

HA'NESHOMO YOREDES

Moderately

Ha-ne sho-mo yo-re-des le-soch ha-guf hi tzo-e-kes vai vai -
 hi tzo-e-kes vai vai ye ri-do zu tzo-rech-a-li-yo ad she-kol ze hu k'-dai ye-
 ri-do zu tzo-rech a-li-yo ad she-kol ze hu k'-dai

When the soul descends into the body,
 It cries out, "Woe! Woe!"
 But this descent is for the purpose of ultimate ascent
 And so it is all worthwhile.

הנשמה יורדת לתוך הגוף והוא צעקה וו'
 ורידה זו צורך עלי' עד שבל זה הוא בראוי

BESISMAS UFARATZTO

Lively

B'- sis-mas u-fo-ratz-to nitz-ad b'-oz im ha-Re-bbe
 nei-lech b'-rosh b' nei-lech b'-rosh cha-si-dei cha-bad o- nu
 tal-mi-dei ha-re-bbe ash-rei-nu ash-rei-nu

With our motto "Uforatzta" we march in strength;
 We go forward with the Rebbe at our head.
 We are Chabad Chassidim, disciples of the Rebbe;
 How fortunate are we!

בְּסִיסָמָת וּפְרָצָת נַצֵּד בָּעוֹ אֶם תַּרְבִּי גָּלֵךְ בְּרָאשׁ
 מִסּוּדי חֲבֵד אָנוּ תַּלְמִידִי תַּרְבִּי אָשְׁרִינוּ