
שֶׁתְּסַלַח לָנוּ עַל כָּל-חַטָּאתֵינוּ וְתִמְחַל לָנוּ עַל  
כָּל-עֲוֹנוֹתֵינוּ וְתִכַּפֵּר-לָנוּ עַל כָּל-פְּשָׁעֵינוּ.

Now may it be Your will, O god of all the generations, to pardon all our sins, to forgive all our wrongdoings, and to blot out all our transgressions:

---

## LONG CONFESSION

וידוי רבה

על חטא

על חטא שֶׁחָטָאנוּ לְפָנֶיךָ בְּאִנּוּס וּבְרְצוֹן.

*The sin we have committed against You under duress or by choice.*

*The sin we have committed against You consciously or unconsciously.*

וְעַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ בְּגִלּוּי וּבְסֵתֵר.

*And the sin we have committed against You openly or secretly.*

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ בְּשִׂנְאָת חָנָם.

*The sin we have committed against You by hating without cause.*

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ בְּמִשָּׂא וּבְמִתָּן.

*The sin we have committed against You by dishonesty in business.*

וְעַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ בְּהוֹנָאת רֵעַ.

*And the sin we have committed against You by hurting others in any way.*

*Ve-al ku-lam, E-lo-ah  
se-li-chot, se-lach la-nu,  
me-chal la-nu, ka-per la-nu!*

וְעַל כָּל־אֱלוֹהִים  
סְלִיחוֹת, סְלַח לָנוּ,  
מִחַל לָנוּ, כַּפֵּר-לָנוּ!

*For all these, O God of mercy, forgive us, pardon us, grant us atonement!*

---

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ . . .

*We have sinned against life by failing to work for peace.*

*We have sinned against life by keeping silent in the face of injustice.*

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ . . .

*We have sinned against life by ignoring those who suffer in distant lands.*

*We have sinned against life by forgetting the poor in our own midst.*

עַל חַטָּא שְׁחָטְאנוּ לְפָנֶיךָ . . .

*We have failed to respect those made in the image of God.*

*We have withheld our love from those who depend on us.*

עַל חֲטָא שְׁחָטָאנוּ לְפָנֶיךָ . . .

We have engaged in gossip and in repeated slander.

*We have distorted the truth for our own advantage.*

עַל חֲטָא שְׁחָטָאנוּ לְפָנֶיךָ . . .

We have conformed to fashion and not to conscience.

*We have indulged in despair and trafficked with cynics.*

עַל חֲטָא שְׁחָטָאנוּ לְפָנֶיךָ . . .

We have given meager support to our Houses of Study.

*We have neglected our heritage of learning.*

עַל חֲטָא שְׁחָטָאנוּ לְפָנֶיךָ . . .

We have sinned against ourselves and paid scant heed to the life of the spirit.

*We have sinned against ourselves and have not risen to fulfill the best that is in us.*

*Ve-al ku-lam, E-lo-ah  
se-li-chot, se-lach la-nu,  
me-chal la-nu, ka-per la-nu!*

וְעַל כָּל־אֵלֹהִים  
סְלִיחוֹת, סְלַח לָנוּ,  
מְחַל לָנוּ, כַּפֵּר-לָנוּ!

*For all these, O God of mercy, forgive us, pardon us, grant us atonement!*

---

God before whom words must be true, we acknowledge our faults and our failings. Help us now to strengthen the good impulse within us.

*Help us to care about wrongs from which we have been spared;  
to seek forgiveness for the wrongs we shall do; to forgive the wrongs  
that are done to us.*

Create in us a clean heart, and place a willing spirit within us.

*Shed Your light upon us, O God, that we may see the goodness in  
each of Your children.*

## MEDITATION

Keep me, O God, from bad intentions and from excessive pride; help me at all times to govern my passions and master my inclinations. Against melancholy and bitterness defend my soul; guard my tongue against slander and deceit, and open my eyes to the virtues of others.

---

*A-vi-nu mal-kei-nu, cho-nei-nu  
va-a-nei-nu, ki ein ba-nu  
ma-a-sim, a sei i-ma-nu  
tse-da-kah va-che-sed, ve-ho-shi-ei-nu.*

אָבִינוּ מַלְכֵינוּ, חֲנֻנוּ  
וְעַנְנוּ, כִּי אֵין בָּנוּ  
מַעֲשִׂים, עֲשֵׂה עִמָּנוּ

Aveenu Malchaynu, be gracious and answer us, even when we have little merit; treat us generously and with kindness, and be our help.

צְדָקָה וְחֶסֶד, וְהוֹשִׁיעֵנוּ.

---

חֲנֻנוּ, יְיָ, חֲנֻנוּ, כִּי רַב שְׂבָעֵנוּ בּוֹז. בְּרָגַז רַחֵם תִּזְכּוֹר.  
כִּי הוּא יָדַע יִצְרָנוּ, זְכוֹר כִּי עָפָר אֲנַחְנוּ.

Be gracious, Adonai, be gracious to us; our cup of sorrows is full: behold us with compassion. Remember how we are made; remember that we are dust.

עֲזָרְנוּ, אֱלֹהֵי יִשְׁעֵנוּ, עַל דְּבַר כְּבוֹד שְׁמֶךָ,  
וְהַצִּילְנוּ וּכְפָר עַל חַטָּאתֵינוּ לְמַעַן שְׁמֶךָ.

O God our Help, as Your nature is Your glory, save us; help us atone for our sins, that Your will may prevail.

---

*Ha-shi-vei-nu A-do-nai ei-le-cha,  
ve-na-shu-vah.  
cha-deish ya-mei-nu ke-ke-dem.*

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵי,  
וְנָשׁוּבָה.  
חַדֵּשׁ יָמֵינוּ כְּקִדְמָם.

Help us to return to You, Adonai; then truly shall we return. Renew our days as in the past.

---

תְּקִיעַה גְּדוּלָה  
TEKIAH GEDOLAH