

Given¹

Every breath, each life, each spark
Every light that emerges from every dark
This body, this voice, this energy
I just opened my eyes it was granted to me.

Given - this space, given - this time
Given to all- uniquely mine

Every first and every last
All of the future, the present, and even the past
I am a wave, a rise and a fall
A singular drop in the ocean connected to all

Given - this space, given - this time
Given to all- uniquely mine
Given - this space, given - this time
Given to all- uniquely mine

¹ Lyrics and music by Dan Nichols

Am I Awake?/ Bar'chu²

Lai Lai Lai Lai...

Am I awake?

Am I prepared?

Are you listening to my prayer?

Can you hear my voice?

Can you understand?

Am I awake?

Am I prepared?

בָּרַךְ כּוֹ אֵת יְיָ הַמְבָרֵךְ

Bar'chu et Adonai ham'vorach

בְּרוּךְ יְיָ הַמְבָרֵךְ לְ עוֹלָם וָעֶד

Baruch Adonai ham'vorach l'olam va'ed

Hashkiveinu³

הַשְׁכִּיבֵנוּ, יְיָ אֱלֹהֵינוּ,

לְשָׁלוֹם, וְהַצְמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים

Hashkiveinu Adonai Eloheinu l'shalom

V'hamideinu Shomreinu l'chaim

Spread the shelter of your peace over us

Guide us in wisdom, compassion and trust

Hashkiveinu...

Save us for the sake of your name

Shield us from hatred, sorrow and pain

Hashkiveinu Adonai Eloheinu l'shalom

V'hamideinu Shomreinu l'chaim, l'chaim, l'chaim

² Hebrew from traditional liturgy; English and music by Noah Aaronson

³ Hebrew from traditional liturgy; English and music by Dan Nichols