Kavanah for Vidui
Kol Nidre 5771
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Shir Tikvah Congregation

We prepare now to state our public confession. It calls upon us to be open and vulnerable. This is challenging spiritual work; so powerful, that we do it in community, surrounded by others, stating it in the plural.

This prayer calls us to humility, to acknowledge our transgressions, to hold our tallit in our hands as we gently beat our breasts and hold ourselves and our community accountable for all we have done wrong.

But this prayer also acknowledges the awesome power we have—you and I—to transform our lives, to stop causing those around us suffering, and grief, and heartache, and turn our lives anew: to be agents of goodness and kindness and righteousness; to lovingly share of ourselves, our souls, our generosity, and our gratitude.

The Vidui is the first step on a path toward living as the people we are called to be, to be agents of wholeness and holiness in the world.