



## Positive Confession (Vidui) by R' Avi Weiss

*Confessing our wrongdoings, as the Yom Kippur liturgy encourages us to, is certainly important and worthwhile. But in addition, Rav A. I. Kook, in Ein Ayah (The Falcon's Eye), his commentary on sections of the Talmud, suggests another important practice: articulating our many positive deeds.*

### Ein Ayah on Mishna Ma'aser Sheini 5:10

The Torah has given us a path of awakening: a person needs to also rejoice themselves sometimes by articulating the good deeds that they have done, in the appropriate measure, in order to strengthen their heart in [Divine] service.

### עין איה על משנה מעשר שני הי

נתנה לנו התורה דרך להתעוררות  
שצריך האדם שישמח גם כן לפעמים  
בביטוי שפתיים על מעשה הטוב אשר עשה  
וכפי המדה הראויה  
לחזק לבבו בעבודה

*The "Positive Confession" below was written by R' Avi Weiss, inspired by Rav Kook. How might you adapt it to reflect your own needs this Yom Kippur? What do you want or need to acknowledge, thank and praise yourself for at this time?*

We have loved	אָהַבְנוּ
We have blessed	בָּרַכְנוּ
We have grown	גָּדַלְנוּ
We have spoken positively	דִּבַּרְנוּ יָפִי
We have raised up	הֶעֱלִינוּ
We have shown compassion	חֻסְנוּ
We have acted enthusiastically	זָרְזָנוּ
We have been empathetic	חֲמַלְנוּ
We have cultivated truth	טַפַּחְנוּ אֱמֶת
We have given good advice	יַעֲצָנוּ טוֹב
We have respected	כִּבְדָנוּ
We have learned	לָמַדְנוּ
We have forgiven	מָחַלְנוּ
We have comforted	נַחַמְנוּ
We have been creative	סָלַלְנוּ
We have stirred	עוֹרְרָנוּ
We have been spiritual activists	פָּעַלְנוּ
We have been just	צָדִיקְנוּ
We have longed for the Land [of Israel]	קוִיְנוּ לְאֶרֶץ
We have been merciful	רַחַמְנוּ
We have given full effort	שָׁקַדְנוּ
We have supported	תָּמַכְנוּ
We have contributed	תָּרַמְנוּ
We have repaired	תָּקַנְנוּ