



Yom Kippur 2013 Temple Emanuel

Theme: **Kehilla Kedoshah** and **Bikur Cholim**

**'Turning Adversity Into Opportunity: The Human Network in Action'**

**Yom Kippur** is a day which allows us to make peace with God for the things which we have done which 'missed the mark.' Yom Kippur does not automatically allow us to make peace with other people. We, ourselves, must ask forgiveness of all the people whom we have hurt.

**Yom Kippur Prayer**

Today, I forgive everyone who has hurt me.  
I forgive them whether they did it on purpose or did it by accident.  
I forgive them whether they hurt me by what they said;  
Or whether they hurt me by what they did.  
Today, I forgive them.

I ask all those whom I have hurt, to forgive me.  
Forgive me for the things I **said** which hurt others.  
And for the things I **did** which hurt others.  
For the things I did on purpose and by accident.  
Today, I ask for forgiveness.

Please wash away what I have done which 'missed the mark.'  
Help me never to repeat these hurtful things again.

**The Prayer Poem**

Prayer is considering the things you cannot see.  
Prayer is uncovering the kind of person you want to be.  
Prayer is growing with each new thought that arrives.  
Prayer is showing all the love you feel inside.

Prayer is a way to wish the best for our friends.  
Prayer is finding that our searching never ends.  
Prayer is growing as we take a look inside.  
Prayer is knowing our tradition is our guide.

Stories: The Prince Who Thought He Was A Rooster, The Feather Pillow,  
The Star Apple, Up Above/Down Below, The Diamond

