

Apples & Honeys



A Musical Family Program for Rosh Hashanah

Brought to you by
The Bender-Dosik Parenting Center
Early Childhood Music Specialist, Lisa Baydush
The Bender Jewish Community Center of Greater Washington



SHALOM!

Hello
שלום

Shalom Chaverim

by Ellen Allard, adapted

Shalom chaverim, shalom chaverim,
Shalom, shalom, shalom! (repeat)



Shalom to the boys and girls!
Shalom to the moms and dads!
Shalom to the grandmas and grandpas!
Shalom shalom, my friends!

Stretch your arms way up high,
Wave hello to the sky;
Shake your shoulders, bounce your knees,
Take a deep breath and sing with me!

It's So Good (Hinei Mah Tov)

by Lisa Baydush

I just want to say how glad I am you're here today
(Hinei, hinei mah tov!)
It's so good to be with our J family
(Hinei, hinei mah tov!)

Hinei mah tov (hinei mah tov)

U'mah na'im (u'mah na'im)

Shevet achim gam yachad!

הִנֵּה מַה-טוֹב

וּמַה-נְעִים.

שֵׁבֶת אַחִים גַּם-יַחַד:

It's a special day when we can sing and play
(Hinei, hinei mah tov!)
Sing along with me, sing in harmony
(Hinei, hinei mah tov!)

SHANAH TOVAH!

Happy New Year!

שָׁנָה טוֹבָה

Sha-na-na-nah Tovah

to the tune of Hal'l'luyah

Sha-na-na-nah, Sha-na-na-na-na-nah,
Sha-na-na-nah, Shanah Tovah!
Sha-na-na-nah, Sha-na-na-na-a-nah,
Sha-na-na-nah, Sha-na-na-nah... Shanah Tovah!

Apples and Honey

by Lisa Baydush

Apples and honey (3x)
For a sweet new year! (repeat)

Dip an apple in some honey;
Take a bite, it's oh so yummy!
Dip an apple in some honey;
For a very, very sweet new year!



For a Sunny and a Sweet New Year

by Bernard Walters

I want to dip my apple in some honey,
In some honey on Rosh Hashanah;
Dip my apple in some honey,
For a sunny and a sweet new year!

Tapuchim Ud'vash

Dip apples in the honey for a sweet new year
Tap-u-chim ud'vash l'Rosh Hasha-a-nah

Shana to-o-va, shana u-metukah

B'RESHIT

In the Beginning!

בְּרֵאשִׁית



Birthday of the World

by Lisa Baydush

It's the birthday, it's the birthday,
It's the birthday of the world today! (repeat)

We think about when the world was made,
and all the things we're gonna do today
to make tomorrow a brighter day,
as we celebrate the birthday of the world!

Six Days to Make This Beautiful World

by Lisa Baydush to the tune of Down on Grandpa's Farm

It took six day, six days
to make this beautiful world! (repeat)

On the 1st day, God made dark and light (2x)
And then God said that it was good (it was good!) (2x)

On the 2nd day, the land and sky and sea...
On the 3rd day, flowers and trees...
On the 4th day, the sun and moon and stars...
On the 5th day, fish and birds...
On the 6th day, animals and people...

On the 7th day, God took a rest (2x)
And that is why we have Shabbat (2x)



We've Got the Whole World in Our Hands

We've got the whole world in our hands! (4x)

When we help each other, we help the world...
When we all recycle, we help the world...
When we pick up trash, we help the world...

T'FILAH

Prayer

תְּפִלָּה

Now Let's Take a Breath

by Lisa Baydush

Now let's take a breath (*inhale*)
And now let's let it out (*exhale*)
Let's quiet down our bodies
And get ready to pray... (repeat)

Prayer is Reaching to God

to the tune of Frere Jacques

Prayer is reaching, prayer is reaching,
Up to God, up to God (*out/in*)
Saying what we're thinking,
Saying what we're feeling,
Reaching up, up to God.

Sh'ma

melody by Solomon Sulzer

Sh'ma Yisrael Adonai Eloheinu Adonai Echad
Baruch sheim k'vod malchuto l'olam va'ed

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ. יְיָ אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

May There Always Be Sunshine

May there always be sunshine;
May there always be blue skies;
May there always be rainbows;
May there always be you.

Music/dancing/laughter...
Flowers/ice cream/butterflies...
Families/teachers/good friends...



Blessing for the fruit of the tree:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הָעֵץ:
Baruch Atah Adonai Eloheinu Melech ha'olam
borei p'ri ha'etz



Blessing for bread from the earth:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:
Baruch Atah Adonai Eloheinu Melech ha'olam
ha'motzi lechem min ha'aretz



Thank You, God, For This Day (Shehecheyanu)

by Emily Aronoff Teck

Hey hey, hey hey hey
We've got something to say!
Hey hey, hey hey hey
Thank You, God, for this day! (repeat)

Thank you for bringing us to this season
It won't be the last time, it's the first time
for this reason: _____

Shehecheyanu v'kiy'manu
V'higiyanu laz'man hazeh (repeat) (chorus)

Blessing for the shofar:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְשַׁמַּע קוֹל שׁוֹפָר
Baruch Atah Adonai Eloheinu Melech ha'olam
asher kid'shanu b'mitz'votav v'tzivanu lish'moa kol shofar



Shofar Blast

by Ellen Allard

I like to hear the shofar blast,
Sometimes slow and sometimes fast!
I like to hear the shofar blast;
Happy, happy, happy New Year!

Tekiah!
Shevarim!
Teruah!
Tekiah Gedolah!



Join Us...

I'm Sorry Day



Explore Yom Kippur in a kid-friendly and musical way, where the whole family can participate and find meaning.

October 9

10-10:45 AM Musical Family Program
11 AM-12 PM Snacks and Crafts

\$80 family ticket-4 or more
\$30 per adult
\$15 per child (1-18 years)
Free for infants under 1

Sukkah Village



Join us at our mindful Sukkot celebration! Participate in a family yoga class, pita making and storytime in our 5 sukkot.

October 13

10AM-12PM

\$5 Family Ticket
Free for infants under 1

Shanah Tovah!



