

SONGS OF HOPE & HEALING

Lyrics & Translations

1. **Ana El Na** — *Ana El Na, R'fa na la.* God, please heal her/him/us. (Numbers 12:13)

2. **Heal Us Now** – Leon Sher (see next page for lyrics)

3. **Psalm 121** – Esa Enai

A song of Ascents

I lift my eyes to the hills. What is the source of my help? My help comes from the Lord, maker of the heavens and the earth. God will not allow you to stumble, your Guardian will not slumber. Indeed, the Guardian of Israel neither slumbers nor sleeps. The Lord is your Guardian, your shelter at your side. The sun will not smite you by day, nor the moon by night. The Lord will guard you against all evil; God will guard you, body and soul. The Lord will guard your going out and your coming home, now and forever.

4. **Ozi v'zimrat Yah** – *Ozi v'zimrat Yah, Va-y'hi li lishu-ah.* Adonai is my strength and my might; God is my deliverance. (Exodus 15:2)

5. **Elohai Neshamah** – *Elohai neshama she-na-tatah bi t'horah hi. Atah v'rata, atah y'tzarta, atah n'fach-tah bi.* The soul that You, my God, have given me is pure. You created it, You formed it, You breathed it into me. (Birkot Hashachar)

6. **Kol Ha-olam Kulo** – *Kol ha-olam kulo gesher tzar m'od. V'ha-ikar loh l'fached k'lal.* The whole world is a very narrow bridge. The main thing is not to be afraid. (Rabbi Nachman of Bratslav)

7. **Hamalach hago-el oti** – *Hamalach hago-el oti mi kol rah, y'vareich et ha-n'arim, v'yikareh bahem sh'mi. V'shem avotai Avraham v'Yitzchak, v'yid-gu la-rov b'kerev ha-aretz.* The angel who has redeemed me from all harm, bless these children. In them may my name be recalled, and the names of my fathers, Abraham, Isaac, and may they be teeming multitudes upon the earth. (Genesis 48:16)

8. **Olam Chesed Yibaneh** – I will build this world from love, and you must build this world from love, and if we build this world from love, then God will build this world from love. (Rabbi Menachem Creditor)

9. **Hashkiveinu** – *Hashkiveinu Adonai, Eloheinu l'shalom, v'ha'amideinu malkeinu l'chaim.* Grant, O Eternal God, that we may lie down in peace; awaken us to life renewed, O sovereign. Spread the shelter of your peace over us. Guide us in wisdom, compassion, and trust. Save us for the sake of Your name. Shield us from hatred, sorrow, and pain.

10. **Mi Sheberach** -- *Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu,* may the source of strength, who blessed the ones before us, help us find the courage to make our lives a blessing, and let us say, Amen. *Mi shebeirach imoteinu, m'kor habrachah l'avoteinu,* bless those in need of healing with *r'fuah sh'leimah,* the renewal of body, the renewal of spirit, and let us say, Amen. (Torah Service)

Heal Us Now – Leon Sher

1. *R'fa-e-nu Adonai v'nei-ra-fei*

Ho-shi-ei-nu v'ni-va-shei-ah

El karov l'chol kor-av

Ach ka-rov li-rei-av yish-o

We pray for healing of the body.

We pray for healing of the soul.

For strength of flesh and mind and spirit.

We pray to once again be whole.

CHORUS:

El na r'fa na

Oh, please heal us now!

Refuat hanefesh, refuat haguf, refuah sh'leimah

Heal us now!

2. *Hoshia et ah-mecha u-vareich et nach'la-techa*

Ur'eim v'na'a-seim et ha-olam

Mi sheberach avoteinu

Mi sheberach imoteinu

Ana Adonoy hoshi-ah na

We pray for healing of our people.

We pray for healing of the land.

And peace for every race and nation,

Every child, every woman, every man! **CHORUS**