

## Cantor Lauren Adesnik

### Texts and Translations~Service Highlights

I welcome you in as we pray and sing together through the tech waves! Please join with me in some of my favorite recent worship moments.

### Hinei Mah Tov

Music: Elana Arian Text: Psalm 133:1

Cantor Lauren Adesnik, Voice and Guitar

*How good it is (How good it is)*

*How sweet it is (How sweet it is) To be together on this day.*

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שִׁבֶּת אֲחִים  
גַּם-יַחַד.

How good and how pleasant it is that we dwell together.

This is an upbeat and catchy tune that is sure to have you snapping your fingers and tapping your toes! I have such fun singing this with folks. The call and response between cantor and congregation sets up an inviting conversation and energy that will continue through the service. The blend of a singable English translation makes this setting accessible and fun.

### L'cha Dodi

Music: Elana Arian Text: Acrostic by Rabbi Shlomo Alkabetz

Kabbalat Shabbat Liturgy

Cantor Lauren Adesnik, Voice and Guitar

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

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

*Come with me to meet Shabbat, forever a  
fountain of blessing. Still, it flows, as from  
the start: the last of days, for which the  
first was made.*

לָכֵה דוֹדֵי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבָּת  
נִקְבְּלָה.

שְׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד, הַשְּׁמִיעֵנוּ אֵל  
הַמִּיחָד, יי אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם  
וְלִתְפָאֶרֶת וְלִתְהִלָּה.

לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר  
הַבְּרָכָה, מֵרֵאשׁ מְקֻדָּם נְסוּכָה, סוּף  
מַעֲשֵׂה בְּמַחְשָׁבָה תְּחִלָּה.

**Continued**

*Awake, awake, your light has come! Arise, shine, awake and sing: the Eternal's glory dawns upon you.*

הַתְּעוֹרְרִי הַתְּעוֹרְרִי, כִּי בָּא אֲוֵרְךָ קוֹמִי  
אֲוֵרִי, עֲוֵרִי עֲוֵרִי, שִׁיר דְּבָרִי, כְּבוֹד יְיָ  
עָלֶיךָ נִגְלָה.

*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 בְּשָׁלוֹם עֲטֹרַת בַּעֲלָהּ, גַּם  
בְּשִׂמְחָה וּבְצִהָלָהּ, תּוֹךְ אֲמוּנֵי עַם  
סִגְלָהּ, בּוֹאֵי כָלָהּ, בּוֹאֵי כָלָהּ.

The ebullient charge in the third verse echoes the joy of a glowing bride, or perhaps harkens back to the jubilant emotion of Moses and Myriam and the People of Israel as song poured upward from their hearts to God. The tempo slows in verse four, both delicate and majestic as we rise to welcome the light of Shabbat. She arrives, and our elation bursts forth once more in the rousing chorus.

## Hashkiveinu

**Music: Mah Tovu Text: Evening Liturgy**  
**Music and Text for *Shelter Us*: Larry Jonas**  
**Cantor Lauren Adesnik, Voice and Guitar**

*Shelter us beneath Thy wings, O Adonai.  
Guard us from all harmful things, O  
Adonai. Keep us safe throughout the night,  
'til we wake with morning's light. Teach  
us, God, wrong from right. Amen.*

הַשְּׁכִיבֵנוּ, יְיָ אֱלֹהֵינוּ, לְשָׁלוֹם, וְהַעֲמִידֵנוּ  
שׁוֹמְרֵנוּ לְחַיִּים.  
וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ, אָמֵן.

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace.

At our *Sukkot* service this year, *Hashkiveinu* sealed the consecration of our newest learners. This special moment benediction found parents, grandparents, and children snuggling close as the dark folded in around us. This composition allows one to settle into God's wings as if they were a warm blanket and drop into peaceful sigh of content.

## 51<sup>st</sup> MLK Commemoration Ceremony at Ebenezer Baptist Church

Standing in the presence of those who move the needle of deep and life changing history- Dr. Bernice King, Reverend Dr. Raphael Warnock, Bryan Stevenson and many more- was a truly humbling, inspiring, and holy moment.

**Continued**

# 51<sup>st</sup> MLK Commemoration Ceremony at Ebenezer Baptist Church

## Selections from Shirat Hayam~The Song of the Sea

Cantor Lauren Adesnik, Voice and Oration      Text: Exodus 15:1-2, 4, 7, 11-14, 17-18

אֲזַיִשִׁיר־מִשֶּׁה וּבְנֵי יִשְׂרָאֵל אֶת־הַשִּׁירָה הַזֹּאת לַיהוָה וַיֹּאמְרוּ לֵאמֹר אֲשִׁירָה לַיהוָה כִּי־גָאָה  
גָּאָה סוּס וְרֹכְבוֹ רָמָה בַיָּם:

1) *Then Moses and the Israelites sang this song to the LORD. They said: I will sing to the LORD, for He has triumphed gloriously; Horse and driver He has hurled into the sea.*

עֲזִי וְזִמְרַת יְהוָה וַיְהִי־לִי לִישׁוּעָה זֶה אֱלֹהֵי וְאֲנִי־הוּא אֱלֹהֵי אָבִי וְאֶרְמָמְנָהוּ:

(2) *The LORD is my strength and might; He is become my deliverance. This is my God, and I will enshrine Him; The God of my father, and I will exalt Him.*

מִרְכַבֹּת פָּרְעֹה וְחֵילוֹ יָרָה בַיָּם וּמִבְּחַר שְׁלֹשֵׁי טַבַּעוֹ בַיַּם־סוּף:

(4) *Pharaoh's chariots and his army He has cast into the sea; And the pick of his officers Are drowned in the Sea of Reeds.*

וּבְרַב גְּאוֹנֶךָ תִּהְרַס קַמְיֶךָ תִּשְׁלַח חֲרֹנֶךָ יֹאכְלֵמוּ בִקֶּשׁ:

(7) *In Your great triumph You break Your opponents; You send forth Your fury; it consumes them like straw.*

מִי־כַמְכָה בָּאֱלֹם יְהוָה מִי כַמְכָה נֶאֱדָר בְּקֹדֶשׁ נֹרָא תִהְלֵת עֲשֵׂה פְלֹא:

(11) *Who is like You, O LORD, among the celestials, Who is like You, majestic in holiness, Awesome in splendor, working wonders!*

נָטִיתָ יְמִינֶךָ תִּבְלַעְמוּ אֶרֶץ:

(12) *You put out Your right hand, The earth swallowed them.*

נַחִיתָ בְּחַסְדֶּךָ עַם־זוֹ גְּאֹלֵת נִהְלֵת בְּעֲזֶךָ אֶל־נֹה קֹדֶשְׁךָ:

(13) *In Your love You lead the people You redeemed; In Your strength You guide them to Your holy abode.*

שָׁמְעוּ עַמִּים יִרְגְּזוּן חֵיל אֶחָז יִשְׁבִי פְלִשְׁתָּ:

(14) *The peoples hear, they tremble; Agony grips the dwellers in Philistia.*

תְּבֹאֲמוּ וְתִטְעֲמוּ בְהַר נַחֲלֹתֶיךָ מִכּוֹן לְשִׁבְתֶּךָ פְּעֻלַּת יְהוָה מִקְדָּשׁ אֲדֹנָי כּוֹנֵנוּ יְדִיֶּךָ:

(17) *You will bring them and plant them in Your own mountain, The place You made to dwell in, O LORD, the sanctuary, O Lord, which Your hands established.*

יְהוָה | יִמְלֹךְ לְעֹלָם וָעֶד:

(18) *The LORD will reign for ever and ever!*

## Esa Einai

Music: Shlomo Carlebach Text: Psalm 121:1-2  
Cantor Lauren Adesnik, Voice Ann Rollins, Piano

*I turn my eyes to the mountains; from  
where will my help come? My help comes  
from Adonai, maker of heaven and earth.*

אָשָׂא עֵינַי אֶל-הַהָרִים, מֵאֵין יבֹא עֲזָרִי?  
עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שְׂמִים וְאָרֶץ.

This psalm is a deep call to God that can be utilized in many areas of liturgical life: in moments that are introspective, mournful, and joyful. This was our second pandemic *chagim*, a hybrid dynamic as we welcomed folks into our sanctuary and streamed into congregant's homes. Song and prayer wove us together throughout the city.

## Halichah I'Kesaria: Eli Eli

Music: David Zehavi (1910-1977) Text: Hannah Senesh (1921-1944)  
Cantor Lauren Adesnik, Voice Ann Rollins, Piano

*O God, my God, I pray that these things  
never end:  
The sand and the sea, the rush of the  
waters, The crash of the heaven's the  
prayer of the heart.*

אֱלֹהֵי אֱלֹהֵי, שְׁלֹא יִגְמַר לְעוֹלָם:  
הַחֹל וְהַיָּם, רִשְׁרוּשׁ שֶׁל הַיָּם,  
בְּרַק הַשָּׁמַיִם, תְּפִלַּת הָאָדָם.

The poetic alliteration in the Hebrew is stunning combined with composer David Zehavi's flowing melodic lines. The word "rish-rush" illustrates its English translation: the "rustling" of the water. The building crescendo and soaring upward and downward motions of the melody echo the ebb and flow of the ocean tide. The sharp "berak" gives a sense of thunder clouds crashing together. The text and music merge together to describe an everlasting world.

## Avinu Malkeinu

Music: Max Janowski (1912-1991)  
Cantor Lauren Adesnik, Voice

Text: High Holy Day Liturgy  
Judy Cole, Piano

*Our Parent and Sovereign, hear our voice.*

אָבִינוּ מַלְכֵנוּ שְׁמַע קוֹלֵנוּ:

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

אָבִינוּ מַלְכֵנוּ חָטְאָנוּ לְפָנֶיךָ:

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

אָבִינוּ מַלְכֵנוּ חַמּוּל עָלֵינוּ וְעַל עוֹלָלֵינוּ

וְטַפֵּינוּ:

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

אָבִינוּ מַלְכֵנוּ כְּלֵה דָבָר וְחָרֵב וְרָעַב

מֵעַלֵינוּ:

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

אָבִינוּ מַלְכֵנוּ כְּלֵה כָּל צָר וּמַשְׁטִין

מֵעַלֵינוּ:

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

אָבִינוּ מַלְכֵנוּ כְּתִבֵנוּ בְּסֵפֶר חַיִּים

טוֹבִים:

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

אָבִינוּ מַלְכֵנוּ חֲדָשׁ עָלֵינוּ שָׁנָה טוֹבָה:

*Our Parent and Sovereign, hear our voice.*

אָבִינוּ מַלְכֵנוּ שְׁמַע קוֹלֵנוּ:

Each year I stand before the ark and feel my heart sync into the rhythmic accompaniment, the color and texture of the choir. It is important to reflect the measured singing Janowski intended, *and* I always sing this prayer a little differently each time. I stare into the ark, I feel my soul connect with God, I feel my heart connect with my congregation and our peoplehood across the world.