



# *A Musical Mindset for the High Holy Days*

*A Jewish Study Center Workshop with Lisa Baydush*

Consider the power of music... music can inspire, soothe, teach, excite, comfort, and illuminate. Music can provide the path that guides your spiritual journey. Music can touch your soul.

Music is central to the Jewish worship experience. It pulls us together as a community, and yet it also helps us find moments of personal reflection. It infuses us with a sense of awe, of joy, of peace. It allows us to pray. "The wave of a song carries the soul to heights which mere words can never reach... True prayer is a song." (Abraham Joshua Heschel, *The Quest for God*)

## Rosh Hashanah Themes:

- New Year (New Beginning)
- Creation (Birthday of the World)
- Apples and Honey
- Shofar
- Repentance

## Yom Kippur Themes:

- Repentance (I'm Sorry)
- Reflection
- Forgiveness
- Thinking of Others
- Counting your Blessings

## Songs for Rosh Hashanah:

1. Chag Sameach
2. Creator of All Things, Taubman
3. Shehecheyanu, Pik
4. Shofar Blast, Allard
5. Find the Sunshine, Baydush
6. Shana Tovah, Farber
7. L'shanah Tovah, Allard
8. Tapuchim Ud'vash, Buchman
9. This is Very Good, Klepper
10. Hal'luyah, Taubman

## Songs for Yom Kippur:

1. A Little Less of Me, Campbell
2. Avinu Malkeinu
3. Return Again, Carlebach
4. I Offer My Prayer to You, Allard
5. If You Forgive Me, Daniel
6. May You Be Sealed, Allard
7. Sh'ma Koleinu, Schafer
8. These are the Days, Friedman
9. V'al Kulam, Taubman
10. We are Sorry for These Things, Komar

## **Chag Sameach**

Chag sameach, chag sameach  
Lai— lai lai lai— lai lai lai—  
Chag sameach, chag sameach  
Lai— lai lai lai— lai lai lai—

Shiru shiru shiru shiru chag sameach  
Lai— lai lai lai— lai lai lai—  
Shiru shiru shiru shiru chag sameach  
Lai— lai lai lai— lai lai lai—

## **Creator of All Things**

by Craig Taubman

Creator of all things, Ruler of Israel,  
We are your people and You are our God.  
Teach us to follow,  
Obey Your commandments  
Sh'ma Yisraeil Adonai Eloheinu  
Adonai Echad.

Your glorious world abounds in the heavens,  
Your majesty rules all over the earth.  
We are Your teachers  
and You're our Creator,  
Sh'ma Yisraeil Adonai Eloheinu  
Adonai Echad.

## **Shehecheyanu**

by Tzvika Pik

Baruch ata Adonai eloheinu melech ha-olam  
Shehecheyanu v'kiyimanu v'higianu  
lazman hazeh

A—men

## **Shofar Blast**

by Peter and Ellen Allard

*Chorus:*

I like to hear the shofar blast  
sometimes slow and sometimes fast  
I like to hear the shofar blast,  
Happy happy happy new year!

1. T'ki-ah
2. Sh'va-rim
3. T'ru-ah ah ah ah ah ah ah ah
4. T'ki-ah g'do-lah—————

## **Find the Sunshine**

by Lisa Baydush

It's a brand new day, the sun is shining bright,  
Note the colors on the trees,  
Feel the way your heart feels when it smiles,  
Go ahead and sing!

*Chorus:*

It's up to you to note the colors,  
It's up to you to sing the songs,  
It's up to you to find the sunshine,  
It will make you strong!

