לבנו חרר Our Hearts are in the East

SPECIAL MUSICAL EVENT IN SOLIDARITY WITH ISRAEL

Monday, October 9 8:00pm EDT





Thank you to our partners and sponsors

























This program will be all songs and poems, with nothing spoken except for a few moments.

We invite you to sing along, offer reflections in the chat, or just let this sacred community envelop you however you need.

I am heartbroken by the unimaginable loss of life and suffering resulting from the recent attack on Israel by Hamas. As we bear witness to these tragedies, my prayers are with the victims, their families, and those taken hostage, yearning for their safe return. In these dark times, may we find a path toward peace, understanding, and a future where such horrors are a distant memory.





Rabbi Sandra Lawson, Director of Racial Diversity, Equity and Inclusion at Reconstructing Judaism













Tears and Rain: A Prayer for Success in War

Alden Solovy

We prayed for rain,

And we got tears.

Yes, we said the ancient words –

משיב הרוח ומוריד הגשם

Masheev ha'ruach u'moreed hagashem – Tears for our sons.

Acknowledging G-d as the One

Who makes the rain fall

And the wind blow,

But we got tears,

So many tears

Flowing like rain

That would not relent.

Tears for the dead.

Tears for the wounded.

Tears for the kidnapped,

And tears for the captives.

Tears for the soldiers.

Tears for the reservists.

Tears for our daughters.

Tears for our friends,

And tears for our families.

Tears for our nation.

Tears for our people.

So many tears.

So many tears.

G-d, who makes the rain fall,

G-d, who makes tears on earth,

Send us Your tears from heaven,

But only if You send them

As blessings,

Only if You send them as signs

That You will be with us

As we defend our nation,

That You will be with us

As we fight to end the terror

That dwells in our midst,

The terror that still lurks at our

doorstep.

Heal us Now

Leon Sher

Eil na r'fa na
Oh, please, heal us now
R'fu-at ha-ne-fesh
u-r'fu-at ha-guf
r'fu-ah sh'lei-ma
Heal us now.

Ho-shi-a et a-me-cha u-va-rech et na-cha-la-te-cha Ur'em v'nas'em ad ha-olam Mi she-be-rach a-vo-tey-nu Mi she-be-rach i-mo-tey-nu Ana Adonai ho-shi-ah na We pray for healing of all people.
We pray for healing of the land.
And peace for every race and nation,
Every child, every person, Amen.

Eil na r'fa na
Oh, please, heal us now
R'fu-at ha-ne-fesh
u-r'fu-at ha-guf
r'fu-ah sh'lei-ma
Heal us now.



בִי־הָיִיתָ מִשְׂגָּב לֵי וֹמָנוֹס בְּיָוֹם צַר־לִיּ עֻוִי אֵלֶיךּ אֲזַמֵּרָה

You have been my haven: my refuge in my time of trouble
I will sing to You, my strength
Ps. 59:16-17

When we breathe together, when we sing together, we might feel a little bit stronger. The Ba'al Shem Tov taught widely about the power of song, particularly that the wordless melody was the most powerful prayer of all, as it transcends any words we are able to form. Before the song, there is the breath, for in every breath lives the potential for a soul-sound: a wail, a krecht, a sigh, or no sound at all. Each inhale, each exhale, is an invitation to be fully present to what is arising: to feel the weight of this time, to lean on one another, and feel God's presence mourning along with us.











Dana Bederson, 1st Year
Debbie Friedman School of
Sacred Music/HUC-JIR
Cantorial Student, currently
in Jerusalem.

This is a video of her singing

If Not Now by Carrie

Newcomer this past Saturday

after the news broke.















Avinu Shebashamayim - As we worry and hope, may those in harm's way be saved by Your strength. May our prayers and songs of unity and peace be heard on High and may they resound in the streets for all those in need. May love and peace prevail in these uncertain days.



AMERICAN CONFERENCE of CANTORS

The ACC stands with Israel.

Cantor Seth Warner, President, American Conference of Cantors



We Remember

Music: Ken Chasen and Yoshi Zweiback Text: Adapted from "We Remember Them" by Sylvan Kamens and Jack Riemer

In the rising of the sun, we remember
In the blowing of the wind, we remember
In the opening of buds, we remember
We remember

In the blueness of the sky, we remember
In the rustling of the leaves,
We remember
As the year starts and it ends,
We remember
We remember

When we're weary and need strength,
We remember
When we're lost and sick at heart,
We remember
When we've joys we yearn to share,
We remember
We remember
We remember

So long as we live, they too shall live
They are now a part of us (3x)
As we remember
We remember
We remember











As we conclude our program, we invite you to take a few moments to send your healing prayers to all who are in pain, who do not know where their loved ones are tonight, those who continue to witness deep trauma and loss.

We send our gratitude and continued prayers for resilience to all medical workers who are understaffed and resourced, as they care for those who are injured.

And, we allow ourselves to feel the pain and sadness, hopelessness and fear - inviting these healing words and this melody to provide some nourishment and comfort.

And let us say, Amen







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Thank You to Our Presenters

Ellen Allard

Elana Arian

Merri Lovinger Arian

Noah Aronson

Dana Bederson

Rabbi Ken Chasen

Michelle Citrin

Rabbi Billy Dreskin

Cantor Ellen Dreskin

Hazzan Joanna S. Dulkin

Joanna Finke

Rabbi Dan Freelander

Sue Horowitz

Eric Hunker

Rabbi Noam Katz

Cantor Jeff Klepper

Shira Kline

Jacob Spike Kraus

Rabbi Sandra Lawson

Eliana Light

Rick Lupert

Chava Mirel

Nefesh Mountain

Rick Recht

Julie Silver

Peri Smilow

Shimon Smith

Alden Solovy

Craig Taubman

Cantor Seth Warner

Cantor Rosalie Will



Thank You to Our Advisors and Staff

Mark Pelavin
Rabbi Melissa Stollman
Rabbi Leora Kaye
David Billotti
Gina Drangel, SUG Board Chair









