



# Shirim shel Shirat Song Guide for

Healing Havurah  
&  
Ruach Rally



# Healing Havurah

## B'shem HaShem

(Reb Shlomo Carlebach)

B'shem HaShem, Elohei Yisrael  
Mi'mini Micha'el, umi'smoli Gavri'el  
Mil'fanai Uri'el, um'acharai R'fael,  
V'al roshi, v'al roshi Shekhinat El

O God, dear God, God of Yisrael  
On my right is Michael, and on my left is  
Gavriel,  
In front of me is Uriel, and behind me  
R'fael,  
Above me, above me, the Divine,  
Shekhinat El.

## Y'hi Shalom

(Reb Shlomo Carlebach)

Y'hi shalom b'hey'lekh shalvah,  
b'arm'no'ta'yikh

## Esa Einai

(Reb Shlomo Carlebach)

Esa einai el heharim, me'ayin me'ayin  
yavo ezri? (2x)  
Ezri me'im Adonai, Oseh shamayim  
va'aretz. (2x)

I lift my eyes to the mountain, from  
where will my help come? (2x)

My help will come from the Lord above,  
Maker of all heaven and earth. (2x)

## There is So Much

### Magnificence

(Shefa Gold)

There is so much magnificence  
near the ocean  
Waves are coming in  
Waves are coming in  
Halleluja

### Holy Holy Holy

(Rick Recht)

Holy Holy Holy (2x)  
Is the Lord God almighty (2x)  
Ka-dosh, Ka-dosh, Ka-dosh  
Adonai tz'vaot, M' lo kol ha' aretz  
K'vodo (2x)

### El Na R'fa Na La

(Rick Recht)

El na r'fa na la  
R'fuah sh'leima (2x)

Mi sheberah Avraham v'Sarah,  
Yitzhak v'Rivkah, Yaakov, Rahel, v'Leah

### Chorus

With faith and love together we bring  
Hope and healing to those in need  
Without judgment, without explanation,  
For we are all God's creation.

# Mikolot Mayim

Mikolot mayim, mayim rabim  
Adirim, adirim, mishberei yam (2x)

Adir bamarom, yai dai dai (2x)  
Adir bamarom, Adonai  
Adir bamarom, yai dai dai (2x)  
Adir bamarom, Adonai

# Mah Gadlu

Mah gadlu ma'asekha Ya  
M'od am'ku mahsh'votekha

# Higher and Higher

(Reb Shlomo Carlebach/Neshama Carlebach)

Lord, get me high, get me high, get me high  
Lord, get me high, get me higher (2x)

Higher and higher (3x) and higher  
Higher and higher (3x) and higher

Lord, let me say, let me say just one word  
Lord, let me say just one word  
Lord, let me meet, let me meet just one friend  
Lord, let me meet just one friend  
Lord, let me sing, let me sing just one song  
Lord, let me sing just one song

Higher and higher (3x) and higher  
Higher and higher (3x) and higher

Lord, let me pray, let me pray just one prayer  
Lord, let me live till that great moment comes  
When the whole world will sing just one more song  
Lord, let me live till that great moment comes  
When the whole world will sing just one more song

Higher and higher (3x) and higher  
Higher and higher (3x) and higher

# What is the Healing Havurah?

The Healing Havurah (HH) is a perfect example of our mission at CSH - to synthesize tradition and spirit.

Traditionally, during tefillot (prayer services), we have a healing prayer called a MiShebeirakh. This is usually done during the Torah service, done at lightning speed with a list of names read in a perfunctory manner. The idea is good, however, the spirit is usually missing.

The HH is that same tradition. It is an opportunity to formally recite a prayer, to say a blessing, to articulate and share the names of family, friends, community and even strangers who are physically, emotionally or spiritually struggling, suffering or dying. Instead of merely reciting their names, however, the HH creates for us a space in our busy world, a few moments of breathing time in our frenzied lives to stop, to sit, to think about those who are struggling, suffering or dying and to recommit to doing what we can in bringing them any degree of shalom. And sometimes that shalom is what we ask for and need for ourselves as well.

The HH uses musical accompaniment, song, chant and reflection as a means of opening us up to face the dis-ease and find some ease, healing and shalom. The HH provides us a safe and sacred place amidst our pain, loneliness or sorrow where we don't have to be alone, are part of a Havurah (realtime and virtual) - a sea of caring, understanding and loving brothers and sisters who are willing to walk this path together.

# Ruach Rally

## Kol Ha N'Shamah

Ha l' lu,  
ha l' lu  
Ha l' lu,  
ha l' lu

Kol hanshama t'haleil Ya  
Hal'lu, hal'lu Ya  
Kol hanshama t'haleil Ya  
Hal'lu, hal'lu Ya

With every breathe of life praise G-d

## Lo Alekha

Lo alekha ha m' la hah lig mor, lo a lekha  
ligmor  
Lo alekha ha m' la hah lig mor, lo a lekha  
ligmor

V' lo a tah ben horin l' hi ba teil mi me nah  
V' lo a tah ben horin  
V' lo a tah ben horin l' hi ba teil mi me nah  
V' lo a tah ben horin

It is not your duty to complete the work.  
Neither are you free to desist from it.  
The day is short, the work is great, the  
workers are lazy, the reward is much, and  
the master of the house is impatient.

