

Mizmor Monthly: Rosh Hodesh Adar 1

1. Mishenikhnas Adar

Text: Babylonian Talmud, Ta'anit 29a

Music: Hassidic melody

Mishenikhnas Adar marbin b'simḥah מְשַׁנְכַּנְס אֶדָר מֵרַבִּין בְּשִׂמְחָה

When the month of Adar arrives, we increase our joy

2. Ashreinu

Text: Babylonian Talmud tractate Yoma 87b

Music: Hassidic melody

אֲשֶׁרֵינוּ, מַה טוֹב חֶלְקֵנוּ, וּמַה נְעִים גּוֹרְלֵנוּ, וּמַה יְפָה יְרֻשָּׁתֵנוּ.

Ashreinu, mah tov ḥelkeinu, umah na'im goraleinu, umah yafah y'rushateinu

Happy are we. How good is our destiny, how pleasant our lot, how beautiful our heritage.

3. Ivdu Et Hashem

Text: Psalm 100:2

Music: a. Hassidic melody

b. Folk/ Rabbi Moshe Shur

עֲבֹדוּ אֶת יי בְּשִׂמְחָה, בָּאוּ לְפָנָיו בְּרִנָּה.

Ivdu Et Hashem b'simḥah, bo'u l'fanav birnanah

Serve the Lord with joy; come before Him with singing

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4. Abi Gezunt

Lyrics: Molly Picon (1898-1992)

Music: Abraham Ellstein (1907-1963)

a bisl zun, a bisl regn,
a ruik ort dem kop tsu legn,
abi gezunt, ken men gliklekh zayn.

a shukh a zok, a kleyd on lates,
in keshene a dray, fir zloten,
abi gezunt, ken men gliklekh zayn.

di luft iz fray far yedn glaykh,
di zun zi shaynt far yedn eynem,
orem oder raykh.

a bisl freyd, a bisl lakhn,
a mol mit fraynd a shnepsl makhn,
abi gezunt ken men gliklekh zayn.

eyner zukht ashires,
eyner zukht gevures,
aynnemen di gantse velt.
eyner meynt dos ganse glik
hengt nor op in gelt.

zoln ale zukhn,
zoln ale krikhn,
nor ikh trakht bay mir,
ikh darf dos af kapores,
vayl dos glik shteyt bay mayn tir.

A bit of sun, a bit of rain,
a peaceful place to lay your head ...
so long as you're healthy, you can be happy.

A shoe, a sock, an outfit without patches,
three or four measly coins in your pocket ...
so long as you're healthy, you can be happy.

The air is free, equal for all;
the sun shines for everyone,
whether rich or poor.

A little rejoicing, a little laughter,
some schnapps with a friend once in a while
so long as you're healthy, you can be happy.

Some look for riches,
some look for power,
to conquer the whole world.
Some think that all happiness
depends only on money.

Let them all search,
let them all scrounge.
But I think to myself that
I have no use for such things,
since happiness is waiting at my doorstep.

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5. Sheheḥyanu

Text: Liturgy

Music: a. Tzvika Pik (1949-present)

b. Craig Taubman (1973-present)

c. Ralph Schlossberg (1943-present)

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזֶמֶן הַזֶּה.

Barukh atah Adonai Eloheinu melekh ha'olam sheheḥyanu v'kiy'manu v'higi'anu lazman hazeh

Blessed are You, Eternal our God, Ruler of the universe, for giving us life, for sustaining us, and for bring us to this season.

6. Simḥah G'dolah Lateimanim

Lyrics: Anda Amir-Pinkerfeld (1902-1981) Music: Yardena Alotin (1930-1994)

Simḥah g'dolah lateimanim
Noldu lahem sh'loshah banim
Shloshah banim ushtei banot
Hoi zo simḥah g'dolah m'od

Ba'u l'simḥah mikol r'ḥov
Ulvarekh b'mazal tov
Yayin shotim, rokdim v'sharim
Kiroth habayit lahem tzarim

שִׂמְחָה גְּדוֹלָה לְתִימָנִים
נוֹלְדוּ לָהֶם שְׁלוֹשָׁה בָּנִים
שְׁלוֹשָׁה בָּנִים וּשְׁתֵּי בָּנוֹת
הוּא זֶה שִׂמְחָה גְּדוֹלָה מְאֹד

בָּאוּ לְשִׂמְחָה מִכָּל רְחוֹב
וּלְבָרֶךְ בְּמַזַּל טוֹב
יַיִן שׁוֹתִים, רוֹקְדִים שָׂרִים
קִירוֹת הַבַּיִת לָהֶם צָרִים

A great joy for the Yemenites! Three sons have been born to them! Three sons and two daughters. Oh, that is a very great joy! The whole street has come to wish them mazal tov. They are drinking wine, dancing, singing. The walls of the house are narrow for them. Three sons and two daughters - and joy is very great! Mazal Tov!

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7. Asher Bara

Text: Wedding blessings

Music: Rabbi Shlomo Carlebach (1925-1994)

אֲשֶׁר בָּרָא שְׂשׂוֹן וְשִׂמְחָה חֲתָן וְכַלָּה גִּילָה רִנָּה דִּיצָה וְחֵדְוָה
אֶהְבָּה וְאַחֻוּה וְשָׁלוֹם וְרַעוּת.

Asher barah sasson v'simḥah ḥatan v'khalah gilah rinah ditzah v'ḥedvah ahavah
v'ahavah v'shalom v'rei'ut.

(Our God) who created joy and happiness, groom and bride, gladness, jubilation, cheer and
delight, love, friendship, harmony and fellowship.

8. Od Yishama

Text: Wedding blessings

Music: Eitan Katz (1980's-present)

עוֹד יִשְׁמַע בְּעָרֵי יְהוּדָה וּבְחֻצוֹת יְרוּשָׁלַיִם, קוֹל שְׂשׂוֹן וְקוֹל
שִׂמְחָה, קוֹל חֲתָן וְקוֹל כַּלָּה

Od yishama b'arei Y'hudah uv'ḥutzot Y'rushalayim, kol sasson v'kol simḥa, kol
ḥatan v'kol kalah

There shall yet be heard in the cities of Judah and in the streets of Jerusalem the sound of joy and
the sound of happiness, the sound of a groom and the sound of a bride

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9. Ma Navu Alei

Author: Rabbi Shimon Bar Nissim (Baghdad - Jerusalem 19th-20th C.)

Melody: Iraqi Jewish tradition

מִבְּשֵׁר שְׁלוֹם בְּבִנְיָן עִירָךְ
הִתְנַעַרִי מִתּוֹךְ מְגִנָּה
וּשְׁבוּ בְנֵיךְ לְגִבּוֹלְךָ

מָה נָאוּוּ עָלַי הַהָרִים רַגְלֵי
קוֹל צוֹפֵיךְ יִשְׂאוּ קוֹל רְנָה
עֵין בְּעֵין תִּרְאֵי שְׂכִינָה

אֵל בֵּית הַר הַמּוֹר יְהִי שְׂבִילְךָ
פְּצָחוֹ רְנָנָה וּתְהִלָּה
קוֹמֵי עוֹרֵי כִּי בָא אוֹרְךָ

לְשִׁבּוּיִים דְּרוֹר בְּשִׁיר וּמִזְמוֹר
סֵלוֹ סֵלוֹ אֶת הַמְּסֻלָּה
יבֹא מִבְּשֵׁר בְּלִשׁוֹנוֹ מְלָה

כְּנוֹר וְנֹבֵל אִזּוּ יְהִי שִׁירְךָ
לְבֹא לְחִסּוֹת בְּצֵל הָעֲלִיּוֹן
אֲכִיז כִּסֵּא לְדָוִד מִלְכְּךָ

