



# Sounds of Shabbat CD

## Song Lyrics

### 1. L'chu N'ran'na (Katchko, arr. Singer)

*L'chu neran'nah l'Adonai, nariyah l'tzur yisheinu.  
N'kadmah fanav b'todah, biz'mirot naria lo.  
Ki El gadol Adonai, uMelech gadol al kol elohim.  
Asher b'yado mech'k'rei aretz, v'to-afot harim lo.  
Asher lo hayam v'hu asahu, v'yabeshet yadav yatzaru.  
Bo-u nishtachaveh v'nichraah, nivr'cha lifnei Adonai oseinu.  
Ki hu Eloheinu, vaanachnu am marito v'tzon yado.  
Hayom im b'kolo tishma-u.*

Come, let us sing joyously to Adonai,  
Raise a shout for our Rock and Deliverer;  
Let us come into God's presence with praise;  
For Adonai is a great God,  
The great ruler of all divine beings.  
In God's hand are the depths of the earth;  
The peaks of the mountains are God's.  
God's is the sea, God made it;  
And the land, which God's hands fashioned.  
Come, let us bow down and kneel,  
Bend the knee before Adonai our maker,  
For Adonai is our God,  
And we are the people God tends, the flock in God's care.  
O, if you would but heed God's charge this day.

לְכוּ נְרַנְנָה לַיְי, נְרִיעָה לְצוּר יִשְׁעָנו.  
נִקְדְּמָה פְּנֵי בְּתוּדָה, בְּזִמְרוֹת נְרִיעָה  
לוֹ. כִּי אֵל גָּדוֹל יְיָ, וּמֶלֶךְ גָּדוֹל עַל כָּל  
אֱלֹהִים. אֲשֶׁר בְּיָדוֹ מְחַקְרֵי אֶרֶץ,  
וְתוֹעֲפוֹת הַרִים לוֹ. אֲשֶׁר לוֹ הַיָּם  
וְהוּא עֲשָׂהוּ, וַיִּבְשֶׁת יַדָיו יְצָרוֹ. בְּאוֹ  
נִשְׁתַּחֲוֶה וְנִכְרַעָה, נִבְרַכָה לְפָנֵי יְיָ  
עַשְׂנוּ. כִּי הוּא אֱלֹהֵינוּ וְאֶנְחָנוּ עִם  
מְרִעֵיתוֹ וְצֵאן יָדוֹ, הַיּוֹם אִם בְּקִלּוֹ  
תִשְׁמָעוּ.

### 2. Zamru L'Adonai (Aronson)

*Zamru l'Adonai b'chinar, b'chinar v'kol zimrah.  
Bachatzotzrot v'kol shofar, hari-u lifnei hamelech Adonai.  
Yir'am hayam um'lo-o, teiveil v'yosh-vei vah  
N'harot yimcha-u chaf, yachad harim y'raneinu.  
Sing praise to Adonai with the lyre,*

With the lyre and melodious song.  
With trumpets and the blast of the horn  
Raise a shout before Adonai, the ruler.  
Let the sea and all within it thunder,  
The world and its inhabitants;  
Let the rivers clap their hands,  
The mountains sing joyously together.

זָמְרוּ לַיְי בְּכִנּוֹר, בְּכִנּוֹר וְקוֹל זִמְרָה.  
בְּחִצְצוֹרוֹת וְקוֹל שׁוֹפָר, הֲרִיעוּ לְפָנֵי  
הַמֶּלֶךְ יְיָ. יִרְעַם הַיָּם וּמְלֵאוֹ, תִבְּל  
וַיִּשְׁבִּי בָהּ. נְהָרוֹת יִמְחֲאוּ כָף, יַחַד  
הַרִים יִרְנְנוּ.



### 3. Psalm 96: Shiru L'Adonai (Franzel)

Shiru l'Adonai shir chadash shiru l'Adonai kol ha-aretz.  
 Shiru l'Adonai bar'chu sh'mo basru miyom l'yom y'shuato.  
 1. Sapru vagoyim k'vodo, b'chol ha-amim nifl'otav.  
 Ki gadol Adonai, um'hulal m'od, nora hu al kol Elohim.  
 2. Ki kol Elohei ha-amim elilim, v'Adonai shamayim asah.  
 Hod v'hadar l'fanav, oz v'tiferet b'mikdasho.  
 3. Yismechu hashamayim b'tageil ha-aretz,  
 Yiram hayam um'lo ya-aloz sadai v'chol asher bo.

Sing to Adonai a new song,  
 Sing to Adonai, all the earth.  
 Sing to Adonai, bless God's name,  
 Proclaim God's victory day after day.  
 Tell of God's glory among the nations,  
 God's wondrous deeds, among all peoples.  
 For Adonai is great and much acclaimed,  
 God is held in awe by all divine beings.  
 All the gods of the peoples are mere idols,  
 But Adonai made the heavens.  
 Glory and majesty are before God;  
 Strength and splendor are in God's temple.  
 Let the heavens rejoice and the earth exult;  
 Let the sea and all within it thunder,  
 The fields and everything in them exult.

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ, שִׁירוּ לַיהוָה כָּל  
 הָאָרֶץ. שִׁירוּ לַיהוָה בְּרָכוּ שְׁמוֹ, בְּשִׁירוֹ  
 מִיּוֹם לַיּוֹם יִשׁוּעַתּוֹ. סַפְּרוּ בְּגוֹיִם  
 כְּבוֹדוֹ, בְּכָל הָעַמִּים נִפְלְאוֹתָיו. כִּי  
 גָדוֹל יְיָ וּמְהַלֵּל מְאֹד, נוֹרָא הוּא עַל  
 כָּל אֱלֹהִים. כִּי כָּל אֱלֹהֵי הָעַמִּים  
 אֱלִילִים, וַיְיָ שְׁמַיִם עָשָׂה. הוֹד וְהַדָּר  
 לְפָנָיו, עַז וְתִפְאֶרֶת בְּמִקְדָּשׁוֹ. יִשְׂמְחוּ  
 הַשָּׁמַיִם וְתִגַּל הָאָרֶץ, יִרְעַם הַיָּם  
 וּמְלֵאוּ. יַעֲלוּ שָׂדֵי וְכָל אֲשֶׁר בּוֹ.

### 4. Shiru L'Adonai Shir Chadash (Carlebach)

Shiru l'Adonai shir chadash shiru l'Adonai kol ha-aretz.  
 Shiru l'Adonai bar'chu sh'mo basru miyom l'yom y'shuato.  
 Sapru vagoyim k'vodo, b'chol ha-amim nifl'otav.  
 Ki gadol Adonai, um'hulal m'od, nora hu al kol Elohim.

Sing to Adonai a new song,  
 Sing to Adonai, all the earth.  
 Sing to Adonai, bless God's name,  
 Proclaim God's victory day after day.  
 Tell of God's glory among the nations,  
 God's wondrous deeds, among all peoples.  
 For Adonai is great and much acclaimed,  
 God is held in awe by all divine beings.

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ, שִׁירוּ לַיהוָה כָּל  
 הָאָרֶץ. שִׁירוּ לַיהוָה בְּרָכוּ שְׁמוֹ, בְּשִׁירוֹ  
 מִיּוֹם לַיּוֹם יִשׁוּעַתּוֹ. סַפְּרוּ בְּגוֹיִם  
 כְּבוֹדוֹ, בְּכָל הָעַמִּים נִפְלְאוֹתָיו. כִּי  
 גָדוֹל יְיָ וּמְהַלֵּל מְאֹד, נוֹרָא הוּא עַל  
 כָּל אֱלֹהִים.



## 5. L'cha Dodi (Bensoussan)

*L'cha dodi lik'rat kalah, p'nei Shabbat n'kab'lah.  
 Shamor v'zachor b'dibur echad,  
 Hishmianu El ham'yuchad,  
 Adonai echad ush'mo echad,  
 L'shem ul'tiferet v'lit'hilah.  
 Likrat Shabbat l'chu v'neilcha,  
 ki hi m'kor hab'rachah,  
 meirosh mikedem n'suchah,  
 sof maaseh b'machashava t'chilah.  
 Hitor'ri, hitor'ri,  
 ki va oreich, kumi ori,  
 uri uri shir dabeiri,  
 k'vod Adonai alayich niglah.  
 Yamin usmol tifrotzi,  
 v'et Adonai taaritzti,  
 al yad ish ben partzi,  
 v'nism'chah v'nagilah.  
 Bo-i v'shalom ateret ba'lah,  
 gam b'simchah uv'tzoholah,  
 toch emunei am s'gulah,  
 bo-i chalah, bo-i chalah.*

Beloved, come to meet the bride; beloved come to greet Shabbat.  
 "Keep" and "remember": a single command the Only God caused us to hear;  
 The Eternal is One, God's Name is One; glory and praise are God's.  
 Come with me to meet Shabbat, forever a fountain of blessing. Still it flows, as from the start: the last of days, for which the first was made.  
 Awake, awake, your light has come! Arise, shine, awake and sing: the Eternal's glory dawns upon you.  
 Your space will be broad, your worship free: await the promised one; we will exult, we will sing for joy!  
 Enter in peace, O crown of your husband; enter in gladness, enter in joy.  
 Come to the people that keeps its faith. Enter, O bride!  
 Enter, O bride!

## 6. Am I Awake/Barechu (Aronson)

Am I awake? Am I prepared? Are you listening to my prayer? Can you hear my voice? Can you understand?  
*Ha'eir anochi? Hamuchan ani? Hashomeyah Atah t'filati?  
 Hatishma koli? Hatavi oti? Ha'eir anochi? Hamuchan ani?  
 Barechu et Adonai hamevorach.  
 Baruch Adonai hamevorach leolam vaed.*

Praise Adonai to whom praise is due forever!  
 Praised be Adonai to whom praise is due, now and forever!

לְכָה דוֹדֵי לְקִרְאֵת כְּלָהּ, פְּנֵי שַׁבָּת  
 נִקְבְּלָהּ.  
 שְׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד, הַשְּׂמִיעֵנוּ  
 אֶל הַמֵּיֶחֶד, יְיָ אֶחָד וְשִׁמוֹ אֶחָד,  
 לְשֵׁם וּלְתִפְרֵת וּלְתִהִילָהּ.  
 לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָהּ, כִּי הִיא  
 מְקוֹר הַבְּרָכָה, מֵרֵאשִׁי מְקֻדָּם  
 נְסוּכָה, סוּף מַעֲשֵׂה בְּמַחְשָׁבָה  
 תִּחְלָהּ.  
 הַתְּעוֹרְרֵי הַתְּעוֹרְרֵי, כִּי בָּא אֲוֶרֶךְ  
 קוּמֵי אֲוֶרֶי, עוֹרֵי עוֹרֵי שִׁיר דְּבָרֵי,  
 כְּבוֹד יְיָ עֲלֵיךְ נִגְלָהּ.  
 יָמִין וְשְׂמֹאל תִּפְרוֹצֵי, וְאֵת יְיָ  
 תַּעֲרִיצֵי, עַל יַד אִישׁ בֶּן פְּרִצֵי,  
 וְנִשְׁמַחָה וְנִגִּילָהּ.  
 בּוֹאֵי בְּשָׁלוֹם עֲטֹרֵת בַּעֲלָהּ, גַּם  
 בְּשִׂמְחָה וּבְצִהֲלָהּ, תּוֹךְ אַמּוּנֵי עַם  
 סִגְלָהּ, בּוֹאֵי כְלָהּ, בּוֹאֵי כְלָהּ.

בְּרָכוּ אֶת יְיָ הַמְּבָרֵךְ.  
 בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.



### 7. Mi Chamocha (Tiferet Siegel)

*Mi Chamocah baelim adonai  
Mi kamocah nedar bakodesh  
Norah tehilot oseh feleh.*

Who is like you, O God, among the gods that are worshipped?  
Who is like you, majestic in holiness, awesome in splendor, working wonders?

מִי כְמוֹכָה בָּאֱלֹמִים יְיָ, מִי כְמוֹכָה נִאֲדָר  
בְּקֹדֶשׁ, נוֹרָא תְהִלָּת, עֹשֶׂה פְלֵא.

### 8. Hashkiveinu/Shelter Us (Zweiback)

*Hashkiveinu Adonai Eloheinu l'shalom, l'shalom  
V'ha'amideinu Malkeinu l'chaim.  
Ufros aleinu sukat sh'lomecha. Amen.*

Shelter us beneath Your wings, O Adonai.  
Guard us from all harmful things, O Adonai.  
Keep us safe throughout the night,  
'til we wake with morning's light.  
Teach us, God, wrong from right. Amen.

Hebrew Translation:  
Grant, O God, that we lie down in peace,  
And raise us up, our Guardian, to life renewed.  
Spread over us your shelter of peace.

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,  
וְהַעֲמִידֵנוּ מַלְכֵנוּ לְחַיִּים, וּפְרוֹשׁ  
עָלֵינוּ סֻכַּת שְׁלוֹמְךָ.

### 9. Hashiveinu (Maseng)

Return again, return to the land of your soul.  
Return to who you are, return to what you are,  
Return to where you are born and reborn and reborn.

*Hashiveinu Adonai elecha, venashuva.  
Chadesh yameinu k'kedem.*

Hebrew Translation:  
Return us to You and we will return. Renew our days of old!

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה חֲדָשׁ  
מֵיָמֵינוּ כְּקֶדֶם :

### 10. Adonai S'fatai (Tiferet Siegel)

*Adonai s'fatai tiftach ufi yagid t'hilatecha.*

Adonai open up my lips that my mouth may declare your praise.

אֲדַנִּי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ.

### 11. Oseh Shalom (Ochs)

*Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol  
Yisrael.*

May the one who makes peace in the high heavens make peace for us, all Israel and all who inhabit the earth.

עֹשֶׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה  
שָׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל.



### 12. Yih'yu L'ratzon (Schachner)

*Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha, Adonai tzuri v'go-ali.*

May the words of my mouth and the meditations of my heart be acceptable to You O God, my Rock and my Redeemer.

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לְבָבִי  
לְפָנֶיךָ, יי צוּרִי וְגֹאֲלִי.

### 13. Those Who Sow (Friedman)

Those who sow in tears will reap in joy.

### 14. Shalom Aleichem (Friedman)

*Shalom aleichem malachey hashareyt malachey Elyon,  
Mi melech malchey ham'lachim hakadosh baruch Hu.  
Boachem l'shalom malachey hashalom malachey Elyon,  
Mi melech malchey ham'lachim hakadosh baruch Hu.  
Bar'chuni l'shalom malachey hashalom malachey Elyon,  
Mi melech malchey ham'lachim hakadosh baruch Hu.  
Shuvchem l'shalom malachey hashalom malachey Elyon,  
Mi melech malchey ham'lachim hakadosh baruch Hu.*

Peace to you, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Enter in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Bless me with peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.  
Depart in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי  
עֲלִיוֹן, מִמְּלָךְ מַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ  
בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיוֹן, מִמְּלָךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

בְּרַכּוּנֵי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיוֹן, מִמְּלָךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

שׁוּבְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
הַמַּלְאָכִים, מַלְאָכֵי עֲלִיוֹן, מִמְּלָךְ מַלְכֵי  
הַקְּדוֹשׁ בְּרוּךְ הוּא.



