

01.03.2026
TBAM Shabbat Minyan

Feelin' Groovy / 59th Street Bridge Song

Simon & Garfunkel

Slow down, you move too fast
You got to make the morning last
Just kicking down the cobblestones
Looking for fun and feelin' groovy
Ba da-da da-da da-da, feelin' groovy

Hello lamppost, what'cha knowing
I've come to watch your flowers growin'
Ain't you got no rhymes for me?
Doo-ait-n-doo-doo, feelin' groovy
Ba da-da da-da da-da, feelin' groovy

I got no deeds to do, no promises to keep
I'm dappled and drowsy and ready to sleep
Let the morning time drop all its petals on
me
Life, I love you, all is groovy

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...

Mi Chamocha / Redemption Song

Bob Marley

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

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

R'tzei

Michael H. Ochs & Daniel Leanse

R'tzei Adonai eloheinu, b'amecha Yisrael.
Ut'filatam b'ahava t'kabeil.
Humbled in prayer we seek to reach You,
Hoping to be heard.
Hearts open wide, longing to be true.

CHORUS

Oh let us know that You are near,
Open our hearts so we may hear
The still clear voice within us all.
May we be worthy in our prayer,
And feel Your presence everywhere,
And may we answer when You call.

R'tzei Adonai eloheinu, b'amecha Yisrael.
Ut'filatam b'ahava t'kabeil.

CHORUS

And may You answer when we call

R'tzei Adonai eloheinu x2.

Other side...

Bless This Year

Jamie Marx

When we wake up to the world outside,
There's another chance to make it right.
Open up our hearts, open up our eyes,
Let us be the spark that makes a bigger
light,
And don't let us be satisfied.

CHORUS:

Baruch atah, Adonai, m'vareich hashanim,
Baruch atah, Adonai, this is our year to
dream.

Doesn't matter how, doesn't matter why,
Got a gift to bring, then you gotta try,
Don't just sit there satisfied.

CHORUS

Every day another year begins,
We pray you'll give us what we need.
But this broken world needs our help to
heal.
Be a shining light and see your dream is
realized.

CHORUS

A New Year

Michael Hunter Ochs

May this be a year of hope and kindness.
May strangers come to be friends.
May truth and compassion always guide us.
Amen.

May this be a year of hope and healing
for all of those in need.
May all of our deeds be a blessing.
Amen.

CHORUS:

A new year, a good year.
A chance to start all over.
A new year, a sweet year,
a chance to bring us closer.

May this be a year of selfless giving.
May this be a year of peace.
May we forgive and be forgiven.
Amen.

CHORUS

Closer to the ones we love.
A world that we can be proud of,
'long as there are stars above.
There comes a new year.
Amen.