

## סדר תחנון Seder Tahanun

### *for days of Rising Hatred and Fear*

*To be recited by the Jews of the United States on January 20 2017, which is 22 Tevet 5777, and for the four years following on any day which is not a Shabbat or holy day<sup>1</sup>. These prayers are traditionally recited in a minyan, in a room with an Ark holding a Sefer Torah. One who prays alone should change the plural wording to the singular: "My G\*d...my prayers come before You."*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱמוּנוֹתֵינוּ. תְּבוֹא לְפָנֶיךָ תְּפִלָּתֵנוּ וְאֵל תְּתַעַלֵּם מִתְּחַנָּתֵנוּ.  
שְׂאִין אֲנַחְנוּ עֲזֵי פָּנִים וְקִשֵׁי עֶרֶף לּוֹמַר לְפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ צְדִיקִים  
אֲנַחְנוּ וְלֹא חָטָאנוּ. אֲבָל אֲנַחְנוּ וְאֲבוֹתֵינוּ חָטָאנוּ.

Our G\*d, G\*d of our past and our future, our prayers come before You, may they not be meaningless. We are not stubborn and arrogant enough to insist we are righteous and have done nothing wrong; we and our people have done wrong.

*Our G\*d, G\*d of all that we believe and all that we long for, we are afraid of the work of our hands. We turn away from our desire to be blameless and admit: we allow evil to happen to others, we separate ourselves from our neighbors out of fear; we turn our faces away in indifference, asserting that all is well when we are well.*

"There is no limit to the concern one must feel for the suffering of human beings, that indifference to evil is worse than evil itself, that in a free society, some are guilty, but all are responsible." - Abraham Joshua Heschel

אֲשַׁמְנוּ. בְּגַדְנוּ. גָּזַלְנוּ. דִּבְרַנּוּ דְפִי. הֶעֱוִינוּ. וְהִרְשַׁעְנוּ. זָדְנוּ. חָמְסָנוּ. טָפְלָנוּ שָׁקֵר.  
יַעֲצָנוּ רָע. כָּזַבְנוּ. לָצָנוּ. מָרְדְנוּ. נֶאֱצָנוּ. סָרְרָנוּ. עֲוִינוּ. פָּשַׁעְנוּ. צָרְרָנוּ. קִשֵׁינוּ עֶרֶף.  
רִשַׁעְנוּ. שְׁחַתְנוּ. תַּעֲבָנוּ. תַּעֲתָעְנוּ.

We are guilty. We betray; we steal; we are not careful with our promised word. We manipulate; we cause evil; we act with malice aforethought; we tolerate moral chaos; we slander. We lead others astray; we fake the news; we tolerate mockery, rebellion, and abuse. We do wrong. We deliberately do wrong. We create discord. We are arrogant. We do evil; we allow butchery. We spoil things. We have gone astray; we have led others astray.

<sup>1</sup> *Tahanun* is not recited on Shabbat, Rosh Hodesh, Hanukkah, Tu B'Shevat, 14 and 15 Adar I (Purim Katan), the two days of Purim, the month of Nisan, Israel Independence Day, 14 Iyar (Pesakh Sheni), Lag BaOmer, 28 Iyar, the first 12 days of Sivan, Tisha B'Av, Tu B'Av, Erev Rosh Hashanah, from Erev Yom Kippur until the end of Tishri. Tahanun is not recited when the minyan includes a *brit milah* or the newly married (within 7 days), or the newly bereaved (in the period of *shiva*).

סָרְנוּ מִמְצוֹתֶיךָ וּמִמְשַׁפְּטֶיךָ הַטּוֹבִים וְלֹא שָׁוָה לָנוּ. וְאַתָּה צְדִיק עַל כָּל הַבָּא עָלֵינוּ.  
כִּי אָמַת עָשִׂיתָ. וְאַנְחָנוּ הִרְשָׁעָנוּ.

We dismiss our obligations and the righteous justice we should pursue, and it has gained us nothing. We know that above all there is that which is right and good and just in truth - yet we have caused evil.

