

Kehilla Sings! Songbook, Updated 4/30/2021

1) Higale Na *words from Yedid Nefesh prayer, music by Shir Yaakov Feit*

הגלה נא ופרוס חביבי עלי
את סוכת שלומך

Higale (gale, gale) na
ufros (ufros) chavivi alai
et sukkat (sukkat) shelomecha

Please reveal yourself and spread, dear one, over me, your shelter of peace

2) Healing Song *by Kestrel Feiner-Homer, Hebrew from Numbers 12:13*

We sing you healing
We sing you care
We sing you justice
We sing you prayer
אל נא רפא נא לה, אל נא רפא נא לה
El na refa na la, el na refa na la

God, please heal her now

3) Osah Shalom, *Music by H. Jessi Roemer, text adapted from liturgy*

Part 1: עֲשֵׂה שָׁלוֹם בְּמִרְמֵיָהּ הִיא תַעֲשֶׂה שָׁלוֹם עָלֵינוּ
Osah shalom bimromei-ha hi ta'aseh shalom aleynu
Osah shalom bimromei-ha hi ta'aseh shalom aleynu

Part 2: עַל-כָּל בֵּית יִשְׂרָאֵל, עַל כָּל יוֹשְׁבֵי תֵיבֵל
Al kol, al kol beyt Yisrael
Al kol, al kol yoshvey teyvel

Part 3: Salaam aleykum, aleykum salaam
Salaam aleykum, aleykum salaam

Coda: Osah shalom bimromei-ha v'na'asey shalom bey-nei-nu
Osah shalom bimromei-ha v'na'asey shalom bey-nei-nu

The Maker of Peace in her heavens will make peace upon us, on the whole house of Israel, on all the inhabitants of creation. Peace be upon you, upon you be peace. Coda: She makes peace in her heavens, and we will make peace with each other!

4) When you Walk thru the Water/Mi Chamocha, by H. Jessi Roemer + words from Isaiah and Exodus/liturgy

When you walk through the water, I'll walk with you (**I'll walk with you**) 2x
Don't be afraid, don't be afraid (**Don't be afraid, don't be afraid**) 1x
I'll walk with you (**I'll walk with you**) 4x

Mi chamocha ba'elim Adonai (**Adonai**)
Mi kamocha nedar bakodesh (**bakodesh**)
Nora tehilot (**Nora tehilot**) Oseh feleh (**Oseh feleh**)
I'll walk with you (**I'll walk with you**) 4x

When you stand up on holy ground, I'll stand with you (**I'll stand with you**) 2x
Don't be afraid, don't be afraid (**Don't be afraid, don't be afraid**) 1x
I'll stand with you (**I'll stand with you**) 4x

Ki ta'avor bamayim, itcha ani (**itcha ani**) 2x
Al tirah, al tirah (**al tirah, al tirah**) 1x
Itcha ani (**itcha ani**) 4x

When your journey brings you to my shore/border, I'll welcome you
(**I'll welcome you**) 2x
Don't be afraid, don't be afraid (**Don't be afraid, don't be afraid**) 1x
I'll welcome you (**I'll welcome you**) 4x

5) WE RISE, by Batya Levine, with
Noam Lerman

**In hope, in prayer, we find ourselves
here.
In hope, in prayer, we're right here.**

We Rise... humbly hearted
Rise... we won't be divided
Rise... with spirit to guide us
Rise!

We rise... all of the children
Rise... elders with wisdom
Rise... ancestors surround us
Rise!

We rise... up from the wreckage
Rise... with tears and with courage
Rise... fighting for life
Rise!

6) La-Y'hudim *text from Megillat Esther 8:16/Havdallah liturgy*

La-Y'hudim haita orah, v'simcha, v'sasson, vi-kar

Keyn ti'yeh lanu

לְיְהוּדִים הָיְתָה אוֹרָה וְשִׂמְחָה וְשָׂשׂוֹן וִיקָר בֵּן
תְּהִיָּה לָנוּ

The Jews had light, happiness, joy and treasure; so may it be for us.

7) Song of Songs/Shir haShirim 5:2, melody by Yehoshua Engleman

Ani y'shey·na v-libi eyr [v-libi eyr]. Kol dodi do·feyk, pit'chi li (2x)

A·choti, ra'yati, yo·na·ti, ta·ma·ti, sheh-roshi nim'la tal, k'vu·tzo·tai r'si·sey lai·la (2x)

אֲנִי יְשָׁנָה וְלִבִּי עֵר [וְלִבִּי עֵר] קוֹל דּוֹדִי דּוֹפֵק פֶּתַחַי לִי (2x)

אָחֹתִי רַעֲיָתִי יוֹנָתִי תַמָּתִי שְׂרָאשִׁי נִמְלֵא־טַל קְנֻצוֹתַי רְסִיסֵי לַיְלָה: (2x)

I was asleep, but my heart stayed awake. Listen! My lover knocking:

"Open, my sister, my friend, my dove, my perfect one! My hair is wet, drenched with the dew of the night."

Translation by Chana and Ariel Bloch

8) , Psalm 118:5-6

מִן הַמֵּצָר קָרָאתִי יְהוָה, Min ha meytzar karati Yah,

עֲנֵנִי בַמֶּרְחָב יְהוָה. anani va-mer'chav Yah.

יְיָ לִי לֹא אִירָא Adonay li lo ira

מֵהָ יַעֲשֶׂה לִי אָדָם mah ya'aseh li adam.

I have called to Yah from the narrows. Yah, answer me from spaciousness!

The One is with me; I have no fear. What can a human being do to me?

9) Hinach yafa, Song of Songs 4:1, melody by R. Shefa Gold

Hinach yafa_rayati, hinach yafa

הֵנָּךְ יָפָה רַעֲיָתִי

How beautiful you are, my friend

10) Lead with Love (One Foot in Front of the Other) By Melanie DeMore

You gotta put one foot in front of the other and lead with love.
Put one foot in front of the other and lead with love.

Don't give up hope.
You're not alone
Don't you give up.
Keep movin' on.

You gotta put one foot in front of the other and lead with love.
Put one foot in front of the other and lead with love.

Lift up your eyes
Don't you despair.
Look up ahead
The path is there.

You gotta put one foot in front of the other and lead with love.
Put one foot in front of the other and lead with love.

I know you're scared.
And I'm scared too
But here I am.
Right next to you.

You gotta put one foot in front of the other and lead with love.
Put one foot in front of the other and lead with love.

Lead with love.

11) Et Dodim, from Song of Songs

עֵת דּוֹדִים כָּלָה בּוֹאִי לְגַנִּי Et do-dim kallah, bo-i l'gani (2x).
פָּרְחָה הַגֶּפֶן הֵינְצוּ רִמּוֹנִים. Parcha ha-gefen, heyneytzu rimonim (2x)

*The time for love has arrived-- Come to my garden.
The grapevine has blossomed, the pomegranates have budded.*

12) Galeh by R. Moshe Shur, text from Shalosh Regalim/HHD musaf amidah

גִּלְיָה כְּבוֹד מַלְכוּתְךָ עָלֵינוּ

Galeh, galeh, galeh, galeh, galeh,
Galey k'vod malchutecha aleynu.

Reveal the glory of your sovereignty/presence to us.

13) Where You Go, by Shoshana Jedwab, based on the Book of Ruth

Where you go, I will go, Beloved/Refugee/Mother Earth/Children/Ancestors
Where you go, I will go

And where you lie, I will lie, Beloved/Refugee/Mother Earth/Children/Ancestors
Where you lie, I will lie

And your people are my people
Your people are mine
Your people are my people
Your Divine my Divine

14) Sefirat Ha'omer Nigun, by R. Yosef Goldman, Zach Fredman, and Shir Yaakov Feit;
selections from traditional liturgy

לְשֵׁם יְחִיד קֹדֶשׁ אֲבְרִיחַ הוּא וְשְׁכִינְתָּהּ

L'shem yichud kud-sh'brichu u'shekhintey –

For the sake of the unification of the Holy Blessed One, divine transcendence, and Shekhina, divine immanence:

הִנְנִי מוֹכֵן וּמְזַמֵּן לְקִיּוֹם מִצְוֹת עֲשֵׂה

Hineni muchan u'm'zuman l'kayem mitzvot aseh

Here I am, prepared and ready to do the mitzvah

שֶׁל סְפִירַת הָעֹמֶר

shel s'firat ha'omer. (4x)

of counting the omer.

שִׁבְעַת שַׁבָּתוֹת תְּמִימֹת תִּהְיֶינָה

Sheva shabatot t'mimot ti'yena. (2x)

There are to be seven complete weeks.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch atah Adonai, eloheynu melech ha'olam,

Blessed are You, YHVH, our source and sovereign of all worlds,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ

asher kid'shanu b'mitzvotav v'tzivanu

who sanctifies us with holy practices and bids us

עַל סְפִירַת הָעֹמֶר

al s'firat ha'omer. (4x)

to Count the Omer!

15) We Shall be Known by Mamuse

We shall be known by the company we keep,
By the ones who circle round to tend these fires.

We shall be known by the ones who sow and reap
the seeds of change alive from deep within the earth.

It is time now, it is time now that we thrive.
It is time we lead ourselves into the well.

It is time now, and what a time to be alive
In this great turning we shall learn to lead in love.
In this great turning we shall learn to lead in love.

16) Ahava Raba Ahavtanu, Melody by Cantor Marsha Attie, text: morning liturgy

אַהֲבָה רַבָּה אֲהַבְתָּנוּ

Ahava raba ahavtanu (2x)
Ahava raba,
Ahava raba ahavtanu.

What a great love, great love,
what a great love you have given us (2x)

17) Precious Human Life, words: Dalai Lama, music: Michael Carberry

Everyday,
Think as you wake up,
Today I am fortunate to have woken up,
I am alive,
I have a precious human life,
And I'm not going to waste it.

18) Rachamana Liba Ba'ey, words: Sanhedrin 106b

רַחֲמָנָא לִיבָא בַּעֵי

Rachamana liba ba'ey

The Compassionate One desires the heart.

19) Oye Mi Gente

Oye mi gente, traemos la fuerza (*Listen my people, we bring strength*)

La libertad es la única bandera (*Freedom is the only flag*)

Listen/Rise up, my people, my condors, my eagles

No human being can ever be illegal.

Shema Yisrael Adonai Eloheynu (*Listen God-Wrestlers, The Breath of Life is our Power*)

Sukkat shelomecha ufros aleynu (*Spread over us a canopy of peace*)

20) Another World is Possible, by the Flobots

Intro: We are unstoppable! Another world is possible!

Part 1: It doesn't have to be like this! It doesn't have to be like this!

Part 2: Today, another world is possible!

All sing: Luchamos por la libertad! Luchamos por la libertad! (*We fight for freedom*)

Part 1: Luchamos por la libertad! Luchamos por la libertad!

Part 2: Aqui, luchamos por la libertad!

All Sing: They didn't know that we were seeds. They didn't know that we were seeds.

Part 1: They didn't know that we were seeds. They didn't know that we were seeds.

Part 2: We're here! Though they tried to bury us.

21) **Hashiveynu**, Lamentations 5:21

הַשִּׁיבֵנוּ (הַשִּׁיבֵנוּ) יְיָ אֱלֹהֵינוּ וְנִשְׁוּבָה (וְנִשְׁוּבָה), חֲדָשׁ (חֲדָשׁ) יָמֵינוּ בְּקֶדֶם.

**Hashi-veynu, hashi-veynu Adonai ey-lecha
v-nashuva, v-nashuva
cha-deysh, cha-deysh ya-meynu k-kedem**

*Return us Adonai to you and we shall return.
Make our days a new beginning.*

22) **Nachamu**, Isaiah 40:1, 51:12, music by R. Zalman Schachter-Shalomi

(2x) נַחֲמוּ נַחֲמוּ נַחֲמוּ עַמִּי Nachamu, nachamu, nachamu ami (2x)
(3x) אֲנֹכִי אֲנֹכִי הוּא מְנַחֵם כֶּם Anochi, anochi hu m'nachem'chem (3x)
נַחֲמוּ נַחֲמוּ עַמִּי Nachamu, nachamu ami

Comfort, O comfort my people. I, yes I am the one who comforts you.

Another Nachamu setting by R. Shefa Gold from Isaiah 40:1

(2x) נַחֲמוּ נַחֲמוּ עַמִּי Nachamu, nachamu ami (2x)
נַחֲמוּ נַחֲמוּ Nachamu, nachamu
נַחֲמוּ נַחֲמוּ עַמִּי Nachamu, nachamu ami

Comfort, O comfort my people. I, yes I am the one who comforts you.

23) **Kaveh el Hashem**, Psalm 27:14, Music by Reb Brian Yosef Schachter Brooks

(2x) קָוֵה (קָוֵה קָוֵה) אֶל־הַשֵּׁם Ka-vey, Ka-vey, Ka-vey el Ha-Shem (2x)
קָוֵה אֶל־הַשֵּׁם חֲזָק וַיַּאֲמֵץ לִבָּךְ Ka-vey el Ha-Shem, chazak v-ya-ameytz li-becha
וְקָוֵה אֶל־הַשֵּׁם: V'ka-vey el Ha-Shem

Immerse yourself in the Oneness of Divine Essence. Be strong and courageous of heart.

24) Achat Sha'alti, Psalm 27:4, "Twersky nigun"

אחת שאלתי מאת יי, אותה אבקש Achat sha·alti mey·eyt Adonai, otah ava·kesh
שבתי בבית יי, כל ימי חיי Shiv'ti b·veyt Adonai kol y'mey cha·yai
להזות בנעם יי ולבקר בהיכלו: Lacha·zot b·no·am Adonai u·l·va·ker b·hey·cha·lo.

*One thing I ask of the Eternal, this is my request:
To sit in the house of the Eternal One all the days of my life
and to envision divine delight and to stay within its temple. [DJC]*

25) Kavey El Yah Psalm 27:14, Music by R. Hannah Tiferet

קנה אל־יה חזק ויאמץ לבך Ka·vey el Yah, chazak v·ya·ameytz li·becha
חזק ויאמץ לבך Chazak v·ya·ameytz li·becha
קנה אל־יה קנה אל־יה קנה אל־יה Ka·vey el Yah, Ka·vey el Yah, Ka·vey el Yah
Immerse yourself in in the Oneness of Yah. Be strong and courageous of heart.

26) K-vakarat from U-Netaneh Tokef, HHD Musaf Amidah – medieval origin unknown

בבקרית רועה עדרו, K-vakarat ro·eh ed'ro,
מעביר צאנו תחת שבטו, ma·avir tzo·no tachat shiv'to,
בן תעביר ותספור ותמנה, keyn ta·avir v·tis'por v·tim'neh,
ותפקוד נפש כל חי, v·tif'kod nefesh kol chai,
ותחתוך קצבה לכל בריה, v·tach'tof kitz'vah l·chol bri·ah,
(ותחתוך קצבה לכל בריה) (v·tach'tof kitz'vah l·chol bri·ah)
ותכתוב (ותכתוב) את גזר דינם. v·tich'tov (v·tich'tov) et g'zar dinam.

Like sheep guided by the shepherd, passing each one beneath his staff, so do you count and record as we pass, accounting for every living soul, determining every creature's portion, recording their appointed destiny.

27) Esah Eynai Psalm 121: 1-2

אשא עיני אל־ההרים מאין יבא עזרי: Esah ey·nai el heh·ha·rim mey·a·yin yavo ez'ri?
עזרי מעם יי עשה שמים וארץ: Ezri meh·im [HaShem/Adonai]
oseh shamayim va·aretz.

*I lift my gaze toward the mountains. From where will come my help?
It comes from the Eternal Source, creator of heavens and earth.*

[DJC]

28) Love Prayer English: R. Rami Shapiro, Melody: Shir Yaakov Feit

אהבה רבה אהבתנו, אהבתנו _____ Ahava raba ahavtanu, ahavtanu
We are loved, loved, loved... by unending love, an unending love.

29) **breath of an imperfect god** by Batya Levine

we are good, we are flawed.
we are the breath of an imperfect god.

30) **AV- I am Grateful** by Margot Seigle

I am grateful for the unknown blessings already on their way. (2x)
I will not look back in anger, or forward in fear, but around in awareness...

31) **Slow Down / The Mother's Response** by Kohenet Riv Shapiro

Slow down, child, slow down
Slow down and listen to the wind
All comes together; all falls apart
Forming anew your beating heart

A river flows from within you to where you will go
The current carries you home
Let your life unfold

Slow down, child, slow down
Slow down and you will receive
Life wants to meet you where you are
Not where you think you should be

A river flows from within you to where you will go
The current carries you home
Let your life unfold

Slow down, child, slow down
Slow down and you will be shown
The love that was always lifting you up
You are never alone

A river flows from within you to where you will go
The current carries you home
Let your life unfold

Slow down child, slow down (x4)

Slow down, child, slow down
Slow down and listen to the wind
All comes together; all falls apart
Forming anew your beating heart

32) ADON HA-SLICHOT

אֲדוֹן הַסְּלִיחוֹת	Adon ha-slichot	Source of forgiveness,
בוֹחֵן לְבָבוֹת	Bo·cheyn l'vavot	Searching the heart,
גּוֹלֶה עֲמוּקוֹת	Go·leh amukot	Revealing deep things,
דּוֹבֵר צְדָקוֹת	Do·vehr tz'dakot	Speaking righteousness.
חָטֵאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ	Chatanu l'fanecha racheym ah·leynu	We've missed the mark, have mercy
הַדּוּר בְּנִפְלְאוֹת	Hadur b-nif'la·ot	Beautiful in wonders,
וְתִיק בְּנֶחֱמוֹת	Vatik b-neh·cha·mot	Ancient in comfort,
זוֹכֵר בְּרִית אָבוֹת	Zo·chehr brit avot	Remembering the covenant,
חוֹקֵר כְּלִיּוֹת.	Cho·kehr k'la·yot	Searching deep within.
חָטֵאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ	Chatanu l'fanecha racheym ah·leynu	We've missed the mark, have mercy
טוֹב וּמֵטִיב לְבָרִיּוֹת	Tov u-mey·tiv la-bri·ot	Good to all creation,
יודֵעַ כָּל נִסְתָּרוֹת	Yo·dey·ah kol nis'tarot	Knowing all secrets,
פּוֹבֵשׁ עֲוֹנוֹת	Ko·veysh avonot	Overturning errors,
לוֹבֵשׁ צְדָקוֹת	Lo·veysh tz'dakot	Dressed in righteousness.
חָטֵאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ	Chatanu l'fanecha racheym ah·leynu	We've missed the mark, have mercy
מָלֵא זְכוּיּוֹת	Ma·ley z'chu·yot	Full of merit,
נּוֹרָא תְהִלּוֹת	Norah t'hilot	Awesome in praise,
סוֹלֵחַ עֲוֹנוֹת	So·ley·ach avonot	Forgiving errors,
עֹנֶה בְּעֵת צָרוֹת	O·neh b-eyt tzarot	Answering distress.
חָטֵאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ	Chatanu l'fanecha racheym ah·leynu	We've missed the mark, have mercy
פּוֹעֵל יְשׁוּעוֹת	Po·eyl y'shu·ot	Yielding deliverance,
צוֹפֶה עֲתִידוֹת	Tzo·feh ati·dot	Envisioning the future,
קוֹרֵא הַדּוֹרוֹת	Ko·rey ha-dorot	Summoning the generations,
רוֹכֵב עֲרָבוֹת	Ro·cheyv aravot	Riding the wasteland.
חָטֵאנוּ לְפָנֶיךָ רַחֵם עָלֵינוּ	Chatanu l'fanecha racheym ah·leynu	We've missed the mark, have mercy
שׁוֹמֵעַ תְּפִלּוֹת	Sho·mey·ah t'filot	Hearing prayers,
תָּמִים דַּעַת	T'mim dey·ot	Complete in understanding,
חָטֵאנוּ לְפָנֶיךָ	Chatanu l'fanecha	We have missed the mark,
רַחֵם עָלֵינוּ	Ra·cheym ah·leynu	Have mercy.

33) Loosen Loosen, by Aly Halpert

Part 1:

Loosen loosen baby, you don't have to carry
The weight of the world in your muscles and bones
Let go, let go, let go

Part 2:

Holy breath
And Holy name
Will you ease, will you ease this pain

34) Hanerot Halalu, Folk tune for Chanukah

הנרות הללו אנחנו מדליקין

Hanerot, hanerot, hanerot hallalu

Anu madlikin, anu madlikin

Hanerot hallalu anu madlikin

These lights, we do kindle

35) Psalm 117: 1-2, Music: R. Hanna Tiferet Siegel

הַלְלוּ אֶת יְיָ, כָּל גּוֹיִם,	Hallelu et Adonai, kol go·yim,
שִׁבְחֵי הוּא, כָּל הָאֻמִּים.	shab'chu·hu kol ha-umim.
כִּי גָבַר עָלֵינוּ חַסְדּוֹ,	Ki gavar aleynu chas'do,
וְאֵמֶת יְיָ לְעוֹלָם,	veh-emet Adonai l-olam,
הַלְלוּיָהּ	halleluyah.

*All the nations will laud YHVH, all the nations praise.
We are overcome by loving-kindness and YHVH is eternally true. Halleluyah*

34) O ir kleyne likhtelekh, by Morris Rosenfeld

O ir kleyne likhtelekh
Ir dertzelt geshikhtelekh
Mayselekh on(a) tzol
[Ir dertzeylt fun blutikayt
Beryeshaft un mutikayt
Vunder fun amol.]

Ven ikh zey aikh shminklendik
Kumt a kholem finklendik
Ret on alter troym
[Yid, du host gekrikt a mol
Yid, du host gezikt a mol
Got dos gloybt zikh koym]

O, ir kleyne likhtelekh
Ayere geshikhtelekh
Vekn oyf mayn payn
[Tif in hartz bavekt es zikh
Un mit trern frekt es zikh
Vos vet itster zayn?]

Oh, you little candles
You tell stories,
endless ancient stories
[You tell stories of bloodshed,
of heroism and courage
Wonders of once upon a time]

When I see you sparkling
A vision comes twinkling
As an ancient vision speaks
[Yid, you have battled time after time
Yid! you have at times been victorious
God, one can hardly believe it]

Oh, you little candles
Your stories...
they awaken my pain
[Deep in the heart, something stirs
And through the tears, asks
"Now-- What is now to be?"]

35) **Ani l'dodi** Song of Songs 6:3, Music by Batya Levine

Part 1:

אֲנִי לְדוֹדִי וְדוֹדִי לִי

Ani l'dodi v'dodi li, ani l'dodi v'dodi li

I am for my beloved and my beloved is for me.

Part 2:

הָרֹעָה בַּשּׁוֹשָׁנִים, בַּשּׁוֹשָׁנִים הָרֹעָה

Ha-ro'eh ba-shoshanim, ba-shoshanim ha-ro'eh

The shepherd among the lilies (among the lilies, the shepherd)

Part 3:

Ya nai ya nai yo, ay yai yai yo

Ya nai ya nai yo, ay yai yai yo

36) **Mozi's Nigun- Ana B'khoach** Text: Liturgy, Music by Joey Wiesenberg

אָנאַ, בְּכֹחַ גְּדֻלַּת יְמִינְךָ, תַּתִּיר צְרוּרָה.

קַבֵּל רִנַּת עַמְּךָ, שִׁנְּבֵנוּ, טַהַרְנוּ, נוֹרָא.

Ana b-cho·ach, g'dulat y'min'cha, ta·tir tz'ru·rah (ta·tir tz'ru·rah)

Ka·beyl rinat (rinat), am'cha sag'vey·nu, ta·ha·reynu nora.

Please, by the might and power of your strong hand, untie those who are bound up.

Accept the joyous song of your people, lift us up, purify us, awesome One.

37) **Adonai Oz** Text: Psalm 29: 11, Melody: Daphne Rosenberg & Yoel Sykes (Nava Tehila)

יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

Adonai oz l'amo yiten Adonai y'varekh et amo

Ah ah ah ah va - shalom ah ah ah ah va – shalom

You give us strength in our innermost heart, so that we may be blessed with peace.

38) **Khayav Inish/Ad d'lo yada (A purim song in Aramaic)** Text from Gemara, music adapted from a Romanian folk song, "Dama Mama Dupa Ghirui"

חייב איניש לבסומי, עד דלא ידע

Khayav inish l'besumey, l'besumey, l'besumey (2x)

Ad de ad de-lo yada, Ah de ad de-lo yada, ad de-lo yada (2x)

Ad de ad de-lo yada, Ah de ad de-lo yada, ad de-lo yada (2x)

A person is required to drink until they do not know

From Gemara Megilla 7b:

Raba said: A man is required to drink on Purim, until he does not know the difference between 'cursed be Haman' and 'blessed be Mordechai'

39) **Shiviti**, Music by Daphna Rosenberg, Text from Psalm 16:8

https://www.youtube.com/watch?v=k9_PADWiBZA

שְׁוִיִּיתִי יְיָ לִנְגְדִי תָמִיד

Shiviti HaVaYaH, l'negdi tamid (2x)

Havayah, Havayah, Havayah.

Ahava, Ahava, Ahava

I place the Divine Presence

(the Sacred~the Mystey~God~Existence Unfolding)

before me, always.

HaVaYaH.... Love...

40) **So Much Magnificence** by Miten and Deva Premal

There is so much magnificence... in the ocean...

Waves are coming in, waves are coming in...

Halleluyah, Halleluyah

Wash me away, so that all that's left is love, Great Spirit.

41) Vi-hi Noam Psalm 90: 17, Music by R. Hanna Tiferet

וַיְהִי אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָהּ

Vi-hi no'am Adonai eloheynu aleynu

uma'aseh yadeinu ko-n'nah aleinu

uma'aseh yadeinu ko-n'nei hu

May Your kindly presence, Yah, be ever pleasant for us.

May our hands' efforts achieve their aim;

please let our efforts result in good.

Translation by R. Zalman Schachter-Shalomi

42) Eyli Eyli (Halicha l-Key'sari'a) Poetry by Chana Szenes, Music by David Zahavi

Eyli eyli,

Sheh-lo yi'ga'mehr l-olam

Ha-chol v-ha-yahm,

Rish'rush shel ha-ma'yim

B'rak ha-sha'ma'yim

sT'fi'lat ha-adam.

אֵלֵי אֵלֵי
שְׁלֹא יִגְמַר לְעוֹלָם,
הַחֹל וְהָיָה
רִשְׁרוּשׁ שֶׁל הַמַּיִם
בְּרַק הַשָּׁמַיִם
תְּפִלַּת הָאָדָם.

O hear my words,
That these may never end:
The sand and the sea,
The rush of the waters,
The thundering heavens,
The prayers of our hearts.

43) Psalm 114: 3-6, Music by Joey Weisenberg <https://www.youtube.com/watch?v=V7Kwx74xcUc>

Ha-yam ra 'ah va-yanos,
ha-Yardeyn yisov l-achor.

Heh-harim rak'du (rak'du) ch-eylim,
g'va'ot ki-v'ney tzon.

Mah l'cha ha-yam ki ta nus
ha-Yardeyn ti sov l-achor.

Heh-ha rim tir'k'du (tir'k'du) ch-ey lim
g'va'ot ki-v'ney tzon.

הַיָּם רָאָה וַיָּנֹס,
הַיַּרְדֵּן יָסֹב לְאַחֹר:
הַהָרִים רָקְדּוּ כְּאֵילִים,
גְּבָעוֹת כְּבָנֵי צֹאן.
מַה לְּךָ הַיָּם כִּי תָנוּס,
הַיַּרְדֵּן תִּסֹּב לְאַחֹר.
הַהָרִים תִּרְקְדּוּ כְּאֵילִים,
גְּבָעוֹת כְּבָנֵי צֹאן.

Translation by Bracha Stone:

*The sea looked and drew back to let us pass, the Jordan changed its direction.
The mountains skipped like rams, the hills like newborn calves
What did it take for the sea to turn aside? For the Jordan to change its course?
How is it that you mountains still leap like goats? You hills, like spring lambs?*

44) How Can I by Batya Levine <https://soundcloud.com/batyalevine/how-can-i>

How can I... how can I...

How can I be a little more SOFT today?

How can I feel a little more CONNECTED today?

How can I get a little more GROUNDED today?

How can I be a little more FREE today?

45) **Sachki Sachki**, lyrics: Shaul Tchernichovsky in 1894, melody: Tuvia Shlonsky

שִׁחֲקִי, שִׁחֲקִי עַל הַחֲלוּמוֹת, Sach'ki sach'ki al ha-chalomot
 זֶה אֲנִי הַחֹלֶם שָׁח. Zu ani ha-cho'lem sach
 שִׁחֲקִי כִּי בָאֲדָם אֲמִין, Sach'ki ki va-a'dam a'amin,
 כִּי עוֹדֵנִי מֵאֲמִין בָּךְ. ki odeni ma'amin bach
 שִׁחֲקִי כִּי בָאֲדָם אֲמִין, Sach'ki ki va-a'dam a'amin,
 כִּי עוֹדֵנִי מֵאֲמִין בָּךְ. ki odeni ma'amin bach

Laugh, laugh at all my dreams
 Laugh, and yet I say anew
 That I still believe in people, as I still believe in you.
 That I still believe in people, as I still believe in you.

כִּי עוֹד נַפְשִׁי דְרוֹר שׁוֹאֶפֶת Ki od naf'shi d'ror sho'efet
 לֹא מְכַרְתִּיהָ לְעַגְל־פֶּז, lo m'char'ti ha l-ey'gel paz
 כִּי עוֹד אֲמִין גַּם בָּאֲדָם, ki od a'amin gam ba-a'dam
 גַּם בְּרוּחוֹ, רוּחַ עֹז. gam b-ru'cho, ru'ach az
 כִּי עוֹד אֲמִין גַּם בָּאֲדָם, ki od a'amin gam ba-a'dam
 גַּם בְּרוּחוֹ, רוּחַ עֹז. gam b-ru'cho, ru'ach az

For I still believe in freedom
 The golden-calf can't claim my soul
 For I still believe in people, in our spirit, strong and bold
 For I still believe in people, in our spirit, strong and bold

46) **Hashiveynu**, text: Lamentations 5:21, melody: folk song

הַשִּׁיבֵנוּ יְיָ, אֱלֹהֵינוּ וְנִשׁוּבָה, Hashi·veynu Adonai ey·lecha v-na-shuva
 חַדֵּשׁ יָמֵינוּ כְּקֵדָם. Cha·deysh ya·meynu k-keh·dem.
Return us to you, and we shall return. Make all our days a new beginning

47) We Will Show Up by Eli Conley & Talia Cooper

This song was inspired by the Movement for Black Lives' call to [#DefendBlackLives](#) [#DefundThePolice](#) and [#InvestInBlackFutures](#). It is meant to be taught, sung, and shared. Please spread it widely.

Chorus:

We will show up (We will show up)
We will not hide (We will not hide)
We will show up cause we've got justice* on our mind

*freedom, abolition, love, liberation

Verses:

We feel the pain, we feel the rage
We will not numb ourselves, we will not look away

Though we are scared, we will be brave
We will be bold, cause we know Black lives are at stake

We won't get stuck in guilt or shame
Yes we will mourn, and we'll give space for our heartbreak

And as we grow we'll make mistakes
We'll help each other learn, we know that's what it takes

We have our children by our side
And all the ancestors, they both will be our guide

So here we are with all our heart
In this together knowing we will do our part

We will keep on, we will stay in
For the long haul, cause we believe that we will win

48) **Breathe Deep** by Eli Conley and Talia Cooper

Part 1:

Slow, slow, slow... breathe deep

Part 2:

I will remember my heart
I will remember my heartbeat
I will remember my heart
I will remember

I am only ashes and dust
I hold the whole universe
I am only ashes and dust
I hold the whole

I will be wide as the earth
I will be soft as the dirt
I will be wide as the earth
I will be soft

49) **Candlelighting for Rosh Chodesh** Text: Marcia Falk from "The Book of Blessings" Melody: Cantor Linda Hirschhorn and Fran Avni

אור חדש, מאור קדמן – תנשא נפשי אליך בשמי חדש אלול

Or chadash, ma'or kadmon – tinasey nafshi eylecha

bishmey chodesh (bishmey chodesh, bishmey chodesh) * _____ *(2x)

*Tishrei, Cheshvan, Kislev, Tevet, Shevat, Adar,
Nisan, Iyar, Sivan, Tamuz, Av, Elul*

*New moon, ancient light – may my spirit rise to you, in * _____ 's sky.*

Song Prayers of Psalm 27

50) Achat Shaalti Psalm 27:4

אחת שאלתי מאת יי, אותה אבקש Achat sha·alti mey-eyt Adonai, otah ava·kesh
שבתי בבית יי, כל ימי חיי Shiv'ti b-veyt Adonai kol y'mey cha·yai
לחזות בנעם יי ולבקר בהיכלו: Lacha·zot b-no'am Adonai u-l-va·ker b-hey·cha·lo.

*One thing I ask of the Eternal, this is my request:
to sit in the house of the Eternal One all the days of my life
and to envision divine delight and to stay within its temple.*

51) Lach Amar Libi Psalm 27:8 adapted to feminine God language, Music: Yoel Sykes

לך | אָמַר לְבִי בִקְשׁוּ פָנַי אֶת־פָּנֶיךָ יי אֲבִקֶּשׁ:

Lach amar libi, bakshu fanai, bakshu fanai (4x)

Et panayich Havayah avakesh (2x)

To you, my heart says "Seek my face!" as I seek your face/presence, Havayah.

52) Horeyni Psalm 27:11 & 13

הורני השם דרכך Ho-reyni ha-Shem dar'kecha
ונחני בארץ מישור U-n'chey-ni b-orach mi·shor
בארץ מישור למען שוררי: b-orach mi·shor l-ma·an shor'rai
לוֹלֵא הָאֱמָנָתִי לִרְאוֹת בְּטוֹב־הַשֵּׁם Lu·ley heh·eh·manti lir'ot b-tuv ha-Shem
לִרְאוֹת בְּטוֹב־הַשֵּׁם בְּאֶרֶץ חַיִּים: lir'ot b-tuv ha-Shem b-eretz cha·yim.

*Yah teach me your way, lead me in the path of integrity.
I pray to see the goodness of Yah in the land of the living.*

53) Kaveh el Hashem, Psalm 27:14, Music by Reb Brian Yosef Schachter Brooks

קָוֵה (קָוֵה קָוֵה) אֶל־הַשֵּׁם (2x) Ka·vey, Ka·vey, Ka·vey el Ha-Shem (2x)
קָוֵה אֶל־הַשֵּׁם חֲזַק וַיֵּאֱמֹץ לִבּוֹ Ka·vey el Ha-Shem, chazak v-ya·ameytz li·becha
וְקָוֵה אֶל־הַשֵּׁם: V'ka·vey el Ha-Shem

Immerse yourself in the Oneness of Divine Essence. Be strong and courageous of heart.

For the Month of Elul (Preceding Rosh Hashanah)

54) Psalm 27

לְדָוִד, יְיָ אֱלֹהֵי יִשְׂרָאֵל מִמִּי אֵירָא יְיָ מַעֲזוּ חַיִּי מִמִּי אֶפְחָד: בִּקְרֹב עָלַי מִרְעִים לֶאֱכֹל אֶת־בִּשְׂרֵי צָרִי
וְאֵיבִי לִי הֵמָּה כְּשָׁלוֹ וְנִפְּלוֹ: אִם־תִּהְיֶה עָלַי מַחֲנֶה לֹא־יִירָא לְבִי אִם־תִּקְוֶה עָלַי מִלְחָמָה בְּזֹאת
אֲנִי בֹטֵחַ: אַחַת שְׁאַלְתִּי מֵאֵת־יְיָ אוֹתָהּ אֲבַקֵּשׁ שְׁבִתִּי בְּבֵית־יְיָ כָּל־יְמֵי חַיִּי לַחֲזוֹת בְּנֹעַם־יְיָ
וּלְבַקֵּר בְּהִיכָלוֹ: כִּי יִצְפְּנֵנִי בְּסֻכָּה בְּיוֹם רָעָה יִסְתַּרְנִי בְּסֹתֵר אֶהְלֹו בְּצוּר יְרוּמָמִנִי: וְעַתָּה יְרוּם
רֹאשִׁי עַל־אֵיבִי סְבִיבוֹתַי וְאֶזְבְּחָהּ בְּאֶהְלֹו זִבְחֵי תְרוּעָה אֲשִׁירָה וְאֶזְמָרָה לֵי: שְׁמַע־יְיָ קוֹלִי אֶקְרָא
וְחַנּוּנִי וְעֲנֵנִי: לֵךְ אָמַר לְבִי בִקְשׁוּ פָנַי אֶת־פָּנֶיךָ יְיָ אֲבַקֵּשׁ: אֶל־תִּסְתַּר פָּנֶיךָ מִמֶּנִּי אֶל־תֵּט בְּאֶף
עֲבָדְךָ עֲזַרְתִּי הָיִיתָ אֶל־תַּטְּשֵׁנִי וְאֶל־תַּעֲזֹבֵנִי אֱלֹהֵי יִשְׂרָאֵל: כִּי־אֲבִי וְאִמִּי עֲזָבוּנִי וְיְיָ יֹאסִפֵּנִי: הוֹרֵנִי
יְיָ דְרָכְךָ וְנַחֲנִי בְּאַרְחַ מִישׁוֹר לְמַעַן שׁוֹרְרִי: אֶל־תִּתְּנֵנִי בְּגַפְשׁ צָרִי כִּי קָמוּ־בִי עַד־יִשְׁקַר וַיִּפֹּחַ
חָמָם: לוֹלֵא הָאִמְנָתִי לִרְאוֹת בְּטוֹב־יְיָ בְּאַרְצָן חַיִּים: קוּה אֶל־יְהוָה חֲזֹק וַיֹּאמֶן לְבָבְךָ וְקוּה אֶל־יְהוָה:

Psalm 27: A Gift from David

Interpreted by Bracha Stone

You are my light and my help
The strength of my life
Who else should inspire awe?

When evil came close to devour me,
My worst distractions and illusions,
They stumbled and fell

But even if they gathered in force nearby,
Even if they arose and declared war,
My heart would not be awed.
I am confident of this.

There is only one thing I ask of you
I want to live in your home
all the days of my life
To see your sweetness
And to visit in your Temple
for that short time

When the day is dark,
you hide me in your *sukkah*, like a treasure
You carefully secure me
in the secret places of your tent

You lift me up onto a rock
And even though
I can see my enemies circling around me
I am not distracted
I awaken to my practice
with the *shofar* sounding in your own tent

I will sing and dance
and play beautiful instruments
In service to you I sing,
“Hear my voice when I cry!
Be gracious to me, and answer me!”
With all my heart I say to you,
“Let us seek each other’s faces.”

Don’t hide your face and don’t be angry
You have helped me, do not turn away
from me, do not abandon me!
My father and my mother
have left me alone in this world
But you will gather me in
like a mother her brood

Sweet God, show me your path
And lead me on an even road
Because there are those
who lie in wait for me

Do not give me to my own passions
and illusions
For they are great lies
and will destroy me with a breath

If only I could strengthen my faith –
That it is possible to see your goodness
in this land of the living . . .
Then I could wait for you with a strong
and courageous heart
Then I could expect you

55) Gonna Get Through by Batya Levine

I'm gonna get through (repeat)
Remember you are not alone
Remember the beat of this song
Remember you are not alone
Remember you're bold, fierce, and strong

56) Tefilat Geshem (Rain Prayer), Sefardic Liturgy, translation from Kol Haneshamah: Shabbat Vehagim Siddur

בְּגֶשְׁמֵי אוֹרָה תְּאִיר אֲדָמָה: B'gishmey orah ta'ir adamah.
בְּגֶשְׁמֵי בְּרָכָה תְּבָרֵךְ אֲדָמָה: B'gishmey veracha t'varech adamah.

**With raindrops of Ancient light, illuminate the earth.
With raindrops of Blessing divine, please bless the earth.**

בְּגֶשְׁמֵי גִילָה תְּגִיל אֲדָמָה: B'gishmey gilah tagil adamah
בְּגֶשְׁמֵי דִיצָה תְּדַשֵּׁן אֲדָמָה: B'gishmey ditzah t'dasheyn adamah.

**With raindrops of Gleeful rejoicing, give joy to the earth.
With raindrops of Divine exultation, enrich the earth.**

בְּגֶשְׁמֵי הוֹד תְּהַדִּיר אֲדָמָה: B'gishmey hod t'hadeyr adamah.
בְּגֶשְׁמֵי וַעַד טוֹב תְּנוּעַד אֲדָמָה: B'gishmey va'ad tov t'va'eyd adamah.

**With raindrops of Heavenly splendor, give glory to the earth.
With raindrops of Wise assembly, let the earth be gathered.**

בְּגֶשְׁמֵי זִמְרָה תְּזַמֵּר אֲדָמָה: B'gishmey zimrah t'zameyr adamah.
בְּגֶשְׁמֵי חַיִּים תְּחַיֶּה אֲדָמָה: B'gishmey chayim t'chayeh adamah.

**With raindrops of Song and melody, make music through the earth.
With rainsdrops of Healing life, enable earth to live.**

בְּגֶשְׁמֵי טוֹבָה תֵּיטִיב אֲדָמָה: B'gishmey tova teytiv adamah.
בְּגֶשְׁמֵי יְשׁוּעָה תּוֹשַׁע אֲדָמָה: B'gishmey y'shu'ah toshi'ah adamah.

**With raindrops of Timeless good, give goodness to the earth.
With raindrops of Your saving help, redeem the earth.**

בְּגֶשְׁמֵי כֹלְכָלָה תְּכַלְכֵּל אֲדָמָה: B'gishmey chalkalah t'chalkel adamah.

With raindrops of Caring nurturance, nourish the earth.

שְׂאֲתָהּ הוּא יְיָ אֱלֹהֵינוּ,	Sh'atah hu adonay eloheynu
רַב לְהוֹשִׁיעַ	rav l'hoshi'ah
מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם,	mashiv haru'ach umorid hagashem

**For you are the Fount of life, our God, abundant in your saving acts,
who makes the wind to blow and rain to fall.**

לְבִרְכָּהּ וְלֹא לְקִלְלָהּ (אָמֵן).	Livracha v'lo liklalah (Amen)
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For blessing, not for curse (Amen)

לְחַיִּים וְלֹא לְמָוֶת (אָמֵן).	L'chayim v'lo l'mavet (Amen)
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For life, not for death (Amen)

לְשֹׁבַע וְלֹא לְרִזּוֹן (אָמֵן).	L'sova v'lo l'razon (Amen)
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For plenty, not for dearth (Amen)

57) Lo Lanu, from Psalm 115, adapted from verse 1, melody by Maggid Jhos Singer

לֹא לָנוּ, שַׁדַּי, לֹא לָנוּ,	Lo lanu, Shaddai, lo lanu
כִּי לְשִׁמְךָ תֵּינַן כְּבוֹד,	Ki l-shim'cha teyn kavod,
עַל חַסְדֶּךָ עַל אֱמֶתְךָ.	al chas'dey·cha al ami·teh·cha

*Not for us, Shaddai, not for us, but for your name
Grant us glorious presence
for Your kindness, for Your truth.*

58) Shuvi Nafshi, From Psalm 116 : 7-8

Shuvi naf'shi li-m'nuchai'chi שובי נפשי למנוחיכי,
ki Hashem (ki Hashem) gamal a lai'chi כי יי גמל עליכי.
ki chilatz'ta naf'shi mi-ma vet כי חלצת נפשי ממות,
et ey ni min dim'ah את עיני מן דמעה,
et rag'li mi-deh chi את רגלי מדחי.

*Let my soul rest at ease, for YHVH'S kindness is upon me.
My soul is delivered from death, and my eye from tears, and my feet from stumbling.*

59) Psalm 118: 14, Melody: R. Shefa Gold

Ozi v-zim'rat Yah, va-y'hi li li-shu ah עזי וזמרת יה ויהי לי לישועה:
Yah is my strength and my song, and, for me, is deliverance itself.

60) Pitchu li, Psalm 118: 19-20

Pit'chu li sha a rey tze dek, avo vam odeh Yah. פתחו לי שערי צדק, אבא בם אוֹדֶה יְהוָה.
Zeh ha-sha ar l-Adonai, tzadikim yavo u vo זה השער לי, צדיקים יבאו בו.

*Open the gates of righteous for me so I may enter and thank Yah.
This is the gate to the Holy One, the righteous may enter.*

61) Eli Ata, Psalm 118: 28-29, Chabad melody

Eli ata v-odeka, Elohai arom'meka. אֵלִי אַתָּה וְאוֹדֶךָ, אֱלֹהֵי אֲרוֹמְמֶךָ.
Hodu l-Adonai ki tov, ki l-olam has'do. הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.

*You are my God and I thank you. My God, I exalt you.
Give thanks to YHVH for the good. Lovingkindness forever!*

62) **Ya'aloz Sadai**, Text: Psalm 96: 12, Music: Yoel Sykes and Navot Ben Barak

יַעֲלֹז שָׂדֵי וְכָל אֲשֶׁר בּוֹ
אֶז יִרְנְנוּ כָּל עֵצֵי יָעַר

Ya-aloz sadai ve-chol asher bo, Ya-aloz sadai ai ai ai ai (2x)
Az ye-rane-nu kol atzei ya-ar (4x)

Let the field and all that is in it exult! Then all the trees of the woods shall sing for joy.

63) **A chant for Tu B'shevat**, Text: Psalm 104: 16, Music: R. Naomi Steinberg

יִשְׁבְּעוּ עֵצֵי יְהוָה

Yisb'u atzey Adonai*

*option to use other names: Havayah, Hamakom, El Shaddai, Shekhinah, HaBorey

The trees of the Holy One drink their fill ~ The Holy One's trees will be satiated.

64) **Hinei Ma Tov**, Text: adapted from Psalm 133: 1, Music: Turkish-Sefardic melody

הִנֵּה מַה־טּוֹב וּמַה־נֶּעִיִּם שֶׁבֶת אֲחִים גַּם־יַחַד:

Hinei ma tov umanayim shevet anashim gam yachad (2x)

Hinei ma tov umanayim, Hinei ma tov umanayim

Shevet anashim gam yachad

How good and pleasant it is for people to be together.

65) We are Opening Up in Sweet Surrender

We are opening up in a sweet surrender
To the luminous love light of the one
We are opening we are opening

We are rising up like a phoenix from the fire
Everybody spread your wings and fly higher
We are rising up we are rising up

66) Ana Hashem, Text: Psalm 116: 16

(2x) אָנָּה ייִ כִּי אֲנִי עַבְדְּךָ Ana Hashem, Ana Hashem, ki ani av'decha (2x)

(3x) אֲנִי עַבְדְּךָ בֶּן אַמָּתֶךָ ani av'decha, ben amatecha (3x)

פִּתַּחְתָּ לְמוֹסְרִי. pitach'ta l-moseyrai

*Answer me, Yah, for I am Your servant, Your servant and Your maidservant's son.
You release me from bondage.*

67) Miriam's Drum, Text: Exodus 15: 20-21, Music: Tziona Achishena

וַתִּקַּח מִרְיָם הַנְּבִיאָה אֶחָוֹת אַהֲרֹן אֶת־הַתֹּף בְּיָדָהּ

וַתִּצְאֶנָּה כָּל־הַנָּשִׁים אַחֲרֶיהָ בְּתֻפִּים וּבְמַחֲלֹת:

Va-tikach Miryam Ha-n'via, achot Aharon et ha-tof b-yadah

Va-tey-tzena chol ha-nashim acharey-ha (acharey-ha);

Va-tey-tzena chol ha-nashim acharey-ha b-tupim u-vim-cholot.

Shiru... shiru...!

*Miriam the prophetess, sister of Aaron, took timbrel in hand
and together with all the women did drum and dance.
(And Miriam called out to them) Sing... Sing!*

הָא לַחֲמַא עֲנִיא
דִּי אָכְלוּ אַבְהָתָנָא
בְּאַרְעָא דְּמִצְרַיִם.
כָּל דְּכַפִּין יִיתִי וְיִיכֹל,
כָּל דְּצָרִיד יִיתִי וְיִפְסֹח.
הַשְׁתָּא הַכָּא,
לְשָׁנָה הַבָּאָה בְּאַרְעָא דְּיִשְׂרָאֵל.
הַשְׁתָּא עַבְדֵּי,
לְשָׁנָה הַבָּאָה בְּנֵי חוֹרִין

Ha lach'ma an'ya
di achalu av'hatana (2x)
b-ar'ah d-Mitz'ra·yim.
Kol dich-fin yey-tey v'yey-chol
Kol ditz-rich yey-tey v'yif-sach
Ha'shata ha'cha (2x)
L'shana ha'ba'a b'ar'ah d'yisra'el
Ha'shata avdey (2x)
L'shana ha'ba'a b'ney chorin.

*This is the bread of oppression that our ancestors ate in the land of Mitz'ra·yim.
All who are hungry – come and eat!
All who are in need – come celebrate Pesach!
This year we are here; next year in Eretz Yisrael*
This year we are still in bondage; next year may we be children of Freedom*

*Where do you long to be that feels like home or that carries the possibility of redemption-transformation-liberation? Still “here”, or “there”, but in the re-matriated land of our indigenous hosts? In a city, state or country who’s making reparations for slavery? What does redemption look like in regards to our relationship with the land itself, here, in Israel/Palestine, in any place we long to be, in any place we call home?

69) Heal Me Hashem, by Koach Baruch Frazier

רְפְּאֵנִי, יְיָ, וְאַרְפֵּא

Refa'eyni Hashem, v'eyrafey, v'eyrafey

Heal me, Hashem, let me be healed, let me be healed

Healing of my body, oh, healing of my mind, healing of my soul

May I be whole, may I be whole.

70) Our Power, by Rena Branson, Hebrew from liturgy

We will not underestimate

Our power any longer —

We know that together, we are strong.

Like drops of water shape the rocks

As they rush down the falls,

We know that together, we are strong.

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְּאוּלִּים לְשִׁמְךָ עַל שְׂפַת הַיָּם, יַחַד כָּלֶם הוֹדוּ

Shira chadasha shib'chu g'ulim l'shimcha al s'fat hayam, yachad kulam hodu

With a newborn song, liberated people praised your name on the lip of the sea. All were one in giving thanks.

71) Open Up the Gates, melody adapted from “Galeh” by Moshe Shur, English by Joseph Berman and Batya Levine

Open, open up the gates for

All who gather here

Open up the gates for

all who seek your presence

Open, open up the gates of

Kindness and compassion

Open up the gates of

Wholeness and peace

Open, open up the gates of

Freedom and justice

Open up the gates of

Liberation

Open, open up the gates of
Change and release
Open up the gates of
Transformation

Open, open up the gates of
Healing and forgiveness
Open up the gates of
Reconciliation

Open, open up the gates of
Listening and patience
Open up the gates of
Humility

Open, open up the gates of
Prayer and wisdom
Open up the gates of
Intuition

Open, open up the gates of
Equity and honor
Open up the gates of
Dignity

Open, open up the gates of
Torah and blessing
Open up the gates of
Gratitude and learning

Open, open up the gates of
Love and connection
Open up the gates of
Giving and receiving

Open, open up the gates of
Trust and pleasure
Open up the gates of
Abundance

Open, open up the gates of
Joy and resilience
Open up the gates of
Liberation