צְאִי מִבְּכַל קְרִית עוֹבְדֵי בַל
שׁוֹשׁ יִשְׁיִשׁוּ כָּל אֲבֵלֵי צִיּוֹן
בְּנֵה אֶבְנֶה לָּךְ נוֹה אֲפָרְיוֹן

בָּאוּ אֵלֶיךָ לְאוֹר בְּאוֹרְךָ
אִזּוּ מִצִּיּוֹן תֵּצֵא הַתּוֹרָה
בְּיוֹם שִׁימִי כְּתָר לְרֹאשֶׁיךָ

שְׂאִי עֵינֶיךָ וּרְאֵי בְנֵיךָ
תַּחַת חֹשֶׁךְ אֲשִׁים לָךְ אוֹרָה
הִנֵּה גְדוֹל הוּא אִים וְנוֹרָא

לְזָר בְּעוֹלָה כְּדֹל וְהִלְךְ
אֲחִישׁ אֲשַׁלַּח יְנוּז וְגוֹאֵל
זְכוֹר אֲזַכֵּר חֹסֵד נְעוֹרְךָ

עַד מָתִי כִּלָּה יָפָה וּמְעָלָה
עוֹרֵי עוֹרֵי עֵדֶת יִשְׂרָאֵל
וְגַם אֲקִים לָךְ חוֹמַת אֲרִיאֵל

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Ma navu alei heharim raglei m'vaser shalom b'vinyan ireikh
kol tzofayikh yis'u kol rinah hitna'ari mitokh m'ginah
ayin b'ayin tir'i sh'khinah v'shavu vanayikh ligvulekh

Lishvuyim d'ror b'shir umizmor el beit har hamor y'hi sh'vilekh
solu solu et ham'silah pitzhu r'nanah ut'hilah
yavo m'vaser bilshono milah kumi uri ki va orekh

Tz'i mibavel kiryat ovdei veil kinor vanevel az y'hi shirekh
sos yasisu kol aveilei Tziyon lavo lahasot b'tzeil ha'elyon
bano evneh lakh n'vei apiron akhin kisei l'David malkek

S'i einayikh ur'i vanayikh ba'u eilayikh la'or b'orekh
tahat hoshekh asim lakh orah az mitziyon teitzei hatorah
hineh gadol hu ayom v'nora b'yom simi kheter l'roshekh

Ad matai kalah yafah um'ulah l'zar b'ulah k'dal vaheilekh
uri uri adat Yisrael ahash eshlah yinon v'go'el
v'gam akim lakh homat ariel zakhor ezkor hesed n'urekh

How pleasant atop the mountains are the footsteps of the messenger bearing tidings of peace in your city. The voices of your watchmen will rise up in joy. Shake off your sorrow. Your eyes shall behold the Shekhinah and your sons shall return to your borders.

Freedom to the captives in song and melody; to the Temple may your path lead.
Pave pave the pathway break forth in delight and glory. A messenger will come with a word on his tongue. Arise and shine for your light has come.

Leave Babylon where they worship Bel; the harp and lyre will accompany your song.
Greatly rejoice all mourners in Zion. Come take refuge in the shadow of the Most High
I shall build for you a magnificent palace; I shall set a throne for your king, David.

Lift your eyes and see your children. They have come to you, to the light in your light.
In place of darkness I will give you light. Then from Zion Torah shall come forth.
For it will be great and awful on the day you shall place a crown upon your head.

Till when beautiful and wonderful bride will you espouse a stranger like a vagabond.
Awake awake people of Israel. I will hasten and send Yinon and a redeemer.
And I will raise for you the walls of Ariel. I will remember the devotion of your youth.

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10. L'khu N'ran'nah

Text: Psalm 95:1-2

Music: Hassidic melody

לְכוּ נִרְנְנָה לַיהוָה, נְרַיְעָה לְצוּר יִשְׁעֵינוּ.
נִקְדְּמָה פָּנֵינוּ בְּתוֹדָה, בְּזִמְרוֹת נְרַיְעֵ לֹ.

L'khu n'ran'nah ladonai, nari'ah l'tzur yish'einu
n'kadmah fanav b'todah, bizmirot nari'a lo

Come let us sing to the Lord, let us rejoice in our Creator
Let us greet God with thanksgiving, singing psalms of praise

11. Song of the Purimspieler

Text: J. K. Eisenstein (1909-1996)

Music: Hassidic folk melody

Come and see our Purimspiel!
Mighty wonders we'll reveal,
of Purim, of Purim, of happy Purim day.
Get your groggers ready now,
while the actors take a bow,
and put on their masks in colours bright and gay.
See the megilah slowly unwinding,
and out comes Esther dancing with the king,
Haman the villain and Mordecai the hero,
each one has his turn to dance and sing. La la la...

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12. M'nuḥah V'simḥah

Author: Unknown (1545)

Source for the Melody: Susman Kisselgof, *Lieder-Sammelbuch für die Judische Schule und Familie*, St. Petersburg, Gesellschaft für Judische Vokmusik, 1912

M'nuḥah v'simḥah or lay'hudim
yom shabbaton yom maḥamadim
shomrav v'zokhrav heimah m'idim
ki l'shishah kol b'ru'im v'omdim

Sh'mei shamayim eretz v'yamim
kol tz'va marom g'vohim v'ramim
tanin v'adam v'ḥayat r'eimim
ki b'yah Adonai tzur olamim

Hu asher diber l'am s'gulato
shamor l'kad'sho mibo'o v'ad tzeito
shabbat kodesh yom ḥemdato
ki vo shavat El mikol m'lakhto

B'mitzvat shabbat El yaḥalitzakh
kum k'ra eilav yaḥish l'am'tzakh
nishmat kol ḥai v'gam na'aritzakh
ekhol b'simḥah ki kh'var ratzakh

B'mishneh leḥem v'kiddush rabba
b'rov mat'amim v'ruaḥ n'divah
yizku l'rav tuv hamit'angim bah
b'vi'at go'el l'ḥayei ha'olam habba

מְנוּחָה וְשִׂמְחָה אֹר לַיהוּדִים,
יוֹם שַׁבָּתוֹן יוֹם מַחְמָדִים,
שׁוֹמְרָיו וְזוֹכְרָיו הִמָּה מְעִידִים,
כִּי לְשֵׁשֶׁה כָּל בְּרוּאִים וְעוֹמְדִים.

שְׁמֵי שָׁמַיִם אֶרֶץ וַיָּמִים,
כָּל צְבָא מָרוֹם גְּבוּהִים וְרָמִים,
תַּנִּין וְאָדָם וְחַיַּת רְאֵמִים,
כִּי בֵּיה יְיָ צוּר עוֹלָמִים.

הוּא אֲשֶׁר דָּבַר לְעַם סִגְלָתוֹ,
שָׁמֹר לְקִדְשׁוֹ מִבּוֹאוֹ וְעַד צֵאתוֹ,
שַׁבַּת קִדְשׁ יוֹם חֲמֻדָּתוֹ,
כִּי בּוֹ שַׁבַּת אֵל מִכָּל מְלֹאכְתּוֹ.

בְּמִצְוֹת שַׁבַּת אֵל יַחְלִיצֶךָ,
קוּם קְרָא אֱלֹו יַחִישׁ לְאַמְצֶךָ,
נְשַׁמַּת כָּל חַי וְגַם נַעֲרִיצֶךָ,
אֲכֹל בְּשִׂמְחָה כִּי כָבֵד רָצֶךָ.

בְּמִשְׁנֵה לֶחֶם וְקִדּוּשׁ רַבָּה,
בְּרֹב מִטְעָמִים וְרוּחַ נְדִיבָה,
יִזְכּוּ לְרֹב טוֹב הַמִּתְעַנְּגִים בָּהּ,
בְּבִיאַת גּוֹאֵל לְחַיֵּי הָעוֹלָם הַבָּא.

