

# Niggun 026b - Shir HaMalot (Psalm 126) - Melody 3

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 / June 2026 | v01 | B"H

A1

♩ = 100



5 A2

shir ha-ma'a-los b'-shuv A-do-noy es-shi-vas tzi-yon hq-yi-nu k'-chol'-mim.



qz yi-mq-lei s'chok pi-nu ul'-sho-nei-nu ri-nq.

9 B1



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

13 B2



hig-dil A-do-noy la-a-sos i-mq-nu hq-yi-nu s'-mei-chim.

17 C1



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

21 C2



ha-zo-r'im b'-dim-q b'-ri-nq yik-tzo-ru.

25 D1



hq-loch yei-leich u-vq-cho no-sei-me-shech-ha-zq-ra

29 D2



bo-yq-vo v'-ri-nq no-sei-a-lu-mo-sqv.

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 בשׁוֹב יי  
אֶת־שִׁיבַת צִיּוֹן הֵינּוּ כְּחֹלְמִים:  
אִז יִמְלֵא שְׂחֹק פִּינוּ  
וְלִשׁוֹנֵנוּ רִנָּה  
אִז יֹאמְרוּ בְּגוֹיִם  
הַגִּדִיל יי לַעֲשׂוֹת עִם־אֱלֹהִים:  
הַגִּדִיל יי לַעֲשׂוֹת עִמָּנוּ  
הֵינּוּ שְׂמֵחִים:  
שׁוֹבָה יי אֶת־שְׁבִיתָנוּ  
כַּאֲפִיקִים בְּנִגְבִי:  
הַזֹּרְעִים בְּדִמְעָה  
בְּרִנָּה יִקְצְרוּ:  
הֵלֶךְ יֵלֵךְ וְיִבְכֶה  
נֹשֵׂא מִשְׂבָּה הַזֶּרַע  
בְּאִיבָה בְּרִנָּה  
נֹשֵׂא אֶלְמִתָּיו: