

January 31, 2026  
**TBAM Shabbat Minyan**

**Hinei Ma Tov; Behold How Good**

Lisa Levine

Hal'lu... amein x2  
Behold how good it is to be together,  
Mother, father, sister, brother, neighbor and  
friend.  
Reaching out, find a way, building bridges  
for tomorrow,  
Mending hearts. Making peace begins with  
us today.

Hal'lu... amein x2  
Hineih, hineih ma tov umah naim  
shevet achim gam yachad x2

Hal'lu... amein x2

**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 umafli laasot.  
x2  
Whoa...

**Ashrei**

Peri Smilow

Ashrei yoshvei veitecha  
od y'hal'lucha selah

Happy are those who dwell in Your house  
they will sing Your praises forever!

**Come**

Chava Mirel

Doo doo doo...

**CHORUS:**

Come, come all of you,  
Come all of us,  
And bless the one who blesses  
x2

Doo doo doo...

Blessed is the blessed one,  
Blessed is the giver of blessing,  
Blessed is this moment now  
And every now to come  
x2

**CHORUS**

Bar'chu et Adonai ham'vorach  
Baruch Adonai ham'vorach l'olam va-ed!  
Doo doo doo...

## **Teach Your Children**

Crosby, Stills, & Nash

You who are on the road  
must have a code  
that you can live by.  
and so, become yourself  
because the past  
is just a goodbye.

### CHORUS:

Teach your children well  
their father's hell  
will slowly go by  
and feed them on your dreams  
the ones they pick  
the ones you'll know by

And you, of tender years  
can't know the fears  
that your elders grew by  
and so please help them with your youth  
they seek the truth  
before they can die.

### BRIDGE:

Don't you ever ask them why?  
if they told you, you will have to cry,  
so just look at them and sigh  
and know they love you.

### CHORUS

## **Adonai S'fatai**

Charlie Kramer

Adonai S'fatai Tiftach ufi yagid t'hilatecha

Open up our lips so we may praise Your  
name  
open up our hearts so we can feel our pain.  
Open up our souls to let our love make us  
whole  
and we will praise Your name.

Do You hear us? Can You listen?  
Will You hear our prayer?  
Adonai S'fatai tiftach ufi yagid t'hilatecha

## **Peace will come**

Thomas Paxton

Peace, peace will, peace will come  
and let it begin with me  
we, we need, we need peace  
and let it begin with me

Oh my own life is all I can hope to control  
oh let my life be lived for the good,  
good of my soul  
let it bring peace, sweet peace, peace will  
come  
and let it begin with me.  
Sha-, shalom, shalom taco, sheyat'chil iti

## **EI Na R'fa Na La**

Or Zohar

EI na r'fa na lah, x4

God, grant me the serenity  
to accept the things I cannot change.  
God, grant me the courage  
to change the things I can  
And God, grant me the wisdom  
to know the difference.

EI na r'fa na lah x4  
mi shebeirach avoteinu  
hu y'rapeh et hacholim  
m'kor Sh'chinah l'imoteinu  
hi Tim tza mazor lasovlim  
r'fuat hanefesh v'haguf,  
R'fuah sh'leimah...

EI na r'fa na lah...