

WELCOME TO

CORNERSTONE

SEMINAR

2016



Ameh Yisraele Chai (Noam Katz)

Ameh, Ameh

עמ ישראל חי

Ameh Yisraeleh chai

Od, od,

עוד אבינו חי

od avinu chai

The People of Israel are alive, our [God] lives [through our practice]

Salaam

Od yavo' shalom aleinu

עוד יבוא שלום עלינו

Od yavo' shalom aleinu

עוד יבוא שלום עלינו

Od yavo' shalom aleinu

עוד יבוא שלום עלינו

Ve al kulam (x2)

ועל כולם.

Salaam (Salaam)

סאלם סאלם

Aleinu ve al kol ha olam,

עלינו ועל כל העולם

Salaam, Salaam (x2)

סאלם, סאלם x2

Peace will come upon us and on everyone

Niggun/Ki Va Moed (Shlomo Carlebach)

(A) La la lai lai...

(Alternate words for niggun):

*Atah Takum, T'rachem Tsiyon,
ki et l'chenanah ki va moed.*

אַתָּה תִּקּוּם תְּרַחֵם צִיּוֹן
כִּי-עֵת לְחֻנּוּנָהּ כִּי-בָא מוֹעֵד:

(B) Ki Va Moed

כִּי בָא מוֹעֵד

Psalm 102:14 - You will rise up, and have compassion upon Zion; for it is time to be gracious to her, for the appointed time has come.

Gesher Tzar M'od

***Kol ha'olam kulo
gesher tzar m'od,
v'ha'ikar
lo lefahed klal.***

כל העולם כולו
גשר צר מאוד
והעיקר,
לא לפחד כלל -

The whole world [appears as] a narrow bridge.
The most important part is [to learn] not to be afraid. (Rabbi Nachman of Breslov)

Dance - Mayim

Ushavtem mayim b'sason
mimainei hayeshua .

Ushavtem mayim b'sason
mimainei hayeshua

Mayim - Mayim - Mayim -
Mayim Hey, mayim b'sason
Mayim - Mayim - Mayim -
Mayim Hey, mayim b'sason

ושאבתם מים בששון
ממעייני הישועה.

ושאבתם מים בששון
ממעייני הישועה.

מים, מים, מים מים
הוי מים בששון.

מים, מים, מים, מים,
הוי מים בששון.



Isaiah 12:3 - Joyfully shall you draw water. From the fountains of triumph, joyfully shall you draw water from the fountains of triumph.

Dance - Niggun A-Tik

Od nashuva el nigun atik
Ve'hazemer yif ve'ye'erav
Od gavia meshumar nashik, nashik,
Alizei eiyanim ve'levav.

Tovu, tovu ohaleinu
ki, ki hamachol hif'tsia
Tovu, tovu ohaleinu
Od nashuva el nigun atik.

We will yet return to the ancient melody
and the song will continue

We'll raise another glass,
with bright and cheerful eyes.

Our tents are filled with goodness
because the dance lifts us up

Our tents are filled with goodness
as we return to the ancient melody.

AYEKA (Rothman)

Body Percussion Rhythm:

Clap / Chest / Chest

Clap / Chest / Chest

Clap / Chest / Chest / Thighs / Thighs / Stomp / Stomp

אֵיכָה Ayeka

הִנְנִי x4 Hineini x 4

אֵיכָה Ayeka

הִנְנִי x4 Hineini x 4

AYEKA (Rothman)

Beginning, Middle, or at the End -
where are you in the story, my friend?

Beginning, Middle, or the End -
where are we in the story again?

Na na na na...

AYEKA (Rothman)

L'CHAYYIM !

to the stories that lift us high

L'CHAYYIM !

to the stories that open our eyes

L'CHAYYIM !

to the storyteller singing her song

L'CHAYYIM !

to the listener cheering him on

לחיים

לחיים

לחיים

לחיים

Na, na, na...

AYEKA (Rothman)

Beginning, Middle, or at the End - where are you in the story, my friend?

