

# *A Way to Say Ah*

*From the CD "A Way to Say Ah"*

*Words & Music by Beth A. Schafer*

[www.bethschafer.com](http://www.bethschafer.com)

## **A WAY TO SAY AH**

Ah, mmm, oh (2x)

A miracle happened today. Was I aware, did I even care?

A miracle happened today, and did I pause enough?

**CHORUS:** To find a way to say ah, a way to say mmm

A way to say, "Oh thank you God I've arrived"

A way to say ah, a way to say mmm

A way to say, "Oh thank God I'm alive"

A coincidence happened today

Was this circumstance happening by chance?

A coincidence happened today

And did I pause enough?

**CHORUS**

A way to sanctify the time to remember

That on our journey we are not alone

A way to not allow my senses to be dulled to the wonders I will be shown

**Lev Eisha**

**Vista Del Mar - 3200 Motor Ave., LA**

**Phone: 310-575-0985 Website: [www.leveisha.org](http://www.leveisha.org)**

# *Gesher Tsar M'od*

*From the CD "A Merciful Moon"*

*Words & Music by Fran Avni & Susan Cogan*

[www.franavni.com](http://www.franavni.com)

## **GESHER TSAR M'OD (A Narrow Bridge)**

Kol ha'olam, ha'olam kulo, gesher tzar, tzar m'od

Gesher tzar, tzar m'od , kol ha'olam kulo

V'ha-ikar lo l'fa-cheid, v'ha-ikar lo l'fa-cheid

V'ha-ikar lo l'fa-cheid, lo l'fa-cheid klal

All the world is a narrow bridge,

The whole wide world - a narrow bridge

Narrow bridge - all the world - a very narrow bridge

And it's important not to fear

Most important not to fear

Don't be afraid, don't be afraid – No fear at all.

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# ***Mah Tov***

*From the CD "A Drum in Hand"*

*Music by Noam Katz*

*Hebrew text: Num 24:5, Psalm 5:8, Psalm 26:8, Psalm 95:6, Psalm 69:4*

[www.noamkatz.com](http://www.noamkatz.com)

## **MAH TOVU**

Mah mah tovu O-oh-halecha

O-oh-halecha Ya-ya-akov

Mish-k-no-te-cha mish-k-no-te-cha---- Yisrael

**Va-ani b'rov chas-de-cha avo-vei-techa**

**Esh-ta-cha-veh eil hei-chal kod-sh'cha—b'yira-techa Mah mah...**

**Adonai ahav-ti m'on bei-te-cha**

**Um-kom mish-kan um'kom mish-kan k'vo-de-cha**

**Va'ani esh-ta-cha-veh esh-ta-chaveh v'ech-ra'ah**

**Ev-r'cha loifnei A-do-nai o---si Mah mah.....**

**Va-ani t'fi-la-ti l'cha Adonai eoit ratzon**

**Elohim b'rov chas-de-cha aneyni b'emet yishecha Mah mah.....**

*How beautiful are your tents, O Jacob, your dwelling places, O Israel! By your abounding love, O God, I enter our house. With awe I worship in Your holy Temple. O God, I love the house where you dwell and the place where Your glory resides. I shall bow and kneel before God, my Maker. I am my prayer before You: may this be a time of Your favor. In Your great love, God, answer me with Your saving truth*

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## ***Modah Ani/Asher Yatzar***

*From the CD "Closing the Distance"*

*Text from the Morning Liturgy/ Music by Alisa Fineman*

[www.alisafineman.com](http://www.alisafineman.com)

### **MODAH ANI – I Offer Thanks/That Which Creates**

Mo-dah ani l'fan-echa, mo-dah ani l'fan-echa, mo-dah ani l'fan-echa

Melech chai v'kayam

She-hech-ezarta, bi nish-mati, b'chem-la ra-ba e-muna-techa (2x)

Ba-ruch atah Adonai Elo-heinu mel-ech ha-olam,

Asher yatzar et ha-adam b'choch-ma, u-vara vo

N'ka-vim n'ka-vim, cha-lu-lim cha-lu-lim, galu-i v'yadua

Lif-nei chisei k'vo-decha, she-im yi-pa-tei-ach e-chad mei-hem

O yis-a-teim e-chad mei-hem i-ef-shar l'hit-ka-yeim v'la-amod l'fa-necha.

