

חברה קדישא גחש"א סידני

SYDNEY CHEVRA KADISHA

**PRAYERS TO BE SAID WHEN
VISITING THE CEMETERY**

תפלה על הקבר

ASHKENAZ

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ON ARRIVING AT THE CEMETERY BEFORE ENTERING THE JEWISH BURIAL SECTION

One who has not visited the cemetery for 30 days recites the following blessing just before entering the burial area.

Blessed are You, Lord our God, King of the universe, Who, with judgement, formed you, nourished and sustained you, has taken your lives in judgment, knows the measure of you all and, in the future, will restore you to life. Blessed are You, God, who revives the dead.

In Loving Memory of
our Father

DR. MANUEL LAZARUS FREEDMAN,
OBE

מנדיל בן יוסף

In the midst of a foreign nation
He acquired a good name for
himself and all his People.



In Loving Memory of
our Mother

SYLVIA FREEDMAN

שרה בת משה

The Builder of our home
The Shaper of our character
A Shining Light for her family
and her community.

Dedicated by:

Lynn, Laurence and Rodney Freedman

SYDNEY CHEVRA KADISHA

LAWS AND CUSTOMS OF VISITING GRAVES

It is customary to visit the graves of family after their passing away on the following occasions:

- a. At the conclusion of shiva and shloshim (thirty days after the date of passing away) but if this day is Shabbat or Yom Tov, the visit should be on the day following.
- b. On the yahrtzeit — if this occurs on Shabbat, the visit is the following day unless that day is Rosh Chodesh in which case the visit should preferably be on the preceding Thursday or Friday morning.
- c. Tisha B'Av.
- d. Erev Rosh Hashana and Erev Yom Kippur. If this is not possible, one visits in Elul and /or between Rosh Hashana and Yom Kippur.

One should NOT visit the cemetery during the month of Nissan, Chol ha-Moed, Purim, Chanukah and Rosh Chodesh.

When visiting the cemetery, one does not pray to the deceased. One prays to God for help in the merit of the deceased and/or to ask the deceased to beseech God on one's behalf. It is improper to beseech the deceased to pray for one's personal needs rather, one should pray solely for the elevation of the soul of the deceased.

It is important not to make use of a gravestone by sitting or leaning on it, nor to do anything which is inappropriate to the respect due to the deceased.

Prior to leaving the cemetery, it is a Mitzva to visit the graves of other relatives and, if a Minyan is present, Hazkara and Kaddish are recited.

As a token of respect and to ensure the deceased is not forgotten, it is customary to place a small stone on the matseva (gravestone).

This booklet is published to enable those visiting the cemetery for other than a funeral or consecration to have available the correct prayer to be said.

The Sydney Chevra Kadisha is indebted to Rabbi Chaim Ingram and Rabbi Shmuel Cohen who assisted in the preparation and compilation of this booklet with care and dedication. The Hebrew text was further reviewed by Mr Sam Benjamin in 2008.

Nissan, 5768
April, 2008

David Sargon Ainsworth
President

תפלה על הקבר

בבואו לבית החיים יאמר

One who has not visited the cemetery for 30 days recites the following blessing just before entering the burial area.

בְּרוּךְ אַתָּה יְהוָה. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר
 יִצַר אֶתְכֶם בְּדִין. וְזָן וְכִלְכַּל אֶתְכֶם בְּדִין.
 וְהִמִּית אֶתְכֶם בְּדִין. וְיָדַע מִסֵּפֶר כְּלַכְּם בְּדִין.
 וְעַתִּיד לְהַחְזִיר וּלְהַחְיוֹתְכֶם בְּדִין: בְּרוּךְ אַתָּה
 יְהוָה. מִחַיַּה הַמֵּתִים:

When standing at the grave recite the following:

שְׁלוֹם עֲלֵיכֶם. (מוֹרִינוּ וְרַבּוֹתֵינוּ. אָבִי. אִמִּי) תְּהִי
 נַפְשְׁכֶם צְרוּרָה בְּצִרוּר הַחַיִּים. אֶת־יְהוָה
 אֱלֹהֵינוּ: שְׁלוֹם עֲלֵיכֶם וְעַל מְשַׁכְּבוֹתֵיכֶם יְהִי
 שְׁלוֹם בְּמִנוּחַתְכֶם: אֲשֶׁר־יְכֶם אַתֶּם אֲשֶׁר זְכִיתֶם
 לְלַכֵּת בְּדַרְכֵי יוֹצְרֵנוּ. מְזוּמָּנִים אַתֶּם לְחַיֵּי הָעוֹלָם
 הַבָּא: בְּמַעֲלַת הַצְּדִיקִים אַתֶּם יוֹשְׁבִים עִם
 הַמַּלְכִים הַקְּדוֹשִׁים. וַיְהוּה יַחֲיֵשׁ עִמִּידְתְּכֶם
 וַיִּזְכְּנוּ לְרֵאוֹת פְּנֵיכֶם מְאִירִים וּמְזַהֲרִים כְּזֹהָר
 הַרְקִיעַ. זְכוֹתְכֶם וּתְמִימוֹתְכֶם יַעֲמְדוּ לָנוּ
 וְתוֹרַתְכֶם תִּגַּן בְּעַדְנוּ: וְגַם אַתֶּם כְּמוֹנוּ הַרְבּוּ
 תַּפְלָה בְּעַדְנוּ. הִעֲתִירוּ אֵל יְהוָה אֱלֹהֵינוּ. כִּי
 לְמַעַן רַחֲמֵינוּ הַרְבִּים וְחַסְדֵינוּ הַגְּדוֹלִים. וְלְמַעַן
 זְכוֹת אַבּוֹתֵינוּ הַקְּדוֹשִׁים וְזְכוֹת כָּל־הַצְּדִיקִים
 שֶׁעָשׂוּ רְצוֹנוּ. יַחַס וַיַּחֲמַל וַיִּרְחַם וַיִּגַּן עָלֵינוּ. וְעַל
 נַשִּׁינוּ. וְעַל טַפֵּינוּ וְעוֹלָלֵינוּ. וְעַל יֵתָר פְּלִיטָתֵינוּ.
 וַיִּצִילֵנוּ מִכָּל־נֶזֶק וְצָרָה וְצוּקָה. וְאֵל יַעֲלֵם אֶזְנוֹ
 מִשְׁמוֹעַ תַּפְלַתְנוּ:

PRAYERS WHEN VISITING THE GRAVES OF THE DEPARTED

When standing at the grave recite the following:

Peace be with you, (my masters and teachers/Father/Mother, as appropriate). May your souls be bound up in the bond of life with the Lord our God. Peace be with you and may your rest be perfect and peaceful. Happy are you who were able to walk in the path of our Creator, who have prepared yourselves for the life to come. You dwell in the exalted places of the righteous together with the angels above. May God hasten your resurrection and cause us to be worthy of seeing your faces resplendent as the radiance of Heaven. May your merits and your purity assist us in our needs and protect us in times of trouble. Join your prayers to ours and intercede before God that He may have compassion, pity and empathy for us for the sake of His infinite mercy and His abundant kindness, in the merit of our patriarchs and in the merit of the upright ones who have fulfilled His will. May He protect us and guard us, our wives and our children, and the remnant of our people; may He save us from all sorrow and grief, hurt and anguish and may He not turn a deaf ear to our prayers.