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M'nuhah V'simhah Translation

Rest and joy, a light for the Jews, the Sabbath day, a day of delights. Those who observe and remember it, they attest that in six days all parts of Creation were completed.

The highest heavens, the land and seas, all the heavenly forces, lofty and exalted; seamonsters, humans, and wild animals, for God is the eternal lifegiver.

It was God who said to the chosen people: "Keep it holy from start to finish." It is the holy Sabbath, God's beloved day, for on it God rested from all God's work.

With the mitzvah of Shabbat God gives you strength. Arise, call out to God, and God will rush to strengthen you. Say the Nishmat and the Kedushah prayers, and you may eat with joy, for God is pleased with you.

With two loaves and the Great (daytime) Kiddush, with abundant delicacies and a generous spirit, they shall merit much goodness, those who take pleasure in it, when the Redeemer comes to grant eternal life.

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13. Yom Zeh L'Yisrael

Author: Isaac Chandali (15th c.)

Melody: Traditional from London

יום זה לישראל אורה ושמחה, שבת מנוחה.

צוית פקודים במעמד הר סיני,
שבת ומועדים לשמור בכל שני,
לערך לפני משאת וארוחה, שבת מנוחה.
יום זה לישראל אורה ושמחה, שבת מנוחה.

חמדת הלכות לאמה שבורה,
לנפשות נכאבות נשמה יתרה,
לנפש מצרה תסיר אנהה, שבת מנוחה.
יום זה לישראל אורה ושמחה, שבת מנוחה.

קדשת ברכת אותו מכל ימים,
בששת כלית מלאכת עולמים,
בו מצאו עגומים השקט ובטחה, שבת מנוחה.
יום זה לישראל אורה ושמחה, שבת מנוחה.

לאסור מלאכה צויתנו נורא,
אזכה הוד מלוכה אם שבת אשמרה,
אקריב שי למורא, מנחה מרקחה, שבת מנוחה.
יום זה לישראל אורה ושמחה, שבת מנוחה.

חדש מקדשנו זכרה נחרבת,
טובך, מושיענו, תנה לנעצבת,
בשבת יושבת בזמר ושכחה, שבת מנוחה.
יום זה לישראל אורה ושמחה, שבת מנוחה.

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Yom zeh l'Yisrael ora v'simḥah Shabbat m'nuḥah

Tzivita pikudim b'ma'amad har Sinai
shabbat umo'adim lishmor b'khol shanai
la'arokh l'fanai mas'eit va'aruḥah,
shabbat m'nuḥah

Yom zeh l'Yisrael ora v'simḥah Shabbat m'nuḥah

Ḥemdat hal'vavot l'uma sh'vura
linfashot nikh'avot n'shama y'teira
l'nefesh m'tzeira tasir anaḥah
shabbat m'nuḥah

Yom zeh l'Yisrael ora v'simḥah Shabbat m'nuḥah

Kidashta beirakhta oto mikol yamim
b'sheishet kilita m'lekhet olamim
bo mats'u agumim hashkeit uvit'ḥah
shabbat m'nuḥah

Yom zeh l'Yisrael ora v'simḥah Shabbat m'nuḥah

L'isur m'lakha tzivitanu nora
ezkeh hod m'lukhah im shabba eshmora
akriv shai lamora minḥah merkaḥah
shabbat m'nuḥah

Yom zeh l'Yisrael ora v'simḥah Shabbat m'nuḥah

Ḥadeish mikdasheinu zokhra neḥerevet
tuv'kha, moshi'einu, t'na lane'etzevet
b'shabbat yoshevet b'zemer ush'vaḥah
shabbat m'nuḥah

Yom zeh l'Yisrael ora v'simḥah Shabbat m'nuḥah

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Yom Zeh L'Yisrael Translation

This is for Israel a day of light and joy, the Sabbath, day of rest.

