

Tisch/Oneg Song Sheet

1) One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to behold the graciousness of the Lord, and to visit early in God's temple.	Achat Sha'alti me'et Adonai Otah avakesh, shivti b'vei Adonai kol y'mei chayai, lachazot b'noam Adonai ulvakeir b'heichalo.	(1) אָחַת שְׁאַלְתִּי מֵאֱתָה הֵן אֶזְתָּה אֲבֹקֶשׁ, שְׁבָתִי בְּבֵית הָאֱלֹהִים כָּל יְמֵי סֵן לְחוֹזֶת בְּנָעַם הֵן וְלִבְקָר בְּהִיכָּלוֹ
2) As for our brothers, the whole house of Israel, who are given over to trouble or captivity, whether they abide on the sea or on the dry land: May the All-present have mercy upon them, and bring them forth from trouble to enlargement, from darkness to light, and from subjection to redemption, now speedily and at a near time;	Acheinu kol beit yisrael, han'tunim b'tzara uvashiyah, haomdim bein bayam uvein bayabasha. Hamakom Y'racheim Aleihem v'yotziem mitzra lirvacha um'afaila l'orah umishiabud lig'ulah, hashta ba'agala uvizman kariv.	(2) אָחִינוּ כָל בֵּית יִשְׂרָאֵל, נַחֲנוּ נִצְרָא וּכְשָׁרָה, הַעֲמָדִים בֵּין בַּיִם וּבֵין בַּיּוֹם, הַאֲקוֹם יְרַחְם עָלָיכֶם, וַיּוֹצִיאם מִצְרָא לְרוֹתָה, וַיָּפְלַח לְאוֹרָה, וַיְשֻׁבְּבוּ דָלָגָלה, הַשְׁתָּא בַּעֲגָלָה וּבְזָמָן קָרְבָּן
3) God is Lord of the universe, who reigned ere any creature yet was formed: At the time when all things were made by his desire, then was God's name proclaimed King.	Adon olam (adon olam) asher malach (asher malach), b'terem kol (b'terem kol) y'tzir nivra. L'et na'asah (l'et na'asah) b'cheftzo kol (b'cheftzo kol) azai melech sh'mo nikra. Adon olam.	(3) אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ בְּטָרֵם כָּל יָצַר נִבְרָא לְעֵת נִعְשָׂה הַחֲפֹצָן כָּל אָנוֹ מֶלֶךְ שָׁמוֹ נִקְרָא
4) The People of Israel are alive, our Father is still alive	Am Yisrael chai, od avinu chai	(4) עַם יִשְׂרָאֵל חַי עוֹד אָבִינוּ חַי
5) I believe with perfect faith in the coming of the Messiah, and, though he tarry, I will wait daily for his coming.	Ani ma'amin b'emunah sh'leimah b'viat hamashiach, v'af al pi sh'yitmameah, im kol zeh achakeh lo b'chol yom sheyavo.	(5) אַנְּיִם מַאֲמִין בְּאֶמְנָה שְׁלָמָה בְּבִיאַת הַמָּשִׁיחַ, וְאַף עַל פִּי שְׁתִּימָהָמָה, עַם כָּל זֶה אַחֲכָה לוּ בְּכָל יוֹם שְׁבּוֹא
6) In the name of the Lord, the God of Israel, may Michael be at my right hand; Gabriel at my left; before me, Uriel; behind me, Raphael; and above my head the divine presence of God.	B'sheim Hashem elohei yisrael, mimini Michael umismoli Gavriel, Umilfanai Uriel umeachorai Rafael, v'al roshi shechinat el	(6) בְּשֵׁם אֱלֹהִים יִשְׂרָאֵל, מִימִינִי מִיכָּאֵל, וּמִשְׁמָאֵל, גָּבְרִיאֵל, וּמִלְּפָנֵי אָוֹרִיאֵל, וּמִאַחֲרֵי רָפָאֵל, וּלְרַאשֵּׁי שְׁכִינַת אֱלֹהִים
7) Blessed is the person that trusts in the Lord, and whose trust the Lord is.	Baruch hagever asher yiwtach baHashem ve'hayah Hashem mivtacho	(7) בָּרוּךְ הַגָּבֵר אֲשֶׁר יִבְטַח בָּهּ וְהִי הַמְּבָטוּחַ
8) I will build a tabernacle in my heart to glorify God's honor. And I will place an altar in the tabernacle dedicated to God's divine rays of splendor. And for the eternal flame I will take upon myself the fire that fueled the Binding of Isaac. And as a sacrifice I will offer God my soul, my unique soul.	Bilvavi Mishkan Evneh l'hadar k'vodo, uv'mishkan mizbeach asim l'karnei hodo, ulner tamid ekach li es esh ha'akeidah, ulkorban akriv lo es nafshi, es nafshi hayechida.	(8) בְּלִבְבִּי מִשְׁקָن אֱלֹהִים לְהִזְדָּרָה כְּבוֹדָו, וּבְמִשְׁקָן מִזְבְּחָה אֲשִׁים לְקָרְבָּנוּ הַדּוֹד, וּלְנֵר תְּמִיד אֲכָה לַיְלָה אֶת אֶשְׁעָקְדָה, וּלְקָרְבָּנוּ אֲקָרֵב לוּ אֶת נֶפֶשִׁי, אֶת נֶפֶשִׁ הַיחִידָה
9) To you, God, I call, and to God I will plead. Hear, O God, and have mercy on me, be a help to me!	Eilecha Hashem Ekra, v'el Hashem Etchanan. Sh'ma Hashem v'choneni, Hashem heyeh ozer li.	(9) אַלְיךָ הֵן אָקְרָא; וְאַלְךָ הֵן אַתְּהָנָה שְׁמַע-הֵן וְחַנְנָה; הֵן הַנִּיהָ עֹזֵר לִי
10) May the angel who hath redeemed me from all evil, bless the lads; and let my name be named in them, and the name of my fathers Abraham and Isaac; and let them grow into a multitude in the midst of the earth.	Hamalach hagoel oti mikol ra yevarech et han'arim vikareh bahem sh'mi V'shem avotai Avraham v'Yitzchak v'yidgu larov b'kerev ha'aretz.	(10) הַמְלָאֵךְ הַגָּאֵל אֶתְּנִי מִכְּלָרָע, יִבְרַך אֶת-הַגָּעֲרִים וַיִּקְרָא בָּהֶם שְׁמֵי וְשֵׁם אָבִתִי אַבְרָהָם וַיִּצְחָק, וַיַּקְרַב לְרַב בְּקָרְבֵּה הָאָרֶץ
11) Is Ephraim a darling son unto Me? Is he a child that is dandled? For as often as I speak of him, I do earnestly remember him still; therefore My heart yearneth for him, I will surely have compassion upon him, saith the LORD.	Haven yakir li Efraim, im yeled sha'ashu'im; ki midei dab'ri bo, zachor ezkerenu od, al ken hamu meai lo, rachem arachamenu n'um hashem.	(11) הַבּוֹן נִקְרֵר לִי אַפְרַיִם אָם יָלֵד שְׁעַשְׁעוּם פִּי מִפְּנֵי דְבָרַי בּוּ זָכָר אַזְכְּרָנוּ עַד עַל כֵּן הָמוּ מַעַי לָוּ רַחֲם אַרְחַמְנוּ וְאַמְּתָם הֵן אֲחִים גַּם יְסַד
12) Behold, how good and how pleasant it is for brethren to dwell together in unity!	Hineh Mah tov umah na'im shevet achim gam yachad.	(12) הַנְּהָה מָה טֹוב וּמָה נָעַם שְׁבָת אֲחִים גַּם יְסַד

13) If I forget you, O Jerusalem, let my right hand forget her cunning. Let my tongue cleave to the roof of my mouth, if I do not remember you, if I do not Jerusalem above my chiefest joy.	Im eshkachech Yerushalayim tishkach yemini. Tidbak l'shoni l'chiki im lo ezkerechi, im lo e'aleh et Yerushalayim al rosh simchati.	(13) אם אָשְׁכַּח יְרוּשָׁלָם, תִּשְׁפַּח יָמִינִי תְּקַבֵּךְ לְשׂוֹנִי לְתַכֵּי אֶם לָא אָזְכַּרְכִּי אֶם לֹא אָעַלְהָ אֶת יְרוּשָׁלָם עַל רָאשׁ שְׁמָחוֹת
14) Serve God with happiness, come before God with joy.	Ivdu et H-shem besimcha bo'u lefanav birnana.	(14) עֲבֹדוּ אֶת-הָבָשָׂמָה בָּאוּ לְפָנָיו בְּרֻנָּה
15) The whole world is a very narrow bridge, but the important thing is not to fear at all	Kol Ha'Olam Kulo gesher tzar maod v'haikar lo l'fached klal	(15) כָּל הָעוֹלָם כָּלוּ גַּשֵּׁר צָר מְאֹד וְקָשֵׁיךְ לֹא לְפָחד בְּלָל
16) For thine own sake act, our G-d, and not for ours. Behold our position, impoverished and empty. The soul is thine, and the body is thy work: O have compassion on thy labour.	L'maancha Elokeinu 'aseh velo lanu re'eh amidatenu dalim vereikim Ha neshamah lach vehaguf po'olach chusah 'al amalach Ha neshamah lach	(16) לְמַעַן אַלְקָנוּ עַשֵּׂה וְלֹא לֹנוּ רָאָה עַמִּיקָּתָנוּ, דְּלִים וּרְקִים קְנַשְׁתָּה לְךָ וְהַגּוֹר פָּעַלְךָ חֹסֶה עַל עַמְלָךְ הַנְּשָׁמָה לְךָ
17) Create me a clean heart, O God; and renew a stedfast spirit within me. Cast me not away from Thy presence; and take not Thy holy spirit from me.	Lev tahor b'ra li Elohim, vruach nachon chadesh b'kirbi-Al tashlicheni mi'lfanecha, v'ruach kodshecha al tikach mimeni.	(17) לְבָטָהוֹר, בְּרָא-לִי אֱלֹקִים; וּרְוחַ נָכוֹן, הַדָּשׁ בְּקָרְבֵּי אֶל- מְשֻׁלְּכָנִי מְלֵפִיךְ; וּרוּסָ קְדוּשָׁה, אֶל-תַּקְחֵחַ מְנֻפֵּנִי
18) May it soon be heard, Adonai our God, in the cities of Judah and the courtyards of Jerusalem, the voice of joy and gladness, of bride and groom, the joyful cries of grooms from their wedding canopies and young people from their celebrations.	M'hera Adonai Eloheinu od yishma b'arei Y'huda uvchutzot y'rushalayim, kol sasson v'kol simcha, kol chatan v'kol kala, kol mitzhalot chatanim michupatam unarim mimishte n'ginatam	(18) מָהָרָה, הָאֱלֹקִינוּ, עוֹד יִשְׁמַע בָּעֲרֵי יְהוָה וּבְחִזּוֹתִי יְרוּשָׁלָם, קוֹל שָׁשׁוֹן וּקוֹל שְׁמָהָה, קוֹל קָמָן וּקוֹל כָּלה, קוֹל מִצְּהָלָות תְּגִנִּים מִחְפְּתָם נְעָרִים מִמְשָׁתָה נְגִינָתָם
19) Hear our voice, O Lord our God; spare us and have mercy upon us, and accept our prayer in mercy and favor.	Shema koleinu adonai eloheinu, chus verachem aleinu, vekabel berachamim uvratzon et tefilateinu.	(19) שָׁמַע קָוְלֵינוּ הָאֱלֹקִינוּ, חֹסֶה וּרְחֵם עָלֵינוּ, וּכְבָרְחָמִים וּבְרִצּוֹנוּ אֶת חִילָתוֹנוּ
20) It is a good thing to give thanks unto the LORD, and to sing praises unto Thy name, O Most High; To declare Thy lovingkindness in the morning, and Thy faithfulness in the night seasons.	Tov l'hodot la'hashem, ulzamer l'shimcha elyon, l'hagid baboker chasdecha v'emunatcha baleylot.	(20) טֹוב לְהַדּוֹת לְהָ, וּלְזֹמַר לְשָׁמָךְ עַלְיוֹן, לְפָגִיד בְּבָקָר חֲסִיךָ, וְאַמְנוּתָךְ בְּלִילּוֹת
21) Even them will I bring to My holy mountain, and make them joyful in My house of prayer; their burnt-offerings and their sacrifices shall be acceptable upon Mine altar; for My house shall be called a house of prayer for all peoples.	V'haviotim el har kodshi, v'simachtim b'veit t'filati. Oloteiheim v'zivchehem l'ratzon al mizb'chi, ki veiti beit t'filah y'karei l'chol ha'amim.	(21) וְהַבִּיאוֹתִים אֶל-הַר קָדוֹשִׁי, וּשְׁמַחְתִּים בְּבֵית תִּפְלָתִי-- עֲולָתֵיכֶם וּבְחִיקָם לְרַצּוֹן, עַל- מִזְבֵּחַ: פִּי בִּתְיָה, בֵּית-תִּפְלָה יְקָרָא לְכָל-הָעָםִים
22) That which stood for our ancestors applies to us as well. For it was not only one individual who stood up against us to destroy us. Rather, in every generation they stand up against us to destroy us. But the Holy One, Blessed Be He, redeems us from their hands.	V'hee she'ama lavoteinu velanu, shelo echad bilvad amad aleinu lechaloteinu, ela, she' bekhol dor v'dor, omdim aleinu l'chaloteynu, vehakadosh baruch hu matzileinu miyadam.	(22) הַהִיא שְׁעָמָדָה לְאַבוֹתֵינוּ וְלָנוּ, שֶׁלֹּא אֶחָד בָּלֶבֶד עַמְּדָ עַלְיוֹנוּ, לְכָלּוּמִינוּ, אֶלָּא, שָׁבֵכָל דָּוָר וָדוָר, עוֹמְדִים עַלְיוֹנוּ לְכָלּוּתֵינוּ, וּפְקָדוֹשָׁ בָּרוּךְ הוּא מַצִּילֵנוּ מִךְּ
23) And to Jerusalem, thy city, return in mercy, and dwell therein as thou hast spoken; rebuild it soon in our days as an everlasting building, and speedily set up therein the throne of David.	V'lirushalayim irecha berachamim tashuv, vetishkon betochah ka'asher dibarta. Uvnah otah bekarov beyameinu binyam olam. Vechise David avdecha mherah letocha tachin.	(23) וְלִירוּשָׁלָם עִירָךְ בְּרוּחָמִים שְׁשִׁיבָה וְתַשְׁכִּין בְּתוֹךְ פָּאֵשֶׁר דָּבָרָת וּבְנָה אֹתוֹתָה בְּקָרָוב בְּנִימִינָה בְּנַנְנָ עַזְלָם וּכְסָא דָוד עַד כְּדַעַת מִהְרָה לְתוֹכוֹת חִכּוֹן
24) And Purify our Hearts to Serve Hashem Truthfully	Vetaher Libeinu Leavdecha B'emet	(24) וְתַהְרֵר לְבָנָנוּ לְעַבְדָּךְ בְּאַמְתָּה
25) May I merit to raise children and grandchildren, wise/sagacious and intelligent/understanding, who love Hashem, fear God, and speak the truth. May they be holy offspring, who cleave to God, and light up the world with Torah and good deeds, and with service to the Creator.	Ve'zakeini le'gadeil banim u'venei vanim chachamim u'nivonim, o'havei Hashem, yir'ei Elokim, anshei emes, zeraḥ kodesh, ba'Hashem de'veikim, u'mi'irim es ha'olam ba'Torah u've'ma'asim tovim, u've'chol mi'leches avodas ha'Borei.	(25) זָכְרֵנִי לְגַדֵּל בָּנִים וּבָנִי בָּנִים, חֲכָמִים וּבָנוּגִים, אָזְהָב הַשָּׁם, יְרָאִי אֱלֹקִים, אֲשֶׁר אָמַת, זָרָע קוֹדֵש, בְּשֵׁם קְבָּקִים, וּמְאִירִים אֶת קְעוֹלָם בְּתוֹרָה וּבְמִשְׁעָנִים טּוּבִים, וּבְכָל מְלָאכָת עֲבוֹדַת הַבּוֹרָא
26) For thine own sake act, our G-d, and not for ours. Behold our position, impoverished and empty. The soul is thine, and the body is thy work: O have compassion on thy labour.	L'maancha Elokeinu 'aseh velo lanu re'eh amidatenu dalim vereikim Ha neshamah lach vehaguf po'olach chusah 'al amalach Ha neshamah lach	(26) לְמַעַן אַלְקָנוּ עַשֵּׂה וְלֹא לֹנוּ רָאָה עַמִּיקָּתָנוּ, דְּלִים וּרְקִים קְנַשְׁתָּה לְךָ וְהַגּוֹר פָּעַלְךָ חוֹסֶה עַל עַמְלָךְ הַנְּשָׁמָה לְךָ