

Laments איכה

Translations of *Eikhah* for our world

<http://neohasid.org/resources/laments>



Laments 4:1, Margaret Adams Parker
www.margaretadamparker.com
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This work is dedicated to all refugees

A prayer for democracy everywhere that we need today, with Ukraine and U.S. foremost in mind, that it may not fall or fail:

May You tear out autocracy, tyranny and despotism,
ruin those who cheat and deceive,
and upend those who oppress the vulnerable.
Make the reign of the arrogant disappear from all lands.
May the people attacking democracies everywhere
stumble and fail, and may their plans be as nought.
Stop them, humble them, bring on their downfall,
soon, in our days.

May You give to all peoples of the world
the strength and will to pursue righteousness
and to seek peace as a unified force,
so that violence be uprooted, and healing, good life
and peace may flourish. (Amen.)

תַּעֲקֹר רוֹדְנוֹת וְטִירוּנֵי אֶרֶץ צוֹר
וְתִשְׁבֵּר רִמָּאִים וְתִמְגַּר עֲשָׂקִי נִדְכָּאִים
תַּעֲבִיר מִמְּשָׁלַת זָדוֹן מִן הָאָרֶץ
תִּכְשִׁיל פּוֹגְעִים בְּדַמּוּקְרַטְיָה וְתִפְרֹחַ תַּחֲבוּלוֹתָם
תִּכְלֹם וְתִשְׁפִּילֵם וְתִכְנִיעֵם בְּמַהֲרָה בְּיָמֵינוּ

תִּתֵּן לְכָל אַמּוֹת הָעוֹלָם הַפֶּחַ וְהַרְצוֹן
לְרֹדֶף צָדֵק וּלְבַקֵּשׁ שְׁלוֹם כְּאַגְדָּה אֶחָת
לְעֹקֶר חַסֵּם וּלְהַצְמִיחַ רְפוּאָה וְחַיִּים טוֹבִים וְשְׁלוֹם
(וְנֹאמַר אָמֵן)

neohasid.org: eco-Torah, Shmita year liturgy, old world *nigunim* and more.

This prayer is based on neohasid.org's voting prayer. Add specific issues at the end of this prayer according to the moment.

Eli Tsiyon, selected verses

<i>Eli Tsiyon v'areha k'mo ishah v'tsireha v'khivtulah chagurat sak al ba'al n'ureha</i>	My God, Zion and her towns, like a woman in travail of labor, like a virgin wearing sackcloth for the husband of her youth
<i>Alei hegyon m'choleha asher damam b'areha V'al va'ad asher shamam uvitul sanhed'reha</i>	For her dancers' lyricism now silenced in her towns and for the mob that destroyed, and ended her high court of justice
<i>Alei galut m'shartei El n'imei shir z'mareha V'al kolot m'charpeha b'eit rabu f'gareha</i>	For the exile of God's servants sweet singers of her songs and for her scorners clamoring while the corpses piled up
<i>Alei pesha asher av'tah s'lol derekh ashureha V'al tsiv'ot k'haleha sh'zufeha sh'choreha</i>	For the perversion she twisted paving the path of the well-off and for her amassed community her field workers, her brown, her black people
<i>Alei shimkha asher chulal b'fi kamai m'tseireha V'al tachan y'tsavchu lakh Kashuv ush'ma amareha.</i>	For Your name desecrated in the mouth (of those) who stood over her oppressed, and for the plea they scream to You – focus and listen to her message

*Im eshkachekh Y'rushalayim tishkach y'mini.
Tidbak l'shoni l'chiki im lo ezk'rekhi,
im lo a'aleh Y'rushalayim al rosh simchati.*

If I forget you Jerusalem, may my right hand forget.
May my tongue stick to the roof of my mouth, if it fails to remember,
if I don't lift up Jerusalem ahead of my joy.

To imagine what happened to Jerusalem and Eretz Yisrael, picture Kyiv and Ukraine. The cruel targeting of civilians, the destruction of everything that supports normal life, the images of senseless death. We can vividly picture how "death has come up through our windows" (Jer. 9:5). But in the Jewish people's timeline, the invader also took Jerusalem, God help us.

Tisha B'Av was never primarily about the Temple and sacrifices. It's an opportunity to empathize with the refugee and the persecuted. And it's a call to become aware of the ways we may abuse the power and privilege we have, whether in the United States, Israel and Palestine, or anywhere we gather, and to stop and do *t'shuvah* before cataclysm strikes. This includes how our species is willfully disrupting the climate, extinguishing the Life we are commanded to choose, turning vulnerable people and species into refugees.

In the third year of the pandemic, we continue to suffer, though in many ways things have improved. As the world struggles to face so many plagues, including racism and global climate disruption, Jews also face growing anti-Semitism, along with pressure to say that anti-Semitism isn't real because Jews are privileged and so many Jews present as white. And climate cataclysm edges ever closer. *Oy meh hayah lanu!* (July 2022)

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Use the Omer Counter app to count the seven weeks and the Sefirot between *Tisha B'Av* and Rosh Hashanah. For info go to:  
[neohasid.org/omer/apps/](https://neohasid.org/omer/apps/)

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The hotspot in the struggle for justice in East Jerusalem and the West Bank is now Masafer Yatta, where 1300 Palestinian stand to lose their homes. Isaiah 1:27 says there is no Zion, no viable state of Israel, without justice. Let us fight for justice now rather than mourn later. Read more:

facebook.com/BreakingTheSilenceIsrael/videos/1138797826880167/
afcfp.org/preventing-demolition-and-expulsion/
neohasid.org/Sumarin/