(Repeat last two lines to end song)

It's a brand new year, the air is crisp and clean,  
Feel the cold wind in your hair,  
Blowin' away dark clouds from the sky,  
Go ahead and sing! (chorus)

It's a brand new you who sees the cup half full  
Counting the blessings that you have,  
Feel the hugs and cherish those you love,  
Go ahead and sing! (chorus)

## **Shanah Tovah**

by Judy Farber

A time to think, a time to pray,  
a time for all of us to say  
Shanah Tovah, Shanah Tovah, Tik-a-tei-vu  
(repeat last line to end)

Rosh Hashanah, a time to say,  
please forgive me, God, this day  
I'll try to be a little bit better,  
and throw all my sins away (chorus)

I'm sorry if I hurt someone's feelings,  
I didn't mean to be that way.  
This year I'll make one special promise  
to be kinder, starting today (chorus)

And if I try to do my part  
to show the world I have a good heart  
They may want to follow me so many  
Mitzvot there would be (chorus)

## **L'Shanah Tovah**

by Peter and Ellen Allard

*Chorus:*

L'Shanah Tovah, a happy new year  
L'Shanah Tovah, a healthy new year  
L'Shanah Tovah, a sweet new year  
For you and you and me.

We start at the very beginning  
And go round all over again  
Like our A-B-C's and our 1-2-3's  
From the beginning right to the end. (chorus)

We dip our apples in honey  
A sweet beginning to a sweet new year  
We eat the challah so round,  
we hear the shofar sound  
Yes, we hear it loud and clear. (chorus)

Teshuvah, we change for the better  
Tefillah, we pray for the best  
Tzedakah, we help other people in need  
And God will take care of the rest. (chorus)

## **Tapuchim Ud'vash**

by Rachel Buchman

Dip apples in the honey  
for a sweet new year  
Tapuchim ud'vash l'Rosh Hashanah  
Shana to-ova, shana-a mitooka (2x)  
(Repeat first three lines)

## **This is Very Good**

by Jeff Klepper

When God made the world,  
God made it full of light,  
The sun to shine by day,  
The moon and stars by night.  
God made it full of life:  
Lilies, oaks and trout,  
Tigers and bears, sparrows, hawks and apes.

And God took clay  
From earth's four corners  
To give it the breath of life,  
And God said:

This is very good, this is very good  
Man, woman and child, all are good.  
This is very good, this is very good  
Man, woman and child, all are good.  
Man, woman and child, all are good.

## **Hal'luyah – Psalm 150**

by Craig Taubman

*Chorus:*

Hal'luyah Hal'luyah  
Hal'luyah Hal'luyah (repeat at beginning)

Hal'lu eil b'kod-sho  
Hal'lu-hu bir-ki-a u-zo  
Hal'lu-hu big-vu-ro-tav  
Hal'lu-hu k'-rov gud-lo (chorus)

Hal'lu-hu b-tei-ka sho-far  
Hal'lu-hu b'-nei-vel v'chi-nor  
Hal'lu-hu b'tof u-ma-chol  
Hal'lu-hu b'mi-nim v'u-gav (chorus)

Hal'lu-hu b'-tzil-tz-lei sha-ma  
Hal'lu-hu b'-tzil-tz-lei t'-ru-ah  
Kol han-sha-mah t'ha-leil-ya  
Hal'luyah Hal'luyah  
Kol han-sha-mah t'ha-leil-ya  
Hal'luyah Hal'luyah (chorus)

## **A Little Less of Me**

by Glen Campbell

Let me be a little kinder  
Let me be a little blinder  
To the faults of those about me  
Let me praise a little more

Let me be when I am weary  
Just a little bit more cheery  
Think a little more of others  
And a little less of me

Let me be a little braver  
When temptation bids me waver  
Let me strive a little harder  
To be all that I should be

Let me be a little meeker  
With the brother that is weaker  
Let me think more of my neighbor  
And a little less of me

Let me be when I am weary  
Just a little bit more cheery  
Let me serve a little better  
Those that I am strivin' for

Let me be a little meeker  
With the brother that is weaker  
Think a little more of others  
And a little less of me

## **Avinu Malkenu**

A-vi-nu mal-kei-nu (3x)  
Cho-ne-nu v'a-ne-nu  
Ki eyn ba-nu ma-sim

A-seh i-ma-nu tz'da-kah va-che-sed (2x)  
V'ho-shi-ei-nu

## **Return Again**

by Shlomo Carlebach

Return again, return again,  
Return to the land of your soul.  
Return to who you are,  
Return to what you are,  
Return to where you are born  
and reborn again,  
(repeat first two lines)

## **I Offer My Prayer To You**

by Peter and Ellen Allard

*Chorus:*

Al chet, Al chet, for my sins, I say I'm sorry  
Al chet, Al chet, I look at the year that's gone by  
Al chet, Al chet, recalling mistakes,  
what I've said, what I've done  
Al chet, Al chet, I offer my prayer to You.

