

Niggun 026 - Shir HaMalot (Psalm 126)

Jewish Folk Song, for Birkat Hamazon (Grace After Meals) on Shabbat and Festivals

Transliteration Style: Tehillat Hashem English

Arranged by Amichai Andy Rosenbaum | Sivan 5786 / May 2026 | v01 | B"H

A1

$\text{♩} = 100$



shir ha-ma'a-los b'- shuv A-do-nøy es-shi-vas tzi-yon hø-yi- nu k'-cho-l'-mim.

5 A2



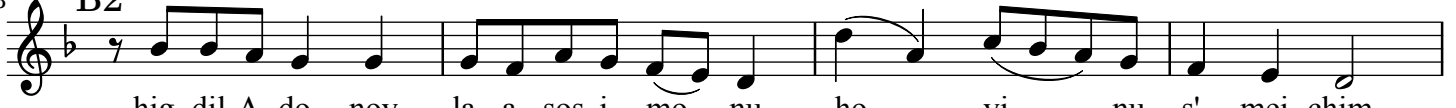
øz yi-mø-lei s'chok pi-nu ul'-sho-nei-nu ri-nø.

9 B1



øz yom-ru va-go-yim hig-dil A-do-nøy la-a-sos im-ei-le.

13 B2



hig-dil A-do-nøy la-a-sos i-mø-nu hø-yi-nu s'-mei-chim.

17 C1



shu-vø A-do-nøy es-sh'-vi-sei-nu ka-a-fi-kim ba-ne-gev.

21 C2



ha-zo-r'im b'-dim-ø b'-ri-nø yik-tzo-ru.

25 D1



hø-loch yei-leich u-vø-cho no-sei me-shech-ha-zø-ra

29 D2



bo-yø-vo v'-ri-nø no-sei a-lu-mo-søv.

A song of ascents. When Hashem will return
the exiles of Zion, we will have been like dreamers.
Then our mouth will be filled with laughter,
and our tongue with songs of joy;
then will they say among the nations,
'Hashem has done great things for these.'
Hashem has done great things for us;
we were joyful.
Hashem, return our exiles
as streams to arid soil.
Those who sow in tears
will reap with songs of joy.
He goes along weeping,
carrying the bag of seed;
he will surely return with songs of joy,
carrying his sheaves.

שיר המעלות בשוב יי
את־שיבת ציון היינו כחלמים:
אז יפלא שחוק פינו
ולשוננו רנה
אז יאמרו בגוים
הגדיל יי לעשות עם־אלה:
הגדיל יי לעשות עמנו
היינו שמחים:
שובה יי את־שביתנו
כאפיקים בנגב:
הזרעים בדמעה
ברנה יקצרו:
הלוד ילד ובכה
נשא משך־הזרע
בא־יבא ברנה
נשא אלמתי: