

Eleikha

The text and song that will guide and inspire us throughout the holidays at TBZ this year is **Psalm 30**. We will have opportunities to learn and sing some of the verses of this psalm. This beautiful poem, that we recite daily, calls to God to lift us up, to heal us, and to support us when we are in times of darkness.

We will be singing this song [using Joey Weisenberg's beautiful melody](#).

Verse:

בְּעֶרֶב יַלִּין בְּכִי וְלִבְקֹר רִנָּה
Ba'erev yalin bekhi v'laboker rinah

Chorus:

אֱלֹהֵי ה' אֶקְרָא
אֱלֹהֵי אֱלֹהֵי
*Eleikha Adonai eikra
Eleikha, Eleikha*

Verse:

הִפְכַּת מִסְפְּדֵי לְמַחֹל לִי
Ha'fakh'ta mis'pedi l'machol li
פִּתַּחְתָּ שִׁקִּי וַתֹּאזְרֵנִי שִׂמְחָה
Pi'tach'ta saki va'te-ezreini simcha
לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יָדָם
L'ma'an ye'za'meirkha k'vod v'lo yidom
ה' אֱלֹהֵי לְעוֹלָם אוֹדְךָ
Adonai Elohai l'olam odekha

Chorus:

אֱלֹהֵי ה' אֶקְרָא
אֱלֹהֵי ה' אֶקְרָא
*Eilekha Adonai eikra
Eilekha Adonai eikra*

Verse:

Nightfall, one lies down weeping,
but by morning comes joy

Chorus:

To You, Adonai, I call!

Verse:

You turned my mourning into dancing
you undid my sackcloth and
clothed me with happiness
that I might sing to You and not be silent.
Adonai my God, I will praise You forever

Chorus:

To You, Adonai, I call!