

Contents

- vii Introduction
- ix About the Translation and Transliteration
- x Acknowledgments

1 ערביה לשבת

Arvit l'Shabbat · Shabbat Evening Service for the Month of Elul

- 2 אֱלֹול *Elul* · Days of Reflection and Renewal
- 13 קְבָלָת שַׁבָּת *Kabbalat Shabbat* · Welcoming Shabbat
- 26 שְׁמַע וּבָרְכָתֶה *Sh'ma Uvirchoteha* · Sh'ma and Its Blessings
- 48 הַתִּפְלָה *HaT'filah* · Standing before God (*with a Meditative Amidah for Elul*)
- 76 מֵי שְׁבִירָךְ *Mi Shebeirach* · Prayers for Healing
- 78 עַלְינוּ *Aleinu* · Recalling Our Purpose
- 82 קָדְשׁ יְתּוֹם *Kaddish Yatom* · Recalling Our Loved Ones
- 89 שׂוֹפֵר *Shofar* · The Voice of Return
- 92 זְמִירֹות *Z'mirot* · Songs of the Heart

95 סְלִיחוֹת

S'lichot · Songs of Forgiveness for the Season of Return

- 96 הַקְדָּמָה *Hakdamah* · Introduction
 - 98 הַבְּדָלָה *Havdalah* · Songs and Blessings for the Departure of Shabbat
 - 104 בְּשֻׁעֲרֵי הַסְּלִיחוֹת *B'Shaarei HaS'lichot* · Entering S'lichot
 - 112 הַהְבַּטְחָה לְסִלְיחָה *HaHavtachah LiSlichah* · The Promise of Forgiveness
 - 120 בְּגִדי טָהָר *Bigdei Tohar* · Vestments of Purity (*Changing the Torah Mantles*)
 - 124 מַסְלֵת תְּשׁוּבָה *M'silat T'shuvah* · The Path of Return
 - 137 שׂוֹפֵר *Shofar* · The Sound of T'shuvah, The Call of Tikkun
- 143 Sources and Permissions