צַדִּיקִים יְסוּדֵי עֲלִיּוֹן. יְהִי רָצוֹן שְׁתֵּהא
 מְנוּחַתְכֶם כְּבוֹד. וּזְכוּת תּוֹרַתְכֶם
 וּמַעֲשֵׂיכֶם הַטּוֹבִים תַּעֲמוּד לָנוּ וּלְבֵיתָנוּ.
 וּלְכָל־הַנְּלוּיִם עָלֵינוּ וּלְכָל־בֵּית יִשְׂרָאֵל:
 נַפְשְׁכֶם בְּטוֹב תָּלִין וְעַצְמוֹתֵיכֶם יַחֲלִיצוּ. וְרוּחְכֶם
 יִתְאַדָּר. וְנִשְׁמַתְכֶם תִּדְשֵׁן בְּגֵן עֵדֶן הָעֲלִיּוֹן.
 וּבְצָרוֹר הַחַיִּים תִּהְיֶינָה נַפְשֹׁתֵיכֶם צָרוּרוֹת עִם
 כָּל־שׁוֹכְבֵי עַמּוֹ יִשְׂרָאֵל בְּכֹל־הַרְחָמִים
 וְהַסְּלַחוֹת. וְנֹאמַר אָמֵן:

אָמַר רַבָּה. אָמַר רַבִּי יוֹחָנָן. עֲתִידִין צַדִּיקִים
 שְׁנִקְרְאִין עַל שְׁמוֹ שֶׁל הַקְּדוֹשׁ בְּרוּךְ הוּא.
 שְׁנֹאמַר. כָּל הַנִּקְרָא בְּשֵׁמִי וּלְכַבּוּדִי בְּרֵאתִיו.
 יִצְרָתִיו. אֶף־עֲשִׂיתִיו: אָמַר רַבִּי אֶלְעָזָר. עֲתִידִין
 צַדִּיקִים שְׁאֲמַרִין לְפָנֶיהֶם קְדוֹשׁ. כְּדָרְךָ שְׁאֲמַרִין
 לְפָנֵי הַקְּדוֹשׁ בְּרוּךְ הוּא. שְׁנֹאמַר. וְהָיָה הַנִּשְׁאָר
 בְּצִיּוֹן וְהַנּוֹתָר בִּירוּשָׁלַיִם קְדוֹשׁ יֹאמַר לוֹ
 (כָּל־הַכֶּתוּב לַחַיִּים בִּירוּשָׁלַיִם): וְנֹאמַר. וַיִּשְׁמְחוּ
 כָּל־חֹסֵי בְךָ לְעוֹלָם יְרַנְּנוּ וְסִמְּךָ עָלֵינוּ. וַיַּעֲלֶצּוּ
 בְךָ אֲהָבֵי שְׁמֶךָ:

You upright ones, the foundations of the world, may your rest be a glorious one, and may the merit of your deeds and your devotion to the study of Torah stand us in good stead, as well as all who have joined us, and the whole house of Israel. May your souls abide in happiness, and your bones be renewed in strength, and your spirits be resplendent in Paradise and bound up in the bond of life. May they and all the souls of His people, Israel, be included in mercy and forgiveness. May this be God's will, and let us say, Amen.

Talmud, Baba Batra, 75b.

Rabbah bar Hannah, in the name of Rabbi Johanan, taught: In the future, the upright ones will be called with the name of the Holy One, blessed be He; as it is said, "Every one that is called by My name, And whom I have created for My glory, I have formed him, yes, I have made him." (Isa. 43:7). Rabbi Eliezer taught: In the future the word "holy" will be applied also to the upright ones in the same manner as it is applied to the Holy One, blessed be He; as it is said, "And it shall come to pass, the he that is left in Zion and he that remains in Jerusalem shall be called holy, every single one that is written among the living in Jerusalem" (Isa. 4:3); and it is said, "But let all those that put their trust in You rejoice, let them forever shout with joy, because You defend them; let also those who love Your name be joyful and bound up with You.

תהלים ט"ז

מִכֶּתֶם לְדוֹד. שְׁמַרְנִי אֵל כִּי־חָסִיתִי בָךְ:
 אָמַרְתָּ לַיהוָה אֲדֹנָי אַתָּה. טוֹבֵתִי
 בַל־עָלֶיךָ: לְקִדּוּשִׁים אֲשֶׁר־בְּאָרֶץ הַמָּה. וְאֲדִירִי
 כָּל־חֶפְצֵי־בָם: יִרְבוּ עֲצָבוֹתֶם אַחַר מִהְרוּ.
 בַל־אֲסִיף נִסְפֵיהֶם מִדָּם. וּבַל־אֲשָׂא אֶת־שְׁמוֹתֶם
 עַל־שִׁפְתָי: יְהוָה מִנֵּת חֶלְקִי וְכוֹסִי. אַתָּה תוֹמִיךָ
 גּוֹרְלִי: חֲבָלִים נִפְלוּ־לִי בְּנַעֲמִים אַף־נִחַלְתָּ
 שִׁפְרָה עָלַי: אֶבְרָךְ אֶת־יְהוָה אֲשֶׁר יַעֲצֵנִי.
 אַף־לִילוֹת יִסְרוּנִי כְלִיּוֹתַי:

שְׁוִיתִי יְהוָה לְנִגְדֵי תְמִיד. כִּי מִימֵינִי בַל־אֶמוּט:
 לִכֵּן שָׂמַח לִבִּי וַיִּגַּל כְּבוֹדִי. אַף־בְּשָׂרִי
 יִשְׁכַּן לְבַטָּח: כִּי לֹא־תַעֲזֹב נַפְשִׁי לְשָׂאוֹל.
 לֹא־תִתֵּן חֲסִידֶיךָ לְרָאוֹת שָׁחַת: תוֹדִיעֵנִי אֲרַח
 חַיִּים. שִׁבַּע שְׁמָחוֹת אֶת־פְּנֶיךָ. נַעֲמוֹת בְּיַמֵּינֶךָ
 נֶצַח:

Psalm 16 — MICHAM OF DAVID

Guard me O God; for in You I find refuge.

I say to God: You are my Lord, the sole source of my Ultimate Good. There are pure souls on earth; there are noble people in whom God delights.

But those who rush after other gods will have their sorrows multiplied. I shall not be associated with their cults, nor will I have their names on my lips.

God, You are my allotted portion and my cup of contentment. You guide my destiny. Pleasant has been my fate and my beautiful heritage. I shall bless God Who has given me counsel even in the dark days when my passions might otherwise rule me.

I have set God always before me; since He is at my right hand, I shall not stumble.

Therefore my heart is glad and my soul is rejoicing, while my body remains calm and composed.

For You will not abandon my soul to the grave, nor will You allow Your loving one to see the pit of destruction.

You will make known to me the path of life. In Your presence is fullness of joy; at Your right hand eternal happiness forever.

תהלים יז

David beseeches God to take note of his righteousness and protect him from his evil enemies. He wishes to be solely at the mercy of God and to bask in the glory of His presence.

