

# Track Credits and Liner Notes

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## HEAL US NOW

Music & English text: Cantor Leon Sher

Hebrew text: Numbers 12:13, Psalms 28:9, 85:10, 118:25, & 145:18

*Vocals: Cantor Alexandra Fox*

*Piano: Ken Smith*

*Vocals and mix produced by Joseph Marcus (Wauk & Woll Wecords)*

*Piano produced by Mike Konopka (Thundertone Audio)*

### CHORUS:

אֵל נָא רְפָא נָא.  
*Eil na r'fa na.*

Oh, please, heal us now.

רְפוּאת הַנֶּפֶשׁ, וְרְפוּאת הַגּוּף, רְפוּאָה שְׁלֵמָה.  
*R'fu-at hanefesh, ur'fu-at haguf, r'fu-at sh'leimah*

Heal us now.

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רְפְּאוּנוּ יְיָ וְנִרְפָּא. הוֹשִׁיעֵנו וְנִשְׁעָה.  
אֵל קָרוֹב לְכָל-קִרְאוֹ. אֵךְ קָרוֹב לִירְאוֹ יִשְׁעוּ.

*R'fa-einu Adonai v'neirafei. Hoshi'einu v'nivashei-ah.*  
*Eil karov l'chol korav. Ach karov lirei-av yish'oh.*

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]

הוֹשִׁיעָה אֶת-עַמְּךָ וּבִרְךָ אֶת נַחֲלָתֶךָ  
וְרַעַם וְנִשְׂאִים עַד הָעוֹלָם.  
מִי שִׁבְרָךְ אֲבוֹתֵינוּ, מִי שִׁבְרָךְ אֲמוֹתֵינוּ,  
אָנָּה יְהוָה הוֹשִׁיעָה נָא.

*Hoshi-ah et-Amecha uvareich et nachalatecha*  
*u'r-eim v'nas-eim ad ha'olam.*  
*Mi shebeirach avoteinu, mi shebeirach imoteinu,*  
*Ana Adonai hoshi-ah na.*

## Track Credits & Liner Notes cont.

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### HEAL US NOW [CONTINUED]

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]

Heal us, Adonai, and we will be healed. Save us, and we will be saved.  
God is near to all who seek God.  
Surely God's salvation is near to those who fear God.

God, please heal her now.  
Healing of the soul, healing of the body,  
a complete healing.

Save Your people, bless Your inheritance,  
care for them and exalt them forever.  
You, who blessed our ancestors,  
please help us, O God.

## Track Credits & Liner Notes cont.

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### AVINU MALKEINU

Music: Max Janowski

Text: High Holy Day Liturgy

*Vocals: Cantor Alexandra Fox*

*Piano: Joyce Rosenzweig*

*Produced by Joseph Marcus (Wauk & Woll Wecords)*

אָבִינוּ מַלְכֵינוּ, שְׁמַע קוֹלֵנוּ.

*Avinu Malkeinu, sh'ma koleinu.*

Avinu Malkeinu, hear our voice.

אָבִינוּ מַלְכֵנוּ, חָטְאָנוּ לְפָנֶיךָ.

*Avinu Malkeinu, chatanu l'fanecha.*

Avinu Malkeinu, we have strayed and sinned before you.

אָבִינוּ מַלְכֵנוּ, חַמְל עָלֵינוּ וְעַל עוֹלָלֵנוּ וְטַפֵּנוּ.

*Avinu Malkeinu, chamol aleinu v'al olaleinu v'tapeinu.*

Avinu Malkeinu, have compassion on us and our families.

אָבִינוּ מַלְכֵנוּ, כְּלֵה דָבָר וְחָרֵב וְרָעַב מֵעֲלֵינוּ.

*Avinu Malkeinu, kaleih dever v'cherev v'ra-av mei'aleinu.*

Avinu Malkeinu, halt the onslaught of sickness, violence, and hunger.

אָבִינוּ מַלְכֵנוּ, כְּלֵה כָּל צָר וּמִשְׁטֵיץ מֵעֲלֵינוּ.