I look in the mirror, I look deep inside,  
I want to do right, my soul to repair  
Ask God for forgiveness, ask others I've hurt  
To forgive me as I forgive them. (chorus)

I ask for the strength to stand tall for the chance  
To move closer to God, for Teshuvah I turn  
To become all that I can become and to look  
Ahead to the year that's begun. (chorus)

## **If You Forgive Me**

by Karen Daniel

Today is a holiday and it's a special day,  
We celebrate this holiday in a different way;  
No presents or special food, this day called  
Yom Kippur is a day to think about  
what we are sorry for, so...

*Chorus:*

If you forgive me, and I forgive you,  
God will forgive both of us, kaper lanu (repeat)

I'm sorry for some things I've done,  
I didn't share my toys  
I said some things that hurt my friends  
I made a lot of noise  
But all the things that I have done  
won't just go away  
There are some very special words  
I really need to say  
What words? I'm sorry! (spoken answer)  
What words? I forgive you! (spoken answer)  
And... (chorus 2x)

## **May You Be Sealed**

by Peter and Ellen Allard

*Chorus:*

May you be sealed for a good year,  
For a sweet year, for a healthy year.  
May you be written in the book of life,  
G'mar chatima tova (repeat)

A holy day, a solemn day, a day to set aside,  
On Yom Hakipurim  
From our sins, we will not hide (chorus)

We make amends to others  
for the wrongs that we have done,  
Then we ask God for forgiveness,  
Yes, we face the Holy One. (chorus)

When day turns into night  
The final shofar blast we hear  
As the book of life is closed we say  
In Jerusalem next year. (chorus)

## **Sh'ma Koleinu**

by Beth Schaefer

With humility and graciousness,  
we stand before You  
The days have made us weary and unsure  
And although we've made mistakes,  
the truth is we adore You  
And ask that You be with us evermore

*Chorus:*

Sh'ma koleinu – hear our voices,  
Adonai Eloheinu, our one and only God!  
Have compassion on us Your children  
And with compassion hear our prayer.

If You look into our eyes,  
You'll find the quest for learning  
If You look into our hearts,  
You'll find true love  
If You look into our souls,  
You'll find a constant burning  
It's the fire that's been kindled from above.  
(chorus)

And if we stray, don't push us away,  
Help us to return to what is right,  
We know that it's late but we're willing to wait  
For Your answer, for Your blessing,  
for Your light! (chorus 2x)

## **These Are the Days (of Awe)**

by Debbie Friedman, adapted by Lisa Baydush

These are the days we say we're sorry  
For all the things we've done  
that we could do better,  
These are the days to make a promise  
To be the best that we can be.

This year we'll try a little harder  
to be the best that we can be!

## **V'al Kulam**

by Craig Taubman

V'al kulam, elo-ha sli-chot,  
s'lach lanu, mi-chal lanu, kaper la—nu

## **We Are Sorry For These Things**

by Eric Komar

Al cheit she-cha-ta-nu l' -fa-ne-cha,  
O, Adonai, our Ruler, we are sorry for these things,  
Al cheit she-cha-ta-nu l' -fa-ne-cha,  
Forgive us this Yom Kippur.

For the sins we have committed  
with our words and by our deeds,  
For putting before others  
our own desires and needs,  
For not sharing our toys  
and for giving into greed,  
Forgive us this Yom Kippur. (chorus)

For the sins we have committed  
openly or in our minds,  
For when we to our parents  
and our teachers were unkind,  
For lying and for cheating  
and for acting unrefined,  
Forgive us this Yom Kippur. (chorus)

For not offering assistance  
when we saw someone in pain,  
For times when things were fine  
but we did nothing but complain,  
For when we used bad words  
and when we took Your name in vain,  
Forgive us this Yom Kippur. (chorus)