

Contemplative Mincha

1. Psalms 133:1

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

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

תהילים קל"ג:א'

הִנֵּה מַה־טוֹב וּמַה־נְּעִים שִׁבֵּת אַחִים
גַּם־יַחַד:

2. Ashrei

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

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

אשרי

אֲשֶׁר־יֹשְׁבֵי בֵּיתְךָ. עוֹד יִהְלְלוּךָ סֵלָה:

3. B'rich Rachamana

You are the source of life for all that is
and your blessing flows through me.

*B'rich rachamana Malka d'alma
Mareih d'hai pita.*

עמידה

בְּרִיךְ רַחֲמָנָא
מַלְכָּא דְּעֵלְמָא
מְרִיבָה דְּהַאי פִּיתָא

4. Yihyu L'ratzon

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

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

עמידה, אלוהי נצור

יְהִי־וְלִרְצוֹן אֲמָרִי פִי וְהִגְיוֹן לִבִּי לְפָנֶיךָ. ה'
צוּרִי וְגוֹאֲלִי:

5. Hareini Mekabel

Behold I accept upon myself the
Creator's commandment of loving
one's neighbor as oneself.

Hareini mekabel / mekabelet alai et mitzvot haBorei v'ahavta l'rei-akha kamokha.

הריני מקבל

הַרִּינִי מְקַבֵּל / מְקַבֵּלֶת עָלַי אֶת מִצְוֹת
הַבּוֹרֵא וְאֶהְבֵּת לְרֵעִי כְּמוֹךָ

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־אַתָּה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ
הִמָּה יִנְחַמְנִי: (ה) תַּעֲרֹךְ לְפָנַי אֶשְׁלַח אֶנְגְד
צַרְרֵי דַשְׁנֹת בְּשֶׁמֶן רֹאשִׁי כוֹסֵי רוּיָה: (ו) אֶךְ
אֶטֹב 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.