א תפלה לדוד שמעה יהוה | צדק הקשיבה
 רנתי האזינה תפלתי בלא שפתי
 מרמה: ב מלפניך משפטי יצא עיניך תחזינה
 מישרים: ג בְּחַנֶּת לְבִי | פְּקֹדֶת לִילָה צִרְפֹּתַי
 בל־תמצא זמתי בל־יעבר־פי: ד לפעלות אדם
 בדבר שפתיך אני שמרתי ארחות פריץ: ה תמר
 אשרי במעגלותיך בל־נמוטו פעמי: ו אני
 קראתיך כִּי־תענני אל הט־אזנך לִי שמע
 אמרתי: ז הפלה חסדיך מושיע חוסים
 ממתקוממים בימינך: ח שמרני כאישון בת־עין
 בצל כנפיק תסתירני: ט מפני רשעים זו שדוני
 איבי בנפש יקיפו עלי: י חלבמו סגרו פִּימו דברו
 בגאות: יא אשורינו עתה סבבוני [סבבוננו]
 עיניהם ישיתו לנטות בארץ: יב דמיונו באריה
 יכסוף לטרוף וככפיר ישב במסתרים: יג קומה
 יהוה קדמה פניו הכריעהו פלטה נפשי מרשע
 חרבך: יד ממתים ידך | יהוה ממתים מחולד
 חלקם בחיים וצפינך [וצפונך] תמלא בטנם
 ישבעו בנים והגידו יתרום לעולליהם: טו אני
 בצדק אחזה פניך אשבעה בהקליץ תמונתך:

Psalm 17

David beseeches God to take note of his righteousness and protect him from his evil enemies. He wishes to be solely at the mercy of God and to bask in the glory of His presence.

תַּפִּלָּה ¹ A prayer of David: Hear, HASHEM, what is righteous, attend to my entreaty, give ear to my prayer — which is not from deceitful lips. ² May my judgement go out from before You, Your eyes behold uprightness. ³ You examined my heart, You searched at night; You tested me — You found not; my thoughts do not transgress the words of my mouth. ⁴ So that [my] human deeds accord with the word of Your lips, I guarded myself from the paths of the lawless, ⁵ supporting my strides in Your pathways, my footsteps did not falter. ⁶ I have called out to You, because You will answer me, O God; incline Your ear to me, hear my utterance. ⁷ Demonstrate clearly Your kindnesses, You Who saves with Your right hand those who seek refuge [in You] from those who arise [against them]. ⁸ Guard me like the apple of the eye; shelter me in the shadow of Your wings, ⁹ from the wicked who have plundered me, my mortal enemies who surround me. ¹⁰ In their fat they enclose themselves; with their mouths they speak with arrogance. ¹¹ As we step forth they immediately surround us, they fix their gaze to spread over the land. ¹² His appearance is like a lion that yearns to tear asunder; and like a young lion lurking in hiding. ¹³ Rise up HASHEM, confront him and bring him to his knees; rescue my soul from the wicked one, who is Your sword. ¹⁴ O to be among those who die by Your hand, HASHEM, who die of old age — whose portion is eternal life, and whose belly You fill with Your concealed treasure; they are sated with sons and they bequeath their abundance to their babes. ¹⁵ And I — because of righteousness I shall behold Your face, upon awakening I satiate myself in visions of You.

תהלים כ

It is especially appropriate to recite this psalm in times of distress, whether one's own, that of a dear one, or of the nation. It is the basis for the Talmudic dictum that one should pray for redemption or help after having proclaimed God as the Redeemer (*Berachos* 4b). The last word of the previous psalm describes God as *my Redeemer*, whereupon the Psalmist prays, *May HASHEM answer you on the day of distress*.

א לַמְּנַצֵּחַ מִזְמוֹר לְדָוִד: ב יַעֲנֵךְ יְהוָה בְּיוֹם צָרָה
 יִשְׁגָּבְךָ שֵׁם | אֱלֹהֵי יַעֲקֹב:
 ג יִשְׁלַח-עֲזָרְךָ מִקֹּדֶשׁ וּמִצִּיּוֹן יִסְעָדְךָ: ד יִזְכֹּר
 כָּל-מִנְחֹתֶךָ וְעוֹלֹתֶיךָ יִדְשָׁנָה סִלָּה: ה יִתֵּן-לְךָ
 כֶּלֶבֶבְךָ וְכָל-עֲצָתְךָ יִמְלֵא: ו גִּרְנָנָה | בְּיִשׁוּעֹתֶיךָ
 וּבְשֵׁם-אֱלֹהֵינוּ נִדְגָל יִמְלֵא יְהוָה
 כָּל-מִשְׁאֵלוֹתֶיךָ: ז עֲתָה יִדְעֵתִי כִּי הוֹשִׁיעַ | יְהוָה
 מִשִּׂיחוֹ יַעֲנֵהוּ מִשְׁמַי קִדְשׁוֹ בְּגִבּוֹרֹת יִשַׁע יְמִינוֹ:
 ח אֱלֹהֵי בָרֶכֶב וְאֱלֹהֵי בְּסוּסִים וְאֱנַחְנוּ |
 בְּשֵׁם-יְהוָה אֱלֹהֵינוּ נִזְכִּיר: ט הֵמָּה כָּרְעוּ וּנְפְלוּ
 וְאֱנַחְנוּ קָמְנוּ וַנִּתְעוֹדֵד: י יְהוָה הוֹשִׁיעָה הַמְּלֹךְ
 יַעֲנֵנוּ בְּיוֹם-קָרָאנוּ:

Psalm 20

It is especially appropriate to recite this psalm in times of distress, whether one's own, that of a dear one, or of the nation. It is the basis for the Talmudic dictum that one should pray for redemption or help after having proclaimed God as the Redeemer (Berachos 4b). The last word of the previous psalm describes God as my Redeemer, whereupon the Psalmist prays, May HASHEM answer you on the day of distress.

לְמַנְצִיחַ¹ For the Conductor; a psalm by David. ² May HASHEM answer you on the day of distress; may the Name of Jacob's God make you impregnable. ³ May He dispatch your help from the Sanctuary, and support you from Zion. ⁴ May He remember all your offerings, and consider your burnt sacrifices generous, Selah. ⁵ May he grant you your heart's desire, and fulfil your every plan. ⁶ May we sing for joy at your salvation, and raise our banner in the Name of our God; may HASHEM fulfil all your requests. ⁷ Now I know that HASHEM has saved His anointed one; He will answer him from His sacred heaven, with the omnipotent victories of His right arm. ⁸ Some with chariots, and some with horses, but we — in the Name of HASHEM, our God — call out. ⁹ They slumped and fell, but we arose and were invigorated. ¹⁰ HASHEM save! May the King answer us on the day we call.

תהלים כג

One who lives with the profound awareness that he is always in God's presence and under His intimate guidance does not fear his environment or circumstances no matter how hostile they may be. God can provide man's every need, whether he is in a verdant meadow or in the most parched desert.

מְזִמּוֹר לְדָוִד, יְהוָה רַעִי, לֹא אֶחָסֵר. בְּנֵאוֹת
 דְּשֵׁא יִרְבִּיצָנִי, עַל־מִי מְנַחֹת יִנְהַלְנִי.
 נַפְשִׁי יִשׁוּבָב, יִנְחֵנִי בְּמַעְגְּלֵי־צֶדֶק לְמַעַן שְׁמוֹ.
 גַּם כִּי־אֵלֶךְ בְּגִיא צַלְמוֹת, לֹא־אִירָא רָע
 כִּי־אֲתָה עִמָּדִי, שְׁבִטְךָ וּמִשְׁעֲנֹתֶךָ הִמָּה יִנְחֲמֵנִי.
 תַּעְרֶךְ לְפָנַי שְׁלֹחַן נֶגֶד צַרְרִי, וְדִשְׁנֹתַי בְּשֶׁמֶן
 רֵאשִׁי, כּוֹסֵי רוּיָהּ. אַף טוֹב וְחֶסֶד יִרְדְּפוּנִי
 כָּל־יְמֵי חַיִּי, וְשִׁבְתִּי בְּבֵית יְהוָה לְאָרְךָ יָמִים.

Psalm 23

One who lives with the profound awareness that he is always in God's presence and under His intimate guidance does not fear his environment or circumstances no matter how hostile they may be, God can provide man's every need, whether he is in a verdant meadow or in the most parched desert.

מִזְמוֹר ¹A psalm by David: HASHEM is my shepherd, I shall not lack. ²In lush meadows He lays me down, beside tranquil waters He leads me. ³He restores my soul. He leads me on paths of justice for His Name's sake. ⁴Though I walk in the valley overshadowed by death, I will fear no evil, for You are with me. Your rod and Your staff, they comfort me. ⁵You prepare a table before me in view of my tormentors. You anointed my head with oil, my cup overflows. ⁶May only goodness and kindness pursue me all the days of my life, and I shall dwell in the House of HASHEM for long days.

תהלים מט

א לְמַנְצֵחַ | לְבַנְי־קָרַח מִזְמוֹר: ב שְׁמְעוּ־זֹאת
 כָּל־הָעַמִּים הָאֲזִינוּ כָּל־יֹשְׁבֵי חֶלֶד:
 ג גַּם־בְּנֵי אָדָם גַּם־בְּנֵי־אִישׁ יֶחֶד עֲשִׂיר וְאַבְיוֹן:
 ד פִּי יְדַבֵּר חֲכָמוֹת וְהִגִּית לְבִי תְבוּנוֹת: ה אֲטָה
 לְמַשְׁלֵל אֲזִנִּי אֶפְתָּח בְּכַנּוֹר חִידָתִי: ו לִמָּה אֵירָא
 בְיָמַי רַע עֵזֶן עֵקְבִי יִסּוּבְנֵי: ז הַבְּטָחִים עַל־חֵילָם
 וּבְרַב עֲשָׂרָם יִתְהַלְלוּ: ח אַח לֹא־פָדָה יִפְדֶּה אִישׁ
 לֹא־יִתֵּן לֵאלֹהִים כְּפָרוֹ: ט וַיִּקַּר פְּדִיוֹן נַפְשָׁם וְחָדַל
 לְעוֹלָם: י וַיִּחִי־עוֹד לְנֹצֵחַ לֹא יִרְאֶה הַשְּׁחָת: יא כִּי
 יִרְאֶה | חֲכָמִים יָמוּתוּ יֶחֶד כְּסִיל וּבָעַר יֵאבְדוּ
 וְעִזְבוּ לְאַחֲרֵים חֵילָם: יב קִרְבָּם בְּתִימוֹ | לְעוֹלָם
 מִשְׁכַּנְתֶּם לְדוֹר וְדוֹר קָרְאוּ בְשִׁמוֹתֶם עָלַי אֲדָמוֹת:
 יג וְאָדָם בִּיקַר בַּל־יִלִּין נִמְשָׁל כְּבִהְמוֹת נְדָמוֹ:
 יד זֶה דַּרְכָּם כַּסֵּל לָמוֹ וְאַחֲרֵיהֶם | בְּפִיהֶם יִרְצוּ
 סֵלָה:

Hear this, all you peoples,
Give ear, all who dwell on earth —
Both low and high,
Rich and poor together!
My mouth will speak wisdom —
The thought of my heart is understanding.
I incline my ear to a parable,
I introduce my problem on the harp.
Why should I fear in evil days
The iniquity of the exploiters that surround me,
Men who trust in their wealth,
And boast of their great riches?
For no man can buy his brother's redemption,
Nor give God a ransom for him —
The redemption of their soul is so costly
And must be left alone for ever.
Can one live for ever,
And never see the grave?
For he sees that wise men die;
Stupid men, and fools — they all perish,
And leave their wealth to others.
Their secret thought is that their houses shall stand for ever,
And their dwelling-places from age to age —
They attach their names to their lands.
But man remains not in his splendour —
He is like the beasts
when they perish.
This is the way of the foolish,
And of those who after them adopt the same
attitude, (Selah).

טו כִּצְאֵן | לְשֹׂאֵל שְׂתוֹ מוֹת יִרְעֵם וַיִּרְדּוּ בָם
יִשְׂרָיִם | לְבַקֵּר וְצוֹרֵם לְבִלְוֹת שְׂאֹל מִזְבֵּל לוֹ:
טז אֶן-אַלְהִים יִפְדֶּה גַּפְשִׁי מִיַּד-שְׂאֹל כִּי יִקְחֵנִי
סָלָה: יז אֶל-תִּירָא כִּי-יַעֲשֶׂר אִישׁ כִּי-יִרְבֶּה כְבוֹד
יח כִּי לֹא בְמוֹתוֹ יִקַּח הַכֹּל לֹא-יֵרֵד אַחֲרָיו
יט כִּי-גַפְשׁוֹ בְּחַיָּיו יִבְרַךְ וַיּוֹדֶךָ כִּי-תִיטִיב
כ תָּבוֹא עַד-דָּוָר אֲבוֹתָיו עַד-יֵצֵחַ לֹא
יא אֶן-אֲוֹר: כא אָדָם בִּיקָר וְלֹא יִבִּין גַּמְשָׁל
כִּבְהֵמֹת גְּדָמוֹ:

Like sheep they are destined for the grave; death is their shepherd
And the upright will have dominion over them in the morning.
Their form will waste away in the grave
And need no fine abode.
But God will redeem my soul from the grasp of the grave,
For He shall take me to Himself. (Selah).
Do not fear when a man grows rich,
When the wealth of his house increases:
For at his death he shall carry nothing away,
His wealth will not descend with him.
For though in his lifetime he flattered himself:
“Men shall praise me for doing well for myself.”
He will go to join his fathers
Who shall never see the light again.
A man who has splendour but no understanding —
He is like the beasts when they perish.

תהלים צ-יז

וַיְהִי נָעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יַדָּינוּ
כּוֹנֵנָה עָלֵינוּ וּמַעֲשֵׂה יַדָּינוּ כּוֹנֵנָהּ:

תהלים צא

יֹשֵׁב בְּסִתְרַי עֲלִיּוֹן בְּצֵל שָׁדַי יִתְלוֹנֵן: אָמַר לַיהוָה
מִחֲסִי וּמִצּוֹדֹתַי אֱלֹהֵי אָבִטֶח-בוֹ: כִּי הוּא
יִצְיִלְךָ מִפֶּחַ יְקוּשׁ מִדְּבַר הַהוֹת: בְּאַבְרָתוֹ יִסֹּף לְךָ
וְתַחַת כְּנָפָיו תִּתְחַסֶּה צִנָּה וְסוֹחָרָה אֲמַתּוֹ:
לֹא-תִירָא מִפֶּחַד לַיִלָּה מִחֵץ יַעוֹף יוֹמָם: מִדְּבַר
בְּאִפְלֵ יִהְלֶךְ מִקֶּטֶב יִשׁוּד צְהָרִים: יִפֹּל מִצִּדְךָ
אֶלְף וּרְבֹבָה מִימִינְךָ אֵלֶיךָ לֹא יָגֵשׁ: רַק בְּעֵינֶיךָ
תִּבְיֵט וְשִׁלְמַת רִשְׁעִים תִּרְאֶה: כִּי-אַתָּה יְהוָה
מִחֲסִי עֲלִיּוֹן שְׁמֹת מְעוֹנָךְ: לֹא-תֵאָנֶה אֵלֶיךָ רָעָה
וְנָגַע לֹא-יִקְרַב בְּאַהֲלֶךָ: כִּי מִלְּאָכְיוֹ יִצְוֶה-לְךָ
לְשִׁמְרֶךָ בְּכָל-דְּרָכֶיךָ: עַל-כַּפְּיִם יִשְׁאֹנֶךָ פֶּן-תִּגָּף
בְּאֶבֶן רִגְלֶךָ: עַל-שַׁחַל וּפְתָן תִּדְרֹךְ תִּרְמֹס כְּפִיר
וְתַנִּין: כִּי בִי חָשַׁק וְאִפְלִטָהוּ אֲשַׁגְּבֶהוּ כִּי-יִדַע
שְׁמִי: יִקְרָאֵנִי וְאֶעֱנֶהוּ עִמּוֹ אֲנַכִּי בְּצָרָה אֲחַלְצֶהוּ
וְאֲכַבְּדֶהוּ: אֲרֹךְ יָמִים אֲשַׁבִּיעֶהוּ וְאִרְאֶהוּ
בִּישׁוּעָתִי:

Psalm 90:17

May the pleasantness of the Lord our God be upon us. Affirm for us the work of our hands. Please affirm the work of our hands.

Psalm 91

He who dwells in the shelter of the Most High will have the Almighty's abiding protection.

I will say to God: "You are my refuge, my fortress, my God in whom I trust". He will save you from the hunter's snare and from devastating sickness.

He will cover you with His wing; beneath His canopy you will find protection. His Truth is a shield and protector.

You need not fear the terrors of the night; the arrow that flies by day; the plague that stalks the darkness; the fever that ravages at noon.

A thousand may fall at your side, ten thousand at your right hand; but it will not affect you.

You have only to look clearly and you will see what are the wages of the wicked.

Because you have made God your refuge and the Most High your shelter, no harm will befall you, no calamity will come near your home.

For He will charge His angels to guard you in all your paths.

They will lift you above their hands in case you would strike your foot against a stone.

You will pass over lions and vipers; you will trample the young lion and the snake.

And God will say: Because you have yearned for Me, I shall deliver you; because you acknowledged My name, I shall uplift you.

When you call out to Me, I will answer you, I will be with you in trouble; I will release you and bring you honour.

I will sustain you with long life; and I will show you My power of redemption.

תהלים קכא

This song differs from all others in this series because it is not called שִׁיר הַמַּעֲלוֹת, *a song of ascents*; but is dedicated לַמַּעֲלוֹת *to the ascents*. It describes the means whereby Israel finds the strength to attain godly heights and ascend to His glorious Presence. It speaks of God's constant protection, and its recitation is especially appropriate in times of crisis.

א שִׁיר לַמַּעֲלוֹת אֲשֶׁר עֵינַי אֶל־הַהָרִים מֵאֵין
 יָבֵא עֲזָרִי: ב עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם
 וָאָרֶץ: ג אֶל־יָתֵן לְמוֹט רַגְלֶךָ אֶל־יָנוּם שֹׁמְרֶךָ:
 ד הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל: ה יְהוָה
 שֹׁמְרֶךָ יְהוָה צִלְּךָ עַל־יַד יְמִינֶךָ: ו יוֹמָם הִשְׁמַשׁ
 לֹא־יִכָּפֵה וַיִּרְחַב בְּלִילָהּ: ז יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע
 יִשְׁמֹר אֶת־נַפְשֶׁךָ: ח יְהוָה יִשְׁמֹר־צִאתְךָ וּבֹאֶךָ
 מִמֵּתָה וְעַד־עוֹלָם:

Psalm 121

This song differs from all other in this series because it is not called שיר המעלות, a song of ascents; but is dedicated תלמעלות to the ascents. It describes the means whereby Israel finds the strength to attain Godly heights and ascend to His glorious Presence. It speaks of God's constant protection, and its recitation is especially appropriate in times of crisis.

שִׁיר¹ A song to the ascents. I raise my eyes upon the mountains; whence will come my help? ² My help is from HASHEM, Maker of heaven and earth. ³ He will not allow your foot to falter; your Guardian will not slumber. ⁴ Behold, the Guardian of Israel neither slumbers nor sleeps. ⁵ HASHEM is your Guardian; HASHEM is your Shade at your right hand. ⁶ By day the sun will not harm you, nor the moon by night. ⁷ HASHEM will protect you from every evil; He will guard your soul. ⁸ HASHEM will guard your going out and coming from this time and forever.

תהלים קיט

This psalm, known as *eight facets*, is an alphabetical arrangement describing the ceaseless striving to faithfully live a true life of Torah, regardless of time, place, circumstances, or social environment. The psalm consists of twenty-two sets of verses, each set containing eight verses beginning with the same letter. It is customary to spell the name of the deceased by reciting the sets of verses corresponding to the letters of his or her hebrew name followed by the letters that correspond to the word Neshama (soul) נשמה. Some have the custom to add verses that correspond to the mother or father's hebrew name before the verses of Neshama (soul) נשמה.

א

א אֲשֶׁרִי תְּמִימֵי-דָרֶךְ הֶהְלַכְתִּים בְּתוֹרַת יְהוָה: ב אֲשֶׁרִי
 נִצְרִי עֵדוֹתַיּוֹ בְּכָל-לֵב יִדְרֹשׁוּהוּ: ג אֶף לֹא-פָעַלְוּ עוֹלָה
 בְּדַרְכָּיו הִלְכוּ: ד אֶתָּה צוֹיִתָּה פְקֻדֶיךָ לְשֹׁמֵר מְאֹד:
 ה אֶחָלִי יִכְנֹו דַרְכֵי לְשֹׁמֵר חֻקֶיךָ: ו אֲזוֹ לֹא-אֲבוֹשׁ
 בְּהַבִּיטִי אֶל-כָּל-מִצְוֹתֶיךָ: ז אֲוֹדֶךָ בַּיִשָּׁר לֵבבִי בְּלִמּוֹדֵי
 מִשְׁפָּטֶיךָ צְדָקָה: ח אֶת-חֻקֶיךָ אֲשֹׁמֵר אֶל-תַּעֲזֹבֵנִי
 עַד-מְאֹד:

Psalm 119

This psalm, known as *eight facets*, is an alphabetical arrangement describing the ceaseless striving to faithfully live a true life of Torah, regardless of time, place, circumstances, or social environment. The psalm consists of twenty-two sets of verses, each set containing eight verses beginning with the same letter. It is customary to spell the name of the deceased by reciting the sets of verses corresponding to the letters of his or her hebrew name followed by the letters that correspond to the word Neshama (soul) נשמה. Some have the custom to add verses that correspond to the mother or father's hebrew name before the verses of Neshama (soul) נשמה.

ALEPH

א 1 Praiseworthy are those whose way is perfect, who walk with the Torah of G-d 2 Praiseworthy are those who guard His testimonies, they seek Him whole-heartedly. 3 They have also done no iniquity, for they have walked in His ways. 4 You have issued Your precepts to be kept diligently. 5 These are my prayers: may my ways be firmly guided to keep Your statutes. 6 Then I will not be ashamed, when I gaze at all Your commandments. 7 I will give thanks to You with upright heart, when I study Your righteous ordinances. 8 I will keep Your statutes, O, do not forsake me utterly.

ב

ט במה יזכה נער את-אָרְחוֹ לְשֹׁמֵר כְּדַבְּרֶךָ:
 י בְּכָל-לִבִּי דַרְשֵׁתִיךָ אֶל-תְּשׁוּבָתִי מִמִּצְוֹתֶיךָ: יא בְּלִבִּי
 צַפְנֹתִי אִמְרֹתֶךָ לְמַעַן לֹא אֶחְטֵא-לָךְ: יב בְּרוּךְ אַתָּה.
 ידוּהָה לְמַדְנֵי חֻקֶיךָ: יג בְּשִׁפְתַי סִפְּרֹתֵי כָּל מִשְׁפְּטֵי-פִיךָ:
 יד בְּדַרְךָ עֵדוּתֶיךָ שִׁשְׁתִּי כְּעַל כָּל-הָיוֹן: טו בְּפִקּוּדֶיךָ
 אֲשִׁיחָה וְאֶבִיטָה אֲרַחֲתֶיךָ: טז בְּחֻקֶיךָ אֲשַׁתְּעֶשֶׂע לֹא
 אֲשַׁכַּח דְּבָרֶךָ:

ג

יז גָּמַל עַל-עֲבֹדְךָ אֲחִיזָה וְאֲשַׁמְרָה דְּבָרֶךָ: יח גַּל-עֵינַי
 וְאֶבִיטָה נִפְלְאוֹת מִתּוֹרֹתֶיךָ: יט גַּר אֲנֹכִי בָאָרֶץ
 אֶל-תִּסְתֵּר מִמֶּנִּי מִצְוֹתֶיךָ: כ רְסָה נִפְשִׁי לְתֹאבָה
 אֶל-מִשְׁפְּטֶיךָ בְּכָל-עֵת: כא גְּעַרְתָּ יוֹדִים אַרְוֹרִים הַשְּׂגִים
 מִמִּצְוֹתֶיךָ: כב גַּל מֵעַלִי חֶרְפָּה וּבּוֹז כִּי עֵדוּתֶיךָ נִצַּרְתִּי:
 כג גַּם יֵשְׁבוּ שָׂרִים בִּי נִדְּבָרוּ עֲבֹדְךָ לְשִׁיחַ בְּחֻקֶיךָ:
 כד גַּם-עֵדוּתֶיךָ שֶׁעָשִׂיתִי אֲנִשִּׁי עֲצָתִי:

BETH

ב 9 How can a youngster purify his path? By observing Your word.
 10 With all my heart I sought You, do not let me stray from Your
 commandments. 11 In my heart I have stored Your word, so that I would
 not sin against You. 12 Blessed are You, G-d, teach me Your statutes.
 13 With my lips I recounted all the ordinances of Your mouth. 14
 I rejoiced over the way of Your ennobling testimonies as much as in
 all riches. 15 Of Your precepts I speak and I look at Your paths. 16 I
 occupy myself with Your statutes, I will not forget Your word.

GIMMEL

ג 17 Bestow upon Your servant that I should live, that I may
 keep Your word. 18 Unveil my eyes that I may perceive wonders
 from Your Torah. 19 I am a sojourner in the world, hide not Your
 commandments from me. 20 My soul is shattered with yearning
 for Your ordinances always. 21 You rebuked the accursed willful
 sinners who stray from Your commandments. 22 Remove from
 upon me scorn and contempt, for I have guarded Your testimonies.
 23 Though princes sat and spoke against me, Your servant discusses
 Your statutes. 24 Indeed, Your testimonies are my preoccupation,
 they are my counsellors.

ד

כח דְּבַקָּה לְעֶפְרַיִם נִפְשֵׁי חֲזִינִי כְּדַבְּרָךְ: כו דְּרַכִּי סִפְרִיתִי
 וְתַעֲנֵנִי לְמַדְנִי חֲקִיךָ: כז דְּרַךְ-פְּקוּדֶיךָ הִבִּינֵנִי וְאֲשִׁיחָה
 בְּנִפְלְאוֹתֶיךָ: כח דְּלִפְּהַּ נִפְשֵׁי מִתּוֹגָה קִיִּמְנִי כְּדַבְּרָךְ:
 כט דְּרַךְ שֶׁקָּרָה הָסֵר מִמֶּנִּי וְתוֹרַתְךָ חֲנִנִי: ל דְּרַךְ-אֲמוּנָה
 בְּחַרְתִּי מִשְׁפָּטֶיךָ שְׁוִיתִי: לא דְּבִקְתִּי בְּעֵדוּתֶיךָ יְהוָה
 אֶל-תְּבִישְׁנִי: לב דְּרַךְ-מִצּוֹתֶיךָ אֲרוּץ כִּי תִרְחִיב לְבָבִי:

ה

לג הוֹרֵנִי יְהוָה דְּרַךְ חֲקִיךָ וְאֲצַרְנָה עֵקֶב: לד הִבִּינֵנִי
 וְאֲצַרְהָ תוֹרַתְךָ וְאֲשַׁמְרָנָה בְּכָל-לֵב: לה הִדְרִיכֵנִי
 בְּנִתִּיב מִצּוֹתֶיךָ כִּי בּוֹ חִפְצָתִי: לו הֵט-לְבָבִי אֶל-עֵדוּתֶיךָ
 וְאֵל אֶל-בְּצַע: לז הֶעֱבֵר עֵינַי מִרְאוֹת שׁוֹא בְּדַרְכֶיךָ
 חֲזִינִי: לח הִקֵּם לְעַבְדְּךָ אִמְרַתְךָ אֲשֶׁר לִירְאָתְךָ:
 לט הֶעֱבֵר חֲרָפְתִּי אֲשֶׁר יִגְרַתִּי כִּי מִשְׁפָּטֶיךָ טוֹבִים:
 מ הִנֵּה תִאֲבָתִי לְפָקְדֶיךָ בְּצִדְקָתְךָ חֲזִינִי:

DALED

T 25 My soul has clung to the dust, revive me in accordance with Your word. 26 I have recounted my ways and You answered me, teach me Your statutes. 27 Let me understand the way of Your precepts, that I may discuss Your wonders. 28 My soul drips away from sorrow, sustain me in accordance with Your word. 29 Remove from me the way of falsehood, and graciously endow me with Your Torah. 30 I have chosen the way of unshakeable truth, I have placed Your ordinances (before me). 31 I have clung to Your ennobling testimonies, G-d, put me not to shame. 32 I will run on the way of Your commandments, for You will broaden my understanding.

HAY

H 33 Teach me, G-d, the way of Your statutes, and I will cherish it to the utmost. 34 Grant me understanding so that I may cherish Your Torah, and keep it with all my heart. 35 Lead me on the path of Your commandments, for that is my desire. 36 Incline my heart toward Your ennobling testimonies and not to greed. 37 Avert my eyes from seeing futility, through Your ways preserve me. 38 Fulfill Your word to Your servant for the purpose of fearing You. 39 Remove my disgrace, which I feared, for Your judgments are good. 40 Behold, I yearn for Your precepts, through Your righteousness preserve me.

ו

מא ויבאני חסדך יהוה תשועתך כאמרתך: מב ואענה
 חרפי דבר כי־בטחתי בדברך: מג ואל־תצל מפני
 דבר־אמת עד־מאד כי למשפטך יחלתי: מד ואשמרה
 תורתך תמיד לעולם ועד: מה ואתהלכה ברחבה כי
 פקדיך דרשתי: מו ואדברה בעדותיך נגד מלכים ולא
 אבוש: מז ואשתעשע במצותיך אשר אהבתי: מח ואשא
 כפי אל־מצותיך אשר אהבתי ואשיחה בחקיך:

ז

מט זכר־דבר לעבדך על אשר יחלתני: נ זאת נחמתי
 בעניי כי אמרתך חיתני: נא זדים הליצני עד־מאד
 מתורתך לא נטיתי: נב זכרתי משפטיך מעולם יהוה
 ואתנחם: נג ולעפה אחזתני מרשעים עזבי תורתך:
 נד זמרות היו־לי חקיך בבית מגורי: נה זכרתי בלילה
 שמך יהוה ואשמרה תורתך: נו זאת היתה־לי כי
 פקדיך נצרתני:

VAV

ו 41 May Your kindness come to me, G-d, Your salvation, as You promised. 42 I shall offer a response to those who scorn me, for I have trusted in Your word. 43 Do not remove from my mouth the word of utmost truth, because I have yearned for Your ordinances. 44 I will safeguard Your Torah constantly, forever and ever. 45 And I will walk in broad pathways, for I have sought Your precepts. 46 I will speak of Your testimonies before kings and I will not be ashamed. 47 I will be preoccupied with Your commandments which I love. 48 I will lift my hands to Your commandments, which I love, and I will discuss Your statutes.

ZAYIN

ז 49 Remember the assurance to Your servant, by which You gave me hope. 50 This is my comfort in my affliction, for Your promise preserved me. 51 Willful sinners taunted me exceedingly, but I did not swerve from Your Torah. 52 I remembered Your judgments of old, G-d, and I was comforted. 53 Trembling siezed me because of the wicked who forsake Your Torah. 54. Your statutes were music to me, in my dwelling place. 55 In the night I remembered Your Name, O Lord, and I kept Your Torah. 56 All this came to me because I guarded Your precepts.

ח

נז חֲלֹקֵי יְהוָה אֲמַרְתִּי לְשֹׁמֵר דְּבָרָיִךְ: נח חֲלִיתִי פָּנֶיךָ
 בְּכָל-לֵב חֲזֹנִי כְּאֲמַרְתָּךְ: נט חֲשַׁבְתִּי דְרַכִּי וְאֲשִׁיבָה
 רִגְלֵי אֶל-עֲדוֹתֶיךָ: ס חֲשַׁתִּי וְלֹא הִתְמַהֲמַהְתִּי לְשֹׁמֵר
 מִצְוֹתֶיךָ: סא חֲבַלֵּי רִשְׁעִים עֹנְדֵנִי תוֹרַתְךָ לֹא שָׁכַחְתִּי:
 סב חֲצוֹת-לַיְלָה אֲקוּם לְהוֹדוֹת לָךְ עַל מִשְׁפָּטֶי צְדָקָה:
 סג חָבַר אָנֹכִי לְכָל-אֲשֶׁר יִרְאוּךָ וְלִשְׁמֹרֵי פְקוּדֶיךָ:
 סד חֲסִדְךָ יְהוָה מִלְּאָה הָאָרֶץ חֲקִיךָ לְמִדְּנֵי:

ט

סה טוֹב עָשִׂיתָ עִם-עַבְדְּךָ יְהוָה כְּדַבְּרֶךָ: סו טוֹב טַעַם
 וְדַעַת לְמִדְּנֵי כִּי בַמִּצְוֹתֶיךָ הֶאֱמַנְתִּי: סז טַרֵם אֶעֱנֶה אָנֹכִי
 שָׁגַג וְעַתָּה אֲמַרְתָּךְ שָׁמַרְתִּי: סח טוֹב-אֲתָה וּמִטִּיב
 לְמִדְּנֵי חֲקִיךָ: סט טָפְלוּ עָלַי שָׁקֵר וְזֵדִים אָנֹכִי בְּכָל-לֵב
 אֲצַר פְּקוּדֶיךָ: ע טָפַשׁ בַּחֲלָב לִבִּם אָנֹכִי תוֹרַתְךָ
 שֶׁעָשַׂעְתִּי: עא טוֹב-לִי כִּי-עָנִיתִי לְמַעַן אֶלְמַד חֲקִיךָ:
 עב טוֹב-לִי תוֹרַת פִּיךָ מֵאֲלִפֵּי זָהָב וְכֶסֶף:

•
HET

¶ 57 My portion is G-d; I have pledged to keep Your words. 58 I pleaded before You wholeheartedly, favour me according to Your promise. 59 I considered my ways and returned my feet to Your testimonies. 60 I hastened and I did not delay to keep Your commandments. 61 Bands of wicked men plundered me, but I did not forget Your Torah. 62 At midnight I arise to thank You for Your righteous judgments. 63 I am a friend to all who fear You, and to those who keep Your precepts. 64 Your kindness, G-d, fills the earth, teach me Your statutes.

TET

U 65 You have done good to Your servant, G-d, according to Your word. 66 Teach me good reasoning and knowledge, for I have been faithful to Your commandments. 67 Before I was afflicted I erred, but now I keep Your word. 68 You are good and beneficent, teach me Your statutes. 69 Willful sinners have piled false accusations upon me, but I guard Your precepts with all my heart. 70 Their heart grew thick as fat, but for me, Your Torah is my preoccupation. 71 It is good for me that I was afflicted, so that I might learn Your statutes. 72 I prefer the Torah of Your mouth more than thousands in gold and silver.

