



YOM KIPPUR WELLBEING SUPPLEMENT 5785

Nachamu

Words: Based on Isaiah 40:1-3

Music: Elana Arian

נַחֲמוּ נַחֲמוּ,
עַמִּי יֵאמֶר אֱלֹהֵיכֶם,

Nachamu, nachamu,
Ami yomar Elocheichem.
Comfort us, comfort us in our wilderness
Comfort us as we struggle to take care of one another
Comfort us, comfort us in our wilderness
Comfort us as we struggle with this world.

Comfort my people, says your God.

Create in me a pure heart

Bachya ibn Pakuda

Create in me a pure heart, O God, and renew a willing spirit within me. You, who know the thoughts of human beings and understand the minds of mortals, know my longing to do Your will. Purify my thoughts, and free me from unworthy aims. May none of my troubles make me a stranger to You and keep me from serving You. Lighten the weight of mundane burdens that I may devote myself to fulfilling Your life-giving commands: so, with all my heart, shall I turn to You in perfect repentance. Body and heart may fail, but God is for ever the Rock of my heart and my life's destination.

We do not choose to be born

Joseph Epstein

We do not choose to be born. We do not choose our parents. We do not choose our historical epoch, the country of our birth, or the immediate circumstances of our upbringing. We do not, most of us, choose to die, nor do we choose the time or conditions of our death. But within all this realm of choicelessness, we do choose how we shall live; courageously or in cowardice, honourably or dishonourably, with purpose or adrift. We decide what is important and what is trivial in life. We decide that what makes us significant is either what we do or what we refuse to do.

But no matter how indifferent the universe may be to our choices and decisions, these choices and decision are ours to make. We decide. We choose. And as we decide and choose, so are our lives formed.