



Start Local, Stay Vocal

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

coming Fall 2017

www.justicechoir.org

Our collection of 43 new and re-purposed songs for the issues of our time is accessible to anyone working for change. Made possible by Westminster Presbyterian Church of Minneapolis, the songs were selected from a national Call for Scores, and co-edited by Abbie Betinis, Ahmed Anzaldúa, and Tesfa Wondemagegnehu.

See each score in advance as we unveil them on our Twitter and Facebook pages!



@JusticeChoir



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3. Ana El Na (*Please, God, Heal Us*)

a canon in 3 parts

Traditional Hebrew prayers;
adapt. Karen Siegel, 2017

Music traditional/Karen Siegel
Hoboken, NJ | 2017

Prayerfully (♩ = 70)

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.

Hebrew Text & Translation:*

אָנָּא אֵל נָּא רַפָּא נָּא לָנוּ

Ana el na r'fa na lanu (*Please God heal us*)

ah-nah el nah reh-fah nah lah-noo

רְפוּאת הַנֶּפֶשׁ

r'fuat hanefesh (*with renewal of the soul*)

reh-foo-aht hah-ne-fesh

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 "r'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 shebeirach' 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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