

## 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 אַחִים  
גַּם־יַחְדָּ:

*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 סֶלָה:

*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)

### 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.

שִׁוִּיתִי 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 אֲמֵרִי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ. ה'  
צוּרִי וְגוֹאֲלִי:

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

### 5. Psalms 150

תהילים ק"נ

Let all that breathes praise God.  
Hallelujah.

כָּל הַנְּשָׁמָה תְהַלֵּל יְיָ הַלְלוּ־יָהּ:

*Kol ha'neshamah tehaleil Yah. Hallelujah.*

## 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 דְּשָׂא יִרְבִּיצֵנִי עַל־מֵי מְנוּחֹת יִנְהַלֵּנִי:  
(ג) נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן  
שְׁמוֹ: (ד) גַּם כִּי־אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא־אִירָא  
רָע כִּי־אֲתֶה עִמָּדִי שִׁבְטְךָ וּמִשְׁעַנְתְּךָ  
הִמָּה יִנְחַמְנִי: (ה) תַּעֲרֹךְ לְפָנַי אֶשְׁלַח־נֶגֶד  
צַרְרֵי דְשִׁנְתְּךָ בְּשִׁמְן רֹאשִׁי כוֹסֵי רוּיָה: (ו) אֶךְ  
אֶטֹב וְחֶסֶד יִרְדְּפוּנִי כָל־יְמֵי חַיִּי וְשִׁבְתִּי  
בְּבֵית־ה' לְאָרְךָ יָמִים: