

Text Translations

Leonard Bernstein (1918–1990)

Chichester Psalms

I. Maestoso ma energico – Allegro molto

Psalm 108 verse 2.

Urah, hanevel, v'chinor! / Awake, psaltery and harp:

A'irah shachar! / I will rouse the dawn!

Psalm 100, entire

Hari'u l'Adonai kol ha'arets. / Make a joyful noise unto the Lord all ye lands.

Iv'du et Adonai b'simcha. / Serve the Lord with gladness.

Bo'u l'fanav bir'nanah. / Come before His presence with singing.

D'u ki Adonai Hu Elohim. / Know ye that the Lord, He is God.

Hu asanu, v'lo anachnu. / It is He that hath made us, and not we ourselves.

Amo v'tson mar'ito. / We are His people and the sheep of His pasture.

Bo'u sh'arav b'todah, / Enter into His gates with thanksgiving,

Chatseirotav bit'hilah, / And into His courts with praise.

Hodu lo, bar'chu sh'mo. / Be thankful unto Him, and bless His name.

Ki tov Adonai, l'olam chas'do, / For the Lord is good, His mercy is everlasting,

V'ad dor vador emunato. / And His truth endureth to all generations.

II. Andante con moto, ma tranquillo

Psalm 23, entire

Adonai ro'i, lo echsar. / The Lord is my shepherd, I shall not want.

Bin'ot deshe yarbitseini, / He maketh me to lie down in green pastures,

Al mei m'nuchot y'nahaleini, / He leadeth me beside the still waters,

Naf'shi y'shovev, / He restoreth my soul,

Yan'cheini v'ma'aglei tsedek, / He leadeth me in the paths of righteousness,

L'ma'an sh'mo. / For His name's sake.

Gam ki eilech / Yea, though I walk

B'gei tsalmavet, / Through the valley of the shadow of death,

Lo ira ra, / I will fear no evil,

Ki Atah imadi. / For Thou art with me.

Shiv't'cha umishan'techa / Thy rod and Thy staff

Hemah y'nachamuni. / They comfort me.

Psalm 2 vs. 1-4

Lamah rag'shu goyim / Why do the nations rage,

Ul'umim yeh'gu rik? / And the people imagine a vain thing?

Yit'yats'vu malchei erets, / The kings of the earth set themselves,

V'roznim nos'du yachad / And the rulers take counsel together

Al Adonai v'al m'shicho. / Against the Lord and against His anointed.
N'natkah et mos'roteimo, / Saying, let us break their bonds asunder,
V'nashlichah mimenu avoteimo. / And cast away their cords from us.
Yoshev bashamayim / He that sitteth in the heavens
Yis'chak, Adonai / Shall laugh, and the Lord
Yil'ag lamo! / Shall have them in derision!

(Return to) Psalm 23

Ta'aroch l'fanai shulchan / Thou preparest a table before me
Neged tsor'rai / In the presence of mine enemies,
Dishanta vashemen roshi / Thou anointest my head with oil,
Cosi r'vayah. / My cup runneth over.
Ach tov vachessed / Surely goodness and mercy
Yird'funi kol y'mei chayai, / Shall follow me all the days of my life,
V'shav'ti b'veit Adonai / And I will dwell in the house of the Lord
L'orech yamim. / Forever.

III. Sostenuto molto – Peacefully flowing

Psalm 131.

Psalm 131.

Adonai, Adonai / Lord, Lord,
Lo gavah libi, / My heart is not haughty,
V'lo ramu einai, / Nor mine eyes lofty,
V'lo hilachti / Neither do I exercise myself
Big'dolot uv'niflaot / In great matters or in things
Mimenu. / Too wonderful for me.
Im lo shiviti / Surely I have calmed
V'domam'ti, / And quieted myself,
Naf'shi k'gamul alei imo, / As a child that is weaned of his mother,
Kagamul alai naf'shi. / My soul is even as a weaned child.
Yachel Yis'rael el Adonai / Let Israel hope in the Lord
Me'atah v'ad olam. / From henceforth and forever.

Psalm 133, v. 1

Hineh mah tov, / Behold how good,
Umah naim, / And how pleasant it is,
Shevet achim / For brethren to dwell
Gam yachad. / Together in unity.
Amen. / Amen.