



Start Local, Stay Vocal

This song (next page) is part of the Justice Choir Songbook!

Download your Songbook:

www.justicechoir.org

Justice Choir is a template for more community singing for social and environmental justice. It's designed around the Justice Choir Songbook, a powerful new collection of 43 songs about equity, justice, love, peace, and other issues of our time. The Songbook was made possible by Westminster Presbyterian Church of Minneapolis, many generous songwriters, and co-editors Abbie Betinis, Ahmed Anzaldúa, and Tesfa Wondemagegnehu.

Hear the songs on YouTube: songs.justicechoir.org/YouTube

Find a Justice Choir chapter near you: songs.justicechoir.org/Chapters

We'd love to hear you sing! Tag us in your videos, events, and other posts:



@JusticeChoir



@JusticeChoirALL



@JusticeChoirALL

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Questions? Email us at justicechoir@gmail.com. Thank you.

JUSTICE CHOIR.ORG

Made Possible by Westminster Presbyterian Church, Minneapolis

Traditional Hebrew prayers;
adapt. Karen Siegel, 2017

Music traditional/Karen Siegel
Hoboken, NJ | 2017

①

A - na el na, A - na el na, A - na el na r' - fa na la -
Please, God, heal us, Please, God, heal us, Please, God, heal us, re - new our spi

②

nu A - na el na, A - na el na, r' -
rits. Please, God, heal us, Please, God, heal us, re -

③

fu - at, r' - fu - at ha - ne - fesh, ha - ne - fesh.
new us, re - new us, our spi - rits, our spi - rits.

אנא אל נא רפא נא לנו

רפואת הנפש

Performance Suggestions:

- Sing in unison before starting the canon.
- Mix voice parts within groups.

Karen writes: "I sing the first three measures of 'Ana El Na' with my synagogue congregation on Shabbat mornings with the traditional words "fa na la" ("heal her") from Moses' prayer for his sister Miriam. Our congregation traditionally repeats it while the rabbi recites the "Mi shebeirach" prayer, a traditional prayer for those who are ill, which includes a plea for both physical and spiritual healing.

In a time of so much hatred, I have been thinking of the need for emotional healing, especially for those who feel the urge to lash out with words or physical violence. I have adapted the 'Ana el na' prayer, adding text from the 'Mi sheibeirach' prayer, and directing it towards all of us. The song is therefore a prayer for the healing of all of our minds and hearts, and I like to think it is especially for those among us consumed by anger."

* Translation by Karen Siegel with assistance from Jenny Labendz and Rabbi Robert Scheinberg



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