

La-bri'ut

By Jay Rapoport, RJE

October 2020

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-ooh-ooh

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-ooh-ooh

(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