

נִפְשִׁי  
My Soul

NAFSHI

**Lyrics:** EMANUEL HAROMI

**Music:** AVI LEBOVITZ

**Performance:** SHAANAN STREET

**מילים:** עמנואל הרומי

**לחן:** אבי ליבוביץ

**ביצוע:** שאנן סטריט

My soul within me will think deeply  
to have had enough with Eden Garden and wanting hell  
My soul within me will think deeply  
that there I will find honey nectar  
Ho as the natives of time have dried out  
They are not toward me as yesterday  
Since I think day and night I labor

Nafshi b'kirbi tachshov machshevet  
Lakutz b'eden gan v'lirtzot tofet  
Nafshi b'kirbi tachshov machshevet  
Ki emtze'ah sham tzuf d'vash im nofet  
Ha'ah ki yelidei hazman bi nicharu  
Einam eileh nafshi k'mo hayu t'mol  
Ki echshava yomam v'lilah eh'emol

נפשי בקרבי תחשוב מחשבת  
לקוץ בעדן גן ולרצות תופת  
נפשי בקרבי תחשוב מחשבת  
כי אמצאה שם צוף דבש עם נופת  
הה כי ילידי הזמן בי ניחרו  
אינם אלי נפשי כמו היו תמול  
כי אחשבה יומם ולילה אעמול

Waiting for the blessings of God which are late to come  
Those who ask how have I abandoned my tent  
Won't you know that time commanded me  
He with bitterness sated me with wormwood  
I lost hope of finding my true place

Ochil L'vrichot el vehemah echaru  
Hasho'alim eich o'holi natashti  
Lo teidu ki chen zman tzivani  
Hu mamror im la'anah hirvani  
Ad mimtzo cheftzi emet no'ashti

אוחיל לברכות אל והמה אחרו  
השואלים איך אוהלי נטשתי  
לא תדעו כי כן זמן ציוני?  
הוא ממרור עם לענה הרוני  
עד ממצוא חפצי אמת נואשתי

My soul within me will think deeply  
to have had enough  
with Eden Garden and wanting hell  
My soul within me will think deeply  
that there I will find honey nectar

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If you shall destroy me I will not wait for you  
I will cry for help from you, to you  
I will cover with the wings of your grace, pity day  
And from your wrath, I shall run forever from you shadow  
On the day of my return, I cause trembling and dullness  
And delegates and ropes will hold me  
They ask me why do you worry, I answer them  
I will take care of my crimes and wrongs  
They ask me and what do you desire I answer them  
I desire to repent my malice  
They ask would you need a doctor  
I reply to them he is the one who made me sick

Im tiktileini el lecha ochilani  
Anus l'ezrah mimchah eilecha  
Etkas B'chanfot chasdechah yom tzaru  
U'man chamtach evrach edei tzilecha  
B'yom shivti ani marid u'mashmim  
V'tzirim v'chavalim yochazoni  
She'eluni lemah tidag anitum  
Ani edag lifshi v'avuni  
She'eluni u'mah tita'u anitum  
Ani atav l'chaparot zadoni  
She'eluni hatitzta'ref l'rofeh  
Hashivotim harei hu hecheloni

אם תקטלני אל לך אוחילי  
אנוס לעזרה ממך אליך  
אתכס בכנפות חסדך יום צר  
ומן חמתך אברח עדי ציליך  
ביום שבתי אני מרעיד ומשמים  
וצירים וחבלים יאחזוני  
שאלוני למה תדאג עניתים  
אני אדאג לפשעי ועווני  
שאלוני ומה תתאו עניתים  
אני אתאו לכפרת זדוני  
שאלוני התצטרך לרופא  
השיבותים הרי הוא החלני

# Oranges Kebab and Araies

One of the area's most common yet celebrated dishes of all times, with a seasonal twist. The modern version of minced meat, seasoned with herbs and condiments, and chard on an open wood-fire grill is only one variant of a group of dishes that originated from the Ottoman Empire and the Balkan area. The Araies, which originated in Syria and Lebanon, is a lazy version of kebab, where the meat is grilled already wrapped with pita. In this special Yom Ha'atzmaut Independence Day version, we season the meat with diced fresh oranges and tomatoes, with flavors from the winter that has passed and the summer that is yet to come.



## INGREDIENTS

- |                                    |                  |
|------------------------------------|------------------|
| 2.5 lbs mixed ground beef and lamb | 4 tbsp olive oil |
| 1 small onion                      | 4 pitas          |
| 3 cloves garlic                    | Salt and pepper  |
| 1 bundle fresh parsley             |                  |
| 1 hot pepper                       |                  |
| 1 orange                           |                  |
| 2 large tomatoes (or 4 small ones) |                  |

## INSTRUCTIONS

Place the meat in a bowl. Thinly chop the onion, garlic, parsley, and hot pepper. Add to the bowl. Dice half of the orange, peel included, and add to the mixture. Squeeze the juice from the other half and add it as well. Dice the tomatoes and add them as well. Season with salt and pepper and mix well with your hands until the mass is unified.

Use half of the mixture to form kebabs—each piece should be the size of a golf ball and then flatten a bit.

Use the other half to prepare the araies: Cut each

pita into 4 quarters. Place a meat ball the size of a golf ball in each quarter and tighten the pita around it until it levels and doesn't stick out to the sides.

Brush each pita with some olive oil on the exterior and place on a medium heat grill. Place open sides with the meat on the grill first and only after those are grilled, grill the pita as well.

Serve hot with tahini and a small chopped vegetable salad.