

**Migrant Solidarity Assembly**  
**Songbook**  
**June 9-12 2022/Sivan 5783**

**SONG LIST**

**Grounding Songs**

Breathe  
De Colores  
I Believed in Solid Ground  
I'm Not Alone  
Gracias a La Vida  
Great Waters  
Keep Me  
Lay Yourself Down on the Rocks  
Let the Life I Lead Speak For Me  
Llego Con Tres Heridas  
Loosen, Loosen  
Nibi / Water Song  
Put Your Roots Down  
River Take Me Away  
We Are Good, We Are Flawed  
We Shall Be Known  
When I Rise  
Where You Go  
Yo Soy La Cosecha

**Movement & Liberation Songs**

Another World  
Danos Un Corazón  
Eish Tamid/Which Side Are You  
On  
No Human Being Can Ever Be  
Illegal  
No Me Venceré  
No Nos Moveran  
Our Power  
Speedily in Our Days  
Step by Step  
Stihl Di Nakht (Partisan Lid)  
Vayariu / Tumbling Down  
We Are Not Afraid  
We Rise

**Hebrew Songs**

Ashrei Yoshvei Beitecha  
B'shem Hashem  
Elohai Neshama  
Hamalakh Ha goel oti  
Ilu Finu  
Kol Hanesnama  
Kol HaOlam Kulo  
Lo Yisa Goy  
Min Hameitzar  
Pitchu Li

**Shabbat Blessings & Songs**

Shalom Aleichem  
Kiddush  
Havdalah  
Brich Rachamana

## Grounding songs

### **Breathe**

*Batya Levine*

Breathe, breathe, breathe in

Breathe, breathe out

Let it go, let it go, let it go

Trust in what's coming, trust in your knowing

It's deeper and wider and holy

### **De Colores**

De colores, de colores

Se visten los campos en la primavera.

De colores, de colores

Son los pajaritos que vienen de afuera.

De colores, de colores

Es el arco iris que vemos lucir.

Y por eso los grandes amores

De muchos colores me gustan a mí.

Canta el gallo, canta el gallo

Con el quiri, quiri, quiri, quiri, quiri.

La gallina, la gallina

Con el cara, cara, cara, cara, cara.

Los polluelos, los polluelos

Con el pío, pío, pío, pío, pí.

De colores, de colores

Sí, de blanco y negro y rojo y azul y castaño.

Son colores, son colores

De gente que ríe, y estrecha la mano.

Son colores, son colores  
De gente que sabe de la libertad.

**I Believed in Solid Ground**

*Annie Zylstra*

I believed in solid ground  
Until I saw the world in motion  
And the winds of steady change  
And the ever-rolling ocean

**I'm Not Alone**

*Aly Halpert*

I forgot for a minute who I belonged to  
Mama Earth, the wind and rain, the beauty and the pain

I'm not alone, for me the world was created  
I'm not alone, to dust I shall return

**Gracias a La Vida**

*Violeta Parra*

Gracias a la vida que me ha dado tanto  
Me dio dos luceros, que cuando los abro  
Perfecto distingo lo negro del blanco  
Y en el alto cielo su fondo estrellado  
Y en las multitudes el hombre que yo amo

Gracias a la vida que me ha dado tanto  
Me ha dado el sonido y el abecedario  
Con el las palabras que pienso y declaro  
Madre, amigo, hermano, y luz alumbrando

La ruta del alma del que estoy amando

Gracias a la vida que me ha dado tanto  
Me ha dado la marcha de mis pies cansados  
Con ellos anduve ciudades y charcos  
Playas y desiertos, montañas y llanos  
Y la casa tuya, tu calle y tu patio

Gracias a la vida que me ha dado tanto  
Me ha dado la risa y me ha dado el llanto  
Así yo distingo dicha de quebranto  
Los dos materiales que forman mi canto  
Y el canto de ustedes que es mi mismo canto

**Great Waters**

*Sol Weiss*

Great waters, great waters pour over me  
For I am your child  
Make me yours again

Great waters, great waters pour over me  
Heal my broken places  
Make me whole again

Great waters, great waters pour over me  
Prepare me for this life you've given me  
For I am yours again

**Keep Me**

*Molly Bajgot*

keep me, in the arms  
of my beloved, oh g!d

planted where i stand  
grounded by the land  
carry me back to the sea  
from dust to the dust again

perfect as i am  
grounded by the land  
carry me back to the sea  
from dust to dust again

no matter where i go,  
always keep me close  
no matter where i go,  
always keep me close

**Lay Yourself Down on the Rocks Now**  
*Meredith Buck*

Lay yourself down on the rocks now  
Let your body down in the river  
Listen for the drumming on the other side  
Lose yourself in the meantime

Listen  
Let your body be your guide  
Let the water decide  
Lose yourself in the meantime  
Listen, listen, listen, listen

**Let The Life I Lead Speak For Me**  
*Sullivan and Lola Pugh, The Consolers*

Let the life I lead speak for me (x2)  
When I come to the end of the road, and I lay down my  
heavy load

Let the life I lead speak for me  
(underlined words can be replaced with other words).

**Llego con tres heridas**  
*Miguel Hernández*

Llegó con tres heridas:  
la del amor, la de la muerte, la de la vida.

Con tres heridas viene:  
la de la vida, la del amor, la de la muerte.

Con tres heridas yo:  
la de la vida, la de la muerte, la del amor.

**Loosen, Loosen**  
*Aly Halpert*

Loosen, loosen, baby  
You don't have to carry  
The weight of the world in your muscles and bones  
Let go, let go, let go

Holy breath and holy name  
Will you ease, will you ease this pain?

**Nibi // Water Song**  
*Doreen Day*

Ne-be Gee Zah- gay- e- goo  
Gee Me-gwetch -wayn ne- me – goo  
Gee Zah Wayn ne- me- goo

*Water we love you  
We thank you  
We respect you*

### **Put Your Roots Down**

*Molly Hartwell*

Put your roots down put your feet on the ground  
You can hear what she says if you listen (x2)

Because the sound of the water  
As it moves across the stones  
Is the sound of the blood in your body  
As it moves across your bones

Are you listening? (x3)

### **River Take Me Away**

River take me away, away to the ocean  
Take, take me away, carry me away on your current  
Won't you please take me away to the ocean, oh river

### **We Are Good, We Are Flawed**

*Batya Levine*

We are good.  
We are flawed.  
We are the breath of an imperfect G-d.

### **We Shall be Known**

*MaMuse, through Karisha Longaker, based on the teachings  
of Joanna Macy.*

We shall be known by the company we keep  
By the ones who circle round to tend these fires  
We shall be known by the ones who sow and reap  
The seeds of change, alive from deep within the earth

It is time now, it is time now that we thrive

It is time we lead ourselves into the well  
It is time now, and what a time to be alive  
In this Great Turning we shall learn to lead in love  
In this Great Turning we shall learn to lead in love

### **When I Rise**

*words by Wendell Berry*

When I rise, let me rise  
Like a bird, joyfully  
And when I fall, let me fall  
Like a leaf, gracefully, and without regret

### **Where You Go**

*Shoshana Jedweb, Ruth 1:16*

Where you go I will go, my people  
Where you go I will go  
Where you go I will go, my people  
Where you go I will go

And your people are my people  
Your people are mine  
Your people are my people  
Your divine, my divine.

### **Yo Soy La Cosecha**

*Cosecha + the Peace Poets*

Mi gente es linda mi gente es bella  
Yo 'stoy aquí gracias a mi abuela  
Hey, Gracias a mi abuela  
Hey, Gracias a mi abuela

Ella sembró y yo soy la cosecha  
Ella sembró y yo soy la cosecha

Hey, Yo soy la cosecha  
Hey, Yo soy lo cosecha

### **Movement & Liberation Songs**

#### **Another World**

*Arundhati Roy + Aly Halpert*

Another world's not only possible  
On a quiet day I can hear her breathing  
She is on her way, on her way

#### **Danos un corazón // Ahava V'rachamim**

Danos un corazón grande para amar  
Danos un corazón fuerte para luchar

Ahava v'rachamim, chesed v'shalom

#### **Esh Tamid + Which Side Are You On**

*Ilana Lerman, [Shefa Gold](#), Florence Reece*  
Leviticus 6:6

Esh tamid tukad al hamizbeyach  
Lo tichbeh, Lo tichbeh  
Which side are you on?  
Which side are you on? (my people!)

#### **No Human Being can ever be illegal**

*Peace Poets*

Oye mi gente, traemos la fuerza  
La libertad es la única bandera

Listen my people my condor, my eagle  
No human being can ever be illegal

#### **No Me Venceré**

*Lupe from Voces De La Frontera*

Y no me venceré  
Voy a seguir luchando  
Y no me venceré

#### **No Nos Moveran / We Shall Not be Moved**

*African-American traditional song*  
*Jeremiah 17:7-8 + Psalm 1:3*

No, no, no, no nos moveran!  
Como un árbol firme junto al río  
No nos moveran

Unidos en la lucha, no nos moverán

We shall, we shall not be moved  
Just like a tree that's standing by the water

Struggling for justice, we shall not be moved

#### **Our Power**

*Rena Branson*

We will not underestimate our power any longer  
We know that together we are strong  
Like drops of water shape the rocks as they rush down the falls

We know that together, we are strong

Shira chadashah shibchu ge'ulim l'shimcha  
al sfat ha yam hodu

### **Speedily in Our Days**

*tany yitzchok*

A world without cages is at the tip of our fingers, in the palm  
of our hands  
Speedily in our days!

Can you feel it? Can you taste it? Can you sing out?  
If we fight for it!  
Can you see it? Can you reach out? Can you pray?  
If we fight for it!

### **Step by Step**

*Coal Miner's Union Song*

Step by step, the longest march  
can be won, can be won.  
Many stones can form an arch,  
singly none, singly none.  
And by union, what we will  
can be accomplished still,  
drops of water turn a mill,  
singly none, singly none.

### **Stihl di nakht (Partisan Lid)**

*Hirsch Glick*

Silent stars are shining o'er you  
In the frost your hands are numb

Remember, sweet comrade, how I showed you  
How a soldier holds her gun

*Shtil di nakht iz oysgeshternt  
Un der frozt hat shtark gebrent  
Tsi gedenkstu vi ikh hob dikh gelernt  
Haltn a shpayer in di hent*

A girl, a coat of fur and leather  
Holding a pistol in her hand  
Waiting and watching for the German  
Convoy to come around the bend

*A moyd, a peltsl un a beret  
Un halt in hant fezt a nagan  
A moyd mit a sametenem ponim  
Hit op dem soyne's karavan*

She aims her trusty little weapon  
Breathes, and pulls the trigger back  
A transport full of ammunition  
One shot stops it in its tracks

*Getsilt, geshosn un getrofn  
Hot ir kleyninker piztoyl  
An oyto a fulinkn mit vofn  
Farhaltn hot zi mit eyn koyl*

At dawn, she crawls out of the forest  
With garlands of snow all in her hair  
One more little victory for freedom  
One more comrade brave and fair

*Fartog fun vald aroysgekrokh  
Mit shney girlandn oyf di hor  
Gemutikt fun kleyninkn nitsokhn*

*Far undzer nayem frayen dor*

### **Vayariu**

*tany yitzchok, Joshua 6:20*

Vayariu ha'am truah g'dolah  
Vatipol hachomah tachethah

Tumbling down, tumbling down  
When the people raise a mighty shout!  
The wall comes tumbling, it all comes tumbling down

### **We Are Not Afraid**

*Peace Poets*

We are not afraid  
We are not afraid  
We will stand/fight/march/die for liberation  
'Cuz we know why we were made

### **We Rise**

*Batya Levine*

We rise, humbly hearted  
Rise, won't be divided  
Rise, with spirit to guide us, rise

In hope, in prayer, we find ourselves here  
In hope, in prayer, we're right here  
In hope, in prayer, we find ourselves here  
In hope, in prayer, we're right here

We rise, all of the children

Rise, elders with wisdom  
Rise, ancestors surround us, rise

We rise, up from the wreckage  
Rise, with tears and with courage  
Rise, fighting for life, rise.

## **Hebrew Songs**

### **Ashrei Yoshvei Beitecha**

*Aly Halpert + Psalms 84:5*

Ashrei yoshvei veitecha, od y'hallelucha, selah!  
I sing for you, I sing for what is holy and is true  
I sing for all creation, for life and liberation Everyday anew

### **B'shem Hashem**

B'shem hashem elohei yisrael  
Mimini micha'el uvismoli gavriel  
Umilfanai uriel ume'achorai rephael  
Ve'al roshi shechinat el.

*In the name of the name, G-d of Israel,  
To my right is Micha'el, to my left is Gavriel,  
In front of me is Uriel, and behind me is Rephael,  
and above me is the shechina of G-d.*

### **Elohai Neshama**

*Sol Weiss, Morning Prayer Service*

Elohai Neshama Shenatata bi  
Tehorah, tehorah hi

Oh the soul you've given me  
It is pure, it is free  
Oh the soul you've given me  
May it be pure, may it be free

### **Hamalach Hagoel Oti**

*Genesis 48:16*

Hamalakh hagoel oti mikol rah  
Yevarekh et ha nearim  
Vaykareh bahem shmi  
B'shem avotai, Avraham v'yitzchok  
V'yigdu la rov b'kerev ha'aretz

*May the angel who has redeemed me from all evil,  
bless the lads;  
And let them be called by my name,\*\*  
And the name of my fathers  
Abraham and Isaac;  
And let them grow into a multitude  
In the midst of the earth.*

### **Ilu Finu**

Ilu finu malei shira kayam  
*If only our mouths were full of song like the sea!*

### **Kol Haneshamah**

Kol Haneshamah tehalel yah, hallelujah!  
*All that breath praises the Source, hallelujah!*

### **Kol HaOlam Kulo**

Kol ha'olam kulo gesher t'zar meod (x2)  
V'ha ikar lo lefached klal (x2)

