



## **Track List**

(\* denotes that lyrics are included in this file)

Full Circle\*  
Strengthen One Another\*  
Lech L'cha\*  
Sing Me a Song\*  
Yismechu  
Nigun\*  
Aaron's Song\*  
That's It Moses\*  
On That Sacred Day\*  
A Way to Say Ah\*  
Keeping Me Whole\*

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## Full Circle

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Words & Music by Beth A. Schafer

One of the first songs that I played on my guitar was for God  
It was alright for a kid but I did decide that I would move on  
So as I grew I would aspire  
To play for a cause that I thought hire  
How could I have know that I was already there?  
That rockin' in a bar each night would leave me uninspired

### *Chorus*

So my new song to God isn't really new  
Seems that all my life that I have known just what to do  
But if you'd asked me I didn't know then  
That I'd be coming round full circle again  
If you'd asked me I didn't know then  
That I'd be coming round full circle again

Growing up in the burbs was alright for a sheltered young girl  
But it just wouldn't do if you wanted to get out and see the world  
So I ran as far as I could go, searching for a place I didn't know  
I wouldn't have believed that my past would follow me  
And I'd wind up in the house that I'd abandoned long ago

### *Chorus*

Wisdom comes from doing something twice  
Not from taking popular advice  
Turn those words over and over 'til you see  
That you're back to where you started  
Back to peace, back to life, back to God

### *Chorus*

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## Strengthen One Another

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I've got a soul, I've got a spirit  
I've got a heart and I've got a mind  
I've got a voice, if you can hear it  
We'll be just fine, we'll be just fine

*Chorus*

Chazak, Chazak-we'll strengthen one another  
Chazak, Chazak-our voices they will rise  
Chazak, Chazak-you're my sister, you're my brother  
And this world will fill with ruach before our very eyes

I've got a song, I've got a message  
I've got a will and I've got a way  
You are my gift, you are my blessing  
So let us make this a special day

*Chorus*

With our voices we can speak, with our voices we can shout,  
with our voices we can share  
With our voices we can teach, with our voices we can touch,  
we can show how much we care  
With our voices we can sing and let our smiles hang in the air

*Chorus*

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## Lech L'cha

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Based on Genesis 12:1

Take a deep breath, open your eyes  
What you are feeling is true  
Take a deep breath, listen real close  
'Cause God is calling you  
You'll only take that first step once, the rest will come more easily  
And when you let go of the past the future's plain to see

### *Chorus*

Lech L'cha, get out on your own  
Lech L'cha, take flight from your home  
Lech L'cha, your faith will carry you  
And give you strength you never knew

Take a deep breath, stop thinking small  
Break down the walls that you've built  
Take a deep breath, reach out your hand  
And sign on to God's will  
Blessings await you for the risks that you are willing to take  
Rewards one hundred fold for the sacrifices you will make

### *Chorus*

Vayomer Adonai el Avram, Vayomer Adonai el Avram,

### *Chorus*

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## **Sing Me A Song**

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Inspired by Hashkiveinu

Sing me a song, lull me to sleep  
Cause me O God to lie down in peace  
Commune with the stars no matter how far they seem  
Resolving my days through my dreams

Sing me a song, leave a smile on my lips  
Let my eyes close under Your tender kiss  
As I drink in Your warmth, peace is my fill  
My body and mind can lie still

*Chorus*

Ufros Aleinu, Sukkat Shlomecha  
Ufros Aleinu, Sukkat Shlomecha

Sing me a song, O God I am weary  
Lighten my soul and wipe all my tears  
Protect me from harm when I don't know harm's near  
Shelter me God from my fears

*Chorus*

Sing me a song, lull me to sleep  
Cause me, O God, to lie down in peace

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## Nigun

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*Chorus*

Ya la la...

I've got this feeling welling up in me  
No thoughts, no words, no ideology  
It's quite an overwhelming thing  
And it makes me want to sing  
I've got this feeling welling up in me

I sense this spirit moving up through me  
I believe it can control my destiny  
It's coming out in wordless song  
Infectious, you will sing along  
I sense this spirit moving up through me

*Chorus*

I've got this rhythm tapping through my feet  
I think it is in sync with my heartbeat  
Throughout me it has worked my way  
So with my body I will pray  
I've got this rhythm tapping through my feet

*Chorus*

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## Aaron's Song

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You went up on the mountain all alone  
And left me with these people on my own  
We are waiting, I am waiting  
What will we learn, when you return

God raised you up more than any man  
And left me in the role of your right hand  
What do the people see when they look at me  
When asked to lead, will I succeed

Moses they don't believe you'll come down soon  
And I don't think my faith can sustain us  
We are the lost ones, we are the desert bloom  
Please don't be angry, please don't blame us

For I don't have the strength to make things right  
As you bask in all God's wisdom, all God's might  
O my brother, my brother  
Only through you am I blessed too  
O my brother, my brother  
What will we learn if you return

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## **That's It, Moses!**

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*Chorus*

That's It, Moses, I hear what your God is saying  
I'm going to let your people go said Pharoah  
That's It, Moses, I hear what your God is saying  
I'm going to let your people go said Pharoah  
But when he let the people go, he hardened his heart and said no  
And then came another plague

Blood is running where there should be water  
Frogs are jumping on our sons and daughters  
Gnats are flying everywhere, and lice is getting in our hair

*Chorus*

Cattle are dying what a mortal sin  
Boils are bubbling anywhere there's skin  
Hail is falling from the sky and locusts eat everything, why?

*Chorus*

Darkness is falling all around our land  
And now your telling us death will be at hand  
These plagues aren't any fun, you've taken our first born son!

*Chorus*

That's It, Moses, I hear what your God is saying  
I'm going to let your people go said Pharoah  
That's It, Moses, I hear what your God is saying  
I'm going to let your people go said Pharoah  
Across the sea we'll go, but not old Pharoah

Mi Chamocha baelim Adonai  
Mi Chamocha ne'edar bakodesh  
Nora t'hilot oseh feleh  
Nora t'hilot oseh feleh

That's it!

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## On That Sacred Day

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Inspired by Bayom Hahu

What will we hope for when we've beaten all disease  
When our bodies are all strong and our minds can rest at ease  
Well until then I'll keep hoping 'til I can't hope anymore  
And teach the children what they must hope for

What will we wish for when freedom rules the land  
When mercy tempers justice under our law's gentle hand  
Well until then I'll keep wishing 'til I can't wish anymore  
And teach the children what they must wish for

### *Chorus*

On that sacred day  
We'll hope new hopes, wish new wishes  
And pray our work is done  
On that sacred day  
You shall be one and Your name shall be one

What will we pray for when we finally live in peace  
When we see God in each other's faces and make all our wars cease  
Well until then I'll keep praying 'til I can't pray anymore  
And teach the children what they must pray for

### *Chorus*

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## A Way to Say Ah

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Recorded on the CD *A Way to Say Ah*

Inspired by Shehechayanu prayer

A miracle happened today  
Was I aware, did I even care  
A miracle happened today  
Did I pause enough?

*Chorus*

To find a way to say ah  
A way to say mmm  
A way to say "Oh, thank God I've arrived"  
A way to say ah  
A way to say mmm  
A way to say "Oh thank God I'm alive"

A coincidence happened today  
Was this circumstance happening by chance  
A coincidence happened today  
And did I pause enough?

*Chorus*

A way to sanctify the time to remember  
That on our journey we are not alone  
A way to not allow my senses to be dulled to the wonders I will be shown

*Chorus*

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## Keeping Me Whole

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It was the evening and the tightening in her belly was the sign  
How many evenings had she dreamt about this moment in her mind  
Did she really know how she'd be changed?  
She would forever cross the line.  
No longer living for herself  
Her life forever intertwined

So as this child grew she found herself profoundly amazed  
And when their eyes met hers would fill up with the tears of childhood days  
Could her mother love her this much?  
Had she lost emotional command?  
Is this how much God loves us?  
Would we ever really understand?

The love pours from my skin,  
for you, my child, are sewn within my soul  
Pulsing through my veins  
Sustaining me, keeping me whole

Instrumental verse

The love pours from my skin,  
for you, my child, are sewn within my soul  
Pulsing through my veins  
Sustaining me, keeping me whole