



beth schafer

raise it up

bring it down

the stories, the lyrics,  
the pictures

the ebook

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# A **side** raise it up

## THE CONCEPT

Remember when we bought records and there was an **A side** and a **B side**? For better or for worse, we lost that with the advent of CDs. This album really calls for “sides” even though I highly recommend **NOT** turning the CD over trying to get it to play. The **A side** of the album is called **Raise It Up**. It consists of **7 songs** all spiritually motivated, but **not religious** in any way. Their themes are about each of us needing to regularly raise the bar; allowing ourselves to make mistakes and learn from them. For those of you who are not Jewish or have no idea that I even have a career in Jewish music, these songs will speak to you and I hope you enjoy them. For those of you who are plugged into the religious side of my career, this will be an obvious compliment to the Jewish music you have come to know me for.

## THE A-SIDE SONGS

- 1> **Raise It Up**
- 2> **Prayer of the Workin' Man**
- 3> **Innocent Things**
- 4> **Go**
- 5> **I Look Up**
- 6> **End of Our Childhood**
- 7> **Hallelujah**

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## THE STORY

Every year at the end of the year, I ask myself, "What will I do better?" Well, this past year, I decided I really needed to everything better. I need to push the envelope, raise the bar, not coast for too long. You get the drift. Well, this was written on December 31st, the last day of the year.



## THE PLAYERS

This song features the core band: John Marsden on keys and vocals, Bill "Giff" Gifford on bass and vocals (and yes, that is him wailing at the end), Johnny Demarkis on drums and vocals, and Beth on guitars and vocals.

## Raise It Up

Lyrics and Music by Beth Schafer © 2008

So do you think that when the day is done  
And your victory's been won, that it's over?

And do you think that when the mountain has been climbed  
That you can stand there passing time until it's all over?

Raise it up! Raise the bar higher  
Raise it up! Get up on your feet  
Raise it up! Raise it up higher  
Raise it up so we can reach

Celebrate. Your best work lies before you  
And your loved ones all adore you  
Time to rest  
Don't hesitate to start down a new road  
You will reap what you dare sew on your quest

Chorus

Reach past your dreams, reach past the sky  
Reach past your fears, it's time to rise!

Chorus

## Prayer of the Workin' Man

Lyrics and Music by Beth Schafer © 2008

It's not every day you worry 'bout putting gas in the tank,  
Food on the table, money in the bank  
So you hustle and you struggle, you dream and your plan  
And you hope that God listens to the prayer of the workin' man

It's not every day you look into the eyes of your kids  
And worry about their future, maybe like your daddy did  
So you teach them about life and for what they should stand  
And you teach them that God listens to the prayer of the workin' man

I believe there's something bigger than myself  
I believe I don't need to shoulder it alone  
I believe that when I've done all that I could the best I can  
God listens to the prayer of the workin' man  
God listens to the prayer of the workin' man

It's not every day you you listen to the stuff on the news  
And you just can't believe what this world is coming to  
Your hands are plenty dirty and your back is pretty tan  
You close your eyes and offer the prayer of the workin' man

I believe....

This song placed in the 2009  
Indie International Song Contest

## THE STORY

This song debuted at our concert for then-candidate (now president) Barack Obama. The crowd immediately responded to the sentiments which reflected the economic crisis of the day, the desperation we all felt, and the hope we all wanted to cling to.