בסוף באמצע או בהתחלה

Basof, b'emtza, o b'hatchala

איפה אנחנו בתוך העלילה?

Ayfo anachnu b'toch ha'alilah?

Na na na na...

KNOW (DA LIFNEI) - Noam Katz CORNERSTONE SONG 2016!

(Intro/Chorus)

Da, Da, Da.... (4x: Call & Response)

דע, דע, דע....

*Da lifnei mi atah omeid,
Lifnei atah omeid,
lifnei atah omeid, lomeid*

דע לפני מי אתה עומד
לפני אתה עומד
לפני אתה עומד, לומד

Know before whom you stand, before you stand. Before you stand, learn.

Based on: BT *B'rachot 28b*, Proverbs 22:6



Dance: Erica Goldman
Song Leading: Dan Utley

KNOW (DA LIFNEI) - Noam Katz

(Verse 1)

Know, know, know...who you stand before

Know, know, know...what you stand up for

Know, know, know...there's a whole world to explore

So open every door... (Da...)

KNOW (DA LIFNEI) - Noam Katz

(chorus)

Da, Da, Da.... (4x: Call & Response)

דע, דע, דע....

*Da lifnei mi atah omeid,
Lifnei atah omeid,
lifnei atah omeid, lomeid*

דע לפני מי אתה עומד
לפני אתה עומד
לפני אתה עומד, לומד

Know before whom you stand, before you stand. Before you stand, learn.

KNOW (DA LIFNEI) - Noam Katz

(Verse 2)

Na na... la-kachat hiz-dam-noot

Na na... l'ha-rot man-hi-goot

Na na na... l'oded sak-ra-noot

V'-tih'yeh chei-root

נא נא... לקחת הזדמנות

נא נא... להראות מנהגות

נא נא... לעדד סקרנות

ותהיה חרות

Please, please... take an opportunity
show leadership
encourage curiosity
and there will be freedom

KNOW (DA LIFNEI) - Noam Katz

(Bridge)

Da, Da, Da..... (2x: Call & Response)

Guide each child in the way they need to go

(I know, I know, I know)

] 2x

Cha-noch la-na'ar al pi darko

(I know, I know, I know)

חנוך לנער על פי דרכו

Cha-noch la-na'ar al pi darko...(oh oh)

KNOW (DA LIFNEI) - Noam Katz

(Final Chorus)

*Da lifnei mi atah omeid,
Lifnei atah omeid,
lifnei atah omeid, lomeid*

דע לפני מי אתה עומד
לפני אתה עומד
לפני אתה עומד, לומד

Da, da, da...

Know before whom you stand, before you stand. Before you stand, learn.

:-) DANCE :-)

Closing circle - Hashkeveinu

Hash-kee-vei-nu A-donai E-lo-hey-nu l'shalom, l'shalom

השכיבנו יהוה אלוהינו
לשלום לשלום

V'ha-a-mi-dei-nu malkei-nu l'cha-yim.

והעמידנו מלכנו לחיים

U-fros a-ley-nu su-kat sh'lo-me-cha, (X2)

ופרוס עלינו סכת שלומך
אמן

A-a-a-a-a-men.

Closing circle - Hashkeveinu

Shelter us beneath Thy wings, O Adonai

Guard us from all harmful things, O Adonai

Keep us safe throughout the night,

'til we wake with morning's light

Teach us God wrong from right, a-a-a-men

A-a-men, a-a-men...

Closing circle - Shehecheyanu

Baruch Ata Adonai,
Eloheynu Melech
haolam,
Shehecheyanu,
Vekiymanu,
Vehigianu lazman
hazeh.

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם
שֶׁהַחַיִּינוּ
וְקִיַּמְנוּ
וְהִגִּיעַנוּ לְזִמַּן
הַזֶּה

Blessed are You, Adonai Our God, Ruler of the universe, for giving us life, sustaining us, and helping us reach this place in time.

