

# Shabbat Cycle

*Three Hebrew songs from the  
Friday night Jewish prayer service  
for soprano and piano*

**RUSSELL NADEL**

(2010)

*Duration: c. 12'00"*



## Program Notes:

I wrote this three-song cycle to enter in the Guild of Temple Musicians Young Composers' Competition for 2010. I selected three texts that spoke to me not only for the beauty of their poetry and for their religious sentiments, but also because they were less familiar to me than many other texts from the Friday night (*Shabbat*) service. The 98<sup>th</sup> Psalm has wonderfully musical lyrics, and while composers have set it to music many times, I could not resist setting it once more. The meditation following the *Amidah*, the central prayer of the Jewish service, is always said silently (along with the *Amidah* itself) on Friday nights, and since I have never heard it sung, I wanted to try my own hand at giving it a singable melody that reflects the text. While the first paragraph of *Magen Avot* ("Shield of Our Fathers") is nearly always sung with a very traditional melody, the second paragraph is rarely sung at all, so my setting - very different stylistically than the majority of settings of this traditional prayer - is my submission for how both paragraphs could be stylistically united in performance. These movements are in the order that they would be found in the *Shabbat* service. I am greatly indebted to Chazzan Charles Davidson, DSM, Nathan Cummings Professor Emeritus of the Jewish Theological Seminary of America, for his encouragement and his guidance in understanding the subtleties of Hebrew vowels.

## Performance Notes:

Accidentals apply for the entire measure.

Vocal passages in cue notes indicate optional melodic lines the singer may elect to sing instead of the large notes, if she desires.

When tempo markings are given in half notes or dotted half notes, the longer macrobeat (i.e., 1 or 2 long beats per measure) should be felt more strongly than the faster quarter-note microbeat.

## Pronunciation Notes for the Hebrew transliteration, with English equivalents:

"a" as in "father"

"i" as in "see"

"e" as in "bed"

"o" as in "home"

"ei" as in "way"

"u" as in "too"

' can be approximated with the schwa vowel (like the "i" in "pencil").

"ch" is gargled in the back of the throat, as in the German "ach" or Scottish "loch."

## Vocal Range:



– Russell Nadel  
February 2010

## Texts:

(Hebrew texts and English translations are taken from The Complete Artscroll Siddur,  
Rabbis Nosson Scherman and Meir Zlotowitz, editors, published by Mesorah Publications, Ltd., ©1990.  
Transliterations of the Hebrew are my own.)

### I. Psalm 98

תהלים צח

מִזְמוֹר, שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ, כִּי נִפְלְאוֹת עָשָׂה,  
הוֹשִׁיעָה לוֹ יְמִינוֹ\* וְזִרְעוֹ קֹדֶשׁוֹ. הוֹדִיעַ יְהוָה  
יְשׁוּעָתוֹ, לְעֵינֵי הַגּוֹיִם גְּלָה צְדָקָתוֹ. זָכַר חֲסִדוֹ וְאַמּוֹנָתוֹ לְבַיִת  
יִשְׂרָאֵל, רָאוּ כָּל אֲפֹסֵי אֶרֶץ אֶת יְשׁוּעַת אֱלֹהֵינוּ. הֲרִיעוּ לַיהוָה  
כָּל הָאֶרֶץ,\* פָּצְחוּ וְרַנְּנוּ וְזַמְרוּ. וַזְמָרוּ לַיהוָה בְּכִנּוֹר, בְּכִנּוֹר וְקוֹל  
זְמֵרָה. בְּחִצְצָרוֹת וְקוֹל שׁוֹפָר, הֲרִיעוּ לִפְנֵי הַמֶּלֶךְ יְהוָה. יִרְעֵם  
הַיָּם וּמַלְאוּ, תִּבֵּל וַיִּשְׁבְּי בָהּ. ❖ נְהַרְוֹת יִמְחָאוּ כָּף, יַחַד הַרִים  
יִרְנְנוּ. לִפְנֵי יְהוָה כִּי בָּא לְשַׁפֵּט הָאֶרֶץ, יִשְׁפֹּט תִּבֵּל בְּצֶדֶק,  
וְעַמִּים בְּמִישָׁרִים\*.

A Psalm! Sing to HASHEM a new song for he has done wonders;  
*Mizmor! Shiru ladonai shir chadash, ki niflaot asa,*  
His own right hand and holy arm have helped him.  
*Hoshia lo y'mino uzroa kodsho.*  
HASHEM has made known his salvation;  
*Hodia ADONAI y'shuato,*  
In the sight of the nations He revealed His righteousness.  
*l'einei hagoyim gila tzidkato.*  
He recalled His kindness and faithfulness to the House of Israel;  
*Zachar chasdo ve-emunato l'veit yisrael,*  
All ends of the earth have seen the salvation of our God.  
*Ra-u chol afsei aretz eit y'shuat eloheinu.*  
Call out to HASHEM, all inhabitants of the earth,  
*Hariu ladonai kol ha-aretz,*  
Open your mouths in joyous songs and play music.  
*Pitzchu v'ran'nu v'zameiru.*  
Play music to HASHEM on a harp, with harp and sound of chanted praise.  
*Zam'ru ladonai b'chinor, b'chinor v'kol zimra.*  
With trumpets and a shofar sound, call out before the King, HASHEM.  
*Bachatzotz'rot v'kol shofar, hariu lifnei hamelech ADONAI.*  
The sea and its fullness will roar, the world and those who dwell therein.  
*Yiram hayam umlo-o, teiveil v'yosh'vei va.*  
Rivers will clap hands, mountains will exult together -  
*N'harot yimcha-u chaf, yachad harim y'raneinu.*  
Before HASHEM, for He will have arrived to judge the earth.  
*Lifnei ADONAI ki va lishpot ha-aretz,*  
He will judge the world with righteousness and peoples with fairness.  
*Yishpot teiveil b'tzedek, v'amim b'meisharim.*

## II. Meditation following the *Amidah*

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מַרְעַ, וּשְׁפַתִּי מִדַּבֵּר מִרְמָה,<sup>3</sup> וְלִמְקַלְלֵי  
נַפְשֵׁי תְדוּם, וְנַפְשֵׁי כְּעַפָּר לְכָל תְּהִיָּה. פֶּתַח לְבִי  
בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל הַחֹשְׁבִים עָלַי רָעָה,  
מְהֵרָה הִפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה  
לְמַעַן יְמִינְךָ, עֲשֵׂה לְמַעַן קִדְשֶׁךָ, עֲשֵׂה לְמַעַן תּוֹרַתְךָ. לְמַעַן  
יִחַלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעַנְיִי.<sup>4</sup>  
יְהִיו לְרִצּוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יְהוּה צוּרֵי וְגֹאֲלֵי.<sup>2</sup>  
עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

Some recite verses pertaining to their names at this point. See page 924.

My God, guard my tongue from evil and my lips from speaking deceitfully.

*Elohai, n'tzor l'shoni meira, usfatai midabeir mirma.*

To those who curse me, let my soul be silent;

*V'limkal'lai nafshi tidom,*

And let my soul be like dust to everyone.

*Ke-afar lakol tiyeh.*

Open my heart to Your Torah, then my soul will pursue Your commandments.

*P'tach libi b'toratecha, uvmitzvotecha tirdof nafshi.*

As for all those who design evil against me,

*V'kol hachosh'vim alai ra-a,*

Speedily nullify their counsel and disrupt their design.

*M'heira hafeir atzatam v'kalkeil machashaotam.*

Act for Your name's sake; act for Your right hand's sake;

*Asei l'ma-an sh'mecha, asei l'ma-an y'minecha,*

Act for Your sanctity's sake; act for Your Torah's sake.

*Asei l'ma-an k'dushatecha, asei l'ma-an toratecha.*

That Your beloved ones may be given rest;

*L'ma-an yeichal'tzun y'didecha,*

Let Your right hand save, and respond to me.

*Hoshia y'min'cha va-aneini.*

May the expressions of my mouth and the thoughts of my heart find favor before you,

*Yiyu l'ratzon imrei fi v'hegyon libi l'fanecha,*

HASHEM, my Rock and my Redeemer.

*ADONAI tzuri v'goali.*

He Who makes peace in His heights,

*Oseh shalom bimromav,*

May He make peace upon us, and upon all Israel.

*Hu ya-aseh shalom aleinu, v'al kol yisrael.*

Now respond: Amen.

*V'imru: Amein.*

### III. Magein Avot

**מִגֵּן** אָבוֹת בְּדַבְרוֹ, מְחִיָּה מֵתִים בְּמֵאֲמָרוֹ, °הֵאֵל הַקְּדוֹשׁ  
(הַמְּלֶךְ הַקְּדוֹשׁ) – Rosh Hashanah to Yom Kippur) שְׂאִין כְּמוֹהוּ, הַמְּנַיִחַ  
לְעַמּוֹ בְּיוֹם שַׁבַּת קְדָשׁוֹ, כִּי בָּם רָצָה לְהַנִּיחַ לָהֶם. לְפָנָיו נַעֲבֹד  
בְּיִרְאָה וְנִפְחָד, וְנוֹדָה לְשִׁמּוֹ בְּכָל יוֹם תָּמִיד מֵעֵין הַבְּרָכוֹת. אֵל  
הַהוֹדְאוֹת, אֲדוֹן הַשְּׁלוֹם, מְקַדֵּשׁ הַשַּׁבָּת וּמְבָרֵךְ שְׁבִיעֵי, וּמְנַיֵחַ  
בְּקִדְשָׁה לְעַם מְדֻשְׁנֵי עָנָג, זָכָר לְמַעֲשֵׂה בְּרֵאשִׁית.

**אֱלֹהֵינוּ** וְאֵלֵהִי אָבוֹתֵינוּ רָצָה בְּמִנוּחָתָנוּ. קְדָשָׁנוּ בְּמִצְוֹתֶיךָ,  
וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ. שַׁבְּעֵנוּ מִטוֹבָךָ, וְשַׁמְחֵנוּ  
בִּישׁוּעָתֶךָ, וְטַהַר לְבָבֵנוּ לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ  
בְּאַהֲבָה וּבְרִצּוֹן שַׁבַּת קְדָשָׁךָ, וְיִנּוּחוּ בָּהּ יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ.  
בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת. (Cong. – אָמֵן.)

He Who was the shield of our forefathers with His word,

*Magein avot bidvaro,*

Who resuscitates the dead with his utterance, the Holy God who is unequaled,

*M'chayei meitim b'ma-amaro, ha-Eil [hamelech] hakadosh she-ein kamohu,*

Who grants rest to his people on His holy Sabbath day,

*Hameiniach l'amo b'yom shabbat kod-sho,*

For He was pleased with them to grant them rest.

*Ki vam ratza l'haniach lahem.*

Before him we will serve with awe and dread

*L'fanav na-avod b'yira vafachad,*

And give thanks to His name every day continually with appropriate blessings.

*V'nodeh lishmo b'chol yom tamid mei-ein hab'rachot.*

God of grateful praise, Master of peace, Who sanctifies the Sabbath and blesses the seventh day,

*Eil hahoda-ot, adon hashalom, m'kadeish hashabbat umvareich sh'vi-i,*

And gives rest with holiness to a people saturated with delight -

*Umeiniach bikdusha l'am m'dush'nei oneg -*

In memory of the work of Creation.

*Zeicher l'ma-asei v'reishit.*

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Our God and God of our forefathers, may you be pleased with our rest.

*Eloheinu veilohei avoteinu, r'tzei vimnuchateinu.*

Sanctify us with your commandments and grant us our share in Your Torah;

*Kad'sheinu b'mitzvotcha, v'tein chelkeinu b'toratecha;*

Satisfy us from Your goodness and gladden us with Your salvation,

*Sab'einu mituvecha, v'sam'cheinu bishuatecha,*

And purify our heart to serve You sincerely.

*V'taheir libeinu l'avd'cha be-emet.*

O HASHEM, our God, with love and favor grant us Your holy Sabbath as a heritage,

*V'hanchileinu ADONAI eloheinu, b'ahava uvratzon shabbat kodshecha,*

And may Israel, the sanctifiers of your name, rest on it.

*V'yanuchu va yisrael m'kad'shei sh'mecha.*

Blessed are You, Hashem, Who sanctifies the Sabbath.

*Baruch ata ADONAI, m'kadeish hashabbat.*

# SHABBAT CYCLE

## I. Psalm שְׁחֵרִישׁוּ וְרִישׁוּ וְזָמְרוּ

Hebrew texts taken  
from the Friday night  
Jewish prayer service

RUSSELL NADEL

Moderato, with conviction (♩ = 60, ♪ = 120)

Soprano

Miz-mor: Shi-ru la - do-nai,

Piano

*ff marc.* *mp legato*

Ⲅⲉⲛ II \* Ⲅⲉⲛ \* *sim., Ped. III*

6

shir\_ cha - dash, shi-ru la-do-nai shir\_ cha - dash,

11

ki nif - la - ot a - sa ho - shi - a - lo, y'-mi - no uz - ro - a kod-

*p* *mf*

17 *mp legato*

sho. Ho-di-a A-do-nai y' - shu - a - to \_\_\_\_\_ l'-ei - nei ha-go-yim

*f* *p* *f* *mp*

23

gi - la \_\_\_\_\_ tzid - ka - to. \_\_\_\_\_

*f marc.*

27 *mp*

Za-char chas - do ve - e - mu - na - to l' - veit Yis - ra - el, \_\_\_\_\_ ra -

*p più leg.*

30 *f* *rit.* *mf cresc.*

- u chol af-sei a - retz\_ eit\_ y'-shu-at e-lo - he - nu, y' -

34 *A tempo* *mf*

- shu - at\_ e - lo <sup>5</sup> <sub>3</sub> - hei - nu! Ha - ri-u la-do-nai, kol ha - a -

*sfz* *mf* *ff* *p* *mp* *8va*

39 *p* *mf cresc.*

retz pitz - chu v'-ra-n'-nu v'-za - mei - ru. Za-m' - ru la-do - nai\_ b' - chi -  
(Zam - )

*p cresc. poco a poco*

44 *ff marc.*

nor, b'-chi - nor v' - kol zim - ra. Ba-cha-tzo-tz' - rot v' - kol sho -

*ff*

48 *rit. mf legato dim.*

far ha - ri - u lif - nei ha - me - lech A - do - nai.

*mp* *dim.* *pp*

53 **A tempo**

*f*

## II. Meditation following the *Amidah* "ערמ ינושלרצונ יהוה"

Freely      rit. . . . .      Moderato, dolce, flowing (♩ = 50)

Soprano *f\** E - - 6 lo - hai!

Piano *sfz* *f*

7 *mp* N' - tzor, n' - tzor l'-sho - ni mei - ra,

Piano *mp*

14 *mf* n' - tzor, n' - tzor l'-sho - ni mei - ra. Us - fa - tai mi-da-

\* The singer/cantor may add stylistically appropriate embellishments or ornaments to this measure if she desires.

21

beir\_ mir- ma, v' - lim-ka - l' - lai, v' - lim - ka-l' - lai naf - shi, naf - shi ti - dom,

30

*p*  
naf - shi ti - dom, ke - a - far la - kol ti -

*p sub.*

36

yeh, ke - a - far la - kol ti - yeh. N' -

*f*

*sfz* *mp*

42

tzor, n' - tzor l' - sho - ni mei - ra, n' - tzor, n' - tzor l' - sho - ni mei - ra.

*f* *molto leg.*

51

*p* *f*

P' - tach, p' - tach li - bi, p' - tach li - bi b' -

58

*mp* *mf* 5

to - ra - te - cha, p' - tach, p' - tach li - bi b' -

64

*dolce* *cresc.*

to - ra - te - cha, uv - mitz - vo - te - cha tir - dof\_ naf -

*f* *mp*

72

*f* *p* *cresc. poco a poco*

shi, uv - mitz - vo - te - cha tir - dof\_ naf - shi, v' - chol ha - cho - sh' - vim, v' -  
(ha - chosh - vim,)

*f* *mp sub., legato*

80

*f* *mf*

chol ha - cho - sh' - vim a - lai ra - a, m' - hei - ra, ha -  
(ha - chosh - vim,)

*f* *p*

86

feir a - tza - tam v' - kal - keil ma - cha - sha - v' - tam. (shav - )

*dim.* *p*

*dim.* *p*

Detailed description: This system contains measures 86 through 92. The vocal line starts with a half note 'feir' and continues with eighth notes 'a - tza - tam', followed by a quarter rest, then eighth notes 'v' - kal - keil', a quarter rest, eighth notes 'ma - cha - sha - v' - tam.', and a final quarter rest. The piano accompaniment features a melodic line in the right hand and a bass line in the left hand. Dynamics include *dim.* and *p*.

93

A - sei

*mp*

*f* *mp*

Detailed description: This system contains measures 93 through 98. The vocal line has a quarter rest, a half rest, a quarter rest, and then a half note 'A - sei'. The piano accompaniment has a melodic line in the right hand and a bass line in the left hand. Dynamics include *mp* and *f*.

99

l' - ma - an sh' - me - cha.

*mf*

Detailed description: This system contains measures 99 through 104. The vocal line has a quarter rest, eighth notes 'l' - ma - an', a quarter rest, eighth notes 'sh' - me', and a final quarter rest. The piano accompaniment has a melodic line in the right hand and a bass line in the left hand. Dynamics include *mf*.

” וגם תבא וניהלאהלאו וניתבאר וניתחונמב

Allegro e leggiero (♩ = 104)

Soprano

Piano

*ff* *sfz*

5

*f*

Ma - gein a - vot, ma - gein a - vot, bid - va - ro, bid - va - ro,

Piano

*ff* *mp*

11

*p sub.* *f* *p legato*

m' - cha - yei mei - tim b' - ma - a - ma - ro, ha - Eil ha - ka - dosh,

Piano

*cresc.* *ff* *p legato*

17 *mf sub., non leg.* *cresc.*

ha - Eil — ha - ka - dosh, she - ein ka - mo - hu, she - ein ka - mo - hu, ha - Eil ha - ka - dosh,

*cresc. poco a poco*

23 *f* *mp leg.*

ha - mei - ni - ach l' - a - mo b' - yom shab - bat kod - sho; ki — vam ra - tza —

*ff* *p* *8va*

29 *mp*

l' - ha - ni - ach la - hem, l' - ha - ni - ach la - hem.

*mp*

35 *f molto leg.*

L' - fa - nav na - a - vod v' - yi - ra va - fa -

*f* *dim.*

42 *mp*

chad, v' - no - deh lish - mo b' - chol yom ta -

*p*

47 *f declamatory*

mid mei - ein ha - b' - ra - chot.

*cresc.* *f*

53 *mp*

Eil ha - ho - da - ot, a - don l' - sha - lom, m' -

*dim.*

61

ka-deish ha-shab - bat um - va - reich sh' - vi - i, u - mei - ni - - -

*mp* *dim.* *8va*

67 *mp*

-ach bik-du - sha l' - am m' - du - sh' - nei o - neg,

*p*