Adam y’sodo meyafar v’sofo le’afar
All of humanity is made from dust, and to dust they return,

B’nafsho yavi lachmo
As long as they live, they strive for their bread

(Verse 1)
“Oy!” mashul k’cheres (2X) k’cheres hanishbar
Like vessels of clay they can break,

Adam (3X) then Chorus

(Verse 2)
“Oy!” k’chatzir yaveysh, u’ch’tzitz navel, k’tzeyl oveyr,
Like grass they can wither, like flowers they fade, like shadows they pass,

Adam (3X) then Chorus

(Verse 3)
U’ch’anak kaleh, uch’ruach noshavet, u’ch’avak poreyach,
Like clouds they are emptied, like wind their strength is exhausted, like dust they are scattered about,

V’chachalom ya’uf.
Like a dream they shall vanish from sight.

(Chorus)