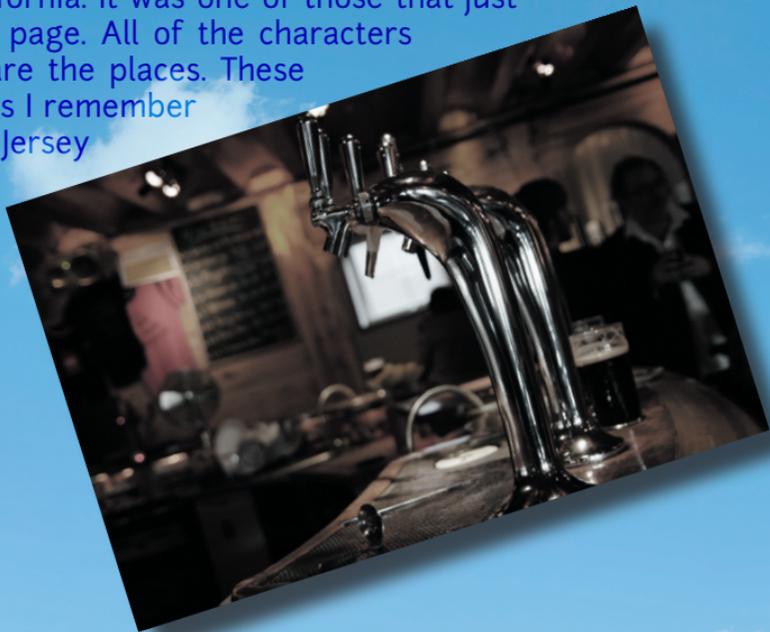


## THE PLAYERS

This song features the core band: John Marsden on keys and vocals, Bill "Giff" Gifford on bass and vocals, Johnny Demarkis on drums and vocals, Beth on guitars and vocals as well as Larry Hoppen on electric guitar and Amy Gifford on vocals.

## THE STORY

I wrote this song from beginning to end on a plane to California. It was one of those that just fell onto the page. All of the characters are real as are the places. These are the things I remember from my old Jersey stomping grounds growing up.



## THE PLAYERS

This song features: John Marsden on keys and vocals, Bill "Giff" Gifford on bass and vocals, Johnny Demarkis on pocket snare, drums and vocals, Beth on guitars and vocals as well as Norma Huff on cello.

## Innocent Things

Lyrics and Music by  
Beth Schafer © 2009

I climbed an old willow tree with a pen in my teeth  
I got to my spot and I wrote with the world at my feet  
I fit just right in the branches, this place was a place of my own  
Free from the ground, my thoughts flew around  
Sitting atop of my throne  
I felt like the queen or the king of innocent things

Frankie and I played the boardwalk when we were sixteen  
I knew a handful of licks and he made his snaredrum sing  
At the end of the day we had a few bucks  
For the passionate tunes that we played  
We'd blow it on records and hang down the shore  
To play games at Nick's Arcade  
We lived like queens and kings on innocent things

La la la, we didn't know what we didn't have

La la la la, time passed so easily so did the laughs

'Cause we were the queens and the kings of innocent things

We met at the Old Silver Tavern past quitting time

The owners were happy to see us and greeted us when we arrived

We'd sit for hours on pizza and beer and joked with the waitress we knew

The crowds came and went and we closed up the joint

Like part of the regular crew

We partied like queens and kings on innocent things

La la la la...

When I dare I look back

And I know deep down what we really had  
Simple gifts and simple things molded us into grand queens and kings

La la la la....

...and we're still the queens and the kings forever the queens and the kings of innocent things

## Go

Lyrics and Music by Beth Schafer © 2009

Come with me, I know I'd love your company  
Take my hand and together we'll find the promised land  
Leave behind the worries of the day  
I won't let you get too far away

### CHORUS

And we'll go where the light is warm and the heavy is gone  
We'll go to the place that you long for when you feel alone  
You're not alone

Laugh with me. Your sparkle's still there, I can see  
Find a way and together we'll seize another day  
Let me share your load just for awhile  
I'd carry all the world just for your smile

### CHORUS

Away from the chaos, away from the pain  
We'll take in the sunshine and dance in the rain  
Let's go!

### CHORUS

## THE STORY

This has been quite a year--a lot of people down on their luck. I know many who have lost jobs and a couple who were even further compromised with serious health issues. In particular, one friend who was diagnosed with breast cancer has been so brave and courageous in her battle. I wrote this song for her--when you are not sure what you can do for someone, letting them know you are there is sometimes plenty.

## THE PLAYERS

This song features: John Marsden on keys and vocals, Bill "Giff" Gifford on bass and vocals, Johnny Demarkis on drums, electric guitar and vocals, Beth on guitars and vocals as well as Charlie DeChant on saxcello.

## THE STORY

In a commencement address delivered in 1996 Carl Sagan commented on the photograph called, "Pale Blue Dot" taken by the Voyager satellite in 1990. He spoke of the preciousness of the Earth. Al Gore again quoted Sagan and used the image in his movie, "An Inconvenient Truth." In a video tribute to Sagan, the image was used again with the dedication at the end: "This is dedicated to all who look up instead of down." Looking up is such a positive gesture, but also can be a gesture of desperation. Either way, I look up often; both in awe and with hope, and sometimes just with questions. This was my first collaboration with drummer, Johnny Demarkis and we had a lot of fun writing together.

## THE PLAYERS

This song features John Marsden on piano. Johnny Demarkis shines as a multi-instrumentalist on drums and bass, and Beth plays guitars, organ and is the solo vocalist.

## I Look Up

Lyrics and Music by Beth Schafer  
and John Demarkis © 2009

Bad news nothing but bad news  
Filling up the airwaves  
comin' down the wire  
Bad news heard enough bad news  
It's bringing me down, bringing me down

Old blues diggin' up old blues  
Thought I was past them  
now I rehash them  
Old blues heard enough old blues  
They're bringing me down, bringing me down

### CHORUS

When there's trouble all around  
When an answer can't be found  
When things are looking down, I look up  
When my eyes are clouded by  
All the things that make me cry  
When I ask and wonder why, I look up

Old shoes walkin' in old shoes  
Taking me places, I don't want to face  
No old shoes, livin' in old shoes  
They're bringing me down, bringing me down

### CHORUS

I look up to the stars  
I look up, "God, where are you?  
I'm standing down, I'm looking  
up!"  
I look up when I can't cope  
I look up, seek out the hope  
I look up, I look up

When there's trouble all around  
When an answer can't be found  
When things are looking down, I  
look up

When my well is running dry  
I can't laugh and I can't cry  
When all that's left is "why?"

When my back's against the wall,  
Feeling oh so very small  
Do I know anything at all?  
I look up

Shoot my arrows to the sky  
Feet of clay won't let me fly  
Will I go there when I die?  
I look up

# End of our Childhood

Lyrics and Music by Beth Schafer © 2009

I've been getting' in some trouble lately I don't know who I am  
I used to be the good kid and my bad mistakes were never that bad  
Seems I've crossed over some line-it was only a matter of time

First loves have come and gone  
I've said some things I shouldn't have said  
I've had my share of disappointments  
And worked some jobs that messed with my head  
Now we know too much to be innocent (like before)  
And we can't go back anymore

It's the end, it's the end of our childhood  
It's the end of our days in the backyard  
As we wave goodbye to home and set off to meet the world  
It's the end, but it's a new start

Get up early every morning far away from my distant dreams  
I could be part of something new or just a cog in the grinding machine  
Not ready to pack away my pride got too much to offer inside

It's the end...

The big choices lie before us-who do we want to be?  
We change ourselves we change the world - it comes with being free

It's the end...

## THE STORY

Our country took on a different reputation during the Iraq war. Unfortunately, this has not been our international shining moment. To be clear, I support our troops in whatever they are tasked to do, however I do not agree with the politics that brought us to war. The childhood of our nation is over--we have to open our eyes and see how the world sees us. As we leave our backyard forever, we have the chance to reinvent ourselves for the better.



## THE PLAYERS

This song features: John Marsden on keys and vocals, Bill "Giff" Gifford on bass, electric guitar and vocals (another triple-threat player), Johnny Demarkis on drums and vocals, Beth on guitars and vocals.



## THE PLAYERS

This song features: John Marsden on keys and vocals, Johnny Demarkis on drums, bass, and vocals, Bill “Giff” Gifford on vocals, Beth on guitars and vocals. Additional vocals by Kathy Slage, Michelle Mailhot, Amy Gifford and Larry Hoppen.

## Hallelujah Music & Lyrics by Leonard Cohen © 1981

I've heard there was a secret chord that David played, and it pleased the Lord  
But you don't really care for music, Do you?  
It goes like this, the fourth, the fifth the minor Fall, The major lift,  
The baffled king composing, Hallelujah

Your faith was strong but you needed proof, you saw her bathing on the roof  
Her beauty in the moonlight overthrew you  
She tied you to a kitchen chair, she broke your throne she cut your hair  
and from your lips she drew the Hallelujah

Maybe I've been here before, I know this room, I've walked this floor  
I used to live alone before I knew you  
I've seen your flag on the marble arch, love is not a victory march  
it's a cold and it's a broken Hallelujah

There was a time you let me know what's real and going on below  
but now you never show it to me, do you?  
And remember when I moved in you, the holy dove was moving too  
And every breath we drew was Hallelujah

Maybe there's a God above and all I ever learned from love  
Was how to shoot at someone who outdrew you  
It's not a cry you can hear at night, it's not somebody who's seen the light  
it's a cold and it's a broken Hallelujah

# **B**SIDE bring it down

## THE CONCEPT

Well, here we are at **side B**. These songs remind us that there is a big universe from which we can “bring down” inspiration to fuel our fire. The themes run the gamut from brotherhood to connecting to the earth; from feeling the joy of freedom to remembering to give thanks. We can be the light that diminishes darkness around the world and we can pray that the One who makes peace in the heavens, helps bring peace down here where it is so desperately needed, and in the end we will offer a heartfelt, “Amen.”

We try to raise up ourselves and reach toward holiness with hopes that all that God offers is recognized by us. In the middle is a sacred place, a timeless place where there is nothing but perfection. I hope, one day, we get there.

## THE B-SIDE SONGS

- 8> **Im Ein Ani Li Mi Li**
- 9> **Adama**
- 10> **Sweet Dance**
- 11> **Open the Gates**
- 12> **Modim Anachnu Lach**
- 13> **Night by Night**
- 14> **Bring It Down**

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## Im Ein Ani Li Mi Li

**Text: Pirkei Avot, Rabbi Hillel**

**Music and English Lyrics: Beth Schafer © 2008**

If I don't stand up for myself then who will stand for me?  
If I don't know me? Who's gonna show me?

And if I don't stand up for another, who is my brother,  
How can I hold my head up high?

Chorus

Im ein ani li mi li uchsheani l'atsmi ma ani  
V'im lo achshav eimatai, im lo achshav eimatai

And you know I've got your back if trouble should find you  
I will remind you, that I am behind you

Could you please watch out for me if I go astray now.  
Help make it ok now, show me the way.

Chorus

If not now when? This chance might never come again.  
woh oh oh oh....

Chorus

*Trans: "If I am not for myself, who will be for me, but if I am only for myself,  
what am I? And, if not now, when?"*

## THE STORY

Wanted to write an "up" setting of this great text. Something kid-friendly. This ditty with a fun, reggae groove seems to fit the bill as it has become a favorite at URJ Camp Coleman as well as the Hebrew Day School of Central Florida. Thanks for your enthusiasm, kids!!!



## THE PLAYERS

This song features: John Marsden on keys and vocals, Bill "Giff" Gifford on bass and vocals, Johnny Demarkis on drums and vocals, Beth on guitars, harmonica and vocals.

## THE STORY

Israeli musician Gabi Meyer does a wonderful, spiritual version of this song. When we heard it, I thought I would kick it up a notch into a reggae groove and marry it to one of the best known reggae songs of our time. We are one with the earth...when we are still and let our heartbeat sync with creation, when we breathe as one, there is no better feeling.



## THE PLAYERS

This song features: John Marsden on keys and vocals, Bill “Giff” Gifford on bass and vocals, Johnny Demarkis on drums and vocals, Beth on guitars and vocals.

## Adama

**Music & Lyrics-Native American**

**Hebrew lyrics by Shimon Swisa & Gil Ron Shama**

**adapted by Beth Schafer**

Adama v'shamayim ruach yam ra'ash mayim  
Ani margish zot b'gufi, b'ruchi, b'nishmati

Way-o, way-o.....

Feel the earth and the sky  
Winds of sea, waters cry  
I can feel it in my body  
In my spirit  
In my soul

Way-o, way-o...

One love, one heart, let's get together and feel alright

(“One Love” by Bob Marley and Curtis Mayfield used with permission)

## Sweet Dance

English Lyrics and Music by Beth Schafer © 2008

Hebrew Text: Exodus 15

We danced a sweet dance in the sun  
We danced a sweet dance to the One  
Who is the One whose wonders shook mountains  
Whose wonders parted waters, that gave us our freedom

Mi chamocha ba'elim Adonai  
Mi kamocho ne'edar bakodesh  
Nora tehilot oseh feleh

*Trans. Who is like you, Adonai, among other gods?  
Who is like you, glorious in holiness, awesome in praises, doing miracles?*

## THE STORY

We all know the story of our redemption from Egypt. I can only imagine how it was to exhale a sigh of relief and dance the sweetness of newly found freedom. It was an awesome moment that is ingrained on the souls of all who appreciate their freedom.



## THE PLAYERS

This song features: John Marsden on keys and vocals, Bill “Giff” Gifford on bass and vocals, Johnny Demarkis on drums and vocals, Beth on guitars and vocals. Violins: Victor and Olga Ferroni; Viola: Shelley Mathews; Cello: Norma Huff.

## THE STORY

In 2007 I planned to begin re-working the High Holy Day services at Temple Shir Shalom, where I serve, to be a bit more congruent with our year-round services. I began with Neilah, the closing service on Yom Kippur. I wanted the drama of Neilah to be matched by the joy we feel as we burst into the New Year with clean slates. I wrote this song, based on the text Pitchu Li, as the sentiment representing the mood for the whole service. Since then, we have re-worked all of our the services and they are, without a doubt, the musical and spiritual highlight of my year.



## THE PLAYERS

This song features: John Marsden on keys and vocals, Johnny Demarkis on drums and vocals, Bill “Giff” Gifford on bass and vocals, Beth on guitars and vocals. Additional vocals by Kathy Slage, Michelle Mailhot, Amy Gifford and Larry Hoppen.

## Open the Gates

**Psalm 118, English Lyrics and Music by Beth Schafer  
For the Days of Awe 5767, © 2007**

Open the gates, don't let them close  
Open the gates, the day's not over  
Pitchu li, shaarei tzedek, avo vam odeh ya

Open the gates, my slate is clean  
Open the gates, I ask You humbly  
Pitchu li, shaarei tzedek, avo vam odeh ya

Ana Adonai Hoshiya Na  
Ana Adonai Hatzlichah Na  
Through all my days I pray, I'm worthy of this moment  
With head bowed and knee bent I beg that You

Open the gates, don't let them close  
Open the gates, the day's not over  
Pitchu li, shaarei tzedek, avo vam odeh ya

*Trans. Open to me the gates of righteousness; I will enter into them, I will give thanks unto God. We beseech Thee, O God, save now! We beseech Thee, O God, make us now to prosper!*

## **Modim Anachnu Lach**

**Text: Amidah**

**English Lyrics and Music by Beth Schafer © 2009**

Oh, right here, right now  
Modim Anachnu Lach

I will give thanks for the sunshine  
I will give thanks for the rain  
I will give thanks for the good times  
And pray they come again

Modim Anachnu Lach

I will give thanks for my life  
I will give thanks for Your love  
I will give thanks for Your goodness  
You know I never get enough

Modim Anachnu lach

*Trans. We acknowledge with gratitude*

## **THE STORY**

I realized during the creation of this CD, that I had no songs that specifically gave thanks. For as grateful as I feel for so many things, it was about time to say it as clearly and boldly as possible.



## **THE PLAYERS**

This song features: John Marsden on keys and vocals, Johnny Demarkis on drums and vocals, Bill “Giff” Gifford on bass and vocals, Beth on guitars and vocals and Charlie DeChant on sax-cello.

## THE STORY

I have a wonderful relationship with Christ Church Unity here in Orlando. After having just finished writing a Rosh Hashanah sermon about tithing-how we calculate our spiritual tax, I got a call from the pastor of CCU telling me that their board wanted to support my writing by tithing directly to me. I was astonished and quite overwhelmed. I decided to put this money to work. On Rosh Hashanah morning, my family and I stuffed cash into envelopes and taped them to the bottom of every seat in the sanctuary with a note asking each person to seriously consider what they do when they receive money. If they did something meaningful with it, I asked them to share their story with me. Amazingly, no one in my congregation ever asked me where the money came from. I collected stories for 3 months. On Chanukah we invited the members of CCU to share in our Chanukah celebration service. On that night all was revealed. Reverend Alice Anderson of CCU preached beautifully about light, and I followed by sharing all the stories I had collected about the wonderful things done with CCU's generous tithe to me. The church then knew where their money went, and our temple knew where it came from. That night we were all shining brightly and this song was debuted.

## THE PLAYERS

This song features: John Marsden on keys and vocals, Johnny Demarkis on drums and vocals, Bill "Giff" Gifford on bass and vocals, Beth on guitars and vocals. Larry Hoppen on electric guitar and additional vocals by Sam Palumbo.

## Night by Night

Lyrics and Music by Beth Schafer © 2008

Night by night, got to spread some light to the darkest parts of the world  
Night by night, what a beautiful sight. Miracles shine so bright night by night

Seeking out the holy-none could be found  
Temple left in ruins, spirits were down  
And by our swords lay all our broken hearts  
We lit a flame and prayed for a new start

Night by night....

There are those who wake us from our sleep  
We know their pain and hear them when they weep  
Their story's ours. Let's not forget our past.  
Rededicate ourselves to dreams held fast

Night by night...

Who can retell the things that befell us? (Night by night)  
Who can recall the woes that we shared? (night by night)  
You can be the hero that takes on the fight  
And show that there are people who still care.

Night by night....

When we all do what's right, praying with all our might  
watching our souls take flight, miracles shine so bright  
We're gonna spread some light night by night

## **Bring It Down**

**Text: Amidah**

**English Lyrics and Music by Beth Schafer © 2009**

There is peace up high, in the heavens, I know  
There is peace up there--bring it down  
I'll pray, I'll try to help complete the whole  
We need peace down here--bring it down

Bring it down, and we will say, "Amen"

Oseh Shalom, shalom bimromav  
Hu ya'aseh shalom, Hu ya'aseh shalom  
Aleinu v'al kol, v'al kol Yisrael  
V'imru "Amen"

Bring it down, and we will say, "Amen"

*Trans. "May the One who makes peace in Heaven make peace for us and all Israel, and we say Amen"*

## **THE STORY**

The more I pray for peace, the more I believe we cannot do it alone. We need God's help. We end our services with the words of Oseh Shalom and are reminded that God makes peace in the heavens. Maybe God will also help us, inspire us, guide us to make peace down here. And we will certainly say, "Amen."

Thanks for listening and for your support of my writing. Stay in touch.

Wishing you continued blessings and peace,

Beth



## **THE PLAYERS**

This song features: John Marsden on keys and vocals, Johnny Demarkis on drums and vocals, Bill "Giff" Gifford on bass and vocals, Beth on guitars and vocals.

# I am so grateful

## Thank you!

Chris, Hannah and Sarah Schafer, John Marsden, Bill Gifford, Johnny Demarkis, Amy Gifford, Larry Hoppen, Charlie DeChant, Bob Olhsson, Norma Huff, Ava, Michael, Rebecca and Alex Maxwell, Julie Silver, Shawny Marsden, Temple Shir Shalom of Oviedo, FL, Christ Church Unity of Orlando, Reverend Alice Anderson, Bruce Haymes.

Your love has rippled out to me in so many ways. I thank God for our lives intersecting and for all the gifts that have led me to this moment.