

High Holiday Song Supplement



Beyt Tikkun

MAKING PRAYER REVOLUTIONARY
AND SPIRITUAL PRACTICE MEANINGFUL

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RETURN AGAIN

Return again, return again, return to the land of your soul.

Return again, 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 again.

Return again, return again, return to the land of your soul.

(R. Shlomo Carlebach, z"l)

PURE HEART – LEV TAHOR

(Psalm 51:12)

Create a pure heart in me, Great Spirit, create a pure heart in me, (2x)

And renew a true soul within me, and renew a true soul within. (2x)

Lev tahor b'ra li Elohim, lev tahor b'ra li (2x)

V'ruah nakhon hadeish b'kirbee, v'ruah hadeish b'kirbee (2x)

(Nava Tehila)

HAREINI – THE HIGHEST MITZVAH/CONNECTION

(from the morning liturgy)

Hareini meka-beil/bellet alai, mitzvat ha-Borei,

Ve-ahavta l'rey-akha ka-mokha, rey-akha ka-mokha.

With all my body, heart and soul, I commit to the highest connection to YHVH: d

To love one another, the Earth, and all inhabitants, and knowing that we are all One.

AHAVA V'RACHAMIM

Ahava v'rachamim, tzedek v'shalom (repeat as a chant)

ONE THING I ASK – AKHAT SHA-ALTI

Achat sha-alti mey-eyt Yah, otah avakeysh.

Achat sha-alti mey-eyt Yah, otah avakeysh.

Shivti beveyt Yah, kol yemey chay-yay,

Lachazot beno-am beno-am Yah, ul'vakeyr b'hey-chalo

Lachazot beno-am beno-am Yah, ul'vakeyr b'hey-chalo

One thing I ask, yes just one "little thing," I ask Yud Hey Vav Hey

One thing I ask, yes just one "little thing," I ask Yud Hey Vav Hey

To dwell in the house of my God, all the days of my life.

To taste in the goodness and kindness and love that the Goddess of the universe sustains.

To BE God's real image, to BE love and peace, to BE kindness and gentleness and joy!

SH'MA T'FILATI—HEAR MY PRAYER

(from Ps. 4)

Aneini, honeini, sh'ma t'filati. Aneini, honeini, sh'ma t'filati.

Natata simha b'libi, sh'ma t'filati.

B'shalom esh'kevah, b'shalom toshiveini, sh'ma t'filati.

Aneini, honeini, sh'ma t'filati. Aneini, honeini, sh'ma t'filati.

You gladdened my heart, my cup overflows, sh'ma t'filati.

In peace may I dwell, in peace repose, sh'ma t'filati.

Answer me, be gracious to me, sh'ma t'filati.

Answer me, be gracious to me, sh'ma t'filati.

Nai nai nai.....

(Linda Hirschhorn)

AHAVA BE'LIBEYNU

Ahava be'libeynu, nirdof tzedek v'shalom.

Ahava be'libeynu, n'takeyn et ha'olam.

Ra-hamim be'libeynu, nirdof tzedek v'shalom.

Ra-hamim be'libeynu, n'takeyn et ha'olam.

With love in our hearts, we'll seek justice and peace.

With love in our hearts, we will heal and transform the world.

With compassion in our hearts, we'll seek justice and peace.

With compassion in our hearts, we will heal and transform the world.

(words: Cat Zavis, melody: R. Shefa Gold)

WE ARE SENDING YOU LIGHT ANA EYL NA, R'FA NA LA

We are sending you light, to heal you, to hold you,

We are sending you light, to hold you in love.

אָנאַ אַל נאָ רפאָ נאָ לה, אָנאַ אַל נאָ רפאָ נאָ לה

CHORUS: Ana Eyl Na, R'fa Na La, Ana Eyl Na, R'fa Na La

No matter where you go, no matter where you've been.

You'll never walk alone, we feel you deep within.

מי שפּירך הורינו, אברהם יצחק ויעקב

Mi shebeyrakh horeynu, Avraham Yitzhak v'Yakov

שָׂרָה רִבְקָה לֵאָה רָחֵל בִּלְהָה וְזִלְפָּה

Sara, Rivka, Leah, Raḥel, Bilha, v'Zilpa.

הַמָּקוֹר יְבָרֵךְ, וִירַפָּא אֶת הַחֹלִים

Hamakor yevareykh, virapey et haḥolim

וְיִשְׁלַח רְפוּאָה שְׁלֵמָה, לְנֶפֶשׁ וְלַגּוּף

V'yishlah refu'ah shleyma, lanefesh velaguf.

We are sending you light, to heal you, to hold you,

We are sending you light, to hold you in love.

(CHORUS)

Please, good God, bring healing. May the Source of blessings for our ancestors, Abraham, Isaac, Jacob, Sarah, Rebecca, Leah, Rachel Bilha, and Zilpah, bless and heal those in need of healing with a complete and whole healing of the spirit and the body.

Adapted by Ami Goodman from 'I Am Sending You Light' by Melanie DeMore

WE RISE

We rise, humbly hearted. Rise, won't be divided. Rise, with Spirit to guide us. Rise!

In hope, in prayer, we find ourselves here,

In hope, in prayer, we're right here!

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

In hope, in prayer, we find ourselves here,

In hope, in prayer, we're right here!

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

In hope, in prayer, we find ourselves here,

In hope, in prayer, we're right here!

We rise, for Palestinians, rise for all the captives, rise for all the immigrants

We Rise!

In hope, in prayer, we find ourselves here,

In hope, in prayer, we're right here!

We rise, [what do you rise for? Please call out]

We Rise!

In hope, in prayer, we find ourselves here,

In hope, in prayer, we're right here!

(Batya Levine)

WE ARE WILLING

We are open and we are willing, for to be hopeless would seem so strange.

It dishonors those who go before us, so lift us up to the light of change.

There is a hurting in our family, and there is sorrow in our town.

There is a panic all across the nation, and there is wailing the whole world round.

We are open and we are willing, for to be hopeless would seem so strange.

It dishonors those who go before us, so lift us up to the light of change.

May the children see more clearly, and may the elders be more wise.

May the winds of change caress us, even though they burn our eyes.

But we are open and we are willing, for to be hopeless would seem so strange.

It dishonors those who go before us, so lift us up to the light of change.

Give us a mighty oak to hold our confusion, and give us a desert to hold our fears.

Give us a sunset to hold our wonder, and give us an ocean to hold our tears.

And we are open and we are willing, for to be hopeless would seem so strange.

It dishonors those who go before us, so lift us up to the light of change.

From Palestine to Turtle Island, from all rivers to all seas.

Decolonize our hearts, minds, and bodies, so all people are truly free.

And we are open and we are willing, for to be hopeless would seem so strange.

It dishonors those who go before us, so lift us up to the light of change.

(Holly Near, adapt.)

LIVING EARTH

If all the world were peaceful now, and forevermore.
Peaceful at the surface, and peaceful at the core.
All the joy within my heart would be so free to soar.
And we're living on a living planet, circling a living star.
I don't know where we're going, but I know we're going far.
We can change the universe, by being the best we are.
And we're living on a living planet, circling a living star.

If Mother Earth were honored now, and forevermore.
Honored at the surface, and honored at the core.
All the joy within my heart, would be so free to soar.
And we're living on a living planet, circling a living star.
I don't know where we're going, but I know we've gone too far.
And we must heal this planet, by being the best we are.
Work for tikkun of our living planet, circling a living star.

(Jay Mankita)

AYEKA

Meh asita
Kol d'mei achicha
Tzo'akim ey lai min ha'adamah
Ayeka, ayeh achicha
Ayeka

From the ground
I Hear them calling
Your sibling's blood
What can grow here
What have we done?

From the ground I
Hear them calling
Your brother's blood
What can grow here
What have we done?

From the soil I
Hear them crying
Our family's blood
What can grow here
What have we done?
Ayeka, ayeh achicha
Ayeka

From the soil I
Hear them crying
Our family's blood
What can grow here
What have we done?
Ayeka, ayeh achicha
Ayeka

NEXT YEAR IN A WORLD OF PEACE L'SHANA HABAH'AH

L'shana habah'ah b'olam shel tzedek, L'shana habah'ah b'olam shel ahavah,
L'shana habah'ah b'haganat hateh'va, L'shana habah'ah b'shalom v'rei-ut.
May the coming year be a year of justice, May the coming year be a year of love.
May the coming year bring environmental sanity,
May the coming year be filled with peace for all the world!



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MISSION

Beyt Tikkun believes in a Judaism of love and transformation, a Judaism beyond Zionism, and a Judaism without Walls.

We heal ourselves and our world through joyful and meaningful spiritual practice, loving relationships, social activism, and revolutionary consciousness.

WHO WE ARE

Beyt Tikkun: A Synagogue without Walls

Beyt: A House – A welcoming, joyful space for spiritual seekers

Tikkun: Healing, repair, and transformation of ourselves and our world

A Synagogue: A Jewish Renewal community of prayer, ritual, custom, and study. We integrate spiritual and prophetic consciousness with spiritual activism to create a more loving and just world.

Without Walls: You don't have to be Jewish, religiously observant, or in the Bay Area to pray with us, learn with us, or be a member of our community.