

# 1 - HINEI MAH TOV

Music: Norman Cohen Falah

Hebrew: Psalm 133:1

English: Norman Cohen Falah

## Voice 1

Hinei hinei mah tov uma na-im

Shevet achim gam yachad.

## Voice 2

How good it is for you and me

To live in peace and harmony.

## Voice 3

Hinei mah tov, hinei mah to-o-o-ov!

Hinei mah tov, hinei mah to-o-o-ov!

## Translation

*How good and how pleasant it is for brothers and sisters to dwell together in unity!*

## 2 - L'CHU N'RAN'NAH - SHIRU LADONAI

Music: Norman Cohen Falah

Hebrew: Shabbat Liturgy - Psalms 95 & 96

L'chu n'ran'nah Ladonai,  
nari'a l'tzur Yisheinu.  
N'kad'ma fanav b'todah,  
biz'mi rot nari'a lo.

**L'chu n'ran'na, l'chun'ran'na, l'chu n'ran'na Ladonai. (x2)**

Shiru Ladonai shiru shir chadash,  
shiru Ladonai kol ha'aaretz.  
Shiru Ladonai bar'chu shemo,  
basru miyom l'yom y'shu'ato.

**Shiru Ladonai, shiru Ladonai, shiru Ladonai Shir chadash.(x2)**

### Translation

*Come, let us sing to the Lord!*

*Let us shout joyfully to the Rock of our salvation.*

*Let us come to him with thanksgiving.*

*Let us sing psalms of praise to him.*

*Sing a new song to the Lord!*

*Let the whole earth sing to the Lord!*

*Sing to the Lord; praise his name.*

*Each day proclaim the good news that he saves.*

### 3 - LET US LIVE BY THESE BELIEFS - AL SH'LOSHA D'VARIM

Music: Norman Cohen Falah and Marcelo Barski

English: Mordechai and Esther Fintz and Norman Cohen Falah

Hebrew: from Pirkei Avot and Norman Cohen Falah

If you wanna be happy  
And succeed in your life  
Be content with your share  
And devoted in prayer.

Show faith when there's doubt,  
Share love when hate is all about.  
Spread shalom openly  
And shower blessings on everyone you see.

**Let us live by these beliefs,  
Let us live by these beliefs,  
'Cause if you live by these beliefs  
You'll feel God's blessing within.**

If you wanna be happy  
And succeed in your life  
Stretch your hand to your friends  
When they ask you for help.

Be the spark that brings light,  
Step up, and just make things right.  
Fix the world through your deeds  
And strive for justice, that is all you need.

**Let us live by these beliefs...**

Al shlosa, shlosa d'varim  
ha'olam omed. x2  
Al hatorah v'al havodah  
v'al gemilut chasadim. x2

Ani same'ach, ani muchan.  
Ani yodea she-zeh hazman.  
Ani bote'ach, ani margish.  
She-ata shome'a t'filat libi.

Translation

*Upon three things the world stands:  
On Torah, on service (prayer),  
and on loving kindness.*

*I am happy, I am ready,  
I know this is the time.  
I trust, I feel  
That You hear the prayer of my heart.*

And if you just follow these things You'll find God's presence within.

## 4 - L'CHA DODI

Music: Norman Cohen Falah

Hebrew: Shabbat Liturgy

### L'cha dodi likrat kalah, p'nei Shabbat n'kab'lah. (x2)

Shamor v'zachor b'dibur echad,  
Hish-mianu El ham'yuchad;  
Adonai echad, ush'mo echad,  
L'sheim ul-tif'eret v'lit'hilah.

### L'cha dodi likrat kalah, p'nei Shabbat n'kab'lah (x2)

Lik'rat Shabbat le'chu v'nei l'chah,  
Ki hi m'kor hab'rachah  
Meirosh mikedem n'suchah,  
Sof ma'aseh b'mach'shava t'chilah.

### L'cha dodi likrat kalah, p'nei Shabbat n'kab'lah (x2)

Boi v'shalom, ateret balah;  
Gam b'simchah uv'tzoholah  
Toch emunei am s'gulah,  
Boi chalah! Boi chalah!

### L'cha dodi likrat kalah, p'nei Shabbat n'kab'lah. (x2)

P'nei Shabbat n'kab'lah. p'nei Shabbat n'kab'lah.