*The whole wide world is a very narrow bridge  
And the main thing is not to be afraid*

### **Lo Yisa Goy**

*Isaiah 2:4*

Lo yisa goy el goy cherev  
Lo yilmedu od milchama

*Nation shall not lift up sword against nation  
They shall not learn war anymore*

### **Min Hameitzar**

*Psalms 118:5*

Min hameitzar karati yah  
Anani bamerchav yah

*From the narrowness I called out to Yah,  
You answered me with expansiveness.*

### **Pitchu Li**

Pitchu li sha'arei tzedek avo vamodeh Yah  
Zeh hasha'ar ladonai tzadikim yavo'u vo

*Open to me the gates of righteousness;  
I will enter into them, I will give thanks to G'd*

## **Shabbat Prayers and Songs**

### **Shalom Aleichem**

Shalom aleichem mal'achei hasharet mal'achei elyon.  
Mimelech mal'achei ham'lachim hakadosh baruch Hu.

Bo'achem leshalom mal'achei hashalom mal'achei elyon  
Mimelech mal'achei ham'lachim hakadosh baruch Hu.

Bar'chuni leshalom mal'achei hashalom mal'achei elyon  
Mimelech mal'achei ham'lachim hakadosh baruch Hu.

Tzetchem leshalom mal'achei hashalom mal'achei elyon  
Mimelech mal'achei ham'lachim hakadosh baruch Hu.

*[Peace be with you] ministering angels messengers of the  
Most High.*

*Messengers of the King of Kings the Holy One, Blessed be.  
[Come in peace] / [Bless me with peace] / [Go in peace]*

### **Kiddush** *(before drinking wine on Shabbat)*

Veyehi erev vayehi boker yom hashvi'i  
Veyechulu hashamayim vеха'aretz vechol tzeva'am  
Veyevarech elohim bayom hashvi'i, melachto asher asah  
Vayishbot bayom hashvi'i, mekol melachto asher asah  
Vayivarech elohim et yom hashvi'i vayekadesh oto  
Ki vo shavat mi kol melachto asher barah elohim la'asot  
Savri! (l'chayim!)

Barukh atah adonai eloheinu melek ha'olam borei pri  
hagafen!

Barukh atah adonai eloheinu melek ha'olam, asher  
kidshanu bemitzvotav vertazah vanu beshabat kodsho  
b'hava uvratzon hinchilanu zikaron l'ma'aseh bereishit.  
Ki hu yom techila lemikra'ei kodesh, zecheh le'tziat mitzrayim  
Ki vanu vacharta veotanu kidashta mikol ha'amim, beshabat  
kodshecha be'hava uvratzon hinchaltanu  
Barukh atah adonai, hamekadesh hashabat!

### **Havdalah** *(at the end of Shabbat)*

Hinei el yeshuati, evtach velo efchad ki ozi,  
v'zimrat yah vayehi li lishua  
Ulshavte mayim besason mi mayney hayeshua  
l'Adonai ha yeshua amcha birchatecha selah  
Adonai tzva'ot imanu misgav lanu elohei ya'akov selah  
Adonai tzva'ot ashrei adam boteach bach  
Adonai hoshia hamelek ya'anenu b'yom koreinu  
La yehudim hayta orah v'simcha v'sasson v'yikar ken tihye  
lanu, kos yeshuot esah u b'shem Adonai ekrah

Barukh atah adonai, eloheinu melek ha'olam borei pri  
hagafen

Barukh atah adonai, eloheinu melek ha'olam borei minei  
besamim

Barukha atah adonai eloheinu melek ha'olam borei meorei  
ha eish

Barukh atah adonai eloheinu melek ha'olam hamavdil bein  
kodesh lekol, bein or l'choshech, bein yisrael le'amim, bein  
yom hashvi'i lesheshet yamei ha'ma'aseh  
Barukh atah adonai hamavdil bein kodesh l'chol.

Eiliyahu haNavi, Eiliyahu haTishbi, Eiliyahu haGiladi  
Bim'heira v'yameinu yavo eileinu im mashiach ben David,

Elijah the prophet, Elijah the Tishbite/immigrant,  
Elijah the Gileadite  
In haste and in our days may he come to us with the  
messiah son of David.

Miryam han'viah — oz v'zimrah b'yadah.  
Miryam tirkod itanu l'hagdil zimrat olam;  
Miryam tirkod itanu l'takein et haolam.  
Bimheirah v'yameinu hi t'vieinu el mei hayishua

Miriam the prophet— strength and song is in her hand.  
Miriam will dance among us to raise an eternal song  
Miriam will dance among us to mend our world  
May she lead us, speedily in our days,  
to the waters of salvation.