

## Contemplative Mincha

### 1. Psalms 133:1

תהילים קל"ג:א'

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

הִנֵּה מַה־טוֹב וּמַה־נְּעִים שִׁבֵּת 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 בֵּיתְךָ. עוֹד יִהְלֹךְ סֵלָה:

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

### 3. V'taher Libeinu

עמידה

Purify our hearts to serve You in truth.  
*V'taher libeinu l'ovdekha b'emet.*

וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.

### 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־וּ לְרָצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ. ה'  
צוּרִי וְגוֹאֲלִי:

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

### 5. Psalms 16:8

תהילים ט"ז:ח'

I am ever mindful of the LORD's  
presence; He is at my right hand; I  
shall never be shaken.

שְׁכִיטִי ה' לְנִגְדֵי תַמִּיד כִּי מִיְמִינֵי בַל־אֲמוּט:

*Shiviti (ki) Hashem l'negdi tamid.*

## 6. Psalms 23

## תהילים כ"ג

(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.

(א) מִזְמוֹר לְדָוִד ה' רֹעֵי לֹא אֶחְסָר: (ב)  
בְּנֵאוֹת דְּשָׂא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יִנְהַלְנִי:  
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן  
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אִירָא  
רֹעַ כִּי־אֲתָה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ  
הִמָּה יִנְחַמְנִי: (ה) תַּעֲרֹךְ לְפָנַי | שְׁלַחַן נֶגֶד  
צַרְרֵי דְשִׁנְתְּךָ בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי רוּיָה: (ו) אֶךְ  
| טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי וְשִׁבְתִּי  
בְּבֵית־ה' לְאָרְךָ יָמִים:

*Mizmor le'David. Adonai ro'ee lo ekhsar.*

*Bin'ot desheh yar'bitzeni al-mei menukhot ye'nahaleni.*

*Nafshi yeshoveiv yan'kheini b'ma'aglei tzedek l'ma'an shemo.*

*Gam ki-eilekh b'geih tzalmavet lo-irah ra ki-Atah imadi.*

*Shivt'kha unish'antekha heimah yenachamuni*

*Ta'arokh l'fanai shulchan neged tzorarai, di-shanta va'shemen roshi, kosi revayah.*

*Akh tov va'chesed yir-d'funi kol-yemei cha'yai, v'shavti b'vait-Adonai l'orekh yamim.*