### Translation

*Come, my beloved, to meet the bride:  
Let us welcome the presence of the Sabbath.*

*"Observe" and "Remember the Sabbath day," the only One caused us to hear in a single utterance: the Lord is One, and his name is One to his renown and his glory and his praise.*

*Come, let us go to meet the Sabbath, for it is a well-spring of blessing; from the beginning, from of old it was ordained,—last in production, first in thought.*

*Come in peace, thou crown of thy husband, with rejoicing and with cheerfulness, in the midst of the faithful of the chosen people: come, O bride; come, O bride.*

## 5 - V'ERASTICH LI

Music: Norman Cohen Falah

Hebrew: Adapted from Hosea 2:21-22

V'erastich li l'olam v'erastich li b'mishpat  
Uv'tzedek u'vchesed u'vrachamim uv'ratzon.

V'erastich li b'emunah v'yada'at et Adonai.

Yachad neida (ken neida) et Adonai.

### Translation

*And I will betroth thee unto Me forever;*

*I will betroth thee unto Me in righteousness, and in justice,  
and in lovingkindness, and in compassion.*

*And I will betroth thee unto Me in faithfulness; and thou shalt know the Lord.*

*Together we shalt know the Lord.*

## 6 - THANK YOU GOD - MODIM ANACHNU LACH

Music: Norman Cohen Falah

English: Mordechai and Esther Fintz and Norman Cohen Falah

Rap Lyrics: Based on text written by Rev. Picket (Source from Mishkan T'filah)

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| <p>When I wake up in the morning<br/>As I thank God and I pray<br/>I open my arms and say<br/>"What a beautiful day!"<br/>So each day You watch my footsteps<br/>Every time I might do wrong<br/>Making sure I don't fall<br/>So that I stand up strong.</p> <p>I tell myself, regardless of my mood,<br/>To face adversity with fortitude.<br/>My soul is full of awe and gratitude<br/>'Cause you're always there for me.</p> <p><b>Thank you, God,<br/>modim anachnu lach for Your creation.<br/>Thank you, God,<br/>modim anachnu lach for your care.<br/>Thank you, God, 'cause you're my guide<br/>and source of inspiration.<br/>Modim anachnu lach for my share.</b></p> <p>When I wake up in the morning<br/>I thank the One above<br/>For this wonderful life<br/>For this world filled with love.<br/>I am grateful for my family<br/>I am grateful for my friends,<br/>And for Your loving grace<br/>That never, ever ends.</p> <p>I'll try to do the best that I can do,<br/>Embrace life with a joyful attitude.<br/>My soul is full of faith and gratitude<br/>'Cause you've done so much for me.</p> <p><b>Thank you, God, modim anachnu lach ...</b></p> | <p><i>Thank you for the expanding<br/>grandeur of creation<br/>Galaxies beyond galaxies,<br/>Filling us with awe.</i></p> <p><i>Thank you for this fragile planet earth<br/>we're living in,<br/>Thank you for its times and tides,<br/>Its sunsets and its seasons.</i></p> <p><i>Thank you once again<br/>for the joy of human life,<br/>Its wonders and surprises,<br/>High hopes and noble causes.</i></p> <p><i>For faith without fanaticism,<br/>with dignity and freedom.</i></p> <p>We pray that we may live<br/>not by our fears but by our hopes<br/>And not by our words but by our deeds.</p> <p>For all these things we say:<br/>Baruch atah Adonai,<br/>hatov shimcha ul'cha na'e l'hodot.</p> <p><b>Thank you, God, modim anachnu lach...</b></p> <p>Thank you God...for my family,<br/>Thank you God...for this day,<br/>Thank you God...you're the Rock of my life,<br/>Thank you God...for your way.</p> <p>Thank you God...for your kindness,<br/>Thank you God...for your care,<br/>Thank you God...for this world filled with love,<br/>Thank you God...for this prayer.</p> |
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## 6 - MIZMOR SHIR

Music: Norman Cohen Falah

Hebrew: Shabbat Liturgy - Psalm 92

### Mizmor shir, mizmor shir l'yom hashabat (X2)

Tov l'hodot Ladonai,  
Ul'zamer leshimcha eliyon.  
L'hagid baboker chasdecha vemunat'cha baleilot.  
AleI asor valei navel alei higayon bechinor.

### Mizmor shir, mizmor shir l'yom hashabat (X2)

Ki simachtani Adonai befo'alecha  
Bema-ase yadecha aranen  
Ma gad'lu ma-asecha Adonai  
Me'od amku  
machshevotecha

### Mizmor shir, mizmor shir l'yom hashabat (X2)

#### Translation

*A song for the Sabbath day:*

*It is good to give thanks to the Eternal One,  
to sing praises to the Most High.*

*It is good to proclaim your unfailing love in the morning,  
your faithfulness in the evening,  
accompanied by a ten-stringed instrument, a harp,  
and the melody of a lyre.*

*You thrill me, Eternal One, with all you have done for me!*

*I sing for joy because of what you have done.*

*O Lord, what great works you do!*

*And how deep are your thoughts.*

## 8 - Mi CHAMOCHA

Music: Norman Cohen Falah

Hebrew: Evening Liturgy

**Mi chamocha ba'eilim Adonai?  
Mi kamocha nedar bakodesh,  
nora t'hilot oseh fele?**

Malchut'cha ra'u vanecha, bokei'a yam lif'nei Mosheh;  
Malchut'cha ra'u vanecha, "Zeh Eili" anu v'am'ru:  
"Adonai yimloch l'olam va'ed".

**Mi chamocha ba'eilim Adonai?  
Mi kamocha nedar bakodesh,  
nora t'hilot oseh fele?**

V'ne'emar: "Ki fadah Adonai et Ya'akov  
ug'alo miyad chazak mimenu."  
Baruch atah, Adonai, ga'al Yisrael.  
ga'al Yisrael.

**Mi chamocha ba'eilim Adonai?  
Mi kamocha nedar bakodesh,  
nora t'hilot oseh fele?**

Translation

*Who is like You, Adonai, among the gods that are worshipped?  
Who is like You, majestic in holiness,  
awesome in splendor, doing wonders?*

*When Your children witnessed Your majesty as  
You split the sea before Moses,  
This is my God! They answered and said.  
Adonai will reign forever and ever!*

*Thus it is further said, "Adonai redeemed Jacob,  
and rescued him from a power mightier than he."  
Blessed are You, Adonai, Redeemer of Israel.*



## **9 - YIH'YU L'RATZON**

Music: Norman Cohen Falah

Hebrew: Liturgy

Yih'yu l'ratzon imrei fi,  
imrei fi v'hegyon libi,  
Yih'yu l'ratzon imrei fi,  
imrei fi v'hegyon libi l'fanecha.

**Adonai, Adonai, Adonai**  
**tzuri v'goali (x2)**

My Rock and my Redemer (x3) tzuri v'go-ali  
My Rock and my Redemer (x3) tzuri v'go-ali Yeah!

**Adonai, Adonai, Adonai**  
**tzuri v'go-ali (x2)**

Translation

*May the words of my mouth and the meditations of my heart  
be acceptable to you Eternal One, my Rock and my Redeemer*

