

I'm Sorry Day



A Musical Family Program for Yom Kippur

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

Find Your Place
at the  Bender JCC
of Greater Washington

A Place for Families

SHANAH TOVAH!

Happy New Year!

שָׁנָה טוֹבָה

Shanah Tovah

to the tune of Hal'Il'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-na-nah
Sha-na-na-nah Sha-na-na-nah, Shanah tovah!



Wave to a friend and share a big smile...
Clap your hands and welcome in the new year...
Give a hug to someone very special...
Give a high five right to the camera...

Tov, Tov, Tov

by Lisa Baydush

Tov, tov, tov – how good it is!
Tov, tov, tov – how good it is!
Tov, tov, tov, to be together! Yachad! (repeat)

How good it is to see you! (Hinei mah tov!)
Your smiles brighten my day! (Hinei mah tov!)
I'm so glad that you're here
So we can all sing— la-la-la-la-la— together!
Hinei, hinei, hinei mah...



T'SHUVAH

Repentance

תְּשׁוּבָה

Tap Your Heart (Ashamnu)

by Eliana Light

Tap, tap, tap your heart (3x)
On Yom Kippur, it's time to restart!

On Yom Kippur (echo)
We try to do good (echo)
We tap our hearts (echo)
to remind us we should (echo)

On Yom Kippur (echo)
We make a plan (echo)
To make this new year (echo)
The best we can (echo)



Yom Kippur Finger-Play

from Clap and Count, adapted by Nell Hirsch

Here's a friend and here's a friend (hands up in air)
They've argued with each other (fists up and down)
At Yom Kippur they say, 'I'm sorry' (talking hands)
And make up with one another (clasp hands)

I'm Sorry

by Ellen Allard, adapted

I'm sorry for things that I've said,
I'm sorry for things that I've done;
Turn around, start the new year right!
I'm sorry, s'lichá, I'm sorry,
I'm sorry, s'lichá, I'm sorry.

TASHLICH

Ceremony of Casting Away One's Sins

תַּשְׁלִיךְ

Throwin' My Sorrys Away

by Lisa Baydush



I'm throwin' my sorrys away today;
I'm throwin' my sorrys away away!
I'm throwin' my sorrys away today;
I'm throwin' my sorrys away!

And I'm gonna make changes in the things I say,
In how I act every day;
I'm gonna try a little more to do the best I can;
That's my New Year's plan! (chorus)

And tomorrow's gonna be a brighter day!
I'm feeling the sunshine right away!
Let's make a plan to do what we can
to start the New Year right!

Avinu Malkeinu

Oh, God, please hear my prayer,
I want you to know that I care;
I'm thinking about all the things I can do
To make this a really good year!

I'll try, I'll try to be the best that I can be;
I'll try, I'll try with all of my might
To do what I know is right.

Avinu malkeinu, }
chanenu v'anenu }^{2x}
Ki ein banu masim

אָבִינוּ מַלְכֵנוּ חֲנֵנוּ וְאָנֵנוּ
כִּי אֵין בָּנוּ מַעֲשִׂים

Aseh imanu, }
tzedakah vachessed }^{2x}
V'hoshieinu

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד
וְהוֹשִׁיעֵנוּ

The Hardest Word

~a story by Jacqueline Jules~



G'mar Chatimah Tovah

by Julie Auerbach

Open the book and write my name,
Open the book and write my name,
Open the book and write my name,
G'mar cha-ti-mah tovah!



We'll be good friends and share our toys...
We'll recycle and pick up trash...
We'll give tzedakah and lend a hand...
We'll plant trees and turn off lights...
We will try to do our best...

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 act with kindness, we help the world...
When we share some love, we help the world...
When we work together, we help the world...



T'FILAH

Prayer

תְּפִלָּה

Prayer is Reaching to God

adapted by Chuck Mitchell 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:

WHAT ARE YOU THANKFUL FOR TODAY?

Please share your thankys
in the CHAT!

I am Thankful

adapted by Lisa Baydush
to the tune of There's a Little Wheel a-Turning in my Heart

I am thankful for this beautiful fall day,
I am thankful for beautiful fall day!
Todah rabah, todah rabah,
I am thankful for beautiful fall day!



Family Blessing

by Emily Aronoff Teck

You are a blessing (echo) every day (echo)
When I watch you grow (echo), when I see you play (echo)
I'll love you and keep you (echo), I'll hug you and kiss you (echo)
Forever and ever (echo) amen (echo)

May God bless you (echo), may God keep you (echo)
Shine light on you (echo), help you find peace (echo)
May God watch you (echo) and stay with you (echo)
Forever and ever (echo) amen (echo)

May You Be Sealed

by Ellen Allard

May you be sealed for a good year,
For a sweet year, for a healthy year.
May you be written in the book of life,
G'mar chatimah tovah!

G'mar Chatimah Tovah!



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