

Shir Hama'alot

Shi'ir hama'a'lot, beshu'uv adonai. Et shivat tsion, hayinu ke'cholmim.

A'az yema'a'leh, s'cho-ok pi-inu, Ool'sho'nei'nu ri-i-nah.

A-az yom-roo va-a-goyim , Higdil adonai la'asot im e-leh. Hig'dil adonai la'sot ima-nu, ha-a-yinu se'me'chim.

Shoova adonai eh-et shevitei-nu, Ka-a-fi'kim ba-a negev. Ha-a'zor'im be-eh-dim'ah, be-eh-ri'nah, yik'tsoh-oh-roo.

Haloch ye-lech oo-va-cho, Noh'oseh me'shech ha-zah-rah. Bo-oh ya'vo veh-eh-rina, Noh'oseh - aloo'moh'oh'tav.

When Adonai restores the fortunes of Zion – we see it as in a dream – Our mouths shall be filled with laughter, our tongues, with songs of joy. Then shall they say among the nations, “Adonai has done great things for them!” Adonai will do great things for us and we shall rejoice. Restore our fortunes, Adonai, like watercourses in the Negev. They who sow in tears shall reap with songs of joy. Though he goes along weeping, carrying the seed-bag, he shall come back with songs of joy, carrying his sheaves. (*Psalm 126*)

שִׁיר הַמַּעְלוֹת
בְּשׁוּב יי אֶת שִׁיבַת צִיּוֹן
הָיִינוּ כְּחֹלְמִים.
אֲז יִמְלֵא שְׂחוֹק פִּינוּ
וְלִשׁוֹנֵנוּ רִנָּה
אֲז יֵאמְרוּ בַגּוֹיִם,
הַגִּדִיל יי לַעֲשׂוֹת עִם אֱלֹהֵי.
הַגִּדִיל יי לַעֲשׂוֹת עִמָּנוּ
הָיִינוּ שְׂמֵחִים.
שׁוּבָה יי אֶת שְׁבִיתֵנוּ
כְּאֶפְיָקִים בְּנֶגֶב.
הַזְרְעִים בְּדַמְעָה
בְּרִנָּה יִקְצְרוּ.
הָלוֹךְ יֵלֵךְ וּבָכָה
נֹשֵׂא מִשָּׂךְ הַזֶּרַע
בֹּא יבֹא בְרִנָּה נֹשֵׂא אֶלְמֹתָיו.