

## Olamama

### 1. Wake-Up Shema ©1993

I wake up each morning with love in my heart  
For the world and the people I know.  
I pray for the courage to be who I am  
And to make friends wherever go.

**Shema Yisrael, YaH Eloheynu**

**Shema Yisrael, YAH Echad**

### 2. S'fatai Tiftah ©1994 Psalm 51:17 *Verse preceding Amidah*

**Adonai s'fatai tiftah ufi yagid t'hilatekha**

Oh, God open up my lips as I begin to pray.

### 3. Barukh She'amar ©1994 *Morning Liturgy/Pesukey D'zimra*

**Barukh she'amar, Brukha she'amra, v'haya ha'olam**

Blessed is He.

Blessed is She.

Blessed are we who speak and are heard.

### 4. Eheyeh ©1993 Exodus 3:14

Don't get attached to who you think you

Just be, just be free.

Open up your heart and shine like a star

Just be, just be free.

I am, I am, I am all that I can be.

We are, we are, we are part of a great mystery.

The answer lies in everything and nothing just the same.

Stand in the truth of your God-Light

And sail the waves of change.

**Eheyeh, Eheyeh, Eheyeh Asher Eheyeh**

**5. Kedusha** ©1990

**Shekhina**

Dwells within  
The flowering heart  
Singing **HalleluYaH**

**6. Ahallela YaH** ©1994 Psalm 146: 2, 1

**Ahallela YaH b'hayai 3x HalleluYaH**  
**Halleli nafshi et YaH 3x HalleluYaH**  
**Azamra leylohai b'odi 3x HalleluYaH**  
**Halleli nafshi et YaH 3x HalleluYaH**

*I offer my life as a prayer. **HalleluYaH***  
*My soul rejoices in the One. **HalleluYaH***  
*I sing with the fullness of my heart. **HalleluYaH***  
*My soul rejoices in the One. **HalleluYaH***

**7. Shema Koleynu** ©1993 *Daily Amidah and High Holy Day Liturgy*

**Shema koleynu YaH Eloheyenu chus v'racheym aleynu 2x**  
**V'kabel b'rachamim 3x uv'ratzon et tefilateynu**

*Hear our voice, God, and have compassion on us.*  
*Receive our prayer with compassion and favor.*

**8. Olamama** ©1993

Olamama Olamama, I love you so.  
Olamama Olamama, just wanna let you know.  
Olamama Olamama, you bless my soul.  
You're the Mother of All  
Spring, Winter, Summer, and Fall  
I love you so.

I love to run through a field where the wildflowers grow,  
To swim in a lake and to slide on the snow,  
To drink the sweet water that flows in a stream,  
Oh how you bless me.

I love the wind that blows through the trees in a storm,  
Lying on a beach in the sand when it's warm,  
The whales and dolphins that dive in the sea,  
Oh how you bless me.

I love the chirp of a cricket, the "ribbet" of frogs,  
The purr of a cat and the barking of dogs,  
The quiet of rabbits, the buzzing of bees,  
Oh how you bless me.

I love snakes and lizards, coyotes and bears.  
I have to admit that I really get scared.  
But I know we are all part of one family,  
Oh how you bless me.

I love the sound of the rain as it falls on my roof  
And the magic of rainbows that always bring proof  
That behind every cloud You shine radiantly,  
Oh how You bless me.

I love to get up real early and see the sun rise,  
Or stay up so late the moon closes my eyes,  
To wish on a star for the things that I dream,  
Oh how you bless me.

I love to feel my feelings, the good and the bad.  
Sometimes I'm happy, sometimes I'm sad.  
That's how I learn who I am, what I need,  
Oh how you bless me.

I love the gift of this world. How you bless everyone  
With the air we breathe and the light of the sun.  
I'll take good care of the Earth and good care of me too,  
That's how I bless you!

**9. V'hi She'amda** © 1994 *Passover Haggadah*

**V'hi she'amda v'hi she'amda lavoteynu v'lanu**  
And She stood by us  
And She protected us  
And gently guided us to this day.

**10. HaHodesh Hazeh - Rosh Hodesh Song** ©1994 Exodus 12:2

**HaHodesh hazeh lakhem rosh hodashim**  
**Rishon hu lakhem l'hodshey hashanah**

I give to you the circle of the seasons 'round the sun  
And by the cycles of the moon you'll know which month has come.  
You can make time sacred when you measure it with care.  
Tell your stories, sing your songs, and gather close in prayer.

**Nisan Iyar Sivan Tamuz Av Elul**  
**Tishri Heshvan Kislev Tevet Shevat Adar**

**11. Waters of Healing** ©1994 Numbers 21:17

**Az yashir Yisrael et hashira hazot ali v'er enu lah**  
Waters of healing, waters of life,  
We thirst for love and truth.  
Waters of healing, waters of life,  
Rise up and we'll sing with you.

**12. A Hunger in the Land** ©1994 Amos 8:11

There is a hunger in the land  
Not just for bread and water, but for the words of God.  
**Lishmo-a et divrey YaH**

**13. Ufros Aleynu** ©1994 *Shabbat v'Yom Tov Hashkiveynu - Nusach S'farad*

**Ufros aleynu sukkat rahamim**  
**Ufros aleynu sukkat hayim**  
**Ufros aleynu sukkat shalom**  
**Ufros aleynu sukkat rahamim, v'hayim, v'shalom**

**Ufros aleynu sukkat rahamim v'hayim v'shalom 2x**  
**Ush'mor tzeyteynu uvo'eynu l'hayim tovim ul'shalom**  
**Ushmor tzeyteynu uvo'eynu mey'ata v'ad olam**

*Spread over us the Sukkah of compassion, life, and peace.*  
*Guard our going out and coming in to a good life and to peace, now and forever.*

**14. Shabbat Blessing** ©1994

May you feel the light within you and see it in your friends.  
May you hear the song of freedom as a chant that never ends.  
May you breathe into each moment and share your love of life.

**Shalom, Shabbat Shalom**

**Shabbat Shalom Um'vorakh 2x**

May you trust the voice within me as you watch me spread my wings.  
May you listen to my stories and enjoy the little things.  
May you take delight in who I am and know I've learned from you.

**Shalom, Shabbat Shalom**

**Yivarekhekha HaShem v'yishmarekha**  
**Ya'er HaShem panav eylekha vihuneka**  
**Yisa HaShem panav eylekha v'yasem lekha shalom**  
**Shabbat Shalom**

**15. Sabeynu** ©1993 *Shabbat v'Yom Tov Amidah*

**Sabeynu mituvekha v'samheyenu bi'shu'atekha**  
**V'taheyv libeynu l'ovd'kha be'emet 2x**

*Satisfy us from Your goodness and make our souls happy through Your saving power.  
Purify our heart to serve You in truth.*

**16. Bedtime Shema** ©1993

Listen with all your heart, God is in all of us.  
Listen with all your heart, we are all in God.

**Shema Yisrael, YaH Eloheyenu**  
**Shema Yisrael, YaH Echad**

**17. Tefilat Haderekh - Prayer for a Journey** ©1994

**Yehi ratzon 3x YaH Eloheyenu**  
**Shetolikheyenu v'tatzideynu v'tadrikheyenu l'shalom**  
**V'tagi'eynu limhoz heftzeynu l'hayim ul'simha ul'shalom**

God who hears our prayers, guide us on our journey.  
Send your angels of peace to guard us on our way.