

Mishkan HaNefesh for Youth

Rosh HaShanah
Evening

מִשְׁכַּן הַנֶּפֶשׁ
לְנוֹעַר



Visual T'filah



CCAR
Press

A MACHZOR FOR YOUTH AND FAMILIES

SAMPLE

Mishkan HaNefesh for Youth

מִשְׁכַּן הַנֶּפֶשׁ לְנוֹעָר

Rabbi Melissa Buyer-Witman, RJE, Editor
Rabbi Hara Person, Publisher, CCAR Press

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Design: Rebecca S. Neimark, Twenty-Six Letters

Visual T'filah Design: Rabbi Dan Medwin, CCAR

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Visual T'filah



A MACHZOR FOR YOUTH AND FAMILIES

SAMPLE

בְּרוּכִים הַבָּאִים
B'ruchim HaBa-im
Welcome

As the sun fades tonight, we enter into a new and holy time.
When we see the stars above us, a new year will begin.
Like the start of a new school year, a new book, or a new activity,
a new year comes with new hopes and new feelings.
We come together to share our prayers and hopes as a community,
for a year filled with renewed health and happiness.



www.dorot.org.il

SAMPLE

בְּרוּכִים הַבָּאִים
B'ruchim HaBa-im
Welcome

On this Rosh HaShanah,
we give thanks to God for allowing us to reach this new year.



SAMPLE

*Hineih mah tov
umah na-im:
shevet achim/achayot
gam yachad.*

הִנֵּה מֵה־טוֹב
וּמֵה־נְעִים:
שֵׁבֶת אַחִים/אַחֵיּוֹת
גַּם־יַחַד.

שירים

Shirim

Songs

הַדְּלָקָת גְּרוֹת

תְּקִיעַת שׁוֹפָר

הַנְּגִי

הַשָּׁנָה הַחֲדָשָׁה

How good and how pleasant—
Brothers and sisters gathered together!



When God began creating the world, God said, "Let there be light." As we celebrate God's creation of the world on Rosh HaShanah, we, too, join in bringing light to God's world. As we light the candles before this new year, we ask God to shine light upon us for a year of peace and goodness.

שירים

הדלקת נרות

Hadlakat Nerot

Candlelighting

תקיעת שופר

הנגי

השנה החדשה



*Baruch atah, Adonai,
Eloheinu melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik ner
[shel Shabbat v'] shel yom tov.*

בָּרוּךְ אַתָּה, יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר
[שֶׁל שַׁבָּת וְ] שֶׁל יוֹם טוֹב.

שִׁירִים
הַדְּלָקַת נְרוֹת
Hadlakat Nerot
Candlelighting
תְּקִיעַת שׁוֹפָר
הַנְּגִי
הַשָּׁנָה הַחֲדָשָׁה

Blessed are you, Adonai our God, You fill the universe with majestic might, making us holy with mitzvot, commanding us to kindle the light of [Shabbat and] this Festival

.....

We light the Shabbat candles to remind us of God's first act of creation

What connection do you think lighting the candles on Rosh Hashanah has to creation?

SAMPLE

תְּקִיעָה!

T'kiah!



שירים

הדלקת נרות

תְּקִיעַת שׁוֹפָר

T'kiat Shofar

Sounding of
the Shofar

הנגי

השנה החדשה

In ancient times people didn't have telephones, televisions, or the internet. They didn't have reliable calendars. So when they needed to announce the beginning of a new month or a holiday they would go to a hilltop and blast the shofar. Since Rosh HaShanah falls on the first day of a new month, our ancestors would sound the shofar to tell people it was time to celebrate the New Year.