*Avinu Malkeinu, kaleih kol tzar umas'tin mei'aleinu.*

Avinu Malkeinu, halt the reign of those who cause pain and terror.

אָבִינוּ מַלְכֵנוּ, כְּתִבְנוּ בְּסֵפֶר חַיִּים טוֹבִים.

*Avinu Malkeinu, kotveinu b'seifer chayim tovim.*

Avinu Malkeinu, enter our names in the Book of Lives Well Lived.

אָבִינוּ מַלְכֵנוּ, חֲדָשׁ עָלֵינוּ שָׁנָה טוֹבָה.

*Avinu Malkeinu chadeish aleinu shanah tovah.*

Avinu Malkeinu, renew us for a year of goodness.

אָבִינוּ מַלְכֵנוּ, שְׁמַע קוֹלֵנוּ.

*Avinu Malkeinu, sh'ma koleinu.*

Avinu Malkeinu, hear our voice.

## Track Credits & Liner Notes cont.

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### MI CHAMOCHA/MIRIAM'S SONG

Music & English text: Debbie Friedman

Hebrew text: liturgy

*Vocals and guitar: Cantor Alexandra Fox*

*Piano: Ken Smith*

*Produced by Mike Konopka (Thundertone Audio)*

When Miriam stood upon the shores and gazed across the seas,  
the wonder of this miracle she soon came to believe.  
Whoever thought the sea would part, with an outstretched hand,  
and we would pass to freedom, and march to the promised land?

מִי-כַמֹּכָה בְּאֵלִים, יְיָ!  
מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,  
נֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא!

מַלְכוּתְךָ רָאוּ בְנֵיךָ,  
בֹקֵעַ יָם לְפָנַי מֹשֶׁה וּמִרְיָם.  
זֶה אֱלֹהֵי, עֲנֵנו וְאָמְרוּ,  
יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!

*Mi chamocha ba'eilim, Adonai!  
Mi kamocha nedar bakodesh,  
nora t'hilot, oseih fele!*

*Malchut'cha ra-u vanecha,  
bokei-a yam lifnei Moshe uMiryam.  
Zeh Eli, anu v'amru,  
Adonai yimloch l'olam va-ed!*

Who is like You, O God, among the gods that are worshipped?  
Who is like You, majestic in holiness,  
awesome in splendor, working wonders?

Your children witnessed Your sovereignty,  
the sea splitting before Moses and Miriam.  
“This is our God!” they cried.  
“Adonai will reign forever and ever!”

## Track Credits & Liner Notes cont.

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### SUFGANYOT

Music text: Ellen and Peter Allard

*Vocals and guitar: Cantor Alexandra Fox*

*Piano: Ken Smith*

*Produced by Mike Konopka (Thundertone Audio)*

Sufganiyot, gonna gonna make some  
sufganiyot so yummy in the middle.  
Sufganiyot, gonna gonna make some  
Suf-gani-gani-yot.

What's in the middle?  
[insert filling of choice!]  
What's in the middle?  
Sufganiyot!  
What's in the middle of your sufganiyot?

Crisp on the outside, soft on the inside,  
poppity-pop it into your mouth.  
Sufganiyot, sufganiyot, sufganiyot, SUFGANIYOT!

### HASHKIVEINU

Music: Danny Maseng

Text: Liturgy

*Lead vocals: Cantor Alexandra Fox*

*Vocal quartet: Mia Skolnick, Lauren Haber, Patrick Hagen, Dan Morris*

*Piano: Charles Calhoun*

*Percussion: Aharon Wheels Bolsta*

*Violin: Kymber Gillen*

*\*live recording*

הַשְּׂפִיבֵנוּ, יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,  
וְהַעֲמִידֵנוּ מִלְּפָנֶיךָ לְחַיִּים.  
וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמֶךָ.

*Hashkiveinu, Adonai Eloheinu l'shalom,  
v'ha-amideinu Malkeinu l'chayim.  
U'fros aleinu sukkat sh'lomecha.*

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

*\*All translations are from Mishkan T'filah and Mishkan HaNefesh*