## Ivdu Et

Ivdu et Hashem, Hashem b' simhah  
Bo-u l' fanav, bo-u l' fanav,  
l' fanav birnana

## Rabah Emunatekha

Raba emunatekha, Raba emunatekha,  
Raba emunatekha, emunatekha

The Divine flow is abundantly present in  
our lives

## Havah Nagilah

Havah nagilah havah  
nagilah havah  
nagilah v' nism' ha

Havah n' ran' nah  
Havah n' ran' nah  
Havah n' ran' nah v'nism' ha

Uru uru ahim  
Uru ahim b'lev same'ah  
Uru ahim b'lev same'ah  
Uru ahim b'lev same'ah  
Uru ahim b'lev same'ah  
Uru ahim uru ahim b'lev same'ah

# The Hope

This is the hope, the hope is still real  
a Jewish home, in Yisrael

This is the time, we stand as one  
If not now when, we must be strong  
Our hearts turn to the east

## CHORUS

This is the hope that holds us together  
Hatikvah, the hope that will last forever  
This is the hope that holds us together  
Hatikvah, the hope is still real

This is the hope, two thousand years  
We pray for freedom, through pain and  
tears

This is our faith, this is our voice  
This is our promise, this is our choice  
Our hearts turn to the east  
Hatikvah the hope is real hatikvah our  
home Israel  
lehiyot am chofshee b'artzenu,  
b'artzenu, b'erez tzion  
v'rushalayim

# Hatikvah

Kol od balevav p'nimah  
Nefesh Y'hudi homiyah  
Ulfatey mizrah kadimah  
Ayin l'tzion tzofiyah

Od lo avdah tikvatenu  
Hatikvah bat shnot alpayim  
L'hiyot am hofshi b'artzenu  
Eretz Tzion v'Yerushalayim

# Am Yisrael Hai

Od avinu hai, od avinu hai  
Od avinu, od avinu, od avinu hai

Am Yisrael, am Yisrael, am Yisrael hai  
Am Yisrael, am Yisrael, am Yisrael hai

Am Yisrael, am Yisrael, am Yisrael hai  
Am Yisrael, am Yisrael, am Yisrael hai

# Heveinu

Heveinu shalom aleikhem (ooh ahh)  
aleickem heveinu shalom  
(shimmy do op, do op)  
Hinei mah tov, umah na-im  
shevet ahim, gam yahad (2x) (oh baby)

This is my hope and my prayer  
Let there be peace everywhere  
Let there be love for all to share  
Let there be love and peace and  
harmony.

# Oseh Shalom

Oseh shalom bimromav  
Hu ya'aseh shalom Alenu  
V' al kol Yisrael  
V'im'ru  
A-men

## Or Zaruah

Or zaruah (clap clap)

La-tzadi-ik 2x

Ul' yish ray lev sim-ha

Or zarua latzadik ul'yisrei lev simha

ul'yishrei lev simha 2x

## Hinei Ma Tov

(Calypso beat)

Hinei ma tov, umanayim

Shevet ahim, gam yahad

Whoa, whoa, whoa

Hinei ma tov, umanayim

Shevet ahim, gam yahad

How good and pleasant you know that it  
would be for brothers and sisters to live  
in harmony

## Shalu Shalom

### Yerushalayim

Shalu shalom Yerushalayim 4x

Chorus:

Shalom, shalom, shalom, shalom

Shalom, shalom, shalu shalom

Yerushalayim

## Tov L'Hodot LaShem

Tov l'hodot LaShem (2x)

Ul'zamer l'shimkha elyon

Tov L'hodot LaShem (2x)

Ul'zamer l'shimkha elyon

ay yay yay

L'hagid baboker, baboker hasdekha

Ve'emunat'kha baleilot

L'hagid baboker, baboker hasdekha

Ve'emunat'kha baleilot

## Ki Va Moad

Lai lai lai lai lai (3x)

lai lai lai, lai lai lai (2x)

Ki va Mo-ed, ki va mo-ed (2x)

Lai Lai Lai (back to beginning)

## Od Yavo

Od ya-vo shalom aleinu (3x)

V'al kulam

Salaam,

Aleinu v'al-kol ha-olam,

salaam, salaam...

## V'Shamru

V'shamru v' nei Yisrael et hashabat  
La'asot et hashabat l' dorotam b' rit  
olam

Beini u'vein b'nei Yisrael ot hi l' olam  
Ot hi l' olam

Ki sheishet yamim asah Adonai  
Et hashamayim v' et ha'aretz

U'vayom hashvi'i shavat vayinafash  
Shavat vayinafash shavat vayinafash

V'shamru v' nei Yisrael et hashabat  
La'asot et hashabat l'dorotam b' rit  
olam

## HaMotzi

Barukh atah adonai, eloheinu melekh  
ha'olam,  
hamotzi lehem min ha'aretz

## What is the Ruach Rally?

The Ruach Rally is another perfect example of our mission at CSH - to rejuvenate your spirit. Most traditional services conclude with the singing of Adon Olam. We continue that tradition here at Shirat Hayam, but take it several levels higher. Music, a universal language, unites us all at this point in the service.

Ruach Rally is an opportunity to sing, dance and raise you to a spirited level of participation. People who are family, friends, guests or even strangers are encouraged to stand and open their hearts as we sing arm-in-arm and feel the true joy that is Shabbat.

Shirat Hayam's Ruach Rally Band is comprised of volunteers and led by Cantor Elana. The band practices weekly to provide our congregation with the best experience possible.

During our Shabbat Synaplex™, everyone chooses a path to their own authentic experience. Whether that is Renewal Service, Yoga, Nosh & Drash, Healing Havurah or the Traditional Service, Ruach Rally allows us all to come together as a united community before making our way to the Shabbat Café.

At Shirat Hayam, we practice *radical hospitality*. If you see someone standing alone during Ruach Rally, please join them or invite them to join you. Our goal is that no one will be a stranger in our community by the end of Ruach Rally.

Join us for lunch - we welcome you.  
Shabbat Shalom.



*We practice radical hospitality.*