

Mizmor Monthly: Rosh Hodesh Tammuz 2023

1. Min Hameitzar

Text: Psalms 118:5

Music: Joey Weisenberg (1982-present)

Min hameitzar karati Yah,
anani vamerhav Yah

מִן הַמֵּצָר קָרָאתִי יְהוָה,
עֲנֵנִי בַּמְרָחֵב יְהוָה.

In distress I called to God who answered by setting me free.

2. Min Hameitzar

Text: Psalms 118:5-6

Music: Deborah Sacks Mintz (1988-present)

Min hameitzar karati Yah,
anani vamerhav Yah
Adonai li lo ira,
ma ya-aseh li adam.

מִן הַמֵּצָר קָרָאתִי יְהוָה,
עֲנֵנִי בַּמְרָחֵב יְהוָה.
הִי לִי לֹא אִירָא,
מַה יַּעֲשֶׂה לִי אָדָם.

In distress I called to Adonai who answered by setting me free. Adonai is with me, I shall not fear; What can mortals do to me?

3. **Don't Let the Sun Go Down On Me**

Lyrics: Bernie Taupin (1950-present) **Music:** Sir Elton John (1947-present)

Revised Lyrics based on Joshua Chapter 10: Cantor Sidney Ezer

I can't fight no more in the darkness
All my enemies seem to fade into the night
I'll be inspired, if the sun stands still before me
Frozen here as we're fighting for our lives

Not late to save Gibeon from falling
I'll take a chance and change the course of life
But don't misread my meaning when I beg you
Don't close the door. Leave me guided by the light

[Chorus]

**Don't let the sun go down on me
Although I search myself, at night it's difficult to see
I won't allow a fragment of their lives to wander free
And I'd give anything, just not the sun goin' down on me**

I hope you don't mind, the moon tonight over Aijalon
For just this once to see the way I feel
Will you guard me in my cause against those who meant us harm
With these guts I have, oh Lord above, here's my appeal:

**Don't let the sun go down on me
Although I search myself, at night it's difficult to see
I won't allow a fragment of their lives to wander free
And I'd give anything, just not the sun goin' down on me**

(Spoken) The sun stopped in the middle of the sky and delayed going down about a full day. There has never been a day like it before or since, a day when the LORD listened to a human being. Surely the LORD was fighting for Israel! Because Joshua said:

**Don't let the sun go down on me
Although I search myself, at night it's difficult to see
I won't allow a fragment of their lives to wander free
And I'd give anything, just not the sun goin' down on me**

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4. Smol HaYarden

Lyrics: Ze'ev Jabotinsky (1880-1940)

Music: Mordecai Zeira (1905-1968)

Ka'amud shebatavekh lagesher
Af k'hut hashidrah la'enosh
L'artzi kav hatzir v'hakesher
Hu Yarden, haYarden hakadosh

**Sh'tei gadot laYarden
Zo shelanu, zo kam ken.**

Im artzi dal'lah v'katonah
Hi sheli meroshah ad kitzah
Mistara'at miyam y'shimonah
V'Yarden, haYarden ba'emtza

Sh'tei gadot...

Sham yirveh lo mishefa va'osher
Ben arav, ben natzeret uv'ni
Ki digli degel tohar vayosher
Y'taher shtei g'dot yardeni

Sh'tei gadot...

Shtei yadai lakh hikdashti, moledet
Shtei yadai l'magal umagen
Akh tishkah y'mini habogedet
im eshkah et smol haYarden

Sh'tei gadot...

כְּעֵמוּד שְׁבִתּוֹךָ לְגֹשֶׁר
אֶף כְּחוּט הַשְּׂדֵרָה לְאֵנוֹשׁ
לְאַרְצֵי קוֹ הַצִּיר וְהַקֶּשֶׁר
הוּא יַרְדֵּן, הַיַּרְדֵּן הַקְּדוֹשׁ.

שְׁתֵּי גְדוֹת לְיַרְדֵּן
זוֹ שְׁלָנוּ, זוֹ גַם כֵּן.

אִם אַרְצֵי דָלְלָה וְקַטְנָה
הִיא שְׁלִי מִרְאֵשָׁה עַד קֶצֶה.
מִשְׁתַּרְעַת מַיִם יְשִׁימוֹנָה
וְיַרְדֵּן, הַיַּרְדֵּן בְּאִמְצָע.

