

Selichot: Readings and prayers High Holiday Addiction Recovery Guide

These reading may be appropriate for Rosh HaShanah and Yom Kippur as well.

Forgiveness

Forgiveness of ourselves and others is one of the most powerful forms of spiritual healing. And truth—which includes the honesty and willingness to look at ourselves—can continue to keep us in recovery. We can learn a great deal from sharing with one another. Through Torah, our ancestors have shared their struggles of faith with us. In our recovery program, our friends share their struggles with recovery. We do both for the same purpose; To learn, to grow, to live holy lives.

(From 100 Blessings Every Day: Daily Twelve Step Recovery Affirmations, Exercises for Personal Growth & Renewal Reflecting Seasons of the Jewish Year, by Rabbi Kerry M. Olitzky, p.372).

Relationship with God

Job says to God, “I have heard of you with the hearing of my ears, but now my eyes see you; therefore, I despise myself, and repent in dust and ashes.” This translation is typical of English translations, but it is terribly misleading. Can the book really end with a submissive Job, a Job who despises his very existence? Can it be after all the grandeur of the universe revealed to Job by God that his only reaction is to cover and recant? I don’t think so.

Job is saying something far more profound, and to affirm the truth of what he has discovered, he must affirm the validity of his experience. I used to know God only with my ears, Job says, only secondhand from books and the teachings of others, who claim to know. But things are different now. Now I see God for myself, and what I see has changed me.

(From Recovery—The Sacred Art: The Twelve Steps as Spiritual Practice, by Rabbi Rami Shapiro, p. 187).

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Tshuvah

The first thing to know about *tshuvah* is that it is an action, not a thought or feeling. Sure, we could be sorry for past deeds and think we would like to change, but until we do something about it, we have not actually done *tshuvah*. Thinking we are sorry and doing something about feeling sorry have inherently different spiritual values. It is in the act itself of making amends or doing something differently that others and we ourselves see the change of mind manifest in the world, which has much greater impact.

(From Spiritual Growth: A Contemporary Jewish Approach, by Rabbi Paul Steinberg p.109).

Selichot prayer for people in recovery

Higher Power, God, Good Orderly Direction, *Adon Olam*, *Avinu Malkeinu*,
I came to believe that You can restore me.

I wish you would return me, Eternal One, let us return! Make my days new again, as You have done of old.
Help me recover my life, my purpose, my soul.

Grant me the strength to hear the words in the *machzor* and know they are speaking to and about me.

Let me make direct amends to You, who are slow to anger and quick to forgive,

So that I might have the courage to make direct amends to the people I have harmed.

May these amends be made in the process of *tshuvah*, turning towards You.

- Rabbi Dr. Rob Jury PhD CRADC

Selichot prayer for slips, lapses, and relapses

Oy. Sobriety Lost Its Priority. And my
Treatment Requires Improved Planning.

Turn my shame into guilt and my guilt into hope.

Let my questioning become a question of what if it were possible....

Help me to remember that recovery is about progress and not perfection.

Support me in taking responsibility for my actions.

Show me a path of forgiveness.

To forgive myself.

To forgive others.

To receive forgiveness.

- Rabbi Dr. Rob Jury PhD CRADC