

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 יִהְיֶה לְלוֹךְ סֵלָה:

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

3. Sanctuary Song

Exodus 25:8

O Lord prepare me to be a sanctuary,
pure and holy, tried and true
In Thanksgiving I'll be a living sanctuary for you.

וַעֲשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכְכֶם:

V'asu li mikdash v'shachanti b'tocham
V'anachnu n'varekh Yah, mei'ata v'ad olam
(We shall praise Adonai now and always.)

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־וְלָרְצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ. ה'
צוּרִי וְגוֹאֲלִי:

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

5. Kulam Ahuvim

יוצר אור

All love, all clarity, all power.
Kulam ahuvim, kulam b'rurim, kulam
giborim.

כָּל־אֱהוּבִים. כָּל־בְּרוּרִים. כָּל־גְּבוּרִים.

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' רֹעִי לֹא אֶחְסָר: (ב)
בְּנְאוֹת דְּשָׂא יִרְבִּיצְנִי עַל־מֵי מְנוּחֹת יְנַהֲלֵנִי:
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: (ד) גַּם כִּי־אֶלֶךְ בְּגֵיא צַלְמוֹת לֹא־אֵירָא
רָע כִּי־אַתָּה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ
הִמָּה יִנְחַמְנִי: (ה) תַּעֲרֹךְ לְפָנָי | שֶׁלַח־ן נֶגֶד
צַרְרֵי דְשִׁנְתְּ בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי רוּיָה: (ו) אֶךְ
| טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיֵּי וְשִׁבְתִּי
בְּבֵית־ה' לְאָרְךְ 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 umish'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.