

# Songs for Bedtime Rituals

Temple Israel of Natick

## 1/4. Sh'ma (Deuteronomy 6:4)

Sh'ma Yisrael שְׁמַע יִשְׂרָאֵל, Hear O Israel  
Adonai Eloheinu ה' אֱלֹהֵינוּ, Adonai is our God  
Adonai Echad ה' אֶחָד. Adonai is One

## 2. Baruch Sheim (said in a whisper)

בָּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ לְעוֹלָם וָעֶד.  
*Baruch sheim k'vod malchuto l'olam va'ed*  
Praised be God's glorious sovereignty throughout all time.

## 3. V'ahavta Deuteronomy 6:5-9

5. You shall love Adonai your God וְאַהֲבַתְּ אֶת ה' אֱלֹהֶיךָ V'ahavta eit Adonai Elohecha  
with all your heart & with all your soul, בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ b'chol l'avvcha uvchol nafsh'cha  
and with all your might: וּבְכָל-מְאֹדְךָ uvchol m'odecha
6. And these words, וְהָיוּ הַדְּבָרִים הָאֵלֶּה v'hayu had'varim ha'eileh  
which I command you this day, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם asher anochi m'tsav'cha hayom  
you shall take to heart: עַל-לִבְבְּךָ: al l'avvecha
7. Teach them to your children, וְשִׁנַּנְתָּם לְבָנֶיךָ v'shinantam l'vanecha  
and speak of them (or "recite them") וְדִבַּרְתָּ בָם v'dibarta bam  
when you return home בְּשִׁיבְתְּךָ בְּבֵיתְךָ b'shiv't'cha b'veitecha  
and when you go on your way, וּבְלַכְתְּךָ בְּדַרְךָ uvlech't'cha vaderech  
when you lie down and when you get up. וּבְשֹׁכְבְּךָ וּבְקוּמְךָ uvshoch'b'cha uvkumecha
8. Bind them as a sign upon your hand, וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ ukshartam l'ot al yadecha  
and as a reminder between your eyes. וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ: v'hayu l'totafot bein einecha
9. Inscribe them on the doorposts וּכְתַבְתָּם עַל-מְזוּזוֹת uchtavtam al m'zuzot  
of your homes and upon your gates: בֵּיתְךָ וּבְשַׁעְרֶיךָ beitecha uvish'arecha

## 5. The Angels Song: B'Shem Hashem

Words: Bedtime Sh'ma Melody: Shlomo Carlebach

B'shem Hashem	בְּשֵׁם ה'	In the name of Hashem
Elohei yisrael	אֱ-לֹהֵי יִשְׂרָאֵל,	God of Israel
Mimini Michael	מִיְמִינִי מִיְכָאֵל,	May by my right be the
Umismoli Gavriel	וּמִשְׂמֹאלִי גַבְרִיאֵל,	Angel Michael
Umilfanai Uriel	וּמִלְפָנָי אֱוִרִיאֵל,	and by my left Gabriel
Umei'achorai Rephael	וּמֵאַחֲרָי רִפְאֵל,	in front of me, Uriel,
V'al roshi (2x)	וְעַל רֹאשִׁי	and behind me, Raphael,
Shechinat El	שְׁכִינַת אֱ-ל.	and above my head, the Presence of God, Shechinat El

## 6. Twinkle, Twinkle Kochavim

Twinkle, Twinkle, \**kochavim*  
Shining in \**hashamayim*  
If I say Sh'ma tonight  
Everything will be all right  
Twinkle, twinkle, kochavim,  
Shining in Hashamayim

\*Kochavim= stars  
\*Hashamayim= the heavens  
(alternative middle part:  
We will say Sh'ma tonight  
Tuck you/me in and turn out the  
light)

## 7. Hamal'ach: Jacob's blessing to his grandsons

Genesis 48:16

Hamal'ach hago'eil oti **הַמַּלְאָךְ הַגָּאֵל אֶתִּי**

Mikol ra **מִכָּל רָע**

Y'vareich et han'arim **וַיְבָרֵךְ אֶת הַנְּעָרִים,**

V'yikarei vahem sh'mi, **וַיִּקְרָא בְהֵם שְׁמִי**

V'sheim avotai (2x) **וְשֵׁם אֲבוֹתַי**

Avraham v'Yitzchak **אַבְרָהָם וַיִּצְחָק,**

V'yidgu larov (2x) **וַיִּדְגּוּ לְרֹב**

B'kerev ha'aretz. **בְּקִרְבַּי הָאָרֶץ.**

*May the angel who has redeemed me (2x) from all harm  
Bless the children. In them may my name be recalled,  
And the names of my fathers (2x), Abraham and Isaac,  
And may they become multitudes upon the earth.*

## 8/9. The Children's Blessing (also known as the Priestly Blessing)

Numbers 6:24-26

**בְּרַכֶּךָ ה' וַיִּשְׂמְרֶךָ.**

**יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.**

**יִשָּׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.**

*Y'varech'cha Adonai v'yishm'recha*

*Ya'eir Adonai panav eilecha vichuneka*

*Yisa Adonai panav eilecha v'yaseim l'cha shalom*

May God bless you and protect you

May God's face shine on you and be kind to you

May God lift up God's face to you and bring you peace

## 10. A Yiddish Lullaby (Ay li lu li)

Ay li lu li lu li, ay li lu li lu li

Ay li lu li lu li lu li, Ay li lu li lu li

Shlof shoyrn mayn tayerer yingele

(or meydele /or Child's name-ele)

Mach shoyrn tsi di sheyne eygelech

Shlof shoyrn a gantse nacht

Ay li lu li lu li

Sleep, already, my dear little boy

(or little girl/ little your child's name)

Close already the beautiful eyes

Sleep, already, a full night,

Ay li lu li lu li

## 11. The green worm sleeps in silk

The green worm sleeps in silk  
The turtle sleeps in sand  
The bluebird sleeps in its feather bed  
The yak prefers to stand.

The white lamb sleeps in wool  
The ermine sleeps in fur  
The monkey sleeps in its mother's arms  
All warm and close to her.

## 12. Rad hayom: Day is done (to the tune of "Taps")

Rad hayom, רַד הַיּוֹם Day is done

Shemesh shom שֶׁמֶשׁ שׁוֹם Sun has set

Kochavim notsetsim bamarom כּוֹכָבִים נוֹצְצִים בְּמָרוֹם Stars twinkle in the heavens

Layla ba לַיְלָה בָּא Night comes

Menucha מְנוּחָה Rest

Shalom, Shalom שְׁלוֹם שְׁלוֹם Peace, Peace

## 13/14. Adon Olam

Poem attributed to Solomon Ibn Gabirol, 11th century

Adon olam asher malach, b'terem kol y'tsir nivra. אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֵרֵם כֹּל יִצִיר נִבְרָא.  
L'eit na'asa b'cheftso kol, azai melech sh'mo nikra. לַעַת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל, אַזַּי מֶלֶךְ שְׁמוֹ נִקְרָא.  
V'acharei kichlot hakol, l'vado yimloch nora. וְאַחֲרַי כְּכֹלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא.  
V'hu haya v'hu hoveh, v'hu yihyeh b'tif'ara. וְהוּא הָיָה, וְהוּא הוֹנֵה, וְהוּא יִהְיֶה, בְּתִפְאַרְתּוֹ.  
V'hu echad v'ei sheini, l'hamshil lo l'hachbira. וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָהּ.  
B'li reishet b'li tachlit, v'lo ha'oz v'hamisra. בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעוֹז וְהַמְשִׁירָהּ.  
V'hu Eili v'chai go'ali, v'tsur chevli b'eit tsara. וְהוּא אֵ-לֵי וְחַי גֹּאֲלִי, וְצוּר חֻבְלֵי בַעַת צָרָהּ.  
V'hu nisi umanos li, m'nat kosi b'yom ekra. וְהוּא נִסִּי וּמְנוּס לִי, מִנַּת פּוֹסֵי בְיוֹם אֶקְרָא.  
B'yado afkid ruchi, b'eit ishan v'a'ira. בְּיָדוֹ אֶפְקִיד רוּחִי, בַּעַת אִישָׁן וְאַעֲרָהּ.  
V'im ruchi g'viyati, Adonai li v'lo ira. וְעַם רוּחִי גִוַּיְתִי, ה' לִי וְלֹא אִירָא.

Before creation shaped the world, God, eternal, reigned alone;  
but only with creation done could God as sovereign be known.

When all is ended, God alone will reign in awesome majesty.

God was, God is, always will be glorious in eternity

God is unique and without peer, with none at all to be compared.

Without beginning, endlessly, God's vast dominion is not shared.

But still-- my God, my only hope, my one true refuge in distress,  
my shelter sure, my cup of life, with goodness real and limitless.

I place my spirit in God's care; my body too can feel God near.

When I sleep as when I wake, God is with me; I have no fear.

## **Bedtime Rituals CD**

1. Sh'ma Yisrael Adonai Eloheinu Adonai Echad
2. Baruch Shem K'vod Malchuto L'olam Va'ed
3. V'ahavta
4. Sh'ma (chanting)
5. B'shem Hashem (the Angels Song)
6. Twinkle Twinkle Kochavim
7. Hamal'ach (Jacob's blessing)
8. Children's Blessing (spoken and chanted)
9. Children's Blessing (melody by Gerald Cohen)
10. Yiddish Lullaby (Ay li lu li)
11. The Green Worm
12. Rad Hayom ("Taps" in Hebrew)
13. Adon Olam 1
14. Adon Olam 2

Sung by Cantor Ken Richmond

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