

July 18, 2026 Temple Beth Am
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...

V'ahavtah: Love Adonai

Julie Silver

Love Adonai your God with all your heart,
with all your soul, and with all your mind.
And these words which I command you on
this day
shall be in your heart, x2

CHORUS:

Teach them faithfully unto your children,
speak of them when you sit in your house,
when you walk by the way,

when you lie down, and when you rise.

Bind them for a sign upon your hand
that they may be a symbol between your
eyes.

Write them on the doorposts of your house
and on your gates. x2
CHORUS

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

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

Kein Y'hi Ratzon, We Return

Elana Arian

May we be safe, may we be free
May we find space, space to just be
Kein y'hi ratzon, x2
May we find our way back home

We return, we return,
We return, return again
x2
To love (to You)