

# Apples & Honeys



## A Musical Family Program for Rosh Hashanah

Brought to you by  
The Bender-Dosik Parenting Center  
Early Childhood Music Specialist, Lisa Baydush  
The Bender Jewish Community Center of Greater Washington

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Bender JCC  
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*A Place for Families*

# Shalom!

Hello ~ שלום



## Boker Tov

by Lisa Baydush

Boker tov, good morning, my friends!  
I'm so glad to see you— and you and you and...  
Boker tov, good morning, my friends!  
I'm so glad to see you!

Clap your hands if you're ready to sing,  
Wave your hands way up high,  
Now wiggle your fingers and tickle your toes,  
And open your mouth real wide,  
and sing with me now...

Tap your knees if you're ready to sing,  
Now stretch from side to side,  
Take a deep breath in and blow it out,  
And open your mouth real wide,  
and sing with me now...

## Tov Tov Tov

by Lisa Baydush

Tov, tov, tov – how good it is!  
Tov, tov, tov – how good it is!  
Tov, tov, tov, to be together! Yachad! (repeat)

How good it is to see you! (Hinei mah tov!)  
Your smiles brighten my day! (Hinei mah tov!)  
I'm so glad that you're here  
So we can all sing— la-la-la-la-la— together!  
Hinei, hinei, hinei mah...



# Shanah Tovah!

Happy New Year ~ שנה טובה

## Shanah Tovah

to the tune of Hal'Il'lyah

Sha-na-na-nah, sha-na-na-na-na-nah,  
Sha-na-na-nah, shanah tovah!  
Sha-na-na-nah, sha-na-na-na-na-nah  
Sha-na-na-nah, sha-na-na-nah, shanah tovah!



Wave to a friend and share a big smile...  
Clap your hands and welcome in the new year...  
Give a hug to someone very special...

## It's Rosh Hashanah, Shanah Tovah

by Lisa Baydush

It's Rosh Hashanah, shanah tovah! (3x)  
Happy birthday to the world!

Dip apples in honey for a sweet new year...  
Eat a challah, round and sweet...  
Blow the shofar, toot toot toot...



## Little Honey-Bee

adapted by Lisa Baydush to the tune of I'm a Little Piece of Tin

I'm a little honey-bee,  
I hope that you're not scared of me!  
I make honey that tastes so sweet  
So you can have a Rosh Hashanah treat!



Bzzz Bzzz! Bzzz Bzzz! Bzzz, bzzz, buzz, buzz!

Honey is so good to eat,  
It's a very yummy treat!  
Dip your apples and challah too  
To make the new year sweet for you!

## Apples and Honey

by Lisa Baydush

Apples and honey (3x)  
for a sweet new year! (repeat)

Dip an apple in some honey;  
Take a bite, it's oh so yummy!  
Dip an apple in some honey;  
For a very, very sweet new year!

The bees make honey that tastes so sweet,  
The trees grow apples for us to eat,  
Together they make a tasty treat  
For a very, very sweet new year!



## Happy Birthday

Yom huledet sameach! (4x)

Happy birthday to the world!  
Happy birthday to the world!  
May this new year be a good year,  
and a peaceful year,  
and a happy year,  
Happy birthday to the world!

## Clap Your Hands for the Birthday of the World

to the tune of If You're Happy and You Know It

Clap your hands for the birthday of the world!  
Clap your hands for the birthday of the world!  
Clap your hands and shout hooray  
For this special holiday,  
Clap your hands for the birthday of the world!





# B'reshit

## In The Beginning ~ בְּרֵאשִׁית

### Six Days to Make The World

by Lisa Baydush

1-2-3, 4-5-6, it took six days to make the world;

1-2-3, 4-5-6, it took six days to make the world!

God made dark and God made light, **DARK AND LIGHT!**

God made day and God made night, **DAY AND NIGHT!**

Oh...

God made the land, the sky and sea, **LAND, SKY AND SEA!**

God made the flowers and the trees, **FLOWERS AND TREES!**

Oh...

God made the sun, the moon and stars, **SUN, MOON AND STARS!**

God made the animals, birds and fish, **ANIMALS, BIRDS AND FISH!**

Oh...

God made the people, Adam and Eve, **ADAM AND EVE!**

God made the people, you and me, **YOU AND ME!**

Oh...

### We've Got the Whole World in Our Hands

We've got the whole world in our hands! (4x)

When we plant a tree, we help the world...

When we pick up trash, we help the world...

When we reuse and recycle, we help the world...



When we share our toys, we help the world...

When we turn off lights, we help the world...

When we give tzedakah, we help the world...



# T'filah

## Prayer ~ תְּפִלָּה

### Now Let's Take a Breath

by Lisa Baydush

Now let's take a breath (*inhale*)  
And now let's let it out (*exhale*)  
Let's quiet down our bodies  
And get ready to pray... (repeat)



### Prayer is Reaching to God

adapted by Chuck Mitchell to the tune of Frere Jacques

Prayer is reaching, prayer is reaching,  
Up to God, up to God (*out/in*)  
Saying what we're thinking,  
Saying what we're feeling,  
Reaching up, up to God.

### Sh'ma

music by Solomon Sulzer

Sh'ma Yisrael Adonai Eloheinu Adonai Echad  
Baruch sheim k'vod malchuto l'olam va'ed

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ. יְיָ אֶחָד:  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

### Love Adonai

by Robbi Sherwin

Love Adonai your God! (4x)

With all your heart,  
With all your soul,  
With all your might!  
(repeat) (chorus)



# B'rachot

## Blessings ~ בְּרָכוֹת

### Thank You, God

by Doug Cotler, verses by Lisa Baydush



Baruch Atah Adonai,  
Thank You, God (repeat)

Thank You for our friends and for our families;  
Thank You for this special day here at the JCC...

Thank You for the sunshine, the flowers and the trees,  
Thank You for this new year, and for singing songs with me!



*Blessing for the fruit of the vine:*

---

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן:  
Baruch Atah Adonai Eloheinu Melech ha'olam  
borei p'ri hagafen



*Blessing for the fruit of the tree:*

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בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הָעֵץ:  
Baruch Atah Adonai Eloheinu Melech ha'olam  
borei p'ri ha'etz



*Blessing for bread from the earth:*

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בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:  
Baruch Atah Adonai Eloheinu Melech ha'olam  
ha'motzi lechem min ha'aretz



*We thank God for for bringing us to this day:*

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בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזִמְנָן הַזֶּה:  
Baruch Atah Adonai, Eloheinu Melech ha-olam  
Shehecheyanu, v'kiyamanu, v'higianu lazman hazeh



*Blessing for the shofar:*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְשִׁמְעַע קוֹל שׁוֹפָר

Baruch Atah Adonai Eloheinu Melech ha'olam  
asher kid'shanu b'mitz'votav v'tzivanu lish'moa kol shofar

## Shofar Blast

by Ellen Allard

I like to hear the shofar blast,  
Sometimes slow and sometimes fast!  
I like to hear the shofar blast;  
Happy, happy, happy New Year!

Tekiah!  
Shevarim!  
Teruah!  
Tekiah Gedolah!



## Toke'a Hashofar

by Cindy Paley, adapted

Tu-tu-tu. hear the shofar blow,  
Play it fast (high), then play it slow (low)! (repeat)

Tu-tu-tu-tu-tu-tu-tu-tu-tu-tu! (4x)

## Shanah Tovah

to the tune of Shalom Chaverim, folk, adapted by Lisa Ashery and Lisa Baydush

Shanah to-o-vah, shanah to-o-vah, shanah tovah!  
I'm glad you were here! Have a happy new year!  
Shanah to-o-vah!

I hope this year will be sweet for your family...

*Shanah Tovah!*

