

08.09.2025 Shabbat Nachamu  
**TBAM Shabbat Minyan**

**Nachamu, Comfort Us**

Elana Arian, Hebrew text from Isaiah 40:1-3

Nachamu nachamu ami, yomar Eloheichem  
x2

Comfort us, comfort us in our wilderness  
Comfort us as we struggle to take care of  
one another

Comfort us, comfort us in our wilderness  
Comfort us as we struggle with this world.  
Nachamu...

**Asher Yatzar**

Dan Nichols

I thank you for my life, body and soul  
Help me realize I am beautiful and whole  
I'm perfect the way I am and a little broken  
too  
I will live each day as a gift I give to you.  
Whoa...

Baruch atah, Adonai,  
Rofei chol basar umafla laasot.  
x2  
Whoa...

**Tov L'hodot**

Ken Chasen & Mark Dunn

CHORUS:  
Tov l'hodot l'Adonai ul'zameir l'shimcha  
Elyon x2

On this, the day of days,  
My lips shall sing Your praise.  
For I know that You'll always be  
Here surrounding me.  
CHORUS

I wish to understand  
The wonders of Your hand  
For all the blessings that are mine  
Rise from Your design.  
CHORUS

**Mi Chamocha, Redemption Song**

Bob Marley

Mi chamocha ba'eilim Adonai  
Mi kamokha nedar ba'kodesh  
Norah tehilot oseh feleh

Won't you you help me sing these songs of  
freedom?  
Won't you help to sing?  
Redemption songs

*Other side...*

## **Cry No More**

Yitzy Waldner, Yaakov Shwekey, & Ken Burgess

Many tears have fallen  
Many years we're calling  
Please, no more,  
Many broken-hearted  
Friends lost and departed  
Please, no more,  
Now the time has come  
Everyone must stand together  
And be strong forever more.

Young and helpless children  
Illness and confusion  
Please, no more,  
Old and lonely people  
Hunger war and evil  
Please, no more,  
Now the time has come  
Everyone as one forever  
Let His kingdom rise again.

### **CHORUS**

Cry no more, Yerushalayim  
Shine once more, Yerushalayim  
We need to see you proud again  
Upon the mountain of Hashem,  
And then we'll cry no more, Yerushalayim.

Enemies of freedom  
Hatred without reason  
Please, no more,  
Weapons of destruction  
Terror and corruption  
Please, no more,  
Now the time has come  
Return and stay this time forever  
Let His glory shine again.

### **CHORUS**

## **Adon Olam / Can't Take My Eyes Off Of You**

As sung by Frankie Valli

*The text to Adon Olam is found on page 321.*

I love you, baby, and if it's quite all right,  
I need you, baby, to warm the lonely night.  
I love you baby, trust in me when I say:

Oh pretty baby, don't bring me down, I pray.  
Oh pretty baby, now that I've found you,  
stay,  
And let me love you, baby.  
Let me love you tonight!