*We have created the chaos we fear; we have participated in the cynicism that demeans us; we are complicit in the callousness that will destroy us too.*

אֵל אַרְךְ אַפִּים אַתָּה וּבַעַל הַרְחָמִים נִקְרָאתָ. וְדַרְךְ תְּשׁוּבָה הוֹרִיתָ. גְּדַלְתָּ רַחֲמֶיךָ  
וְחִסְדֶּיךָ תִּזְכּוֹר הַיּוֹם וּבְכָל יוֹם לְזֵרַע יְדִידֶיךָ. תִּפְּן אֵלֵינוּ בְּרַחֲמִים. כִּי אַתָּה הוּא בַּעַל  
הַרְחָמִים. בְּתַחֲנוּן וּבְתַפְּלָה פְּנִיךָ נִקְדָּם. כִּהְדַּעַתָּ לַעֲנוּ מִקֶּדָם. מִחֲרוֹן אַפְּךָ שׁוּב.  
כְּמוֹ בְּתוֹרַתְךָ כָּתוּב. וּבְצֶל כְּנָפֶיךָ נַחְסָה וְנִתְלוֹנָן. כִּיּוֹם וַיֵּרֶד ה' בָּעָנָן. תִּעְבֵּר עַל פְּשַׁע  
וְתִמְחָה אֶשֶׁם. כִּיּוֹם וַיִּתְּיָצֵב עִמּוֹ שָׁם. תִּאֲזִין שׁוֹעֲתָנוּ וְתִקְשִׁיב מִנוּ מֵאֲמַר. כִּיּוֹם  
וַיִּקְרָא בְּשֵׁם ה' וְשָׁם נֶאֱמַר.

Our lives depend upon so much patience; without compassion we would not last a day.  
We have been shown the way of *teshuvah*, of return, and we are grateful.  
May we find our way to compassion, we who depend upon compassion.  
In our search for the way to wholeness let us see the face of hope,  
let us remember the sound of encouragement.  
Let us find ourselves sheltered in the shadow of wings of peace, of wholeness, of love.  
May we find our way to release for our guilt,  
let forgiveness lighten our feet to run toward the good.  
Let it be as on the day when G\*d said...

יחיד אינו אומר זה ולא הי"ג מדות  
*one who prays alone does not recite the following section but continues with Nefilat Apayim below*

וַיִּעְבֵּר ה' עַל פְּנֵיו וַיִּקְרָא:

Then G\*d said, IF YOU WANT TO KNOW ME THEN KNOW THIS:

ה'. ה'. אֵל רַחוּם וְחַנוּן. אַרְךְ אַפִּים וְרַב חֶסֶד וְאֵמֶת: נֶצַר חֶסֶד לְאַלְפִים. נִשְׂא עוֹן  
וְפָשַׁע וְחַטָּאָה. וְנִקְהָה:

*HaShem, HaShem, El rakhum v'hanun, erekh apayim v'rav hesed v'emet. Noseh avon vafesha v'khata'ah v'nakeh.*

Compassion and mercy, patience, loyalty, dependability and truth - as we live these qualities, they lift us up past our sins toward wholeness.

וְסַלַחְתָּ לְעוֹנֵינוּ וְלַחַטָּאתֵנוּ וְנִחַלְתָּנוּ.

*S'lakhta la'avoneynu ul'khatoteynu un'khaltanu.*

As we forgive and are forgiven, we will no longer feel alone.

סָלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ. מָחַל לָנוּ מַלְכֵנוּ כִּי פָשַׁעְנוּ. כִּי אַתָּה ה' טוֹב וְסַלַח וְרַב  
חֶסֶד לְכָל קְרֹאֵיךָ.

*S'lakh lanu Avinu ki khatanu; m'khal lanu Malkeynu ki fashanu; ki atah HaShem tov v'salakh v'rav hesed l'khol k'ra'ekha.*

There is sin; forgive it. There is wrongdoing; erase it. Let goodness and forgiveness and great mercy embrace all who cry out.

נפילת אפיים

*These prayers are recited quietly in the position of Nefilat Apayim - with one's head down, face covered by one's arm. (One praying alone continues here.)*

*David said to Gad, I am in great distress;  
may we fall into the hand of HaShem, the  
Compassionate One, rather than the hand of  
human beings. (II Samuel 24.14)*

*- I have sinned against my own sense of  
Reliable Compassion -  
Hashem full of Compassion, may my plea be  
accepted with compassion.*

*May I be reprovved not out of anger, not out of  
the violence of disappointment in me.*

*I need grace, for I have no justification.*

*I seek healing, I am afraid to my very soul.*

*My soul is so frightened.*

*How long, HaShem, how long?*

*Return to me, rescue my soul, save me for the  
sake of your mercy*

*for in death there is no memory of You, in  
She'ol who can thank you?*

*I am weary of being afraid, tired of weeping  
in my bed at night, washing my sleep away  
with tears.*

*I cannot see for fright, I cannot think for  
stress.*

*Get away from me, all who do evil,  
for HaShem hears the sound of my sadness.*

*(Psalms 6.2-9)*

וַיֹּאמֶר דָּוִד אֶל גָּד, צַר לִי מְאֹד, נִפְלָה  
נָא בְיַד ה', כִּי רַבִּים רַחֲמָיו, וּבְיַד  
אָדָם אַל אֶפְלָה.

