

Day 1: Debbie Friedman - Leading Song and Prayer for All

The Song of the Sea: Miriam and Moses

Exodus 15:17-22

In this excerpt from the Torah we read the end of the Song of the Sea led by Moses (which begins in Verse 1), and Miriam's song. What do you notice about the way Miriam begins her song?

(ז) תבאמו ותטעמו בהר נחלתך מקון לשבתך פעלת יהוה מקדש אדני פוגנו ידיו: (יח) יהוה א מלך לעלם ועד: (יט) כי בא סוס פרעה וברכבו ובפרשיו בים וישב יהוה עליהם אתמי הים ובני ישראל הלכו בירשה בתוך הים: (פ) (כ) ותקח מרים הנביאה אחות אהרן אתהתף בידה ותצאן כל הנשים אחריה בתפים ובמחלות: (כא) ותען להם מרים שירו ליהוה כי גאה גאה סוס ורכבו רמה בים: (ס) (כב) ויסע משה את ישראל מים סוף ויצאו אלמדבר שור וילכו שלשת ימים במדבר ולא מצאו מים:

(17) You will bring them and plant them in Your own mountain, The place You made to dwell in, O LORD, The sanctuary, O LORD, which Your hands established. (18) The LORD will reign for ever and ever! (19) For the horses of Pharaoh, with his chariots and horsemen, went into the sea; and the LORD turned back on them the waters of the sea; but the Israelites marched on dry ground in the midst of the sea. **(20) Then Miriam the prophetess, Aaron's sister, took a timbrel in her hand, and all the women went out after her in dance with timbrels. (21) And Miriam chanted for them: Sing to the LORD, for He has triumphed gloriously; Horse and driver He has hurled into the sea.** (22) Then Moses caused Israel to set out from the Sea of Reeds. They went on into the wilderness of Shur; they traveled three days in the wilderness and found no water.

Miriam's Song - Debbie Friedman

CHORUS:

And the women dancing with their timbrels
Followed Miriam as she sang her song
Sing a song to the One whom we've exalted
Miriam and the women danced and danced the whole night long

And Miriam was a weaver of unique variety
The tapestry she wove was one which sang our history
With every strand and every thread she crafted her delight!
A woman touched with spirit, she dances toward the light [CHORUS]

When Miriam stood upon the shores and gazed across the sea
The wonder of this miracle she soon came to believe
Whoever thought the sea would part with an outstretched hand
And we would pass to freedom and march to the promised land! [CHORUS]

And Miriam the prophet took her timbrel in her hand
And all the women followed her just as she had planned
And Miriam raised her voice in song-
She sang with praise and might
We've just lived through a miracle: We're going to dance tonight!! [CHORUS]

Mishebeirach - May the One Who Blessed - Traditional Healing Prayer (Nusach Ashkenaz)

*May the One who blessed our fathers Abraham, Isaac and Jacob,
And our mothers Sarah, Rebecca, Leah and Rachel,
bless and heal these ones who are injured, ill, or sick at heart.
May the Holy One of blessing be filled with compassion for them,
To restore and heal, strengthen and enliven, and quickly send them a complete healing,
A healing of soul and a healing of body, among all others who are stricken,
Speedily, soon, and without delay. And let us say: Amen.*

Mishebeirach - Debbie Friedman

*Mi Shebeirach avoteinu,
M'kor hab'rachah l'imoteinu.
May the Source of Strength,
Who blessed the ones before us,
Help us find the courage, to make our lives a blessing,
And let us say - Amen.*

*Mi Shebeirach imoteinu, M'kor hab'rachah la'avoteinu.
Bless those in need of healing, with r'fuah sh'leima.
The renewal of body, the renewal of spirit.
And let us say - Amen.*