SAMPLE

Am I awake, do I hear the call,
 Will I let these prayers change my life at all?
 How will I respond to the prayer's request,
 When I have the choice,
 Will I choose to bless?



marc postwa

בְּרָכוּ

Bar'chu

**Getting Ready
to Pray**

מֵעַרִיב עֶרְבִים

אֶהְבֵּת עוֹלָם

קְרִיאַת שְׁמַע

וְאֶהְבֵּת

מִי־כְמֹכָה

הַשְּׂכִיבֵנוּ

וְשִׁמְרוּ

תְּיַי קִדִּישׁ

SAMPLE

Bar'chu et Adonai hamvorach.

Baruch Adonai

hamvorach l'olam va-ed.

בְּרָכוּ אֶת יְיָ הַמְּבָרֵךְ.

בָּרוּךְ יְיָ

הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

בְּרָכוּ

Bar'chu

Getting Ready
to Pray

מְעַרֵב עֲרָבִים

אֶהְבֵּת עוֹלָם

קְרִיאַת שְׁמַע

וְאֶהְבֵּת

מִי־כְמוֹתָהּ

הַשְּׂכִיבֵנוּ

וְשִׁמְרוּ

תְּיַי קְדִישׁ

Praise Adonai to whom praise is due!

Praised be Adonai to whom praise is due, now and forever!

In the first line, the prayer leader bows at the waist on the word *Bar'chu* and rises with the word *Adonai*. In the second line, the congregation bows at the word *Bar'chu* and rises with *Adonai*.

The root of *Bar'chu* means "praise" or "bless." What other Hebrew words do you know with the same root?

SAMPLE

*Baruch atah, Adonai,
Eloheinu melech haolam,
asher bidvaro maariv aravim,
b'chochmah potei-ach sh'arim,
uvitvunah m'shaneh itim,
umachalif et haz'manim,
umsadeir et hakochovim
b'mishm'roteihem
barakia kirtzono.*

בָּרוּךְ אַתָּה, יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עֶרְבִים,
בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים,
וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים,
וּמַחְלִיף אֶת הַזְּמַנִּים,
וּמַסְדִּיר אֶת הַכּוֹכָבִים
בְּמִשְׁמְרוֹתֵיהֶם
בְּרַקִּיעַ כִּרְצוֹנוֹ.

בְּרָכוּ
מַעְרִיב עֶרְבִים
Maariv Aravim
Who Brings on
the Evening
אֶהְבֵּת עוֹלָם
קָרִיאת שְׁמַע
וְאֶהְבֵּת
מִי־כְמוֹתָהּ
הַשְּׂכִיבֵנוּ
וְשִׁמְרוּ
תְּיָי קָדִישׁ

Blessed are You, Adonai our God, Sovereign of the universe
By Your word the evening comes.

You open the gates of the sky with wisdom, and with understanding
You change the times and switch the seasons.