רַחוּם וְחַנוּן חָטָאתִי לִפְנֵיךָ. ה' מְלֵא  
רַחֲמִים. רַחֵם עָלַי וּקְבַל תְּחִנוּנָי.  
ה' אַל בְּאַפְךָ תּוֹכִיחֵנִי.

וְאַל בְּחַמְתְּךָ תִּיְסָרֵנִי.

חֲנִנִי ה'. כִּי אִמְלַל אֲנִי. רַפְּאֵנִי ה'.

כִּי נִבְהַלּוּ עַצְמֵי.

וְנִפְשֵׁי נִבְהַלּוּ מְאֹד.

וְאַתָּה ה' עַד מָתַי.

שׁוּבָה ה'. חַלְצָה נַפְשִׁי. הוֹשִׁיעֵנִי

לְמַעַן חֲסִדְךָ.

כִּי אֵין בַּמּוֹת זְכוּרְךָ.

בְּשִׂאוֹל מִי יוֹדָה לָךְ.

יִגְעַתִּי בְּאַנְחָתִי. אֲשַׁחֶה בְּכָל לַיְלָה

מִטָּתִי. בְּדַמְעָתִי עַרְשֵׁי אִמְסָה.

עֲשֵׂשָׁה מִכַּעַס עֵינַי.

עֲתָקָה בְּכָל צוּרְרֵי.

סוּרוּ מִמֶּנִּי כָּל פְּעֻלֵי אֶוֹן.

כִּי שָׁמַע ה' קוֹל בְּכִיִּי.

### שומר ישראל - Shomer Yisrael

<p><i>Shomer, shomer Yisrael</i>  <i>Sh'mor she'arit Yisrael.</i>  <i>v'al yovad, v'al yovad Yisrael</i>  <i>v'al yovad, v'al yovad Yisrael</i>  <i>Ha'omrim, ha'omrim</i>  <i>Ha'omrim Shema Yisrael.</i></p>	<p>שומר ישראל. שְׁמֹר שְׂאֲרֵית יִשְׂרָאֵל.          וְאַל יֵאבֵד יִשְׂרָאֵל.          הָאוֹמְרִים שְׁמַע יִשְׂרָאֵל.          שומר גוי אֶחָד. שְׁמֹר שְׂאֲרֵית עַם אֶחָד.          וְאַל יֵאבֵד גּוֹי אֶחָד.          הַמְּיַחְדִּים שְׁמַךְ ה' אֱלֹהֵינוּ ה' אֶחָד.          שומר גוי קָדוֹשׁ. שְׁמֹר שְׂאֲרֵית עַם קָדוֹשׁ.          וְאַל יֵאבֵד גּוֹי קָדוֹשׁ.          הַמְּשַׁלְּשִׁים בְּשָׁלֹשׁ קְדָשׁוֹת לְקָדוֹשׁ:</p>
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*Shomer, shomer goy kadosh, sh'mor she'arit am kadosh*  
*v'al yovad, v'al yovad goy kadosh, v'al yovad, v'al yovad goy kadosh*  
*Ham'shalshim b'shalosh Kedushat l'Kadosh*

Guardian of Israel, guard the remnant of Israel; don't let Israel disappear, these people who say the Shema - Guardian of this unique people, guard the remnant of this people; don't let this unique people disappear who unite Your Name with Eloheynu and Ekhad - Guardian of this holy people, guard the remnant of a holy people; don't let this holy people disappear which three times a day sanctifies Your Holiness