## 15. Adon Olam (Braun, arr. Strickland)

*Adon olam, asher malach, b'terem kol y'tzir nivra.  
L'et na'asah v'cheftzo kol, azai melech sh'mo nikra.  
V'acharei kichlot hakol, l'vado yimloch nora.  
V'hu haya, v'hu hoveh, v'hu yih'yeh b'tifarah.  
V'hu echad v'eyn sheni, l'hamshil lo, l'hachbirah.  
B'li reishit, b'li tachlit, v'lo ha'oz v'hamisrah.  
V'hu Eli, v'chai go-ali, v'tzur chevli b'eit tzarah.  
V'hu nisi umanos li, m'nat kosi b'yom ekra.  
B'yado afkid ruchi, b'eit ishan v'a-irah.  
V'im ruchi g'vivyati, Adonai li v'lo ira.*

You are our Eternal God, who reigned before any being had been created; when all was done according to Your will, then You were called Ruler. And after all ceases to be, You alone will rule in majesty. You have been, are yet, and will be in glory. And You are One; none other can compare to or consort with You. You are without beginning, without end. To You belong power and dominion. And You are my God, my living Redeemer, my Rock in times of trouble and distress. You are my standard bearer and my refuge, my benefactor when I call on You. Into Your hands I entrust my spirit, when I sleep and when I wake, and with my spirit my body also; Adonai is with me and I shall not fear.

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כָּל יִצְרִיר  
נִבְרָא. לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל, אֲזִי מֶלֶךְ  
שְׁמוֹ נִקְרָא. וְאַחֲרֵי כִכְלוֹת הַכֹּל, לְבַדּוֹ  
יִמְלֹךְ נוֹרָא. וְהוּא הָיָה, וְהוּא הוֹה,  
וְהוּא יִהְיֶה, בְּתַפְאָרָה. וְהוּא אֶחָד וְאֵין  
שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה. בְּלִי  
רְאִשִׁית בְּלִי תַכְלִית, וְלוֹ הַעֲזוֹ  
וְהַמְשָׁרָה. וְהוּא אֱלֹהֵי וְחֵי גְאֻלִּי, וְצוֹר  
חֻבְלֵי בְעֵת צָרָה. וְהוּא נֹסִי וּמְנוֹס לִי,  
מְנַת כּוֹסֵי בַיּוֹם אֶקְרָא. בְּיָדוֹ אֶפְקִיד  
רוּחִי, בְּעֵת אִישׁוֹן וְאַעִירָה. וְעַם רוּחִי  
גְּוִיָּתִי, יְיָ לִי וְלֹא אִירָא.

## 16. Adon Olam (Amsterdam)

See #15 above.

## 17. America the Beautiful/Hatikva (Ward and Cenci, arr. Strickland)

O beautiful for pilgrim feet whose stern impassioned stress  
A thoroughfare of freedom beat across the wilderness!

*Kol od baleivav p'nima nefesh y'hudi homiya,  
Ulfa'atei mizrach kadima, ayin l'tzion tzofiya.  
Od lo avda tikvateinu.  
Hatikva bat snot alpayim:  
Liyot am chofshi b'artseinu.  
Eretz tzion v'rushalayim.*

O beautiful for heroes proved in liberating strife,  
who more than self their contry loved, and mercy more than life!

America, America, God shed his grace on thee, and crown  
thy good with brotherhood from sea to shining sea!

O beautiful for spacious skies for amber waves of grain,  
For purple mountain majesties above the fruited plain.  
America, America God shed His grace on thee,  
and crown thy good with brotherhood from sea to shining sea!

כָּל עוֹד בְּלִבָּב פְּנִימָה  
נִפְשׁ יְהוּדֵי הוֹמְיָה.  
וּלְפָאֵתֵי מִזְרַח, קְדִימָה  
עֵין לְצִיּוֹן צוֹפִיָּה.

עוֹד לֹא אֶבְדָּה תְּקוּנָתֵנוּ.  
הַתְּקוּהָ בֵּת שְׁנוֹת אֲלֵפִים  
לְהִיּוֹת עִם חֶפְשִׁי בְּאַרְצֵנוּ.  
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.