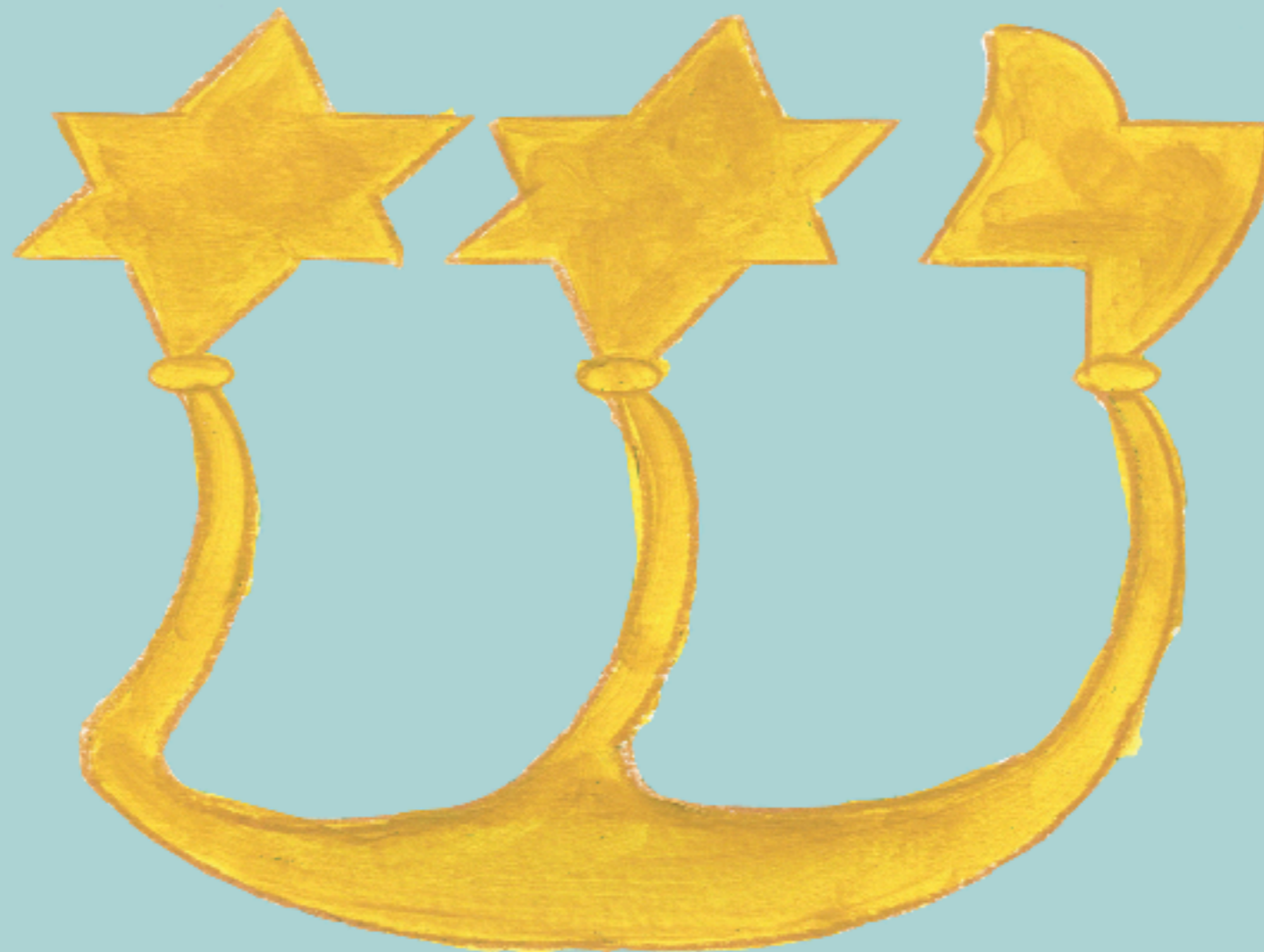
You arrange the stars in their orbits in the sky according to Your will.

SAMPLE

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

*Sh'ma, Yisrael:
Adonai Eloheinu,
Adonai echad!
Baruch shem k'vod
malchuto l'olam va-ed.*

Hear O Israel:
Adonai is our God,
Adonai is One!
Blessed is God's
glorious majesty,
forever and ever.



שְׁמַע יִשְׂרָאֵל:
יְהוָה אֱלֹהֵינוּ,
יְהוָה אֶחָד!

בְּדָבָר שֵׁם כְּבוֹד
מַלְכוּתוֹ
לְעוֹלָם וָעֶד

When we chant the *Sh'ma*, some people choose to close their eyes or even cover them to help them focus.

Why do you think it is so important to focus during this prayer?

SAMPLE

Like Moses, Miriam, and all Israel we
sing to You this song of joy and awe.

...

Mi-chamochah ba-eilim, Adonai!

Mi kamocho nedar bakodesh,

nora t'hilot, oseih-fele?

מִי־כְמוֹכָה בְּאֵלִים, יי!
מִי כְמוֹכָה נֶאֱדָר בְּקֹדֶשׁ,

נוֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא?



בְּרָכוּ
מֵעָרִיב עֶרְבִים
אֶהֱבֵת עוֹלָם
קְרִיאַת שְׁמַע

וְאֶהֱבֵת

מִי־כְמוֹכָה

Mi Chamochah

Who Is Like You?

הַשְּׂכִיבֵנוּ

וְשִׁמְרוּ

חֻצֵי קִדְיֵשׁ

Who is like You, Adonai? Who is like You, glorious in holiness,
awesome in splendor, worker of wonders!

SAMPLE

*Baruch atah, Adonai,
haporeis sukat shalom aleinu,
v'al kol amo Yisrael,
v'al Y'rushalayim.*

בָּרוּךְ אַתָּה, יְיָ,
הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ,
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,
וְעַל יְרוּשָׁלַיִם.

בְּרָכוּ
מְעַרֵיב עֲרָבִים
אֶהְבֵּת עוֹלָם
קְרִיאַת שְׁמַע
וְאֶהְבֵּת
מִי־כְמוֹכָה
הַשְׁכִּיבֵנוּ
Hashkiveinu
**Lay Us Down
in Peace**
וּשְׁמְרוּ
תְּיַי קְדִישׁ



Blessed are You, Adonai, who spreads a shelter of peace over us and guards Your people Israel.

SAMPLE

Shelter us beneath Your wings, *O Adonai*.
 Guard us from all harmful things, *O Adonai*.
 Keep us safe throughout the night
 'til we wake with morning's light.
 Teach us, God, wrong from right. *Amen*.

בְּרָכוּ
 מֵעָרִיב עֶרְבִים
 אֶהְבֵּת עוֹלָם
 קְרִיאַת שְׁמַע
 וְאֶהְבֵּת
 מִי־כְמוֹתָהּ
 הַשְׁכִּיבֵנוּ
Hashkiveinu
**Lay Us Down
 in Peace**
 וְשִׁמְרוּ
 תַּיִי קְדִישׁ

SAMPLE

*V'sham'ru v'nei Yisrael
et-haShabbat,
laasot et-haShabbat
l'dorotam b'rit olam.*

*Beini uvein b'nei Yisrael
ot hi l'olam,*

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל
אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת
לְדוֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעוֹלָם,

בְּרָכוֹ
מְעַרֵב עֲרָבִים
אֶהְבֵּת עוֹלָם
קְרִיאַת שְׁמַע
וְאֶהְבֵּת
מִי־כְמוֹתָהּ
הַשְּׂכִיבֵנוּ
וְשָׁמְרוּ
V'sham'ru
Keep Shabbat
חֲצִי קָדִישׁ

Let all Israel keep Shabbat
and celebrate Shabbat for all generations as an ever-lasting covenant.
It is a sign forever—a bond between Me and Israel—

SAMPLE

Pray as if everything depends on God,
Act as if everything depends on you.

...

*Adonai, s'fatai tiftach,
ufi yagid t'hilatecha.*

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתְךָ.

כְּוָנָה

Kavanah

Preparing to
Pray

אָבוֹת וְאִמָּהוֹת

גְּבוּרוֹת

קְדוּשַׁת הַשֵּׁם

קְדוּשַׁת הַיּוֹם

עֲבוּדָה

הוֹדָאָה

שְׁלוֹם

Adonai, open up my lips, that my mouth may declare Your praise

During the *Amidah*, the central prayer of every worship service, you may notice people around you taking steps forward and backwards, bowing or rising up on their heels (in addition to facing our bodies toward Jerusalem). Like closing one's eyes during the *Sh'ma*, these actions come from a tradition that adds another layer of connection (kavanah or intention) between the worshipper and the prayer. What actions or thoughts help connect you to prayers when you pray?

Our ancestors said *Hineini* when God called to them.
 They said *Hineini* to show that they were ready to do
 what was asked of them.
 They said *Hineini* when their parents called to them,
 and when their children called to them.
 They said *Hineini* when God asked them to leave their
 homes and journey to a new land.
 They said *Hineini* when they witnessed a miracle,
 and when they were asked to speak the truth.
 They said *Hineini* when God called them to go on a
 special mission, even when they were uncertain
 about the future.
 Even God says *Hineini*, so that we know that God is
 always with us.

כְּוָנָה

Kavanah

Preparing to
Pray

אָבוֹת וְאִמּוֹת

גְּבוּרוֹת

קְדוּשַׁת הַשֵּׁם

קְדוּשַׁת הַיּוֹם

עֲבוּדָה

הוֹדָאָה

שְׁלוֹם

SAMPLE

Mi chamocha, El harachamim.

Zocheir y'tzurav

l'chayim b'rachamim.

V'ne-eman atah l'hachayot

hakol [meitim].

Merciful God, who is like You?

With tender compassion You remember all of creation for life

Faithfully, You give life to everything.

מִי כַמּוֹךְ, אֵל הַרַחֲמִים.

זוֹכֵר יִצּוּרֵיו

לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמַן אַתָּה לְהַחֲיֹת

הַכֹּל [מֵיַתִּים].

כּוֹנֵן

אָבוֹת וְאֲמָהוֹת

גְּבוּרוֹת

G'vurot

God's Power

קְדוּשַׁת הַשֵּׁם

קְדוּשַׁת הַיּוֹם

עֲבוּדָה

הוֹדָאָה

שְׁלוֹם

SAMPLE

*Baruch atah, Adonai,
m'chayeih hakol [hameitim].*

בָּרוּךְ אַתָּה, יְיָ,
מְחַיֶּה הַכֹּל [הַמַּיִתִּים].

כְּוֹנֵה
אָבוֹת וְאִמּוֹת
גְּבוּרוֹת
G'vurot
God's Power
קְדֻשַׁת הַשֵּׁם
קְדֻשַׁת הַיּוֹם
עֲבוּדָה
הוֹדָאָה
שְׁלוֹם



Blessed are You, Adonai, who gives life to everything.

*Baruch atah, Adonai,
melech al kol haaretz,
m'kadeish [haShabbat v'] Yisrael
v'Yom HaZikaron.*

בָּרוּךְ אַתָּה, יְיָ,
מֶלֶךְ עַל כָּל הָאָרֶץ,
מְקַדֵּשׁ [הַשַּׁבָּת וְ] יִשְׂרָאֵל
וְיוֹם הַזִּכְרוֹן.

כְּוִנָּה
אָבוֹת וְאַמָּהוֹת
גְּבוּרוֹת
קְדוּשַׁת הַשֵּׁם
קְדוּשַׁת הַיּוֹם
K'dushat HaYom
The Day's
Holiness

עֲבוּדָה
הוֹדָאָה
שְׁלוֹם



Our praise to You, Eternal One, whose power fills the earth: You bring holiness [to Shabbat,] to the people Israel and to this Day of Remembrance

SAMPLE

O God,
Remember me and my family.
Tie a ribbon around Your finger
or leave a note saying, do not forget!
Keep us in mind when sharing Your good blessings.
Bring us towards a life of peace.
Amen.

כְּוֹנֵה
אָבוֹת וְאִמָּהוֹת
גְּבוּרוֹת
קְדוּשַׁת הַשֵּׁם
קְדוּשַׁת הַיּוֹם
עֲבוּדָה
Avodah
Worship
הוֹדָאָה
Hodaah
Gratitude
שְׁלוֹם

בָּרוּךְ אַתָּה, יי, הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

Baruch atah, Adonai, hamachazir Sh'chinato l'Tziyon.

Blessed are You, Adonai, the One whose spirit will return to Zion

בָּרוּךְ אַתָּה, יי, הַטּוֹב שִׁמְךָ, וְלָךְ נֶאֱחָה לְהוֹדוֹת.

Baruch atah, Adonai, hatov shimcha, ulcha na-eh l'hodot.

Blessed are You, Adonai, whose name is Goodness
and who deserves our appreciation and thanks.

SAMPLE

*Baruch atah, Adonai,
oseih hashalom.*



בָּרוּךְ אַתָּה, יְיָ,
עוֹשֵׂה הַשְּׁלוֹם.

כְּוֹנֵה
אָבוֹת וְאִמּוֹת
גְּבוּרוֹת
קְדוּשַׁת הַשֵּׁם
קְדוּשַׁת הַיּוֹם
עֲבוּדָה
הוֹדָאָה
שְׁלוֹם
Shalom
Peace

You are the Blessed One, Eternal Source of shalom.

The Hebrew word for peace (shalom) also means wholeness or unity. These multiple meanings remind us that peace comes when we embrace all people as part of what makes us whole and complete.

SAMPLE

מִי שְׁבִירָךְ

Mi Shebeirach
Prayer for
Healing*Mi shebeirach avoteinu*

מִי שְׁבִירָךְ אֲבוֹתֵינוּ

M'kor hab'rachah l'imoteinu

מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

May the source of strength,
Who blessed the ones before us,
Help us find the courage
to make our lives a blessing,
and let us say, *Amen*.

Mi shebeirach imoteinu

מִי שְׁבִירָךְ אִמּוֹתֵינוּ

M'kor habrachah laavoteinu

מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing
with *r'fuah sh'leimah*,
The renewal of body,
the renewal of spirit,
And let us say, *Amen*.

SAMPLE

מִי שְׁבִירָךְ

*Mi Shebeirach*Prayer for
Healing*El na, r'fa na lah.**El na, r'fa na lo.*

אֵל נָא רְפֵא נָא לָהּ.

אֵל נָא רְפֵא נָא לוֹ.



Dear God, please heal her!
Dear God, please heal him!

We are commanded to visit the sick; our tradition tells us that every visitor helps the sick person feel a little bit better. How do you think that visiting someone and praying for them can help them feel stronger?

SAMPLE

אָבִינוּ מַלְכֵנוּ
Avinu Malkeinu
Avinu Malkeinu

Avinu Malkeinu helps us compare God to ideas we understand, like parents and royalty. God is like all of these things, and God is more than all of these things.

...

Avinu Malkeinu, hear our voice.

Avinu Malkeinu, we have missed the mark before You.

Avinu Malkeinu, have compassion on us and on our families.

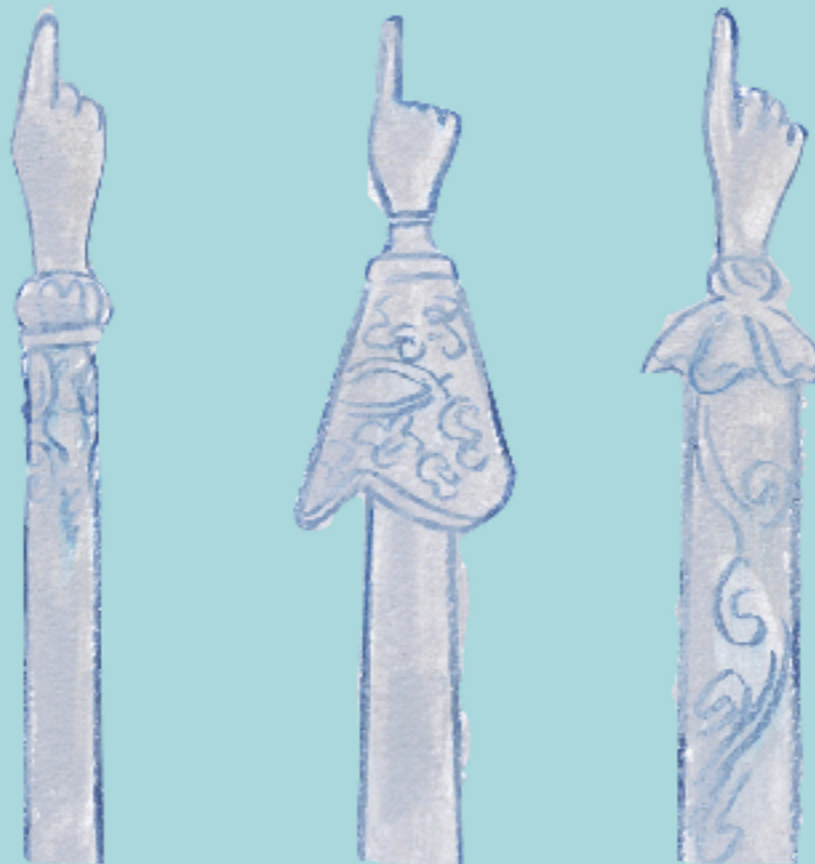
Avinu Malkeinu, help us bring an end to sickness, violence, and hunger.

Avinu Malkeinu, let our hands overflow with Your blessings.

Avinu Malkeinu, help us write our names in the Book of Lives Well Lived.

.....
On these pages, there are different ideas about God. What do you think God is like?

*Avinu Malkeinu,
choneinu vaaneinu;
ki ein banu maasim.
Aseih imanu
tz'dakah vachessed,
v'hoshi-einu.*



*Avinu Malkeinu, answer us with patience as we learn and grow.
Save us through acts of justice and love.*

אָבִינוּ מַלְכֵנוּ,
חֲנֵנוּ וְעֵנֵנוּ,
כִּי אֵין בָּנוּ מַעֲשִׂים.
עֲשֵׂה עִמָּנוּ
צְדָקָה וְחֶסֶד,
וְהוֹשִׁיעֵנוּ.

אָבִינוּ מַלְכֵנוּ
Avinu Malkeinu
Avinu Malkeinu

SAMPLE

אָבִינוּ מַלְכֵנוּ
Avinu Malkeinu
Avinu Malkeinu

God is a big idea and a best friend.
God is a protector and guardian.
God is the hug that puts us back together
when we fall apart.
God is the feeling in our hearts that makes us stand up
for what is right.
God is the mirror that shows us how our actions impact
others.
God is the love that helps us stand tall,
confident in ourselves.
God is far away and closer than we could ever imagine.
God is mine, and I am God's.

SAMPLE

עָלֵינוּ

קָדִישׁ יְתוֹם

הַיּוֹם

HaYom

Today

Hayom t'am'tzeinu—Amen.

הַיּוֹם תְּאַמְצֵנוּ. אָמֵן.

Strengthen us on this day!

Hayom t'var'cheinu—Amen.

הַיּוֹם תְּבָרְכֵנוּ. אָמֵן.

Bless us today!

Hayom t'gad'leinu—Amen.

הַיּוֹם תְּגַדְּלֵנוּ. אָמֵן.

Lift up our lives on this day!

Hayom ticht'veinu

הַיּוֹם תְּכַתֵּבֵנוּ

l'chayim tovim—Amen.

לְחַיִּים טוֹבִים. אָמֵן.

Inscribe us for a good life on this day!

Repeating the word *hayom* (today) reminds us that, if we really want to make the world better, we can't wait until tomorrow. We need to start today. What is something you can do today to make the world better?

עָלֵינוּ
קָדִישׁ יְתוֹם
הַיּוֹם
HaYom
Today



Today, make us strong. *Amen.*

Today, bless us. *Amen.*

Today, help us grow. *Amen.*

Today, see goodness in us. *Amen.*

Today, write us in for a good life. *Amen.*

Today, listen to our needs. *Amen.*

Today, with compassion and good deeds, take in our
prayers. *Amen.*

Today, support us with the right hand of justice. *Amen.*

Today, forgive and release us from all that we know we did
wrong. *Amen.*

SAMPLE