You issued commands as we stood at Sinai, to observe the Sabbath and the holidays for all time, to set out before Me bountiful meals on the Sabbath, day of rest.

It is a balm for the hearts of a broken nation, for spirits full of pain, and extra soul. From the oppressed spirit despair is lifted on the Sabbath, day of rest.

You sanctified and blessed it above all days; in six you completed the creation of the worlds. On it the sorrowful find peace and security, on the Sabbath, day of rest.

A ban on work You commanded us, Awesome One. I will merit the splendour of Your majesty if I keep the Sabbath. I will offer a gift to the Awesome One, an offering of incense, on the Sabbath, day of rest.

Renew our Temple, remember the ruined city. Your goodness, our Saviour, give to those forlorn who on the Sabbath sit in song and praise, on the Sabbath, day of rest.

Mizmor Monthly: Rosh Hodesh Adar 1

14. Hinei El Y'shuati

Text: Isaiah 12:2-3, Psalms 3:9, 46:12, 84:13, 20:10, Esther 8:16, Psalms 116:13

Music: Rav Shaul Yedidya Elazar (1886-1947)

הִנֵּה אֵל יְשׁוּעָתִי, אֲבִטַח וְלֹא אֶפְחַד,
כִּי עֲזִי וְזִמְרַת יְהוָה יִי, וַיְהִי לִי לִישׁוּעָה.
וּשְׂאֲבָתָם מֵיָם בְּשִׁשׁוֹן, מִמַּעַיְנֵי הַיְשׁוּעָה.
לִי הַיְשׁוּעָה, עַל עֲמֹךְ בְּרִכְתֶּךָ סֵלָה.
יִי צְבָאוֹת עֲמָנוּ, מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה.
יִי צְבָאוֹת, אֲשֶׁרִי אָדָם בִּטַח בְּךָ.
יִי הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרֹאָנוּ.
לַיהוּדִים הִתְהַ אֹרֶה וְשִׂמְחָה וְשִׁשׁוֹן וַיִּקֶּר.
כֵּן תִּהְיֶה לָנוּ. כּוֹס יְשׁוּעוֹת אֲשָׂא, וּבִשֵׁם יִי אֶקְרָא.

Hinei El y'shuati, evtah v'lo efhad,
ki ozi v'zimrat yah Adonai, vay'hi li lishu'a.
Ush'avtem mayim b'sasson, mima'ay'nei hay'shu'a.
Ladonai hay'shu'a, al am'kha virkhatekha selah.
Adonai tz'va'ot imanu, misgav lanu elohei Ya'akov selah.
Adonai tz'va'ot, ashrei adam botei'ah bakh.
Adonai hoshi'a, hamelekh ya'aneinu v'yom kor'einu.
Lay'hudim hay'ta orah v'simhah v'sasson vikar
Ken tih'yeh lanu. Kos y'shu'ot essah, uv'shem Adonai ekra.

Behold! God is my salvation, I shall trust and not fear - for God is my might and my praise - and He was a salvation for me. You can draw water with joy, from the springs of salvation. Salvation is God's, upon Your people is Your blessings, Selah. God, master of legions, is with us, a stronghold for us is the God of Jacob, Selah. God, Master of legions, praised is the one who trusts in You. God save! May the Sovereign answer us on the day we call. For the Jews there was light, gladness, joy, and honour - so may it be for us. I will raise the cup of salvations, and I shall invoke the name of God.

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15. Hinei Ma Tov

Text: Psalm 133:1

Music: a. M. Jacobson-Drozi
b. David Erlich

הִנֵּה מַה טוֹב וְיִמָּה נְעִים שֶׁבֶת אַחִים גַּם יַחַד

Hinei ma tov uma na'im shevet aḥim gam yaḥad

How good and how pleasant it is for everyone to live together as one.