

Laments איכה

Translations of *Eikhah* for our world

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



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

A prayer for democracy everywhere, that it may not fall or fail, with Israel, Ukraine and U.S. foremost in mind. May we gain inspiration and power from the mass movement to protect Israeli democracy and an independent judiciary, and may all Israel realize that occupation is inimical to democracy:

May You tear out autocracy, tyranny and despotism,
rend the power of 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 the 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, for You are the Ruler who loves
righteous justice. (Amen.)

תַּעֲקַר רוֹדְנוֹת וְטִירוּנֵיָא וְעָרִיצוֹת
וְתִשְׁבֵּר רַמָּאִים וְתִמְגַּר עֲשָׂקֵי נִדְכָּאִים
תַּעֲבִיר מִמְּשָׁלֶת זָדוֹן מִן הָאָרֶץ
תִּכְשִׁיל פּוֹגְעִים בְּדִמּוּקְרַטְיָה וְתִפְרֹחַ תְּחִבּוּלוֹתָם
תִּכְלֹם וְתִשְׁפִּילָם וְתִכְנִיעֵם בְּמַהֲרָה בְּיָמֵינוּ

תִּתֵּן לְכָל אַמּוֹת הָעוֹלָם הַפֶּחַ וְהַרְצוֹן
לְרֹדֶף צֶדֶק וּלְבַקֵּשׁ שְׁלוֹם כְּאִגְדָּה אַחַת
לַעֲקֹר חֶמְס וּלְהַצְמִיחַ רְפוּאָה וְחַיִּים טוֹבִים וְשְׁלוֹם
כִּי אַתָּה הוּא מֶלֶךְ אֱהָב צֶדֶקָה וּמִשְׁפָּט
(וְנֹאמַר אָמֵן)

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

*Eli Tsiyon v'areha
k'mo ishah v'tsireha
v'khivtulah chagurat sak
al ba'al n'ureha*

My God, Zion and her towns,
like a woman in travail of labor,
like a virgin wearing sackcloth
for the husband of her youth

*Alei hegyon m'choleha
asher damam b'areha
V'al va'ad asher shamam
uvitul sanhed'reha*

For her dancers' lyricism
now silenced in her towns
and for the mob that destroyed,
and ended her high court of justice

*Alei galut m'shartei El
n'imei shir z'mareha
V'al kolot m'charpeha
b'eit rabu f'gareha*

For the exile of God's servants
sweet singers of her songs
and for her scorners clamoring
while the corpses piled up

*Alei pesha asher av'tah
s'lol derekh ashureha
V'al tsiv'ot k'haleha
sh'zufeha sh'choreha*

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

*Alei shimkha asher chulal
b'fi kamai m'tseireha*

For Your name desecrated
in the mouth (of those) who stood
over her oppressed, and

*V'al tachan y'tsavchu lakh
Kashuv ush'ma amareha.*

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 Russia's war against 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 Roman invader took over Jerusalem, wreaking destruction, murder and enslavement.

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 all the ways the human species is willfully disrupting the climate, extinguishing the Life we are commanded to choose, turning vulnerable people and species into refugees.

As the world also 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 as the storms and fires of this summer remind us, climate cataclysm edges ever closer. *Oy meh hayah lanu!* (July 2023)

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Use the Omer Counter app to count the seven weeks between Tisha B'Av and Rosh Hashanah. 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 Palestinians 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. Learn more:

facebook.com/BreakingTheSilenceIsrael/videos/1138797826880167/