

Personal Vidui (Confession)

On the lines below, add in your own confessions. How have you personally fallen short this year? What responsibilities lay dormant that you want to awake in this coming year?

Fill in the sentences below and consider printing this out to have by your side for the High Holiday season.

The words below were adapted from the traditional liturgy by Rabbi Rachel Barenblatt.

I need to speak these words aloud and know that the universe hears them.
I get caught in old patterns and paradigms; I am stubborn and hard-headed.
In the last year I have missed the mark more than I want to admit. Forgive me,
Source of all being, for the sin I have sinned before you

By not...

By not...

By not...

By not...

By not...

By not...

For all of these, eternal Source of forgiveness
Help me know myself to be pardoned
Help me feel in my bones that I'm forgiven
Remind me I'm always already at/one with You.