

La-bri'ut

By Jay Rapoport, RJE
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If dealing with this crazy world is wearing you out
Or facing big feelings just makes you want to shout
You need to figure out some ways to handle it better
It's important to remember that we're all in this together
Whooh-oooh-oooh

PRE CHORUS:

La-bri'ut, La-bri'ut

To our health, to our wellness, *La-bri'ut*

***La-bri'ut* (atchoo!) *La-bri'ut* (bless you!)**

To our health, to our wellness, *La-bri'ut*

V2

We need *sukkat shalom*, a shelter of peace

And *ometz lev*, let our inner strength increase (yeah!)

With the power of *gvurah* keep our *kehilah* (community!) strong

We'll find the hesed (kindness!) go above and beyond

Whooh-oooh-oooh

(PRE-CHORUS)

CHORUS:

**It rolls off the tongue, like “Gesundheit” or “God bless ya”
An everyday blessing for health or doing better
Take care of yourself, get in touch with your feelings
Reach out to others who need a little healing
We may find a bit of hope when we need it most
To our health, to our wellness, *La-bri’ooh-ooh-ooh-ut***

V3

If I am not for myself, then who will be for me?
If I’m only for myself, than what am I exactly?
If not now, then when? There’s no day like today
To let our ancient wisdom lead us to a better way
Whooh-ooh-ooh