

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 וְמַה־נְּעִים שֵׁבֶת אַחִים
גַּם־יַחְדָּ:

2. Ashrei

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

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

I sing for you, I sing for what is holy and is true. I sing for all creation, for life and liberation. Every day anew. (English verses by Aly Halpert)

אשרי

אֲשֶׁר־י יוֹשְׁבֵי בֵּיתְךָ. עוֹד יִהְלֹךְ סִלְהָ:

Yedid Nefesh

Dear one be revealed please
Spread over me your sukkah of peace

Higaleh Higaleh Na Higaleh Na Haviv

Ufros alai Ufros alai Ufros alai et sukat shelomach

יְדִיד נֶפֶשׁ

הִגָּלֵה־נָא וּפְרֹשׁ, חֲבִיב,
עָלַי אֶת־סֻכַּת שְׁלוֹמְךָ

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־וּ לְרָצוֹן אֲמָרִי פִי וְהִגְיוֹן לִבִּי לְפָנֶיךָ. ה'
צוּרִי וְגוֹאֲלִי:

5. Psalms 122:7

May there be peace within your walls,
Tranquility in your palaces.

Yehi shalom b'chelech, shalva b'armenotayich.

יְהִי־שְׁלוֹם בְּחֵילְךָ שְׁלוֹן־ה'
בְּאַרְמְנוֹתֶיךָ:

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.

תהילים כ"ג

(א) מִזְמוֹר לְדָוִד ה' רֹעִי לֹא אֶחְסָר: (ב)
בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יִנְהַלֵּנִי:
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אִירָא
רֹעַ כִּי־אֲתֶה עִמָּדִי שִׁבְטְךָ וּמִשְׁעֶנֶתְךָ
הִמָּה יִנְחַמְנִי: (ה) תַּעֲרֹךְ לְפָנַי אֶשְׁלַח אֶן נֶגֶד
צַרְרֵי דִשְׁנֵת בְּשֶׁמֶן רֹאשִׁי כוֹסֵי רוּחַ: (ו) אֶךְ
אֶטֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי וְשִׁבְתִּי
בְּבֵית־ה' לְאֶרְךְ יָמִים: