

## MAYIM

Ush-avtem mayim b'sason  
Mima-aynei ha-y'shua.

ושאַבְתֶּם מַיִם בְּשִׂשׂוֹן  
מִמַּעַיְנֵי הַיְשׁוּעָה.

Joyfully shall you draw upon  
The fountains of deliverance.

## KOL HA-OLAM KULO

Kol ha-olam kulo gesher tzar m'od  
V'ha-ikar lo l'fached k'lal  
כָּל־הָעוֹלָם כֵּלּוֹ גֶּשֶׁר צָר מְאֹד  
וְהַיְקָר לֹא לִפְחַד כָּלֵל.

The entire world is a narrow bridge  
But the main thing is not to fear.

## MIN HAMEITZAR

Min hameitzar karati Ya.  
Anani vamerchav Ya.

מִן הַמַּצָּר קָרָאתִי יְהוָה,  
עֲנֵנִי בְּמִרְחַב יְהוָה.

Out of distress I called upon the Lord.  
He answered me and set me free.

## EILEH CHAMDA LIBI

Eileh chamda libi  
Chusa na v'al na tit-aleim

אַלֶּה חֲמֵדָה לִבִּי  
חֹסֶה נָא וְאַל נָא תִּתְעַלֵּם.

These are the desires of my heart.  
Have mercy and turn not away from us.

שִׁיר הַמַּעְלֹת. מִמַּעְמָקִים קָרָאתִיךָ יְיָ.

Out of the depths I call to You;  
Lord, hear my cry, heed my plea.

אֲדֹנָי שְׁמַעְהָ בְּקוֹלִי, תִּהְיֶינָה אָזְנוֹיךָ קֹשְׁבוֹת לְקוֹל תְּחִנּוּתִי.

Be attentive to my prayers, to my sigh of supplication.

אִם עֲוֹנוֹת תִּשְׁמַר־יְהוָה אֲדֹנָי מִי יֵצֵמד.

Who could endure, Lord, if You kept count of every sin?

כִּי עֲמָךְ הַסְּלִיחָה לְמַעַן תִּנּוֹרָא.

But forgiveness is Yours; therefore we revere You.

קִוִּיתִי יְיָ קוֹתֶה נַפְשִׁי וְלִדְבָרוֹ הוֹחֵלְתִּי.

I wait for the Lord; my soul yearns.  
Hopefully I await His word.

נַפְשִׁי לְאֲדֹנָי מְשֻׁמְרִים לְבָקֵר שְׁמֵרִים לְבָקֵר.

I wait for the Lord  
more eagerly than watchmen wait for dawn.

יְחַל יִשְׂרָאֵל אֶל יְיָ כִּי עִם יְיָ הַחֲסֵד וְהַרְבֵּה עִמּוֹ פְדוּת.

Put your hope in the Lord,  
for the Lord is generous with mercy.

וְהוּא יַפְדֶּה אֶת־יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו.

Abundant is His power to redeem;  
May He redeem the people Israel from all sin.

Psalm 130

## Reflections

When we really begin a new year it is decided,  
And when we actually repent it is determined:

*Who shall be truly alive and who shall merely exist;*

*Who shall be happy and who shall be miserable;*

*Who shall attain fulfillment in his days  
And who shall not attain fulfillment in his days;*

*Who shall be tormented by the fire of ambition  
And who shall be overcome by the waters of failure;*

*Who shall be pierced by the sharp sword of envy  
And who shall be torn by the wild beast of resentment;*

*Who shall hunger for companionship  
And who shall thirst for approval;*

*Who shall be shattered by the earthquake of social change  
And who shall be plagued by the pressures of conformity;*

*Who shall be strangled by insecurity  
And who shall be stoned into submission;*

*Who shall be content with his lot  
And who shall wander in search of satisfaction;*

*Who shall be serene and who shall be distraught;*

*Who shall be at ease and who shall be afflicted with anxiety;*

*Who shall be poor in his own eyes  
And who shall be rich in tranquillity;*

*Who shall be brought low with futility  
And who shall be exalted through achievement.*

But repentance, prayer and good deeds  
have the power to change the character of our lives.

Let us resolve to repent, to pray and to do good deeds  
so that we may begin a truly new year.

## Tashlikh

On the first day of Rosh Hashanah (on the second day when the first day is Shabbat) in the afternoon it is customary to gather at a body of water for a ritual which demonstrates that sin can be separated from our lives. Into the water we symbolically cast our sins of the year gone by, and we reaffirm our intention that life in the new year will be informed by a new heart and a new spirit.

מִי־אֵל כְּמוֹךָ נוֹשָׂא עוֹן וְעֵבֶר עַל פֶּשַׁע לְשֹׂאֲרֵית וְנִחַלְתּוּ.  
לֹא הַחֲזִיק לְעַד אַפּוֹ כִּי הִפֵּץ חֶסֶד הוּא. יָשׁוּב יִרְחַמֶנּוּ  
יִכְבֹּשׁ עֲוֹנוֹתֵינוּ וְחִשְׁלִיךְ בַּמַּצְלוֹת יָם כָּל־חַטָּאתָם. תִּתֵּן  
אֱמֶת לִיעֲקֹב חֶסֶד לְאַבְרָהָם אֲשֶׁר נִשְׁבַּעְתָּ לְאַבְרָהָם  
מִיְמֵי קֶדֶם.

Who is God like You, forgiving iniquity and pardoning the transgression of the remnant of Your people? You do not maintain anger forever but You delight in lovingkindness. You will again have compassion upon us, subduing our sins, casting all our sins into the depths of the sea. You will show faithfulness to Jacob and enduring love to Abraham, as You promised our fathers from days of old.

Micah 7:18-20

לֹא יִרְעוּ וְלֹא יִשְׁחִיתוּ בְּכָל־הַר קְדוֹשִׁי כִּי מְלֵאָה הָאָרֶץ  
דְּעָה אֶת־יְיָ כַּמַּיִם לַיָּם מְכַסִּים.

None shall hurt or destroy in all My holy mountain, for the love of the Lord shall fill the earth as the waters fill the sea.

Isaiah 11:9