

# Sharim V'Rokdim

שרים ורוקדים

**Songs and stories to share Jewish holidays,  
values and traditions.**

**Lots of ways to stay in touch!**

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**Find my music at:**

**www.joaniecalem.com**

**Or here on YouTube at:**

**https://www.youtube.com/channel/UCgptemKE6eHbvJIBZEAHsVw?disable\_polymer=true**

**Or here on OySongs at:**

**https://www.oysongs.com/products/artist.cfm?artist\_id=421**

**By making songs and stories interactive,  
we provide engaging material for a variety  
of age groups and settings, using  
techniques to further enrich the  
experience of Jewish values and traditions  
and provide brain breaks for classroom  
settings.**

**I will incline my ear to a proverb, I will  
solve my riddle to the music of the lyre.**

**Proverbs 49/5**

# Jewish Values - Middot

- Acts of Loving Kindness
  - Passing on wisdom
  - Care for things, do not destroy
  - Compassion
  - Courage
  - Do not be passive in the face of violence
  - Make the mitzvah beautiful
  - Ethical treatment of animals
- גמילות חסדים  
ושננתם לבניך  
בל תשחית  
רחמים  
אמץ לב  
לא תעמוד על דם רעך  
הדור מצווה  
צער בעלי חיים

• Forgiveness	סליחה
• Friendship	חברות
• Generosity	נדיבות
• Gratitude	הכרת הטוב
• Happiness	שמחה
• Honesty	יושר
• Honor, Respect	כבוד
• Hope	תקווה
• Hospitality	הכנסת אורחים
• Humility	ענווה
• Seeing all as the image of G'd	בצלם אלהים
• Justice	דין

• Learning	תלמוד תורה
• Love of all G'ds creations	אהבת הבריאות
• Love your neighbor as yourself	ואהבת לרעיק כמוך
• Loving Kindness	חסד
• Mercy	רחמים
• Moderation	שביל הזהב
• Patience	סבלנות
• Peace	שלום
• Peace in the home	שלום בית
• Proper behavior	דרך ארץ
• Redemption of Captives	פדיון שבויים
• Repairing the World	תקון עולם

- Righteousness צדקה
- Saving a Life פקוח נפש
- See each person as unique אדם יחיד
- Simplicity הסתפקות
- Take care of your body שמירת הגוף
- Tolerance סובלנות
- Truthfulness אמת
- Visiting the sick בקור חולים
- Watch your speech, do not gossip לשון הרע
- Welcoming guests הכנסת אורחים

# There is so much to teach from each middah!

(For example, my thoughts on Hachnasat Orchim)

Welcome

Interest

Inclusion

Providing  
Nourishment

Acceptance

Cultural  
Curiosity

Appreciating  
Differences

Outreach

Openness

Community  
Building

# Lag B'Omer: ל"ג בעומר

- **Bar Kochva\***

[https://www.youtube.com/watch?v=D3b6OfIZVN0&list=OLAK5uy\\_krJPhpwqK2flzGXF6fhA0N5IYBVV5rATE&index=29](https://www.youtube.com/watch?v=D3b6OfIZVN0&list=OLAK5uy_krJPhpwqK2flzGXF6fhA0N5IYBVV5rATE&index=29)

- **Kashteinu Al Shichmeinu**

[https://www.youtube.com/watch?v=95t8QnakrG0&list=OLAK5uy\\_krJPhpwqK2flzGXF6fhA0N5IYBVV5rATE&index=30](https://www.youtube.com/watch?v=95t8QnakrG0&list=OLAK5uy_krJPhpwqK2flzGXF6fhA0N5IYBVV5rATE&index=30)

- **Kumsitz**

[https://www.youtube.com/watch?v=bZ5sH6Fc6FM&list=OLAK5uy\\_m\\_lstw5-Qs-Z9OS1zmpZz\\_x1m9gRSYRR0&index=19](https://www.youtube.com/watch?v=bZ5sH6Fc6FM&list=OLAK5uy_m_lstw5-Qs-Z9OS1zmpZz_x1m9gRSYRR0&index=19)

- **Lag B'Omer Hike\***

[https://www.youtube.com/watch?v=FepdLHsaq6U&list=OLAK5uy\\_m\\_lstw5-Qs-Z9OS1zmpZz\\_x1m9gRSYRR0&index=20](https://www.youtube.com/watch?v=FepdLHsaq6U&list=OLAK5uy_m_lstw5-Qs-Z9OS1zmpZz_x1m9gRSYRR0&index=20)

# Bar Kochva...L"G B'Omer

words by Levin Kipnis, music by Mordechai Zeira, English by Joanie Calem © 2009

<https://www.youtube.com/channel/UCgptemKE6eHbvJIBZEAHsVw>

Long ago in Israel lived a man named Bar Kochva.  
Tall and young with blazing eyes, a hero everyone loved.  
He called the people 'round, he went to the battle ground,  
He fought for freedom from the Romans our hero did astound!  
Astound! Astound!

But then one day our friend was caught, And put into a cage.  
So sad it was for Israel, an awful terrible stage.  
And for an extra shock, behind that thick padlock  
A lion waited for Bar Kochva, he saw him and began to stalk,  
To stalk! To stalk!

But do not fear for Bar Kochva, quick as the strongest force.  
He ran and jumped onto that lion, and rode him like a horse.  
Over sea and land, with liberty's flag in hand,  
All the people clapped for him, Bar Kochva so grand,  
So grand! So grand!

*Ish haya baYisrael, Bar Kochva shemo.  
Ish Tza'ir gavo kumah, einei zohar lo.  
Hu haya gibor, hu karah l'dror,  
Kol ha'am ahav otto, zeh haya gibor, gibor, gibor.*

*Yom echad karah mikreh, ha mikreh atzuv.  
Bar Kochva nafal bashvi, vihusam bakluv,  
Mah norah klav zeh, bo sh'ag arieh,  
Ach ra'ah et Bar Kochva, bitnapel ha'arieh, arieh, arieh.*

*Ach de'u na Bar Kochva, mah gibor v'az.  
Atz kafatz al ha'arieh, v'kal kanesher tas.  
Al har v'gai hu shat, v'degel dror bayad,  
Kol ha'am macha lo kaf, Bar Kochva heidad, heidad, heidad!*