

S'LIHOT

*Adonai, Adonai, merciful and patient God,
You remember our kind acts for a thousand generations.
You accept our shortcomings and pardon our sins.*

We rise.

שְׁמַע קוֹלֵנוּ, יי אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,
וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן אֶת־תְּפִלָּתֵנוּ.
הַשִּׁיבֵנוּ יי אֱלֹהֵינוּ וְנִשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֶדֶם.
אֵל תִּשְׁלִיכֵנוּ לַעַת זְקֵנָה, כְּכֹלֹת כַּחֲנוּ אֵל תַּעֲזֹבֵנוּ.
אֵל תַּעֲזֹבֵנוּ, יי אֱלֹהֵינוּ, אֵל תִּרְחַק מִפָּנֵינוּ.

Hear our voices, *Adonai*, our God,
And answer our prayers with Your lovingkindness.
Do not turn from us and be distant.
Do not let us feel all alone in old age.

A THOUGHT ON OUR ELDERS

God, may all people grow old with dignity and may we have the wisdom to help them do so. May we always show respect, love and appreciation to our elders.

In this prayer, we ask God not to forget us when we are old. What is different about old age that can make some old people feel especially helpless? What fears do you think old people have? How can we help to make their lives better?