

Lauren Michelle Furman

Demo CD Tracks, Texts, and Notes

שְׁלוֹם עֲלֵיכֶם שְׁלוֹם אֵלֵיכֶם

Music: Debbie Friedman Text: Shabbat Zemiroth
Lauren Furman, Voice, Joyce Rosenzweig Piano

Peace be upon you, ministering angels, messengers of the Most High,

Majesty of majesties, Holy One of Blessing.

Enter in peace, angels of peace, angels of the Most High,

Majesty of majesties, Holy One of Blessing.

Bless me with peace, angels of peace, angels of the Most High,

Majesty of majesties, Holy One of Blessing.

Return* to us in peace, angels of peace, angels of the Most High.,

Majesty of majesties, Holy One of Blessing.

שְׁלוֹם עֲלֵיכֶם, מְלַאכֵי הַשָּׁרֵת, מְלַאכֵי עֲלִיוֹן,

מִמְלַךְ מְלָכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי עֲלִיוֹן

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בְּרַכּוֹנִי לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי עֲלִיוֹן

מִמְלַךְ מְלָכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא

שׁוֹבְכֶם* לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי עֲלִיוֹן

מִמְלַךְ מְלָכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

This Z'mirah (Shabbat Song) reminds us of the angels who escort us home on Shabbat, making sure that we, and our houses are prepared and ready. This melody is one of the last that Debbie Friedman wrote. It is all at once comforting and haunting, indicative of the story behind it. The change in text from Tzeitchem to Shuvchem reminds us that Shabbat will always return. This song reminds us of the holiness of Shabbat, the importance of Jewish time, of being with our loved ones, and of connecting to Judaism and God.

לְכָה דוֹדֵי לְכָה

Music: Ugandan Melody, Moshe Laufer Text: Acrostic by Rabbi Shlomo Alkabetz, Kabbalat Shabbat Liturgy
Lauren Furman, Voice, Joyce Rosenzweig, Piano

Beloved, come to meet the bride, 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, glory and praise are God’s.

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

Do not feel shame or degradation, forget your sorrow, why do you mourn? In you the needy of My people find shelter, the city renewed upon its ancient ruins.

The scavengers are scattered, your devourers have fled; as a bridegroom rejoices in his bride, your God takes joy in you.

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!

לְכָה דוֹדֵי לְקַרְאֵת כְּלָה, פָּנֵי שַׁבַּת נִקְבְּלָה.

שְׁמוֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל הַמֵּיחָד, יְיָ אֶחָד
וְשִׁמוּ אֶחָד, לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְלָה.

לְקַרְאֵת שַׁבַּת לָכֵן וְנִלְכָּה, כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשִׁית מִקְדָּם נְסוּכָה, סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תַּחֲלָה.

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי, מֵהַתְּשׁוּחָחִי וּמֵהַתְּהַמִּי, בְּךָ
יִחְסוּ עַנְיֵי עַמִּי, וְנִבְנְתָה עִיר עַל תִּלְהָה.

וְהָיוּ לְמַשְׁפָּה שְׂאִסְיָךְ, וְרַחֲקוּ כָּל מְבַלְעֵיךְ, יִשִּׁישׁ עֲלֶיךָ
אֶלְהֵיךְ, כְּמִשׁוֹשׁ חַתָּן עַל כְּלָה.

בּוֹאֵי בְּשָׁלוֹם עֲטֹרַת בְּעֵלָה, גַּם בְּרִנָּה בְּשִׂמְחָה
וּבְצִהְלָה, תּוֹךְ אֲמוּנֵי עַם סִגְלָה, בּוֹאֵי כְלָה, בּוֹאֵי כְלָה.
בּוֹאֵי כְלָה.

This beautiful piyut (liturgical poem) weaves together biblical text, Talmud and midrash, and comes at the height of our Kabbalat Shabbat service, welcoming the Sabbath Bride. The references from ancient Jerusalem to the Age to Come remind us that Shabbat is everlasting. The first melody comes from the Abudaya Jews of Uganda, imagine sitting in a circle together, singing this light, swingy melody. The fast, upbeat Laufer melody echoes the joy and jubilation at the arrival of Shabbat.

השְׁכִיבֵנוּ Hashkiveinu

Music: Hashkiveinu: Mah Tov, Haporeis Sukkat Shalom: Jeff Klepper Text: Evening Liturgy
Lauren Furman, Voice and Guitar, Joyce Rosenzweig, Piano

Grant, O God that we lie down in peace, raise us up to life renewed. Spread over us the shelter of your peace, Amen.

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים
וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ, אֲמֵן.

“Shelter us beneath your wings, O Adonai, guard us from all harmful things, O Adonai. Keep us safe throughout the night, we wake with morning’s light. Teach us, God, wrong from right, Amen.”

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us, of all Your people Israel, over Jerusalem, and over all peoples of the world.

בְּרוּךְ אַתָּה יְיָ הַפּוֹרֵשׂ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ
יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם. שְׁלוֹם עָלֵינוּ וְעַל כָּל הָעַמִּים.

Each night in our liturgy we pray for God to embrace us in God’s sukkah: God’s sheltering wings. The concluding blessing in this prayer, the second stanza above, is specific to Shabbat and Festivals, and reflects the peace that comes with the holiness of the day. I have added the text “V’al kol haamim” to include God’s people throughout the world. Each night and each day, may we all receive a blessing of peace throughout the world.

שְׁמַע קוֹלֵנוּ Sh'ma Koleinu

Music: Max Helfman, 1973, Text: High Holy Day Liturgy
Lauren Furman, Voice, Joyce Rosenzweig, Piano

Hear our voice, God, have compassion upon us.

שְׁמַע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ

Receive our prayer with mercy and righteousness.

וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן אֶת תַּפְלָתָנוּ

Return us to You, Adonai our God, and we will return.
Renew our days as of old.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּב חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Do not turn us away in our old season, as our strength diminishes, do not abandon us. Do not be far from us.

אַל תִּשְׁלִיכֵנוּ לַעֵת זָקְנָה, כְּכַלּוֹת כַּחֲנוּ אֶל תִּאָּזְבֵנוּ.

This composition by Max Helfman is one of the most famous settings of this text. It is stark, jolting, haunting and beautiful. Most of all, this piece is prayerful. Helfman expertly sets the text with a leap in the voice over the word “Shema” drawing out the cry for God to hear our prayers. The music is speech-like and yearning over the words “Hashkiveinu Adonai Eilecha” highlighting our yearning to return to God. The tension over “Al Tashlicheinu” emulates our fervent wish that God not turn away from us. The music peaks, ebbs, and flows throughout, echoing our cries, emulating our hopeful prayers.

Heal Us Now

Music and English Text: Leon Sher, 2002 Hebrew Text: Healing Liturgy, Numbers 12:13, Psalms:145:18, 85:10
Lauren Furman, Voice Joyce Rosenzweig, Piano

Heal us Adonai, and we shall be healed. Save us and we shall be saved. God is close to all who call out to God. Surely, help is near to all who call out to God.

רְפָאנוּ, יְיָ, וְנִרְפָּא, הוֹשִׁיעֵנוּ וְנִשְׁעָה אֶל קְרוֹב
לְכָל-קִרְאָיו אֲדָךְ קְרוֹב לִירְאָיו יִשְׁעוּ

“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.”

Oh God, please heal us now; healing of the soul and healing of the body, a complete healing.

אֵל נָא רְפָא נָא לָהּ רְפוּאת הַנֶּפֶשׁ, וּרְפוּאת הַגּוּף
רְפוּאת שְׁלֵמָה.

This piece weaves together healing liturgy, biblical text and psalms. We hear Moses’ voice as he calls out to God to heal Miriam, “El Na R’fana La.” We are reminded that there are times in our lives when we need healing of the mind, of the body and of the spirit. The passionate melody echoes our fervent cries to God for healing. This text reassures us with conviction: “God is karov/close to all who call out to God. Surely help is near to all who call out to God.”

עשה שלום Oseh Shalom

Music: Michael Hunter-Ochs, Arranged by Eliot Glaser, 2002 Text: Birkat Shalom, Blessing for Peace
Lauren Furman, Voice Joyce Rosenzweig, Piano

May the one who makes peace in the high heavens, make peace upon us, for all of Israel, and for *all who inhabit the earth.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל, *וְעַל כָּל יוֹשְׁבֵי תֵבֵל.

**The text "V'al Kol Yoshvei Teivel is added to reflect the idea that when peace comes, it will come for those of all faiths and ethnicities. When we pray for peace, we pray for peace for ourselves, and it is our mission to then send that peace out to each and every person in this world.*

Oy Mame, I'm In Love Oy Mame, Bin Ikh Farlibt

Music and Lyrics Abraham Ellstein, 1941
Lauren Furman, Voice Joyce Rosenzweig, Piano

When he begins to play his fiddle, a beautiful, touching Yiddish song, oy, mame, he becomes for me good without limit!

Ven er tse-shpilt zikh oyf zayn fidl A sheyn har-tsik Yiddish lidl, Oy, mame, vert mir gut on a shir.

With his beautiful black eyes he has attracted me, Oy mame, I am so happy!

Mit zayne sheyne shvartse oygn Hot er dan mir tsu-ge-tsoygn, Oy mame, voyl un gut iz mir!

And when he says "Hey there maidle!" you are so nice and refined, and his playing creeps into my heart,

Un ven er zogt "hey du meyd!" bist doch azoy lib un eydl, un zayn shpilm krikht in hartsn arayn,

I want to dance, I want to sing, Oy gevald, I will burst! Without him, I can no longer be.

Vilt zikh tantsn vilt sikh zingen, Oy gevald, ikh ver tze-shpringen! On im, oy, ken ikh mer nit zayn.

Oy, Mame, I'm in love!

Oy, Mame, bin ikh farlibt!

A young musician, devoted mother, is the only thing on my mind,

A klezmer yingl, mame getraye, ligt mir nor in zin,

I cry, I laugh, I dont know my name, or which world I'm in!

Ikh veyn un lak un veys nit, mame, oyf velkher velt ikh bin!

Oy, Mame, I'm in love!

Oy, Mame, bin ikh farlibt!

I would embrace the whole world and press it to myself,

Kh'volt di gantse velt arumgenumen, un tsugedrikt tsu zikh,

Oy, Mame, I'm in love!!!

Oy, Mame, bin ikh farlibt!

This upbeat, jazzy song was written for a recording session with Molly Picon. The music captures the breathlessness, joy, wonderment and excitement of being in love. Abraham Ellstein wrote during the heyday of American Yiddish theater. He was considered a part of the "big four of second avenue" along with Sholom Secunda, Joseph Rumshinsky, and Alexander Olshanetsky. Ellstein was accompanist, arranger and compose for Molly Picon. Ellstein was also devoted to liturgical music, and directed a weekly radio broadcast entitled, "The Song of the Synagogue" which featured many of the beloved cantors of the day. He toured with Yosele Rosenblatt, one of the most famous cantors of the day, through Europe and America. Ellstein wrote for Broadway, radio, and television, in addition to his contributions to synagogue repertoire.