שְׁתֵּי גְדוֹת...

שֵׁם יְרוּה לּוֹ מִשְׁפַּע וְאֶשֶׁר
בֶּן-עָרַב, בֶּן-נִצְּרַת וּבְנֵי,
כִּי דָגְלֵי דָגַל טוֹהַר וְיֶשֶׁר
יִטְהַר שְׁתֵּי גְדוֹת יַרְדֵּנִי.

שְׁתֵּי גְדוֹת...

שְׁתֵּי יָדַי לָךְ הַקְּדוֹשְׁתִּי, מוֹלְדֵת,
שְׁתֵּי יָדַי לְמַגַּל וּמַגֵּן.
אֶךְ תִּשְׁכַּח יְמִינֵי הַבוֹגֵדֵת
אִם אֶשְׁכַּח אֶת שְׂמַאל הַיַּרְדֵּן.

שְׁתֵּי גְדוֹת...

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Smol HaYarden - Translation

As a pillar sustaining a bridge
Like the spinal chord of a human being
For my country, the axis line and the link
It is the Jordan, the holy Jordan.

**Two banks has the Jordan
This one is ours; that one as well.**

If my land is poor and small
She is mine from top to bottom
Stretching from the sea to the desert
And the Jordan, the Jordan in the middle

Two banks...

From the abundance and happiness there
Arab, Christian, and Jew will prosper
For my flag is a pure and just one
It will illuminate both sides of my Jordan

Two banks...

I consecrate my two hands to you, my homeland
My two hands to sword and shield
Let my traitorous right hand forget her skill
If I forget the East Bank of the Jordan

Two banks...

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5. Shir HadeGel

Lyrics: Ze'ev Jabotinsky (1880-1940)

Music: Nahum Nardi (1901-1977)

Al tagidu ki enenu,
Dam avinu hamakabi:
Ki shalosh tipot mimenu
Nimz'gu b'dam libi.

Zo - k'tzeva Yam Kineret,
Zo - kashleg, zot - zahav:
Al hadeGel, al haseret,
Al harosh uvalevav!

**Nes heirut, amal vato'ar,
Nes hador habana'i:
Al tira: ki hai hano'ar
Hai va'ed hashmona'i.**

Hat'khelet hi - raki'a,
Govah, ofek, oz - m'of:
L'olam tamri, tagbi'ah
Ru'ah ever mul ein sof;

L'olam tizma nafshenu
Da, yofi, tahorah,
V'tetzei mehar kodsheinu
ha'emet - shehi torah.

Nes heirut...

L'vanah ze'at hametzah,
Hayotzeret habonah.
hi tazri'a zera netzah
Basadeh uvaginah.

אַל תַּגִּידוּ כִּי אֵינָנוּ,
דָּם אָבִינוּ הַמַּכֵּבִי:
כִּי שְׁלֹשׁ טְפוֹת מִמֶּנּוּ
נִמְזָגוּ בְּדָם לִבִּי.

זוֹ – כְּצַבֵּעַ יַם כִּנֶּרֶת,
זוֹ – כַּשְׁלֵג, זֹאת – זָהָב:
עַל הַדְּגָל, עַל הַסֶּרֶט,
עַל הָרֹאשׁ וּבִלְבָב!

נֶס חֵרוּת, עֲמַל וְטָהַר,
נֶס הַדּוֹר הַבְּנָאִי:
אַל תִּירָא: כִּי חַי הַנֶּעֱרָר –
חַי וְעַר הַשְּׂמוֹנָאִי.

הַתִּכְלֵת הִיא – רָקִיעַ,
גְּבוּהָ, אָפֶק, עִז־מְעוֹף:
לְעוֹלָם תִּמְרִיא, תִּגְבִּיהַ
רוּחַ עֶבֶר מוֹל אֵינ־סוּף;

לְעוֹלָם תִּצְמָא נַפְשֵׁנוּ
דַּע, יָפִי, טָהָרָה,
וְתִצֵּא מֵהָר קִדְשֵׁנוּ
הָאֵמֶת – שֶׁהִיא תוֹרָה.

נֶס חֵרוּת...

לְבָנָה זַעַת הַמְּצָח,
הַיּוֹצֵרֶת הַבּוֹנָה.
הִיא תִזְרִיעַ זָרַע נִצָּח
בְּשָׂדֵה וּבְגִנָּה.

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Hi vaḥol titzmaḥ erez,
Al tzurim tafreh kharmel:
Hi tivneh mibuz vaheres,
Et moledet Yisrael.

Nes ḥeirut...

V'hapaz - hu or hashemesh,
Habokei'a et haleil.
L'olam yariv ba'emesh
Uva'oshek Yisrael.

La'evyon, lager, la'eved,
B'khol erez, b'khol dor
Et ha'or yavi l'zeved
Or hatzedek - or udror.

Nes ḥeirut...

Akh yesh od tipah yesh egel,
Lo hikarnu ad hayom:
Hu einenu al hadegel,
Hu balev v'hu adom.

Ki yifrotz sonei me'erev,
Az nakumah v'natzbi:
Ḥai hano'ar, Ḥai haḥerev
Ḥai hadam hamakabi!

Nes ḥeirut...

היא בחול תצמיח אָרוז,
על צוּרִים תפּרֶה כרמל:
היא תבנה מבוז וְהָרֶס,
את מולדת יִשְׂרָאֵל.

נס חרות...

וְהַפֶּז-הוא אור השמש,
הבוקע את הליל.
לְעוֹלָם יָרִיב בְּאִמְשׁ
וּבְעִשְׂקֵי יִשְׂרָאֵל.

לְאֲבִיוֹן, לְגֵר, לְעֶבֶד,
בְּכָל-אָרֶץ, בְּכָל-דּוֹר
את האור יביא לְזָבֵד
אור הַצֶּדֶק- אור וְדֵרוֹר.

נס חרות...

אך יש עוד טפה- יש אגל,
לא הכרנו עד היום:
הוא איננו על הדגל,
הוא בלב והוא אדם.

כי יפרץ שונא מארב,
אז נקומה ונצביא:
חי הנער, חי החרב,
חי הדם המכבי!

נס חרות...

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Shir Hagedel - Translation

Do not say that there is none within us
The blood of our father the Maccabee
For three drops of his blood
Are mingled in my heart's blood

This one - like the colour of the Sea of Galilee
This one - like snow, this one - like gold
On the flag, on the armband
On the head, and in the heart

A miracle of freedom, labour, and purity
A miracle of the rebuilding generation
Do not be afraid; for the youth lives
A forever living Hasmonean

The blue is the sky
Height, horizon, strength of flight
Forever you will soar, you will raise it
A spirit beyond infinity

Forever our souls will find
Knowledge, beauty, purity
And from our holy mountain will go forth
The truth which is Torah

A miracle of freedom...

To build her with the sweat of the brow
The creator, the builder
She will sow an eternal seed
In the field and in the garden

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In the sand a cedar will grow
On the rocks Carmel will be sewn
She will build from scorn and destruction
The homeland of Israel

A miracle of freedom...

And the gold - it is the light of the sun
The one who breaks the night
Forever struggling against the darkness
And the oppression of Israel

To the poor, the stranger, and the slave
In every land, in every generation
It will bring light to the endowment
The light of righteousness - light of freedom

A miracle of freedom...

Yes, there is another drop - there is a drop
That we have not known until today
It is not on the flag
It is in the heart, and it is red

Because hatred will break out from the west
So let us rise up and fight
The youth is alive, the sword is alive
Long live the Maccabean blood!

A miracle of freedom...

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6. Halleluyah

Text: Psalms 113:1, 5

Music: As sung by the Abayudaya Jews of Uganda

Hal'luyah, hal'lu avdei Adonai,

hal'lu et Sheim Adonai

Mi Kadonai Eloheinu,

hamagbihi lashavet.

הַלְלוּיָהּ, הַלְלוּ עַבְדֵי הַיְי,׃

הַלְלוּ אֶת שֵׁם הַיְי.׃

מִי כַהִי אֱלֹהֵינוּ,

הַמְגַבִּיהִי לְשָׁבֶת.׃

Halleluyah! Praise, servants of the Lord, praise the name of the Lord. Who is like the Lord, our God, Who sits on high.

7. Sh'ma Yisrael

Text: Deuteronomy 6:4

Music: As sung by the Abayudaya Jews of Uganda

שְׁמַע יִשְׂרָאֵל הַיְי אֱלֹהֵינוּ הַיְי אֶחָד.׃

Shema Yisrael Adonai Eloheinu Adonai Ehad

Hear O Israel, the Lord is our God, the Lord is One.

8. Oseh Shalom

Text: Liturgy

Music: As sung by the Abayudaya Jews of Uganda

עֲשֵׂה שָׁלוֹם בְּמִרְמָו, הוּא יַעֲשֵׂה שָׁלוֹם... יַעֲשֵׂה שָׁלוֹם

Oseh shalom bimromav, Hu ya'aseh shalom... **Ya'aseh shalom**

Oseh shalom... **Ya'aseh shalom**

Shalom aleinu... **Ya'aseh shalom**

V'al kol Yisrael... **Ya'aseh shalom**

Adonai Eloheinu... **Ya'aseh shalom**

Avinu Malkeinu... **Ya'aseh shalom**

Harahaman... **Ya'aseh shalom**

עֲשֵׂה שָׁלוֹם... יַעֲשֵׂה שָׁלוֹם

שָׁלוֹם עָלֵינוּ... יַעֲשֵׂה שָׁלוֹם

וְעַל כָּל יִשְׂרָאֵל... יַעֲשֵׂה שָׁלוֹם

הִי אֱלֹהֵינוּ... יַעֲשֵׂה שָׁלוֹם

אָבִינוּ מֶלְכֵנוּ... יַעֲשֵׂה שָׁלוֹם

הַרְחַמְנוּ... יַעֲשֵׂה שָׁלוֹם

May the one who brings peace to His universe bring peace to us and to all Israel.
Lord our God...bring peace. Our father our King...bring peace. Merciful One...bring
peace.

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9. Agudat Shalom Shabazi

Lyrics: Uri Barzilay

Music: Yehudah Badichi (1941-present)

Miyom rishon ad yom shishi batzohorayim,
Yoshev Rabbi Shalom Shabazi baḥanut.
Oreg hu v'tovah, gozer b'misparayim,
Ohev et ham'lakhah v'soneh rabbanut.

Bein ha'arbayim, al har habayit -

Ba latfilah Birushalayim (2x)

Kol yom v'yom mehashki'ah v'kol halayil,
Ohez Rabbi Shalom Shabazi b'eto.
Miba'ad halono nir'eit Y'rushalayim
V'az k'esh olah boka'at shirato.

Bein ha'arbayim...

Miyom shishi ad yom rishon midei shavu'a,
Ozev Rabbi Shalom Shabazi et ha'ir.
K'mo b'khol Shabbat hu tas al k'naf haru'ah,
Lakotel shesarad b'ir David.

Bein ha'arbayim...

Miyom rishon ad yom shishi batzohorayim,
Hozer Rabbi Shalom Shabazi lat'firah.
B'ishono yesh or, zeh or Y'rushalayim,
Asher davek b'kol haba b'sha'arah.

Bein ha'arbayim...

מִיּוֹם רֵאשׁוֹן עַד יוֹם שְׁשִׁי בַצְּהָרִים,
יוֹשֵׁב רַבִּי שְׁלוֹם שִׁבְזִי בַּחֲנוּת.
אוֹרֵג הוּא וְטוֹוָה, גּוֹזֵר בְּמִסְפָּרִים,
אוֹהֵב אֶת הַמְּלָאכָה וְשׂוֹנֵא רַבָּנוּת.

בֵּין הָעֲרָבִים, עַל הַר הַבַּיִת -

בָּא לַתְּפִלָּה בִּירוּשָׁלַיִם (2x)

כָּל יוֹם וְיוֹם מֵהַשְּׁקִיעָה וְכָל הַלַּיִל,
אוֹחֵז רַבִּי שְׁלוֹם שִׁבְזִי בְּעֵטוֹ.
מִבְּעַד חֲלוֹנוֹ נִרְאִית יְרוּשָׁלַיִם,
וְאֵז כְּאֵשׁ עוֹלָה בּוֹקֵעַת שִׁירָתוֹ.

בֵּין הָעֲרָבִים...

מִיּוֹם שְׁשִׁי עַד יוֹם רֵאשׁוֹן מִדֵּי שְׁבוּעַ,
עוֹזֵב רַבִּי שְׁלוֹם שִׁבְזִי אֶת הָעִיר.
כְּמוֹ בְּכָל שַׁבָּת הוּא טָס עַל כְּנָף הָרוּחַ,
לְכַתֵּל שְׁשָׂרָד בְּעִיר דָּוִד.

בֵּין הָעֲרָבִים...

מִיּוֹם רֵאשׁוֹן עַד יוֹם שְׁשִׁי בַצְּהָרִים,
חוֹזֵר רַבִּי שְׁלוֹם שִׁבְזִי לַתְּפִירָה.
בְּאִישׁוֹנוֹ יֵשׁ אוֹר, זֶה אוֹר יְרוּשָׁלַיִם,
אֲשֶׁר דָּבֵק בְּכָל הַבָּא בְּשַׁעֲרָה.

בֵּין הָעֲרָבִים...

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Agadat Shalom Shabazi - Translation

From Sunday until Friday at noon
Rabbi Shalom Shabazi sits in a shop
He weaves and spins, cuts with scissors
Loves the work and hates authority

At twilight on the Temple Mount He comes to pray in Jerusalem

Every day and all day from sunset and all night
Rabbi Shalom Shabazi holds his pen
From his window you can see Jerusalem
And like a rising fire his poetry bursts forth

At twilight...

From Friday to Sunday every week
Rabbi Shalom Shabazi leaves the city
As with every Sabbath he magically flies
To the wall that survived in the City of David

At twilight...

From Sunday until Friday at noon
Rabbi Shalom Shabazi returns to sewing
In his shadow there is light, this is the light of Jerusalem
Which clings to her gates every time he comes

At twilight...

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10. Ahavat Hadassah

Lyrics: Rabbi Shalom Shabazi (1619-1687)

Music: Central Yemen (Sanaa and environs)

Ahavat hadassah al lavovi niksharoh
Wa'ani batokh jolah po'omai tzolalim

Lu yesh rashut li a'alah athabaroh
Tokh sha'arei Tziyon ashar ham nah'lalim

Shaḥarit wa'aravit bat nadivim azkaroh
Libi warayonai b'heishak nivhalim

Bin'im zamirot min'dod at'orarah
Wa'ani warayoti b'rinoh tzohalim

Binu adat kodash bashirah ḥobarah
Ḥatan w'hakaloh baḥopah nikhlalim

Zah yom samoḥot la'ayumah yakaroh
Ki hi wadodah ḥein waḥasad jomalim

Yaḥado alei shul'ḥon wakhoss dodi karoh
Zamen sarideinu wakhoh hanisjalim

Mikoss yashu'ot asmaḥoh wa'azamaroh
Otzi lakhoh sodi wa'oshiv sho'alim

Shem tov lamaskilim bada'at yasharoh
Ki hem alei yitzrom b'vadai mosh'lim

Ahavat yaḥidati latuv el noharoh
Borukh shehu noten sakhar kol po'alim

Sholom kanahar la'adati yinharoh
Zaken waghām baḥur wakhoh ha'olalim

אַהֲבַת הַדָּסָה עַל לְבָבִי נִקְשָׁרָה
וְאֲנִי בְּתוֹךְ גּוֹלָה פְּעָמַי צוֹלְלִים.

לוֹ יֵשׁ רְשׁוּת לִי אֶעֱלֶה אֶתְחַבְּרָה
תוֹךְ שַׁעְרֵי צִיּוֹן אֲשֶׁר הֵם נְהַלְלִים.

שְׁחָרִית וְעַרְבִית בֵּת נְדִיבִים אֲזַכָּרָה
לְבִי וְרַעֲיוֹנִי בְּחֶשֶׁק נִבְהָלִים.

בְּנַעֲמִים זְמִירוֹת מְנַדֵּד אֶתְעוֹרְרָה
וְאֲנִי וְרַעֲיָתִי בְּרִנָּה צוֹהֲלִים.

בִּינוּ עֲדַת קֹדֶשׁ בְּשִׁירָה חֲבֵרָה
חָתָן וְהַכֹּלָה בְּחֶפֶז נִכְלָלִים.

זֶה יוֹם שְׂמֻחוֹת לְאֵימָה יִקָּרָה
כִּי הִיא וְדוֹדָה חֵן וְחֶסֶד גּוֹמְלִים.

