

Traditional *Viddui*

My God and God of my ancestors, accept my prayer.
Do not turn away.
Forgive me for all the times I may have disappointed You.
I am aware of the wrongs I have committed.
May my pain and suffering serve as atonement.
Forgive my shortcomings, for against You have I sinned.
May it be Your will, *Adonai* my God and God of my ancestors,
That I live now with a clear conscience and in accordance with Your will.
Send a *refuah shleimah*, a complete healing, to me and to all who suffer.
My life and death are in Your hands, *Adonai* my God.
May it be Your will to heal me.
Guardian of the bereaved, protect my beloved family; our souls are bound together.
In Your hands lies my spirit.
Hear O Israel: *Adonai* is our God, *Adonai* is One.
Adonai is God. *Adonai* is God.

Interpretive *Viddui*

(Rabbi Lawrence Troster, from *Conservative Judaism*, 1984)

Listen to my voice, O Lord our God and God of my ancestors.
I lie here on the brink of life, seeking peace, seeking comfort, seeking You.
To You, O Lord, I call and to You, O Lord, I make my supplication. Do not ignore my plea.
Let Your mercy flow over me like the waters, let the record of my life be a bond between us.
Listen to my voice when I call, be gracious to me and answer me.
I have tried, O Lord, to help You complete creation, I have carried Your yoke my whole life.
I have tried to do my best. Count my effort for the good of my soul,
Forgive me for when I have stumbled on Your path.
I can do no more, let my family carry after me, Let others carry after me.
Protector of the helpless, healer of the brokenhearted,
Protect my beloved family with whose soul my own soul is bound.
Their hearts depend upon mine, Heal their hearts when they come to depend upon You.
Let my soul rest forever under the wings of Your presence, Grant me a share in the world-to-come.
I have tried to love You with all my heart and with all my soul, And even though You come to take my soul,
Even though I don't know why You come, Even though I'm angry at the way You take me,
For Your sake I will still proclaim: Hear, O Israel, the Lord is our God, the Lord alone.
The Lord is with me, I shall not fear.