<p>חֲנֻנוּ וְעָנְנוּ. כִּי אֵין עֹזָר.          עֲמָנוּ צְדָקָה וְחַסֵּד          לֹא נֵדַע מָה          עֵינֵינוּ זָכָר          וְחַסְדֵיךָ כִּי          חִסְדְּךָ ה' עָלֵינוּ.          אֵל תִּזְכָּר לָנוּ          מִהָרַךְ יַקְדָּמוֹנוּ          מֵאֲדָתָךְ חֲנֻנוּ ה'          שִׁבְעֵנוּ בֹהֵן בְּרָגִוּ          הוּא יְדַע יֵצְרָנוּ.          וְהַצִּילָנוּ וְכַפֵּר עַל          חַטְאֵינוּ לְמַעַן שְׁמֹךְ.</p>	<p>מִתְרַצָּה בְּרַחֲמִים וּמִתְפַּיֵס בְּתַחֲנוּנִים. הִתְרַצָּה וְהִתְפַּיֵס לְדוֹר עָנִי. כִּי אֵין עֹזָר.          חֲנֻנוּ וְעָנְנוּ. כִּי אֵין עֹזָר.          אָבִינוּ מַלְכָנוּ. חֲנֻנוּ וְעָנְנוּ. כִּי אֵין בָּנוּ          מַעֲשִׂים. עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד          וְהוֹשִׁיעֵנוּ.  <i>avinu malkeynu, khoneynu va'anenu, ki ayn banu ma'asim aseh imanu tzedakah va'hesev v'hoshi'eynu.</i>          Source of all Life, draw us near to Life, we have no strength; do to us what justice and compassion can balance out, save us.</p>	<p>אָבִינוּ מַלְכָנוּ.          בָּנוּ מַעֲשִׂים. עֲשֵׂה          וְהוֹשִׁיעֵנוּ. וְאַנְחָנוּ          נַעֲשֵׂה. כִּי עָלֶיךָ          רַחֲמֶיךָ ה'          מְעוֹלָם הַמָּה: יְהִי          כַּאֲשֶׁר יַחְלָנוּ לְךָ.          עֲוֹנוֹת רַאשׁוֹנִים.          רַחֲמֶיךָ כִּי דַלוּנוּ          חֲנָנוּ כִּי רַב          רַחַם תִּזְכּוֹר. כִּי          זָכוֹר כִּי עָפָר אָנְחָנוּ. עֲזָרְנוּ אֱלֹהֵי יִשְׂרָאֵל עַל דְּבַר כְּבוֹד שְׁמֹךְ. וְהַצִּילָנוּ וְכַפֵּר עַל חַטְאֵינוּ לְמַעַן שְׁמֹךְ.</p>
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לתענית צבור. *for a public fast day, or when there is a minyan*

אָבִינוּ מֶלְכֵנוּ. זְכָרְנוּ לְחַיִּים טוֹבִים.

*Avinu Malkeynu, Zokhreynu l'hayim tovim*

Source of our Memory, help us to remember how to build a good life.

אָבִינוּ מֶלְכֵנוּ. זְכָרְנוּ לְגֹאֲלָה וּשְׁוֵעָה.

*Avinu Malkeynu, zokhreynu lig'ulah vishu'ah*

Source of our Inspiration, help us create relief and safety.

אָבִינוּ מֶלְכֵנוּ. זְכָרְנוּ לְפִרְנָסָה וְכִלְכָּלָה:

*Avinu Malkeynu, zokhreynu l'farnasah v'kalkalah*

Source of our Support, help us help all to make a good living.

אָבִינוּ מֶלְכֵנוּ. זְכָרְנוּ לְזִכְיוֹת:

*Avinu Malkeynu, zokhreynu liz'khuyot*

Source of our Lives, help us guard human rights for all.

אָבִינוּ מֶלְכֵנוּ. זְכָרְנוּ לְסְלִיחָה וּמְחִילָה:

*Avinu malkeynu, zokhreynu l'slikhah um'khilah*

Source of our Wholeness, help us find our way past recrimination, guilt and blame and toward forgiveness, peace and wholeness.

May we gain forgiveness as we grant it.

May we know peace as we make it.

May we see the better world that we summon.

### עֲנֵנוּ - Answer us

May we feel a sense of answer while we yet seek the question;  
before we know we are asleep, let us awake;  
while we wander in the wilderness, show us light.

הוֹשִׁיעַ נָע, הוֹשִׁיעַ נָע, הַצְלִיחָה נָע

*Hoshia na, hoshia na, hatzliha na*

Save us, save us, rescue us

עֲנֵנוּ, עֲנֵנוּ בְיוֹם קוֹרֵינוּ

*Anenu, anenu b'yom koreynu*

answer us, answer on the day we call