

Contemplative Mincha

1. Psalms 133:1

תהילים קל"ג:א'

How good and how pleasant it is when
we sit together.

הֲנֵה מֵה־טוֹב וּמֵה־נְעִים שְׁבֶת אַחִים
גַּם־יַחַד:

Hinei mah tov u'mah nayim, shevet achim gam yachad.

2. Ashrei

אשרי

Joyous are those who dwell in Your
house, they forever praise You.

אֲשֶׁר־יֹשְׁבֵי בֵיתְךָ. עוֹד יִהְלֹךְ סֵלָה:

Ahsrei yosh'vei veitekha, od y'hal'lukha selah.

3. There is so much magnificence

There is so much magnificence in the ocean.
Waves are coming in, waves are coming in.
Hallelujah.

4. Yihyu L'ratzon

עמידה, אלוהי נצור

May the words of my mouth and the
meditations of my heart be acceptable
to You, Adonai, my rock and my
redeemer.

יְהִי לְרָצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ. ה'
צוּרִי וְגֹאֲלִי:

Yihyu l'ratzon inrei fi v'hegyon libi l'fanekha, Adonai tzuri v'go-ali.

5. Ozi v'Zimrat Yah

אז ישיר

God is my strength and my song, and
will be my salvation.

עֲזִי וְזִמְרַת יְהוָה. וַיְהִי לִי לִישׁוּעָה.

Ozi v'zimrat Yah, va-yihi li lishuah.

6. Psalms 23

(1) A psalm of David. The LORD is my shepherd; I lack nothing. (2) He makes me lie down in green pastures; He leads me to water in places of repose; (3) He renews my life; He guides me in right paths as befits His name. (4) Though I walk through a valley of deepest darkness, I fear no harm, for You are with me; Your rod and Your staff—they comfort me. (5) You spread a table for me in full view of my enemies; You anoint my head with oil; my drink is abundant. (6) Only goodness and steadfast love shall pursue me all the days of my life, and I shall dwell in the house of the LORD for many long years.

תהילים כ"ג

(א) מִזְמוֹר לְדָוִד ה' רֹעִי לֹא אֶחְסָר: (ב)
בְּנֵאֹת דָּשָׁא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יִנְהַלֵּנִי:
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אֵירָא
רָע כִּי־אֲתֶה עִמְדִי שִׁבְטְךָ וּמִשְׁעֶנֶתְךָ
הִמָּה יִנְחֵמֵנִי: (ה) תַּעֲרֹךְ לְפָנַי אֶשְׁלַח אֶנְגַד
צִרְרֵי דִשְׁנֹתַי בְּשִׁמְן רֹאשִׁי כֹּסֵי רוּחַ: (ו) אֶךְ
אֶטֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי וְשִׁבְתִּי
בְּבֵית־ה' לְאָרְךְ יָמַי: