

## Peninsula Sinai Congregation—Selichot Service Supplement

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### **The Year is Nearly Gone**

The year is nearly gone. What was it all about? My God what did it mean?  
We wrestled, You and I. Did it have a purpose what we did?  
At this hour of prayer, a time for looking in, I seek You to show me  
Once again the vision You showed me in those days.  
And yet in this abandonment in which I seek You, and only me I find in the seeking  
And I know that underneath the seeker's knowing there You are!  
So show Your face and hide it not. I beg You. And You, in me, beg me to show You  
The Move, the very next which I would have You guide me to.

--Rabbi Zalman Schachter-Shalomi

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**Ozi V'zimrat Yah, Va-yehi Li Li-shua**

Nishmat Kol Chai—p. 67

**Nishmat Kol Chai, T'varech et Shimcha Adonai Eloheinu  
Kol Atzmotai Tomarna Adonai Mi Kamocho**

Shochein Ad—p. 69

**Shochein Ad Marom V'kadosh Sh'mo  
V'chatuv Ranenu Tzadikim b'Adonai l'yesharim nava tehila  
B'fi yesharim titromam  
U'vedivrei tzadikim titbarach  
U'vilshon Hasidim titkadash  
U'vekerev kedoshim tithalal  
U'vemakahalot re'vevot amcha beit yisrael  
b'rina yitpa'ar shimcha malkeinu b'chol dor vador**

Ha-Neshama Lakh—p. 225

God's Divine Attributes—p. 226

Ki Anu Amekh—p. 234

### **A Social Media Al Chet, Rabbi Daniel Dorsch**

For the sin of spending more time on Facebook than with our Families  
And for the sin of Tweeting when we should have been Toiling at work  
For the sin of posting online as “experts” when we had no expertise  
And for the sin gullibly believing everything that we read  
For the sin of “sharing” and spreading falsehoods that we knew were patently false  
And for the sin of “shmirat ha-etzbaot,” for failing to control our fingers  
For the sin of airing our dirty laundry in public when it should have been kept private  
And for the sin of oversharing when we might have phoned a doctor or a friend  
For the sin of deceiving others about the perfection of our lives  
And the sin of placing stumbling blocks before the blind who would believe it  
Ve-Al Kulam Elohai Selichot, S'lach Lanu, M'chal Lanu, Kaper Lanu  
For all of these ever forgiving God, Forgive Us, Pardon Us, Grant Us Atonement

### **I Wish I Hadn't Done That—By Regina Grey Fine**

I wish I hadn't done that  
I wish I hadn't said that  
I wish I hadn't thought that  
I wish I hadn't ... But I did.  
And I'm still me, but it feels so wrong.  
It's stuck in my head like the tune of a song.  
That really bad feeling seems to be here to stay.  
So I keep on wishing, but it won't go away.  
This year, by the water, I'll whisper, "I'm sorry"  
And I'll clench my fist hard 'round the crumbs in my pocket  
Then I'll finally reach up and  
Let them all go  
And I'll catch my reflection -  
Arms raised up high  
With the clouds right above  
Like a bird in the sky  
Looking free  
Feeling free  
Free to feel  
And also  
Free to move on  
Forgiven by One

Vidui—p. 235

### **An Anonymous Confession—For This I Am Sorry**

This year I've fallen short in so many ways. Maybe not more or less than last year. Next year I will likely live beneath my own moral standards in ways I haven't yet anticipated. And yet, the fact remains, this year I could have done better. During these Days of Awe, before Yom Kippur, I want to acknowledge my wrongs and refocus my efforts into evolving into the person I'm meant to be so that I can be and do better in the world. I've seen the glass half (or fully) empty. I've worried about the state of the world while doing little to improve it. I've said things are important to me but I haven't followed up with actions. I've played into stereotypes and acted out of unwarranted fear.

For this I am sorry.

I've been unappreciative and unaware of the miracles and kindnesses around me. I've been selfish in my focus. I've let the elevator door close on others - literally, and figuratively. I put my needs, wants, opinions, and preferences ahead of others. I've checked out and auto-piloted.

For this I am sorry.

I've taken charge over situations that were not mine to control, or otherwise overstepped appropriate boundaries. I've forgotten to stop and check in, or ask other's opinions. I've moved into action without thoroughly consulting others involved. I've assumed my way was the best way.

For this I am sorry.

I haven't lived up to what I've agreed to. I over presented and under delivered. I failed to follow through on good intentions. I let cards go un-mailed, emails unsent, and thank yous unsaid. I took the efforts of others for granted.

For this I am sorry.

I failed to keep in touch. I didn't return phone calls. I spent two days, or weeks, or months, to return a text message. I waited until the last minute. I forgot to invite people to events, and failed to host events I'd proposed.

For this I am sorry.

I wasn't as welcoming or warm as I could have been. I've had unkind thoughts. I've been needy of praise and made people liking me the priority. I've avoided having difficult but necessary conversations. I've minimized the importance of the requests of others.

For this I am sorry.

I discarded recklessly, and failed to recycle and reuse as much as possible. I let portions go uneaten, and food go to waste. I didn't use public transportation. I wasted gas. I used plastic bottles and created unnecessary waste. I've been untidy, messy, and disorganized.

For this I am sorry.

I acted irresponsibly and took unwise risks. I've been focused on my own thoughts, and in my own head. I've stayed home instead of going out to be with people. I've acted out of sloth or gluttony. I've taken those who love me for granted.

I've ignored situations that I didn't know how to handle. I've thought critically of myself and others while also avoiding thinking critically about my own opinions. I've cringed at the discomfort of others, and failed to advocate in situations where I may have been able to be helpful.

For this I am sorry.

This is not to beat myself up. It is not a request for sympathy. And it's also not to say I'm a bad person. For as many wrong I've committed - and hopefully many more - I've been a part of kindnesses, and joys, and blessings. It's simply a way to act honestly, acknowledge where I've fallen short, and commit to being better in the coming year.

If I have wronged you this year, sincerely, please let me know. I appreciate your acknowledgment, and will attempt to make it right.

Al Chet p. 237-238

**Al Het—Alternative**

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For the sin we have committed by ignoring the poor, and for the sin we have committed by trying to outdo each other in displaying wealth. For the sin we have committed by closing our hearts and our neighborhoods to other races, and for the sin we have committed by teaching children prejudice through our attitudes, and for the sin we have committed by tolerating the existence of homelessness.

For all these sins: God of Forgiveness, Forgive us, Pardon us, Grant us atonement

For the sin we have committed by conforming. For the sin we have committed by neglecting our parents, and for the sin we have committed by indulging our children. For the sin we have committed by rejecting our tradition through ignorance, and for the sin we have committed by rebelling for the sake of rebellion. For the sin we have committed by wasting our lives on vanity, and for the sin we have committed by running after recognition.

For all these sins: God of Forgiveness, Forgive us, Pardon us, Grant us atonement

For the sin we have committed by being a divided community; and for the sin we have committed by not remembering oppressed Jews and people all over the world. For the sin we have committed by not educating our children in Torah; and for the sin we have committed by not continuing to educate ourselves in Torah. For the sin we have committed by confining Jewish life to the synagogue; and for the sin we have committed by not supporting Jewish education. For the sin we have committed by not growing as Jews, and for the sin we have committed by not allowing others to grow as Jews.

For all these sins: God of Forgiveness, Forgive us, Pardon us, Grant us atonement

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