## **10 - OSEH SHALOM**

Music: Marcelo Barski & Norman Cohen Falah

Hebrew: Liturgy

English: Norman Cohen Falah

**Oseh Shalom bimromav**

**hu ya-aseh shalom aleinu**

**V'al kol Israel v'imru: Amen**

May the One who makes peace above  
Make peace for you for me for us, yeah

May the One who makes peace above  
Make peace for you for me for everyone

**Oseh Shalom bimromav**

**hu ya-aseh shalom aleinu**

**V'al kol Israel v'imru: Amen**

Translation

*May the One who makes peace in the high heavens*

*Make peace for us, for all Israel and let us say: Amen*

## 11 - ADON OLAM

Music: Norman Cohen Falah

Hebrew: Liturgy

English: Norman Cohen Falah

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| <p><b>Yainananai...</b></p> <p><b>Adon olam, asher malach<br/>b'terem kol-y'tzir niv'ra,<br/>l'eit na'asah v'cheftzo kol,<br/>azai melech sh'mo nikra.</b></p> <p>V'acharei kich'lot hakol,<br/>l'vado yimloch nora;<br/>v'hu hayah, v'hu hoveh,<br/>v'hu yih'yeh b'tif'arah.<br/>V'hu echad, v'ein sheini<br/>l'hamshil lo, l'hach'bira,<br/>bli reisheet, b'li tach'lit,<br/>v'lo ha'oz v'hamis'ra.</p> <p><b>Adon olam ...</b></p> <p>V'hu Eili, v'chai go'ali,<br/>v'tzur chev'li v'eit tzara,<br/>V'hu nisi umanos li,<br/>m'nat kosi b'yom ek'ra.</p> | <p>B'yado af'kid ruchi,<br/>b'eit ishan v'aira,<br/>V'im ruchi g'viyati,<br/>Adonai li, v'lo ira.</p> <p><b>Adon olam ...<br/>Yainananai...</b></p> <p>Oh Master of the world<br/>The One supreme of all<br/>Guide us on our journey<br/>And let us hear your call<br/>Grant us the strength<br/>and hope to carry on<br/>Keep us free and safe<br/>Give shelter to our souls<br/>God will always be with me<br/>I shall not fear at all.</p> <p><b>Adon olam ...<br/>Yainananai...</b></p> |
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### Translation

*Master of the universe, who reigned ere any creature yet was formed:*

*At the time when all things were made by his desire, then was his name proclaimed King.*

*And after all things shall have had an end, he alone, the dreaded one, shall reign;*

*Who was, who is, and who will be in glory.*

*And the Eternal is One, and there is no second to compare to him, to consort with him:*

*Without beginning, without end: to him belong strength and dominion.*

*And the Lord is my God—my Redeemer liveth and—a rock in my travail in time of distress;*

*And he is my banner and my refuge, the portion of my cup on the day when I call.*

*Into his hand I commend my spirit, when I sleep and when I wake;*

*And with my spirit, my body also: the Lord is with me, and I will not fear.*

## 12 - IN THE BLINK OF AN EYE

Music: Norman Cohen Falah

English: Mordechai and Esther Fintz and Norman Cohen Falah

Hebrew: Numbers 12:13

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| <p>Whenever you're facing illness<br/>Whenever you're feeling down<br/>Whenever you're caught in trouble<br/>Need to turn your life around.</p> <p>Look up to the sky<br/>Look at yourself inside<br/>Just sense and feel the <i>Shechinah</i>*<br/>And the answer will come<br/>In the blink of an eye.</p> <p>Whenever you're feeling lonely<br/>And sorrow invades your mind<br/>Whenever you're asking, "Why me?"<br/>And the answer is hard to find.</p> <p>Close your eyes<br/>And open up your heart<br/>To sense and feel the <i>Shechinah</i>*<br/>And the answer will come<br/>In the blink of an eye.</p> <p><b>In the blink of an eye, God will reach you<br/>In the blink of an eye, God will meet you<br/>In the blink of an eye<br/>God's presence will be your guide.</b></p> <p><b>In the blink of an eye, God will heal you<br/>In the blink of an eye, God will free you<br/>In the blink of an eye<br/>God's blessing will change your life.</b></p> | <p>Whenever you're feeling weary<br/>Whenever you've lost the light<br/>Whenever you are about to<br/>Abandon this tiring fight.</p> <p>Close your eyes<br/>And open up your heart<br/>To sense and feel the <i>Shechinah</i>*<br/>And the answer will come<br/>In the blink of an eye.</p> <p><b>In the blink of an eye, God will reach you<br/>In the blink of an eye, God will meet you<br/>In the blink of an eye<br/>God's presence will be your guide.</b></p> <p><b>In the blink of an eye, God will heal you<br/>In the blink of an eye, God will free you<br/>In the blink of an eye<br/>God's blessing will change your life.</b></p> <p><i>El na r'fa na la la, r'fa na la la<br/>R'fa na la lanu,<br/>Please heal these souls.</i></p> <p><i>El na r'fa na la la, r'fa na la la<br/>R'fa na la lanu</i></p> <p>Whenever you're facing illness<br/>Whenever you're feeling down<br/>Whenever you're caught in trouble<br/>Need to turn your life around.<br/>Then the answer will come<br/>In the blink of an eye.</p> |
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