

## Contemplative Mincha

### 1. Psalms 133:1

תהילים קל"ג:א'

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

הִנֵּה מֵה־טוֹב וּמֵה־נְעִים שֹׁבֵת אֶחָיִם  
גַּם־יָחָד:

*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. 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.

שָׁוִיתִי ה' לְנֶגְדִי תָמִיד כִּי מִיְמִינִי בַל־אֲמוּט:

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

### 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 וְהִגְיוֹן לִבִּי לְפָנֶיךָ. ה'  
צוּרִי וְגוֹאֲלִי:

*Yihyu l'ratzon inrei 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

(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.

*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.*

## תהילים כ"ג

(א) מִזְמוֹר לְדָוִד ה' רֵעִי לֹא אֶחְסָר: (ב)  
בְּנֵאוֹת דְּשָׂא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יִנְהַלֵּנִי:  
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן  
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אִירָא  
רָע כִּי־אֲתָה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ  
הִמָּה יִנְחַמְנִי: (ה) תַּעֲרֹךְ לְפָנַי אֶשְׁלַח אֶנְגַד  
צַרְרֵי דַשְׁנֹת בְּשֶׁמֶן רֹאשִׁי כוֹסֵי רוּיָה: (ו) אֶךְ  
אֶטוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי וְשִׁבְתִּי  
בְּבַיִת־ה' לְאָרְךָ יָמִים: