



# Congregation Tikkun v'Or

Ithaca Reform Temple  
Spirit • Community • Justice

## SHABBAT SONGBOOK

### FRIDAY EVENING

1. Blessing the Children
2. Amar, Amar
3. Dundai
4. HaShechinah
5. Yom Zeh L'Yisrael
6. Harachaman
7. Psalm 118:14
8. Hashkiveinu
9. Olam Chesed Yibaneh / Build the World
10. Ufros Aleinu
11. Barchu / Dear One
12. Roll Into Dark / Roll into Light
13. We are Loved
14. Geshet Tzar Me'od
15. Adamah V'Shamayim

שַׁבָּת שְׁלוֹמִים!

### SHABBAT MORNING

16. Modeh Ani (Ruach Chai) / Thankful am I
17. How Good it is / Hinei Ma Tov
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20. Sanctuary Song
21. As We Bless
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30. Ana B'Koach
31. I'm Not Alone
32. May I Be Empty



# SHABBAT EVENING

## 1. BLESSING THE CHILDREN

*Ysimcha Elohim k'Efrayim v'Menashe.*

May God inspire you to live like Ephraim and Menashe.

יְשִׁימָךְ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה

*Ysimech Elohim k'Sarah, Rivka, Rachel, v'Leah.*

May God inspire you to live like Sarah, Rebecca, Rachel, and Leah.

יְשִׁימָךְ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

*Yivarechecha Adonai v'yishmerecha*

May God bless you and protect you

בְּרַכָּךְ יְהוָה וְיִשְׁמְרֶךָ

*Ya'er Adonai panav eilecha vichuneka*

May God show you favor and be gracious to you.

יְאֵר יְהוָה פְּנֵיו אֵלֶיךָ וַיְחַנֶּךָ

*Yisa Adonai panav eilecha v'yasem lecha shalom*

May God show you kindness and grant you peace.

יִשָּׂא יְהוָה פְּנֵיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם

## 2. AMAR, AMAR

*Amar, amar, amar Rebbe Yehuda:*

*Al tistakeyl b'kankan elah b'mah sheyeysh bo.*

Rabbi Yehuda said: Don't look at the vessel, but rather, what is inside it.

## 3. DUNDAI

*Dundai (3x), dundai, dai) 2x*

*Eretz Yisrael b'li Torah hi k'guf b'li neshamah.*

Israel without Torah is like a body without a soul.

## 4. HaSHECHINAH

*V'anu matzanu menucha meetachat kanfei haShechinah.*

We find rest beneath the wings of Shechinah (God's presence).

## 5. YOM ZEH L'YISRAEL

*Yom zeh l'Yisrael orah v'simchah*

*Orah v'simcha (4x)*

*Yom zeh l'Yisrael, Shabbat menuchah*

*Shabbat, Shabbat, Shabbat menuchah. (2x)*

This is a day unto Israel, a day of joy and Sabbath rest.

## 6. HARACHAMAN

*Harachaman hu yanchileinu yom shekulo Shabbat u'menucha.*

May the Merciful One let us inherit a day of Sabbath and rest.

**7. PSALM 118:14**

*Ozi v'zimrat Yah vay'hi li lishuah.*

My strength and song is God; Yah will be my salvation.

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה

**8. HASHKIVEINU**

הַשְּׁכִיבֵנוּ לַיְיָ אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים

*Hashkiveinu l'Adonai, Eloheinu l'shalom, v'hamideynu shomreinu l'chaim*

Everythings gonna be alright, everythings gonna be alright

Help us lie down, dear One, our God, in peace, and let us rise again, our Sovereign, in life.

**9. OLAM CHESED YIBANEH**

Psalm 89:3

*Menachem Creditor*

*Olam chesed yibaneh...yai dai dai (4x)*

עוֹלָם חֶסֶד יִבְנֶה

I (we) will build this world from love (justice / peace)...yai dai dai

And you (we) must build this world from love (justice / peace) ...yai dai dai

And if we build this world from love (justice / peace) ...yai dai dai

Then God will build this world from love (justice / peace) ...yai dai dai

**10. UFROS ALEINU**

*Ufros Aleynu Sukkat shlomeycha*

וּפְרוֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ

*Here in —, there in —, Spread over us your canopy of peace*

**11. BARCHU, DEAR ONE**

*Barchu, Dear One,*

Shechina, Holy Name

When I call on the light of my soul,

I come home

**12. ROLL INTO DARK / ROLL INTO LIGHT / MAARIV ARAVIM**

*Hebrew traditional, English and music by Noam Katz*

Roll into dark, roll into light

Night becomes day, day turns to night (2x)

*Borei yom va-laila*

בוֹרֵא יוֹם וְלַיְלָה

*Goleil or mip-nei cho-shech*

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ

*Goleil or mip-nei cho-shech*

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ

*V'cho-shech mip-nei or*

וְחֹשֶׁךְ מִפְּנֵי אוֹר

Creator of day and night, rolling light into darkness, and darkness into light.

### 13. WE ARE LOVED BY AN UNENDING LOVE

Rabbi Rami Shapiro

We are loved, loved, loved  
by an unending love, an unending love.

We are embraced by arms that find us  
even when we are hidden from ourselves.  
We are touched by fingers that soothe us  
even when we are too proud for soothing.  
We are counseled by voices that guide us  
even when we are too embittered to hear.  
We are supported by hands that uplift us  
even in the midst of a fall.  
We are urged on by eyes that meet us  
even when we are too weak for meeting.

Embraced, touched, soothed, & counseled,  
Ours are the arms, the fingers, the voices;  
Ours are the hands, the eyes, the smiles;

### 14. GESHER TZAR ME'OD

*Kol haolam kulo geshher tzar me'od*  
*Geshher tzar m'od, geshher tzar me'od*  
*Kol haolam kulo geshher tzar me'od*  
*Geshher tzar me'od*  
*V'ha-ikar, v'ha ikar, lo l'facheid, lo l'facheid klal*  
*V'ha-ikar, v'ha ikar, lo l'facheid klal*

כָּל הָעוֹלָם כְּלוֹ  
גֶּשֶׁר צָר מְאוֹד  
וְהַעֲקָר לֹא לְפִיחַד כְּלָל.

All the world is just a narrow bridge, just a narrow bridge,  
Just a narrow bridge,  
All the world is just a narrow bridge, just a narrow bridge.  
And the thing is, the thing is, not to fear, not to fear at all  
And the thing is, the thing is, not to fear at all.

### 15. ADAMAH V'SHAMAYIM (Earth and Sky)

Shimon Lev-Tahor (Suissa) - adapted to Hebrew

Love the earth  
Love the sky  
Heat of fire  
Drop of water  
I can feel it in my body  
In my spirit, in my soul

Yai da dai, yai da dai dai,  
Yai da dai, yai da dai dai  
Yai da dai dai, ya da dai dai  
Yai da dai, da dai da dai

I can feel it in my body  
In my spirit, in my soul

*Adama v'shamayim*  
*Chom ha-esh*  
*Tzlil ha'mayim*  
*Ani margish zot begufi*  
*Beruchi, benishmati*  
אדמה ושמים  
חום האש  
צליל המיים  
אני מרגיש זאת  
בגופי  
ברוחי  
ובנשמתי

## SHABBAT MORNING

### 16. MODEH ANI / Ruach Chai

*Mo-deh ani l'fan-e-cha*

*Ruach chai v'kayam*

*She-he-che-zar-ta bi ni-sh-mati*

*b'chemla, b'chemla, ra-bah e-mu-na-tech-a*

מוֹדֵה אֲנִי לְפָנֶיךָ

רוּחַ חַי וְקַיָּיִם.

שְׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי

בְּחֶמְלָה, בְּחֶמְלָה, רַבָּה אֶמְוֹנֶתְךָ:

I give thanks to You, living and everlasting God, for You have restored my soul with mercy.  
Great is Your faithfulness.

Alternative: *Modeh ani, ani. Modah ani, ani.*  
Thankful, Thankful am I, Thankful thankful am I

### 17. HOW GOOD IT IS / HINEI MA TOV

*Hineh mah tov*

*umah na'im*

*shevet achim (ach'yot / kulam)\* gam yachad*

הִנֵּה מַה טוֹב

וּמַה נְעִיִם

שֵׁבֶת אַחִים גַּם יַחַד

How good it is - How sweet it is – to be together on this day  
\*achim = brothers, achyot = sisters, kulam = everyone

### 18. ASHREI / I SING

*Ashrei / yoshvei / ashrei yoshvei veitecha*

*Ashrei yoshvei veitecha od y'hallelucha selah*

*interpretation by Aly Halpert*

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֶלָה

I sing / for you / I sing for what is holy and is true  
I sing / for all creation for life and liberation every day anew

### 19. NISHMAT KOL CHAI

נִשְׁמַת כָּל חַי תְּבָרַךְ אֶת שְׁמֶךָ יְהוָה אֱלֹהֵינוּ

וְרוּחַ כָּל בְּשָׂר תִּפְאָר וּתְרוּמָם זְכָרְךָ מִלְּפָנֶיךָ תִּמְיֵד מִן הָעוֹלָם וְעַד הָעוֹלָם אַתָּה אֵל.

*Nishmat kol Chai      Tevarech et shimcha      Havaya Eloheynu*

The Breath of all living beings, Praises Havaya/Being, our God.

## 20. V'ASU LI MIKDASH / SANCTUARY SONG

May the words of my mouth, and the meditations of my heart,  
be acceptable to you YaH, my rock and my redeemer.  
Love, prepare me, to be a sanctuary, pure and holy, tried and true.  
With thanksgiving, I'll be a living sanctuary for you.

*V'asu li mikdash, v'shachanti b'tocham,  
V'anachnu nevarech YaH, me-ata v'ad olam.  
Halleluyah, halleluyah, halleluyah, halleluyah!*

וְעָשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכְכֶם  
וְאֲנַחְנוּ נִבְרַךְ יְיָ מֵעַתָּה וְעַד עוֹלָם  
הַלְלוּיָהּ

## 21. AS WE BLESS

*Faith Rogow*

As we bless the source of life, so we are blessed  
As we bless the source of life, so we are blessed  
And the blessing gives us strength, and makes our visions clear  
And the blessing gives us peace, and the courage to dare  
As we bless the source of life, so we are blessed.

## 22. AHAVAH V'RACHAMIM / I am Whole

*Bon Singer*

אהבה ורחמים חסד ושלוֹם

*Ahavah v'rachamim, chesed v'shalom*

Love and compassion, kindness and peace

## 23. HOLY MOUNTAIN

*Rabbi Aryeh Hirschfield Isaiah 56:7*

And they will come to my holy mountain  
and rejoice in my house of prayer.  
My house will be a house of prayer for all people.  
My house will be a house of prayer for all peoples.

## 24. AL SHLOSHA DEVARIM

*Al sh'loshah d'varim, ha-olam, ha-olam omeid  
Al haTorah, v'al ha'avodah, v'al g'milut chasadim*

Upon three things the world stands: On Torah, on service (prayer), and on lovingkindness.

עַל שְׁלֹשָׁה דְבָרִים הָעוֹלָם עוֹמֵד  
עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה וְעַל גְּמִילוּת חֶסֶדִים

## 25. LO YISA GOY

Isaiah 2:4, Micah 4:3

*Lo yisa goy el goy cherev*

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב

*Lo yil'medu od milchamah*

לֹא יִלְמְדוּ עוֹד מִלְחָמָה

Don't walk in front of me, I may not follow;

Don't walk behind me, I may not lead;

Just walk beside me and be my friend,

Please walk beside me and be my friend

(Or: Together we will walk in the path of *Hashem* / peace)

*Alternative:*

And every one 'neath their vine and fig tree

Shall live in peace and unafraid (2x)

And into plowshares turn our swords,

Then we will study war no more (2x)

## 26. HEALING PRAYER

*El na refa na la*

אֵל נָא רְפֹא נָא לָהּ

*Refuah shleima*

רְפוּאָה שְׁלֵמָה

Please God, a complete healing.

## 27. OD NAVI SHALOM ALEINU

*Od navi shalom aleinu (3x) v'al kulam (repeat)*

*Salaam, aleinu v'al kol haolam*

*Salaam, Shalom (repeat)*

We will pursue peace for us and everyone.

Salaam/Shalom for us and for the entire world.

## 28. SIMAN TOV U'MAZEL TOV

סימן טוב ומזל טוב

*Siman tov u'mazal tov*

*Good luck will come to all of us!*

*Umazal tov vesiman tov (x3)*

*Yehe lanu.*

*Yehe lanu, yehe lanu*

*Ulechol Yisrael. (x2)*

## 29. PEACE, SALAAM, SHALOM

*Emma's Revolution*

Peace, Salaam, Shalom

Peace, Salaam, Shalom

Peace, Salaam, Shalom

Peace, Salaam, Shalom

### 30. ANA B'KOACH

*Kabbalistic poem, music by Ovadia Hamama*

*Ana bekoach,  
g'dulat yemincha,  
tatir tz'rura*

We beg thee  
with the strength and greatness of thy right arm-  
Untangle our knotted fate.

*Kabel rinat amcha sagveinu,  
tahareinu nora (x2)*

Accept your people's song,  
elevate and purify us (x2)

*Na gibor  
dorshei yichudcha,  
k'vavat shamrem*

Please, heroic one,  
those who pursue your uniqueness-  
guard them as the pupil of an eye.

*Barchem taharem, rachamei tzidkatcha  
Tamid gamlem*

Bless them, purify them, pity them,  
may your righteousness always reward them.

*Chasin kadosh berov tuvcha,  
Nahel adatecha*

Powerful and Holy One,  
in goodness lead your flock

*Yachid ge'eh le'amcha p'neh,  
zochrei k'dushatecha*

Unique and proud one, to your people turn,  
who remember your holiness.

*Shavateinu kabel ushma tza'akateinu,  
yode'a ta'alumot*

Accept our cries, and hear our screams,  
oh knower of mysteries.

*(Baruch shem k'vod malchuto  
le'olam va'ed)*

(Blessed is the name of his noble kingdom  
forever and ever.)

### 31. I'M NOT ALONE

*Aly Halpert*

I'm not alone, I'm not alone, I'm not alone, I'm not alone (2x)  
I forgot, for a minute, who I belong to,  
Mama Earth, the wind and rain, the beauty and the pain  
I'm not alone, for me the world was created,  
I'm not alone, to dust I will return

### 32. MAY I BE EMPTY

*Batya Levine*

May I be empty and open to receive the light  
May I be empty and open to receive  
May I be full and open to receive the light  
May I be full and open to receive