

*Esa eynay el makom hazeh
me'ayin yavo ezri*

*Esa eynay el ha'olam
me'ayin yavo ezri.*

*Ezri bema'asim sheli
Letakein shamayim va'aretz.*

*Ezri bema'asim sheli
Leshameyr shamayim va'aretz.*

*Esa eynay el heharim
me'ayin yavo ezri.*

*Ezri me'im adonai
Oseh shamayim va'aretz.*

Esa Eynay VARIATION

אֲשָׂא עֵינַי אֶל מְקוֹם הַזֶּה
מֵאֵינן יָבֵא עֲזָרִי

אֲשָׂא עֵינַי אֶל הָעוֹלָם
מֵאֵינן יָבֵא עֲזָרִי

עֲזָרִי בְּמַעֲשֵׂים שְׁלִי
לְתַקֵּן שָׁמַיִם וָאָרֶץ.

עֲזָרִי בְּמַעֲשֵׂים שְׁלִי
לְשַׁמֵּר שָׁמַיִם וָאָרֶץ

Esa Eynay TRADITIONAL

אֲשָׂא עֵינַי אֶל הַהָרִים
מֵאֵינן יָבֵא עֲזָרִי

עֲזָרִי מֵעַם יְהוָה
עוֹשֶׂה שָׁמַיִם וָאָרֶץ.

ESAH EYNAY

I lift my eyes up to this place,
from where does my help come?

I lift my eyes up to the world,
from where does my help come?

My help comes in my deeds
to repair the heavens and earth.

My help comes in my deeds
to preserve the heavens and earth.

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This variation adjusts our focus away from supernatural entities to look at this world, to acknowledge our part of being responsible for the well-being of the environment. Help is in acting, with others, to repair and preserve our world. First, being aware of reality, second, committing to do what we can to make things better.

I lift my eyes up to the hills,
from where does my help come?

My help comes from The Unseen One,
Maker of the heavens and earth.

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This portion of Psalm 121, A song for the Ascents, looks to the heights, where godly powers are said to be found; the Acropolis, or Mt. Sinai, to find divine help, in the person of God or The Unseen One. Because B'nai Havurah is near the Rockies, we consider this a local favorite.
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