



Fort Tryon
Jewish Center
Zera'im
Songbook

Tefillot Songs

1) **Welcome/Shabbat Shalom to...**

Alternative: Hey ho Shabbat Shalom/Hey ho
Shalom/Hey ho Shabbat Shalom/ Shabbat
Shalom to...

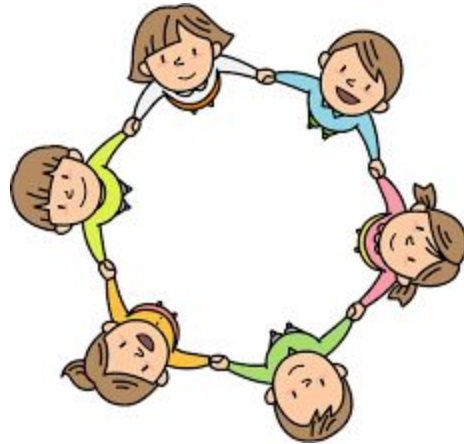


2) **Hinei Ma Tov**

הני מה טוב ומה נעים, שבת אחים ביחד

Transliteration: *Hinei ma tov u'ma na'im, shevet
achim b'yachad*

Translation: Behold how good and pleasant it is
for brothers to sit together!



3) **Modeh/ah Ani**

מודה אני לפניך מלך חי וקים שהחזרת בי נשמתי בחמלה רבה אמונתך

(To the tune of “You Are My Sunshine”):

Oh every morning, as I lay sleeping
I open up my eyes and say
thank you Hashem for my neshama
and for giving me another day



Transliteration: *Modeh/ah ani l'faneikha melekhai v'qayam she'hechazarta bi nishmati
b'chemla rabba emunatekha*

Translation: I give thanks to you, living and present Sovereign, for returning my soul to
me in grace. Great is your faithfulness.

4) **Ma Tovu**

מה טובו אוהלך יעקוב משכנותך ישראל

Transliteration: *Ma tovu ohale'kha ya'aqov,
mishk'no'teikha yisrael*

Translation: How good are your tents Ya'aqov
and your settlements O' Yisrael!

Activities: Standing, using a *tallit gadol* like a *chuppa* over the children as they jump/dance



5) **Birkot HaShachar/Blessings**

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Transliteration: *Barukh ata Adonai,
eloheinu, melekh ha'olam....*

Translation: Blessed are You, Our God,
Ruler of the Universe....

Activities: *Invite everyone to say a blessing
for what they're grateful for; act out some of
the traditional blessings (having clothing,
opening eyes, having strength)



6) Halleluya

Translation: Praise God!

Transliteration: *Hallelu, Halleluya Hodu La'Shem*

Activities: Dancing, singing, taking instruments and dancing with them, a version of the song involves touching toes (for Hallelu) and reaching up (for Hodu La'Shem)



7) Barchu

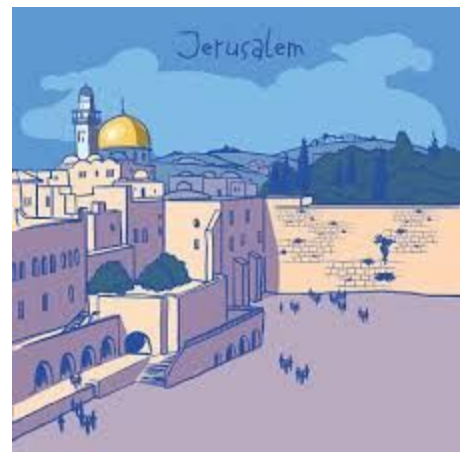
ברכו את יי המבורך. ברוך יי המבורך
לעולם ועד

Transliteration: *(Call) barkhu et adonai ham'vorakh
(Response) barukh adonai ham'vorakh l'olam va'ed.*

Translation: (Call) Let us bless God who is Blessed! (Response) Blessed is the Blessed One forever and ever!

Themes: Call to prayer, facing Jerusalem, blessing God, attention

Activities: Standing, bowing, call and response



8) Yotzer Or

ברוך אתה יי אלוקינו מלך העולם יוצר אור
ובורא חושך עושה שלום ובורא את הכל

Transliteration: *Barukh ata adonai, eloheinu melekh ha'olam, yotzer or u'vorei choshekh oseh shalom u'vorei et hakol*

Translation: Blessed are You, our God, Ruler of the Universe, who forms light and creates darkness

Activities: Song with hand motion and clapping (twinkle hands for “yotzer or,” cover eyes for “u'vorei choshekh,” peace signs for “oseh shalom,” create an arc with hands for “u'vorei et hakol”)

Optional: Twinkle Twinkle Little Star (a nice connection to or-light)



8) Sh'ma

שמע ישראל יי אלוקינו יי אחד

Transliteration: *Sh'ma yisrael, adonai eloheinu, adonai echad*

Translation: Listen, O' Israel - Adonai is our God, and God is One

Activities: Covering your eyes, sitting, sign language (hands behind ears for “shema,” pretend to unroll a scroll for “Yisrael,” waving hands in circles for “Hashem,” hands on heart for “Elokeinu,” waving hands in circles for “Hashem,” number one with hands for “echad”)



9) V'ahavta

ושננתם לבניך ודברת בם בשבתך
בביתך ובלכתך בדרך ובשכבך ובקומיך

Transliteration: *Vi'shinantam livanecha vidibarta bam, bishivticha bi'vaytecha, u'vilechticha vaderech, u'vishochbicha, u'vkoomecha*

Activities: Hand motions for “vi'shinantam livanecha vidibarta bam”- pretend to hold a book for “vishinantam livanecha;” make hands ‘talk’ for “vidibarta bam;” hands over head like a house for “bishivticha bi'vaytecha;” hands together and curving like a path for “u'vilechticha vaderech;” pretend to be sleeping on hands for “u'vishochbicha;” hands up in the air for “u'vkoomecha”)



10) Mi Kamokha

מִי כְּמֹכָה בְּאֵלִים יְיָ, מִי כְּמֹכָה נְאֻדָּר
בְּקֹדֶשׁ, נוֹרָא תְהִילֹת, עֲשֵׂה פִלְא

Transliteration: *Mi kamokha ba'elim adonai, mi kamokha ne'dar ba'qodesh, nora t'hilot osei feleh*

Translation: Who is like you, God, among all that's divine? Who is like you majestic in holiness, awesome in splendor, working wonders?

Themes: Splitting of the sea, freedom, redemption, joy, song

Activities: Standing, clapping, dancing

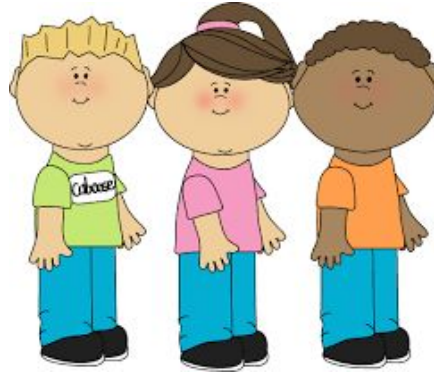


11) Amidah

Translation: [Silent prayer]

Themes: Personal prayer, connection with God, calm, breath, individual needs

Activities: Swirly yoga breathing, moment of silence (talking to/thanking God), three steps back and three steps forward



12) Oseh Shalom

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן

Transliteration: *Oseh shalom bim'romav hu ya'aseh shalom
aleinu v'al kol yisrael v'imru amein*



Translation: May the one who causes peace in the Heavens make peace upon us and all Israel, and we say: Amen

Themes: Peace, fellowship with the whole world, protection, safety

13) Torah Service

תּוֹרָה צִוָּה לָנוּ מֹשֶׁה

Transliteration: *Torah tziva lanu moshe*

Translation: Moshe commanded us Torah

Themes: Receiving Torah, revelation, understanding, giving a gift (*matan torah*)



14) **Etz Chayyim**

עץ חיים היא למחזיקים בה ותמחיה מאושר

Transliteration: *Etz chayyim hi l'machaziqim bah, v'tomcheikha m'ushar*

Translation: It (the Torah) is a Tree of Life to those who cling to it, and its supporters are happy

Themes: Strength, holding on to Torah, growing

Activities: Putting the Torah's away



15) **Adon Olam**

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ בְּטָרֵם כָּל יְצִיר נִבְרָא לַעֲת נַעֲשָׂה בְּחַפְצוֹ כֹּל אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא וְאַחֲרֵי כָּכֹל
הַכֹּל לְבַדּוֹ יִמְלֹךְ נוֹרָא וְהוּא הָיָה וְהוּא הוֹה וְהוּא יִהְיֶה בְּתַפְאֲרָה וְהוּא אֶחָד וְאֵין שְׁנֵי לְהַמְשִׁיל לּוֹ
לְהַחְבִּירָה בְּלִי רֵאשִׁית בְּלִי תַכְלִית וְלוֹ הָעוֹז וְהַמְשַׁרְהוֹ הוּא אֵלֵי וְחֵי גּוֹאֲלֵי וְצוֹר חֲבֻלֵי בְּעַת צָרָה וְהוּא נֹסֵי
וּמְגוֹס לִי מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא בְּיָדוֹ אֶפְקִיד רוּחִי בְּעַת אֵישׁוֹן וְאַעֲיִרָה וְעַם רוּחִי גּוֹיְתִי אֲדַנִּי לִי וְלֹא אֵירָא

Transliteration: Adon 'olam, 'asher malakh, b'terem kol yetzir niv'ra, l'et na'asa v'heftso kol, azai melekh sh'mo nikra, v'aharey kikh'lot hakol, l'vado y'imlokh nora, v'hu hayah v'hu hoveh, v'hu yih'yeh b'tif'arah, v'hu e'had v'eyn sheyni, l'ham'shil lo l'ha'hibirah, b'li reyshiyt b'li tah'liyot, v'lo ha'oz v'hamis'rah, v'hu 'Eli v'hay go'ali, v'tsur hevli b'eit tsarah, v'hu nisi 'umanos li, m'nat kosi b'yom 'ekra, b'yado af'kid ruhi, b'et 'ishan v'a'ira, v'im ruhi g'vivyati, Adonai li v'lo 'ira

Translation: Eternal master, who reigned supreme, before all of creation was drawn. When it was finished according to his will, then “King” his name was proclaimed to be. When this world shall be no more, in majesty he still shall reign; and he was, and he is, and he will be in glory. Alone is he, there is no second, without division or ally; without beginning, without end, to him is the power and sovereignty. He is my God, my living redeemer, rock of my affliction in time of trouble. He is my banner and refuge, filling my cup the day I call. Into his hand I commit my spirit, when I sleep, and I awake. And with my spirit, my body, the Lord is with me, I will not fear.

Themes: Trust in God, past, present & future

16) **Kiddush**

ברוך אתה יי אלוקינו מלך
העולם בורא פרי הגפן

Transliteration: *Barukh ata adonai eloheinu
melekh ha'olam borei p'ri hagefen.*

Translation: Blessed are You, our God, Ruler of
the Universe, who creates the fruit of the vine.



17) **HaMotzi**

ברוך אתה יי אלוקינו מלך
העולם המוצי לחם מן הארץ

Transliteration: *Barukh ata adonai eloheinu
melekh ha'olam hamotzi lechem min ha'aretz*

Translation: Blessed are You, our God, Ruler of
the Universe, who brings forth bread from the
Earth.



Shabbat Songs

1) **Bim Bam**

Bim, bam, bim, bim, bim, bam, bim, bim, bim,
bim, bim, bam (x2) *(banging fists one on top
of the other)*

Shabbat Shalom...hey! (x2) *(hands in the air)*

Shabbat, Shabbat, Shabbat, Shabbat Shalom

3) **Dinosaur Song**

(with corresponding motions)

There's a dinosaur knocking at my door
Knocking one two three *(pretend to knock)*

There's a dinosaur knocking at my door
And s/he wants to spend Shabbat with me

S/he wants to light the candles *(pretend to
light)*

S/he wants to drink the wine *(pretend to
drink)*

S/he wants to eat the Challah *(pretend to eat)*

S/he does it all the time
There's a dinosaur...

4) **Chicken Soup Song**

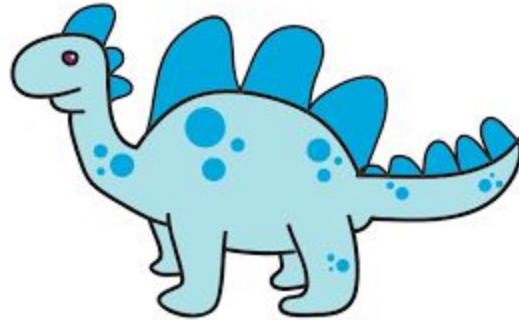
Put some ___ in the pot

Stir it up so it's nice and hot *(pretend to stir)*

Get it ready for Shabbat, for Shabbat

2) **Shabbat is Here**

Shabbat is here, Shabbat is here, I'm so glad
that Shabbat is here



5) I've Got that Shabbat Feeling

*(change with different body parts/rhymes-
best to prepare a few ideas ahead)*

I've got that Shabbat feeling deep in my heart
That's where it starts
Deep in my heart
I've got that Shabbat feeling deep in my heart
Deep in my heart today

6) On Sunday We Work

*(can do this one in Hebrew too with "Yom
Rishon, avodah...)*

On Sunday we work, work, work *(use fists to
show banging)*
On Monday we work, work, work *(same)*
On Tuesday we work, work, work
We work, we work, we work
On Wednesday we work, work, work
On Thursday we work, work, work
On Friday we work, work, work
We work, we work, we work
On Shabbat we rest *(do a resting motion with
hands under head)* (x3)
We rest, we rest, we rest

7) David Melekh Yisrael

David Melekh Yisrael
(hands waving one on top of the other)

Chai chai
(fists banging one on top of the other)

Vi'kayam
*(hands "wa(two lap taps, two claps)ving,"
holding elbows)*

David melekh Yisrael
(two lap taps, two claps)

Chai chai vi'kayam
(hands waving one on top of the other)

David melekh Yisrael
(fists banging one on top of the other)

Chai chai vi'kayam

8) Hashem is Here

Hashem is here
Hashem is there
Hashem is truly everywhere
(All x2)
Up, up, down, down, right, left, and all around
(point to directions)

(hands "waving," holding elbows)