

# Cantor Lauren Adesnik

## Texts and Translations~Audio Highlights

### Am I Awake/Bar'chu

**Music: Noah Aronson**   **Text: Formal call to worship**  
**Cantor Lauren Adesnik, Voice**   **Judy Cole, Piano**

*Am I Awake? Am I prepared? Are You  
listening? Can you hear my prayer? Can  
You hear my voice? Can You understand?  
Am I awake? Am I prepared?  
Yai lai...*

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ. בְּרוּךְ יְיָ הַמְּבָרָךְ  
לְעוֹלָם וָעֶד.

Blessed are You Adonai our God, forever and ever!

*Bar'chu* marks our official call to worship. Here, the English verse is a personal call to look inward, noting our readiness and preparation for prayer. We are vulnerable, unsure if God is near, and ready to hear us. The blessing that follows serves as God's official answer and call. The extended Hebrew response in the second verse intuits that it is both God and the congregation that are praying together.

### L'cha Dodi

**Music: Elana Arian**   **Text: Acrostic by Rabbi Shlomo Alkabetz**  
**Kabbalat Shabbat Liturgy**

**Cantor Lauren Adesnik, Voice and Guitar**   **Judy Cole, Piano**

**Beloved, come to meet the bride; beloved  
come to greet Shabbat.**

לָכֵּה דוֹדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שֵׁבֶת נִקְבְּלָה.

*“Keep” and “remember” a single  
command the Only God caused us to hear;  
the Eternal is One, God's Name is One*

שָׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד, הַשְּׁמִיעֵנוּ אֵל  
הַמִּיחָד, יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם  
וְלִתְפֹאֶרֶת וְלִתְהִלָּה.

*Enter in peace, O crown of your husband;  
enter in gladness, enter in joy. Come to the  
people that keeps its faith. Enter, O bride!  
Enter, O bride!*

בּוֹאֵי בְשָׁלוֹם עֲטֹרַת בַּעֲלָהּ, גַּם בְּשִׂמְחָה  
וּבְצִהְלָהּ, תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ, בּוֹאֵי כַלָּה,  
בּוֹאֵי כַלָּה.

*L'cha Dodi* is the apex of the *Kabbalat Shabbat* service. This welcome of *Shabbat* is reminiscent of heightened emotion as we rise to welcome a glowing bride into our midst. Elana Arian's setting is upbeat and playful, echoing a dancing wedding celebration. The Latin flair and rhythmic style evoke the joy and heart skipping jubilation of the *Shabbos* Bride's arrival.

## Modeh/Modah Ani

Music: Cantor Lauren Adesnik Text: Morning Liturgy  
Cantor Lauren Adesnik, Voice and Guitar

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁחֲזַרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה  
אֲמוּנָתְךָ.

I offer thanks to You, ever-living Sovereign, that You have restored my soul to me in mercy: How great is Your faithfulness.

*Awake this day I thank you God.*

I wrote this during my cantorial school days. I treasured the quiet and intimate moments I had to myself, working on my craft of vocal spiritual leadership. I wanted a musical setting that would echo that sense of quiet intimacy- the moment you open your eyes into the gift of a new day. I imagined a melody that could accompany your morning preparations and daily happenings, humming to yourself throughout. The heart of this tune is simple, inviting, and easy to lean into singing and praying along with me.

## Hashkiveinu

Music: Dan Nichols Text: Evening Liturgy  
Cantor Lauren Adesnik, Voice Judy Cole, Piano

הַשְׁכִּיבֵנוּ, יְיָ אֱלֹהֵינוּ, לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed.

*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.*

*Hashkiveinu* is a passionate and vulnerable call for God's shelter from all that may cause harm. In his setting, Dan Nichols blends a fusion of music, prayer, Hebrew, and English into an accessible and poignant moment in the service. The repeating chorus becomes a familiar return you might hum along with. The English verses are easy to join in, or simply let the melody wash over you as you transcend into an elevated moment.

## Avinu Malkeinu

Music: Max Janowski (1912-1991) Text: High Holy Day Liturgy

Cantor Lauren Adesnik, Voice Judy Cole, Piano

*Our Parent and Sovereign, hear our voice.*

אָבִינוּ מֶלְכֵנוּ שְׁמַע קוֹלֵנוּ:

*Our Parent and Sovereign, we have sinned before You.*

אָבִינוּ מֶלְכֵנוּ חָטְאָנוּ לְפָנֶיךָ:

*Our Parent and Sovereign, have compassion on us and our families.*

אָבִינוּ מֶלְכֵנוּ חַמּוּל עָלֵינוּ וְעַל עוֹלָלֵינוּ  
וְטַפֵּינוּ:

*Our Parent and Sovereign, make an end to sickness, war, and famine.*

אָבִינוּ מֶלְכֵנוּ כִּלְהַ דְּבַר וְחָרֵב וְרָעַב מֵעָלֵינוּ:

*Our Parent and Sovereign, make an end to all oppression.*

אָבִינוּ מֶלְכֵנוּ כִּלְהַ כָּל צָר וּמַשְׁטֵיץ מֵעָלֵינוּ:

*Our Parent and Sovereign, inscribe us for good fortune in the Book of Life.*

אָבִינוּ מֶלְכֵנוּ כְּתֹבֵנוּ בְּסֵפֶר חַיִּים טוֹבִים:

*Our Parent and Sovereign, renew for us a year of goodness.*

אָבִינוּ מֶלְכֵנוּ חֲדָשׁ עָלֵינוּ שָׁנָה טוֹבָה:

*Our Parent and Sovereign, hear our voice.*

אָבִינוּ מֶלְכֵנוּ שְׁמַע קוֹלֵנוּ:

This piece offers a sense of intimacy, vulnerability, and majesty as we pray before a God who is both omnipotent ruler and gentle comforter. The singing is dictated by the beat of the piano which emulates our heartbeats; the repeated “*Sh’ma Koleinu*” at the end works with the piano as a textual color to evoke majestic awe, deep yearning, and hope.

## Hashkiveinu - Let There Be Love

Music: Noah Aronson and Cantor Jodi Sufrin Text: Evening Liturgy

Hashkiveinu by: Cantor Dan Singer Poetry by Chaim Stern

Cantor Lauren Adesnik, Voice Judy Cole, Piano

*Let there be love, and understanding among us, let peace and friendship be our shelter from life’s storms.*

הַשְׁכִּיבֵנוּ, יי אֱלֹהֵינוּ, לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed.

*Let there be Love* features the text on the left side of the page in *Siddur Mishkan T’filah*. A part of his aptly named project, *The Left Side of the Page*, Aronson seeks to highlight the contemporary texts on the left side of the page that elevate their traditional counterparts on the right; “[infusing] them with the power of sacred music.” The opening phrase is delicate and hopeful; it swells into a soaring melodic prayer and then moves into a deep, rich lullaby.