

לַעֲלֹת אֵלָּנוּ / AI Chet

We have sinned against You

The Al Chet Selfie Poster/Slide Show Project

Instructions

- 1 - On the other side of this sheet, underneath the phrase, "we have sinned against you, write 1, 2 or 3 sins you want to call out going on around us
- 2 - Write your names at the very bottom of the poster
- 3 - Take a selfie of you and your family holding up your poster (each person in the family can make their own poster)
- 4 - Email the selfie AS AN ATTACHMENT to RabbiFredBenjamin@gmail.com
- 5 - Be sure to list something other than racism and bigotry.

18 Shoolman Way
Milton, MA 02186

2020/5781—High Holiday Supplement



Rabbi Alfred Benjamin—*Spiritual Leader*

Robbie Solomon—*Cantor*

Cantor Lisa Kipen-Hershenson—*Education Director*

Paul Cooperstein	President
Lisa Sadler	VP Education
David Ehrmann	VP Spiritual Life & Ritual Practice
Steve Jacobs	VP Finance & Administration
Steve Ostrovitz	Treasurer
Lindsay Rosenfeld	Secretary
Arlene Klotz & Janet Petkun	Co-Presidents Women's Network

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Welcome / Bruchim Ha'baim
ברוכים הבאים

WE ARE DELIGHTED TO SEE OUR COMMUNITY GROWING

Nancy & Al Mollitor
June Elam Mooers

We look forward to following up with these people who have shown interest in joining the
Beth Shalom of the Blue Hills Family

Shifra Halevi
Ingrid Shaffer & David Calef

SOMETHING FOR EVERYONE—PLEASE JOIN US!

SERVICES

on Zoom or Live Stream or Roku

Links will be sent out via email and are not to be shared
or posted on social media

ADULT EDUCATION & SOCIAL ACTION

BOOK CLUB

SCHOOL LED SHABBAT SERVICES

MUSICAL FRIDAY NIGHT SHABBAT SERVICES

OUTDOOR SHABBAT SERVICES

ADON HASELICHOT

Adon haselichot
bochen levavot
goleh amukot
dover tzedakot

*Chatanu lefaneicha
rachem aleinu!*

Hadur benifla'ot
vatic bennechamot

zocher b'rit avot
choker kelayot

*Chatanu lefaneicha
rachem aleinu!*

Male zakiyut
nora tehillot
soleah avonof
oneh be'et tzavot

*Chatanu lefaneicha
rachem aleinu!*

MASTER OF FORGIVENESS

Master of Forgiveness
examiner of hearts
the revealer of depths
speaker of justice

*We have sinned before You,
have mercy upon us!*

Glorious in wonders
great in consolations
remembering the covenant of
God's nation
investigating annihilation

*We have sinned before You,
have mercy upon us!*

Full of merit
awesome in glory
foregiver of sins
answerer in times of trouble

*We have sinned before You,
have mercy upon us!*

OYFN PRIPETCHIK

Oyfn pripetchik brent a fayerl
Un in shtub is heys.
Un der rebbe lernt kleyne kinderlekh
Dem alef-beyz.

Gedenkt'zhe, kinderlekh,
Gedenkt'zhe, tayere,
Vos ir lernt do.
Zogt'zhe nokhamol un take nokhamol,
Komets alef-o.

Lernt, kinderlekh, hot nit moyre.
Yeder onheyb iz shver.
Gliklekh iz der yid vos lernt toyre,
Vos darfn mir nokh mer?

Az ir vet, kinderlekh, elter vern,
Vet ir aleyn farshteyn,
Vifil in di oysyes lign trern
Un vifil geveyn.

Lernt, kinderlekh, mit groys kheyshik,
Azoy zog ikh aykh on.
Ver s'vet beser vun aykh kenen ivri,
Der bakumt a fon.

ON THE HEARTH

A fire burns on the hearth
And it is warm in the little house.
And the rabbi is teaching little children
The alphabet.

Remember, children,
Remember, dear ones,
What you learn here.
Repeat and repeat yet again,
Komets alef-o.

Learn, children, don't be afraid.
Every beginning is hard.
Lucky is the Jew who studies Torah.
What more do we need?

When, children, you will grow older
You will understand,
How many tears lie in these letters
And how much crying.

Learn, children, with enthusiasm,
As I instruct you.
The one who learns Hebrew better
Will receive a flag.

