

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 מֵה־טוֹב וּמֵה־נְעִים שֹׁבֵת אַחִים
גַּם־יַחְדָּ:

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 בֵיתְךָ. עוֹד יִהְלֹךְ סִלְהָ:

3. Kulam Ahuvim

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

יוצר אור

כָּל־מֵ אַהוּבִים. כָּל־מֵ בְרוּרִים. כָּל־מֵ גִבּוֹרִים.

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

עמידה, אלוהי נצור

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

5. Psalms 27:4

One thing I ask of God, only that do I
seek: to live in the house of God all the
days of my life, to gaze upon the beauty
of God, to frequent Your temple.

*Achat she'alti me'eit Adonai otah avakesh: shivti b'veit Adonai kol-yamei
chayeikha, lachazot b'noam-Adonai ul'vaker b'heichalo.*

תהילים כ"ז:ד'

אֶחַת | שָׁאַלְתִּי מֵאֵת־יְהוָה אֹתָהּ אֲבַקֵּשׁ
שִׁבְתִּי בְּבֵית־יְהוָה כָּל־יְמֵי חַיֵּי לַחַזוֹת
בְּנֹעַם־יְהוָה וּלְבַקֵּר בְּהֵיכָלוֹ:

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)
בְּנֵאוֹת דֶּשֶׁא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יְנַהֲלֵנִי:
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אִירָא
רָע כִּי־אֲתֶה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ
הִמָּה יְנַחֲמֵנִי: (ה) תַּעֲרֹךְ לְפָנָי | שִׁלְחָן נֶגֶד
צִרְרֵי דִשְׁנֵת בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי הַיַּיִן: (ו) אֶךְ
| טוֹב וְחֶסֶד יִרְדְּפוּנִי כָל־יְמֵי חַיִּי 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.