*The first prayer is spoken upon rising in the morning,; its essence is that of gratitude.*

*I thank you, alive and potent source of life, spirit of creative power, for returning my soul to me with compassion and abundant faithfulness. The second prayer, also spoken in the morning is about awakening to the miracle of our anatomy. Blessed are you, Great Architect, who has formed the human being in wisdom and created within us the spark of life, making for us all the openings and vessels of the body. It is known that if one of these passageways be open when it should be closed, or blocked when it should be open, one could not stay alive or stand before you and give thanks for your sustenance.*

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# ***Mah Gadlu***

*From the CD "Closing the Distance"*

*Music by Alisa Fineman*

*Hebrew text: Psalm 92:1-6*

[www.alisafineman.com](http://www.alisafineman.com)

## **MAH GADLU**

**Mah gadlu, mah gadlu, mah gadlu ma'asecha Yah**

**Mah gadlu, mah gadlu, m'od amku mach'sh'votecha**

**Mizmor shir, mizmor shir, mizmor shir l'yom hashabat**

**Tov l'hodot Ladonai**

**U-le-zameir l'shimcha elyon**

**Mah gadlu..... Hallelu-le-lu-Yah (4x)**

**L'hagid baboker chasdecha**

**Ve'emunat'cha baleilot**

**Alei asor va'alei navel**

**Alei higayon b'chinor**

**Mah gadlu..... Hallelu-le-lu-Yah (4x)**

**Ki simachtani Adonai b'fo'alecha**

**B'ma'asei yadecha yadecha aranein**

**Mah gadlu..... Hallelu-le-lu-Yah (4x)**

*How great are Your works, O Adonai. Your thoughts are very deep.*

*A psalm, a song, for Shabbat. It is good to give thanks to Adonai, to sing hymns to Your name, O Most High! To tell of Your lovingkindness in the morning and Your faithfulness at night; To pluck the strings and to sound the lute. To make the harp vibrate. Your deeds, Adonai, fill me with gladness. Your work moves me to song.*

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## ***Barchu***

*From the CD "Shabbat Alive"*

*Music by Craig Taubman*

*Recording Artist: Ruti Braier*

### **BARCHU – Praise Adonai**

**Bar'chu et Adonai ham'vorach**

**Bar'chu et Adonai ham'vorach**

**Baruch Adonai ham'vorach l'olam va-ed**

**Baruch Adonai ham'vorach l'olam va-ed**

*Praised be the One to whom all praise is due!  
Praised be the One to whom praise is due, now and forever!*

## ***Mi Chamocha***

*From the CD "Sounds of Shabbat"*

*Music: Hana Tiferet Siegel*

*Recording Artists: Cantors Angela Buchdahl & Julia Katz*

### **MI CHAMOCHA**

**Mi cha-mocha ba-eilim Adonai, Mi-kamocha ne'edar ba-kodesh**

**No-rah (echo: norah) t'hilot (t'hilot) o-seh (oseh) feleh (feleh)**

*Who is like You, God, among all that is worshipped?  
Who is like You, majestic in holiness, awesome in splendor, working wonders?*

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# *Ufaratzta*

*From the CD "A Drum in Hand"*

*Words & Music by Noam Katz*

*Hebrew text: Genesis 28:14*

[www.noamkatz.com](http://www.noamkatz.com)

## **UFARATZTA**

Yamah, yamah, vakeidmah, keidmah,  
Tza-fonah va-neigbah

May you... may you always try to inspire  
May you... may you always try to reach higher and higher  
May you bring your goodness and may you bring peace  
May you spread it from the West to the East  
May you spread it from the North to the South....UFARATZTA  
Chorus:

May you... may you be a light that shines the way  
May you... may you be a blessing each and every day  
May you let the laughter and love increase  
May you spread it from the West to the East  
May you spread it from the North to the South.... UFARATZTA  
Chorus

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## *Oseh Shalom*

*From the CD "Waking Heart"  
Music by Nava Tehila  
Hebrew Text – liturgy Birkat Shalom*

### **OSEH SHALOM**

Oseh shalom bim-ro-mav hu ya-aseh shalom a-leinu  
V'al Yis-ra-el, v'al kol yosh-vei tei-vel, v'imru Amen  
Ye-le-lei-lei-lei.....

*May the One who causes peace to reign in the high heavens  
Let peace descend on us and on all Israel, and let us say: amen.*

## *Olam Chesed Yibaneh*

*From the CD "World of Peace"  
Hebrew & English lyrics by Menachem Creditor*

*Recording by Rita Glassman -[www.risaglassman.com](http://www.risaglassman.com)*

### **OLAM CHESED YIBANEH**

Olam chesed yibaneh - ya la lai, lai lai, ya lai lai lai

We will build this world from love, ya la lai... (2x)

For God has built this world from love, ya la lai (2x)

We will build this world for peace, ya la lai... (2x)

For God has built this world for peace, ya la lai

A world where joy and love increase, ya la lai....

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# *Adonai S'fatai*

*From the CD "Standing on the Shoulders"*

Music by Natalie Young

*Hebrew Text – liturgy Birkat Shalom*

[www.natalieyoung.com](http://www.natalieyoung.com)

## **ADONAI S'FATAI**

**Adonai s'fatai tif-tach, Adonai s'fatai tiftach**

**U'fi ya-gid t'hi-la-te-cha, u'fi ya-gid t'hi-la-te-cha**

*Adonai, open my lips that my mouth may declare Your praise.*

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## *K'dushah*

*Hebrew text: liturgy*

*Recording artist: Cindy Paley*

### K'DUSHAH

N'kadeish et shim'cha ba'olam, k'shem she-mak'dishim otoh bishmei marom,  
ka-ka-tuv al yad n'vi'echa: v'kara ze el ze v'amar:

**Kadosh, kadosh, kadosh, Adonai tzeva'ot, m'lo khol ha'aretz k'vodo**

Az b'kol ra'ash gadol adir v'chazak mash-mi'im kol (2x)

Mit-nas'im l'umat s'rafim (2x) l'uma-tam baruch yo-mei-ru

**Baruch k'vod Adonai mim'komo**

Mim-kom'cha mal-kei-ni tofi'ah v'timloch aleinu, ki m'cha-kim anachnu lach.  
Ma-tai timloch b'tziyon (2x) b'karov b'ya-mei-nu (2x) l'olam va'ed tish-kon.

Tit-ga-dal v'tit-ka-dash b'toch y'rushalayim ir'cha, l'dor vador ul'netzach  
n'tzachim.

V'ein-einu tir'ena, tir'ena mal-chu-techa, kadavar ha'amur b'shirei uzecha (2x)  
al y'dei david m'shi'ach tzid'ke-cha.

**Yimloch Adonai l'olam, elohayich tziyon l'dor va'dor. Halleluyah**

L'dor vador, l'dor vador, l'dor vador nagid god'lecha, ul'netzach n'tzachim,  
ul'netzach n'tzachim, k'du-shat'cha nakdish.

V'shiv'cha-cha eloheinu mi-pi-nu la yamush l'olam va'ed, ki el melech gadol, ki el  
melech gadol, v'kadosh atah. L'dor vador.....

Baruch ata Adonai ha-eil, ha-eil, ha-kadosh, ha-ka-dosh.

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## *Oseh Shalom*

*From the CD "Gesher"  
Music by Michael Hunter Ochs  
Hebrew Text – liturgy Birkat Shalom*

### **OSEH SHALOM**

**Oseh shalom bim-ro-mav hu ya-aseh shalom aleinu (3x)  
Ya-seh shalom, ya-seh shalom, shalom aleinu v'al kol Yis-ra-el**

*May the One who causes peace to reign in the high heavens  
Let peace descend on us and on all Israel, and let us say: amen.*

## *Bei Ana Racheitz*

*From the CD "One Shabbat Morning"  
Music by Craig Taubman  
Hebrew text: liturgy  
[www.craignco.com](http://www.craignco.com)*

### **BEI ANA RACHEITZ**

**Bei bei bei ana racheitz,  
v'lish-mei ka-di-sha ka-di-sha ya-kira  
Ana ana amar tush-b'chan  
Y'hei ra'avah kodamach d'tif-tach li-bi, li-bi b'o-rai-ta**

*In the Holy One do we put our trust; unto God's holy, precious being do we utter praise.*

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*Open our hearts to Your Torah.*

## *Y'varech'cha*

*English Words & Music by Sheryl Braunstein*

*Hebrew Text: Liturgy, Priestly Blessing*

### **Y'VARECHECHA**

Holy One, please bless us, always be near,  
Watching wherever we go.  
Shine down Your kindness,  
show us the way  
Through every path unknown.  
Guide us with Your strength,  
Keep us in Your shelter,  
Fill us with the gift of shalom.

Y'varechecha, Adonai, v'yish-m're-ch'cha  
Ya-eir Adonai panav ei-le-cha  
vi-chu-ne-ka.  
Yi-sa Adonai panav ei-le-cha  
V'ya-seim l'cha shalom.

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# *Mourning into Dancing*

*From the CD "One People"*

*Words & Music by Debbie Friedman*  
[www.debbiefriedman.com](http://www.debbiefriedman.com)

## **MOURNING INTO DANCING**

You turn my mourning into dancing  
so that my soul might sing to You  
So that my soul sing to You, and it not be still

Oh God, my God, forever I will thank You  
Oh God, my God, forever I will thank You Odeka

Now I sing praises to the Holy One, who lifts me up when I have fallen  
And I cry to You to heal me and you have answered all my prayers.

Oh God, my God, forever I will thank You  
Oh God, my God, forever I will thank You Odeka

I ask you to be gracious .....and hear me, Adonai  
I have called to You to help me... and You supported me with joy

Oh God, my God, forever I will thank You  
Oh God, my God, forever I will thank You Odeka

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## ***Im Ein Ani Li Mi Li***

*Text: Pirkei Avot, Rabbi Hillel*

*Music and English Lyrics: Beth Schafer*

[www.bethschafer.com](http://www.bethschafer.com)

### **IM EIN ANI LI MI LI**

If I don't stand up for myself then who will stand for me?  
If I don't know me? Who's gonna show me?

And if I don't stand up for another, who is my brother?  
How can I hold my head up high?

#### **Chorus**

Im ein ani li mi li uch'she-ani l'atsmi ma ani  
V'im lo achshav ei-ma-tai, im lo achshav ei-ma-tai

And you know I've got your back if trouble should find you  
I will remind you, that I am behind you

Could you please watch out for me if I go astray now. Help make it ok now,  
show me the way.        Chorus:

If not now when? This chance might never come again. woh oh oh oh....

*"If I am not for myself, who will be for me, but if I am only for myself, what am I?  
And, if not now, when?"*

## ***Adama V'shamayim***

*Lyrics: Shimon Swisa & Gil Ron Shama*

*Music: Native American*

*Recording Artist: Lehakat Segol*

### **ADAMA V'SHAMAYIM**

A-da-ma v'sha-ma-yim, chom ha-esh, tz'lil ha-ma-yim  
Ani margish zot b'gufi, B'ruchi, v'nish-ma-ti

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*Earth and sky, the warmth of the fire, the ringing sound of the water.  
I feel this in my body, in my spirit, in my soul*

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