

Mountain Songs for Parashat B'har

Essa einai el he-harim mei-ayin yavo ezri
Ezri me-im Adonai oseh shamayim va-aretz

אָשָׂא עֵינַי אֶל־הַהָרִים מֵאֵין יָבֹא עֲזָרִי:
עֲזָרִי יַעֲמֵם יְהוָה עֹשֶׂה שָׁמַיִם וָאָרֶץ:

I lift up my eyes to the mountains; from where will my help come?
My help comes from Adonai, the Maker of the heavens and the earth.

Psalm 121.1-2

Melodies from the Spanish and Portuguese Synagogue and Shlomo Carlebach

We all live on our own mountain, our own mountain so high
From my mountain, to your mountain, to my mountain so high
I'm calling you, I'm calling you, I'm calling you

Peter Rowan

Harim ka-donag namasu mi-lifnei Adonai
Mi-lifnei Adon kol ha-aretz

הָרִים כַּדֹּנֶג נִמְסוּ מִלִּפְנֵי יְהוָה
מִלִּפְנֵי אֲדוֹן כָּל־הָאָרֶץ:

Mountains melt like wax before the Eternal's presence, before the presence of the Ruler of all the earth.

Psalm 97.5, melody by Navot Ben Barak