יַחְדוֹ עָלִי שְׁלַחַן וְכוֹס דְּוִדֵי קָרָא
זִמְן שְׂרִידֵינוּ וְכֹל הַנְּסֻגְלִים.

מִכּוֹס יְשׁוּעוֹת אֲשַׁמְחָה וְאֲזַמְרָה
אוֹצִיא לְכֹל סוּדֵי וְאֲשִׁיב שׁוֹאֲלִים.

שֵׁם טוֹב לְמִשְׁכֵּילִים בְּדַעַת יִשְׂרָה
כִּי הֵם עָלִי יִצְרָם בְּוִדְאֵי מוֹשְׁלִים.

אַהֲבַת יַחֲדָתִי לְטוֹב אֵל נִהְרָה
בְּרוּךְ שֶׁהוּא נוֹתֵן שְׂכָר כָּל פּוֹעֲלִים.

שְׁלוֹם כְּנֶהֱרַ לְעֲדָתִי יִנְהַרָה
זִקֵּן וְגַם בְּחֹר וְכֹל הָעוֹלָלִים.

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Ahavat Hadassah - Translation

The love for hadassah is bound up in my heart
But I, deep in exile, my heartbeat is sinking

If only I were able, I would ascend to unite with her
Within the gates of Zion, which are exalted

Morning and evening the daughter of the generous I do recall
My heart and my thoughts in desire are throbbing

With beautiful songs I will wake up from wandering
And I and my beloved will shout for joy

Among a holy congregation united in song
Groom and bride are included under a wedding canopy

It is a day of joy for a dear threatened one
Because she and her beloved bestow grace and lovingkindness

Together on the table, and my beloved's cup
Our survivors and all the treasured ones recite the Grace after meals

With the cup of salvation I will rejoice and sing
I will reveal my secret to all, and I will repay questioners

A good name for the enlightened with upright knowledge
for they with their nature will surely rule

My sole love flows for the goodness of the Lord
Blessed is He who rewards all good deeds

Peace shall flow to my community as a river
Old, and young, and all the children

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11. Im Nin'alu

Text: Rabbi Shalom Shabazi (1619-1687) **Music:** Traditional Yemenite Jewish tune

Im nin'alu daltei nadivim

Daltei marom lo nin'alu

El Һai, mareimam al kawruvim

Kulawm ba'ruҺo ya'alu

El Һai

Ki hem elei kis'o kawrovim

Yodu sh'mei weiҺal'lalu

Һayet shahom rotzeh washawvim

Miyom b'ri'aw nikhlawlu

Jaljal wa'ofan ro'ashim

Medim sh'mei u'm'gadeshim

Miziv k'vedo lov'shim

El Һai

Uv'shesh kanufayim savivim

Awfim b'eit yitghaljelu

Ya'anu b'gel shirim areivim

YaҺad b'etet nidjalu

Im nin'alu daltei nadivim

Daltei marom lo nin'alu

El Һai

אם ננעלו דלתי נדיבים
דלתי מרום לא ננעלו
אל חי מרומם על כרובים
כלם ברוחו יעלו
אל חי

כי הם אלי כסאו קרובים
יודו שמו ויהללו
חיות שהם רצוא ושבים
מיום בריאה נכללו

גלגל ואופן רועשים
מודים שמו ומקדשים
מזיו כבודו לובשים
אל חי

ובשש כנפים סביבים
עפים בעת יתגלגלו
יענו בקול שירים ערבים
יחד באותות נדגלו

אם ננעלו דלתי נדיבים
דלתי מרום לא ננעלו
אל חי

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Im Nin'alu - Translation

If they are locked
the gates of the generous ones
the doors on high (in heaven) won't be locked.
God is alive and is exalted above the cherubs.
All in His spirit will rise.
God is alive

For they are near to His throne
and will acknowledge and praise His name.
The living creatures that they are ran and returned.
From the day of creation they were included.

Cycle and wheel are sounding
Acknowledging and sanctifying His name
The radiance of His honour they are wearing

The six-winged cherubs surround Him
They fly, and when the time has come they will circle
They will answer in a voice of sweet songs
Together with signs they will raise a banner

If they are locked
the gates of the generous ones
the doors on high (in heaven) won't be locked.
God is alive