An Elegy for the Black and Brown People We Have Lost
Martyrology Supplement for Yom Kippur 2020 / 5781

by Eve Lyons

These I recall and pour out from my heart
In Rome twelve rabbis are executed,
we are ashes and sackcloth
In America so many black men are executed by police,
we can't recall them
how the arrogant have devoured them

George Floyd was murdered
trying to pass a counterfeit bill
Breonna Taylor was murdered
they knocked on the wrong door

Refrain: These I recall and pour out from my heart
...how the arrogant have devoured them

Ahmaud Arbery was murdered
while he went for a run
Rayshard Brooks was murdered
for sleeping in his car

Refrain: These I recall and pour out from my heart
...how the arrogant have devoured them

Wikipedia has started tracking the number of people
killed by police officers
Our government should be doing this
Our government should be protecting, not killing.

Refrain: These I recall and pour out from my heart
...how the arrogant have devoured them

Last year twenty black trans women
were murdered, not one was a danger.
This year we're already up to twenty-eight.
Do their families call them by the right name?

Refrain: These I recall and pour out from my heart
...how the arrogant have devoured them

We are arrogant for going about our day
We are arrogant for forgetting their names
We are arrogant for not remembering
For if they were still living,

I would judge them before you,
but now, you must bear the guilt.

Eve and her wife, JL Woodward-Lyons along with their son Marquam, are members of Congregation Beth Shalom of the Blue Hills

2020 / 5781 High Holiday Food Drive

Due to the Covid 19 Outbreak

MORE FOOD IS NEEDED THAN EVER!

Instead of our annual High Holiday Food Collection,
we ask that you make a monetary donation to either:

Milton Community Food Pantry

c/o Parkway Methodist Church

158 Blue Hills Parkway

Milton, MA 02186

or

Jewish Family & Children's Services

1430 Main Street

Waltham, MA 02451

Attn: Bernice Behar

Donate on-line here

<https://www.ifcsboston.org/Give/Donate-Online>

Tashlich / תשליך

Here I am again
ready to let go of my mistakes.
Help me to release myself
from all the ways I've missed the mark.
Help me to stop carrying
the baggage of my poor choices.
As I cast this bread upon the waters
lift my troubles off my shoulders.
Help me to know that last year is over,
washed away like crumbs in the current.
Open my heart to blessing and gratitude.
Renew my soul as the dew renews the grasses.
- Rabbi Rachel Barenblat

We cast into the depths of the sea our sins, and failures, and regrets.
Reflections of our imperfect selves flow away.
What can we bear,
with what can we bear to part?
We upturn the darkness, bring what is buried to light.
What hurts still lodge,
what wounds have yet to heal?
We empty our hands,
release the remnants of shame,
let go fear and despair
that have dug their home in us.
Open hands, opening heart —
The year flows out, the year flows in.
- Marcia Falk

Read the following paragraph before casting bread or stones

[מיכה ז': י"ח-כ'](#)

מִי־אֵל כְּמוֹךָ נִשְׂא עוֹן וְעֵבֶר עַל־פְּשָׁע לְשָׂאֲרֵית נִחַלְתּוֹ לֹא־הִחְזִיק לְעַד אַפּוֹ כִּי־חָפַץ חַסֵּד הוּא:
יָשׁוּב יִרְחַמְנוּ יִכַּבֵּשׁ עֲוֹנֹתֵינוּ וְתִשְׁלִיךְ בְּמַצְלוֹת יָם כָּל־חַטָּאוֹתָם: תִּמְנָן אֲמַת לִיַּעֲקֹב חַסֵּד לְאַבְרָהָם:
אֲשֶׁר־נִשְׁבַּעְתָּ לְאַבְתָּיִנוּ מִיַּמֵּי קְדָם:

[Micah 7:18-20](#)

Who is a God like You, Forgiving iniquity, And remitting transgression; Who has not maintained wrath forever Against the remnant of Adonai's own people, Because God loves graciousness!
Adonai will take us back in love; will cover up our iniquities, You will hurl all our sins Into the depths of the sea. You will keep faith with Jacob, Loyalty to Abraham, As You promised on oath to our fathers In days gone by.

Afterwards, say the following:

[ישעיהו י"א:ט'](#)

לֹא־יָרְעוּ וְלֹא־יִנְשָׁחִיתוּ בְּכָל־הָהָר קִדְשֵׁי כִּי־מְלֵאָה הָאָרֶץ דְּעָה אֶת־יְהוָה כַּמִּים לַיָּם מְכֹסִים:

[Isaiah 11:9](#)

In all of My sacred mount Nothing evil or vile shall be done; For the land shall be filled with devotion to the LORD As water covers the sea.