י

עג יְדִירָה עֲשׂוּנִי וַיְכַוְנֵנִי אֶהְיֶנִּי וְאֶלְמְדָה מִצֹּתְיָהּ:
 עד יִרְאֶיךָ יִרְאוּנִי וַיִּשְׁמְחוּ כִּי לְדַבְרֶךָ יִחְלָתִי: עה יִדְעָתִי
 יְהוָה כִּי־צָדֵק מִשְׁפָּטֶיךָ וְאִמוּנָה עֲנִיתָנִי: עו יְהִי־נָא
 חֶסֶדְךָ לְנַחֲמֵנִי כְּאִמְרַתְךָ לְעַבְדְּךָ: עז יְבֹאוּנִי רַחֲמֶיךָ
 וְאַחִיָּה כִּי תוֹרַתְךָ שִׁעֲשַׁעֵי: עח יִבְשׂוּ זַדִּים כִּי־שָׁקַר
 עֲוֹתוֹנִי אָנִי אֲשִׁיחַ בְּפִקּוּדֶיךָ: עט יִשׁוּבוּ־לִי יִרְאֶיךָ וַיִּדְעֵי
 עֲדֹתֶיךָ: פ יְהִי־לִבִּי תָמִים בַּחֲקִירָה לְמַעַן לֹא אֲבוֹשׁ:

כ

פא כָּל־תְּהַלְלָה לְתִשׁוּעָתְךָ נַפְשִׁי לְדַבְרֶךָ יִחְלָתִי: פב כָּל־עֵינֵי
 לְאִמְרַתְךָ לֵאמֹר מִתִּי תִנְחַמְנִי: פג כִּי־הֵייתִי כְּנָאֵד
 בְּקִיטּוֹר חָקִירָה לֹא שָׁכַחְתִּי: פד כַּמָּה יָמֵי עַבְדְּךָ מִתִּי
 תַּעֲשֶׂה בְרִדְפֵי מִשְׁפָּט: פה כָּרוּ־לִי זַדִּים שִׁיחֹת אֲשֶׁר
 לֹא כְתוּרְתֶךָ: פו כָּל־מִצֹּתְיָהּ אִמוּנָה שָׁקַר רִדְפוּנִי
 עֲזָרְנִי: פז כַּמְעַט כָּלוּנִי בָּאָרֶץ וְאָנִי לֹא־עֲזַבְתִּי פִקּוּדֶיךָ:
 פח כְּחֶסֶדְךָ חֵינִי וְאֲשַׁמְרָה עֲדוֹת פִּיךָ:

YOD

י 73 Your hands made me and prepared me; grant me understanding so that I may learn Your commandments. 74 Those who revere You shall see me and they will rejoice, because I hoped in Your word. 75 I know G-d, that Your judgment is righteous, and that You afflicted me in good faith. 76 May Your kindness comfort me, as Your promise to Your servant. 77 May Your mercies come upon me so that I may live, for Your Torah is my preoccupation. 78 May the willful sinners be shamed, for they have maligned me with lies – but I will discuss Your precepts. 79 May they return to me those who fear You, and who know Your testimonies. 80 May my heart be perfect in Your statutes, so that I be not shamed.

CHAF

כ 81 My soul pines for Your salvation, for Your word I hope. 82 My eyes pine for Your promise, saying, “When will You comfort me?” 83 Though I have been like a wineskin dried in smoke, I did not forget Your statutes. 84 How many are Your servant’s days? When will You execute judgment upon my pursuers? 85 Willful sinner dug pits for me, in violation of Your Torah. 86 All Your commandments teach truthfulness; they pursue me with lies – help me! 87 They had almost destroyed me on earth, but I did not forsake Your precepts. 88 In accordance with Your kindness preserve me, and I will keep the testimony of Your mouth.

ל

פט לעולם יהוה דְּבַרְךָ נִצָּב בַּשָּׁמַיִם: צ לְדָר וְדָר
 אַמוּנַתְךָ כְּוֹנֵנַת אֶרֶץ וַתַּעֲמֹד: צא לְמִשְׁפָּטֶיךָ עֲמַדוֹ הַיּוֹם
 כִּי הִכַּל עֲבָדֶיךָ: צב לִוְלִי תוֹרַתְךָ שַׁעֲשְׂעִי אֲז אֲבַדְתִּי
 בְּעֵנְיִי: צג לְעוֹלָם לֹא־אֶשְׁכַּח פְּקוּדֶיךָ כִּי־בָם חִיִּיתֵנִי:
 צד לֶךְ־אֲנִי הוֹשִׁיעֵנִי כִּי פְקוּדֶיךָ דְרָשְׁתִּי: צה לִי קָנוֹ
 רִשְׁעִים לְאֲבָדְנִי עֲדוֹתֶיךָ אֶתְבוֹנֵן: צו לְכַל־תְּכַלֵּה רֵאִיתִי
 קז רַחֲבָה מִצּוֹתֶיךָ מְאֹד:

מ

צא מִה־אֶתְהַבְּתִי תוֹרַתְךָ כָּל־הַיּוֹם הִיא שִׁיחָתִי: צב מֵאִיבִי
 תִּחַכְּמֵנִי מִצּוֹתֶיךָ כִּי לְעוֹלָם הִיא־לִי: צג מִכָּל־מִלְמַדֵּי
 הַשִּׁבְלֹתִי כִּי עֲדוֹתֶיךָ שִׁיחָה לִי: ק מִזְקָנִים אֶתְבוֹנֵן כִּי
 פְקוּדֶיךָ נִצְרַתִּי: קא מִכָּל־אֲרָח רַע כָּל־אֲתִי רִגְלִי לְמַעַן
 אֶשְׁמֹר דְּבַרְךָ: קב מִמִּשְׁפָּטֶיךָ לֹא־סָרְתִי כִּי־אֲתָה
 הוֹרַתֵנִי: קג מִה־נִּמְלָצוֹ לְחַכֵּי אֲמַרְתֶּךָ מִדְּבַשׁ לְפִי:
 קד מִפְּקוּדֶיךָ אֶתְבוֹנֵן עַל־כֵּן שָׁנֵאתִי | כָּל־אֲרָח שָׁקָר:

LAMMED

ל 89 Forever, G-d, Your word stands firm in heaven. 90 Your faithfulness endures from generation to generation, You established the earth and it endures. 91 To fulfill Your decree they stand until this day, for all are Your servants. 92 Had Your Torah not been my preoccupation, then I would have perished in my affliction. 93 I will never forget Your precepts, for through them You have preserved me. 94 I am Yours, save me, for I have sought Your precepts. 95 The wicked hoped to destroy me, but I contemplate Your testimonies. 96 To every goal I have seen an end, but Your commandment is exceedingly broad.

MEM

מ 97 O how I love Your Torah! All day long it is my conversation. 98 (Each of) Your commandments makes me wiser than my enemies for it is ever with me. 99 From all my teachers I grew wise, for Your ennobling testimonies are my conversation. 100 From wise elders I gain understanding, because I have guarded Your precepts. 101 From every evil path I restrained my feet, so that I might keep Your word. 102 From your ordinances I did not turn aside, for You have taught me. 103 How sweet to my palate is every one of Your words, more than honey to my mouth. 104 From Your precepts I acquire understanding, therefore I hate every path of falsehood.

נ

קח גר-לְרַגְלִי דְבַרְךָ וְאוֹר לְנִתְיַבְתִּי: קו נִשְׁבַּעְתִּי
 וְאַקְיָמָהּ לְשֹׁמֵר מִשְׁפָּטֶי צְדָקָה: קז נַעֲנִיתִי עַד-מָאֹד
 יְהוָה חַיִּי כַדְבַרְךָ: קח נְדָבוֹת פִּי רִצְהָ-נָא יְהוָה
 וּמִשְׁפָּטֶיךָ לְמִדְנִי: קט נִפְשֵׁי בְכַפִּי תָמִיד וְתוֹרַתְךָ לֹא
 נִשְׁכַּחְתִּי: קי גִתְנוּ רְשָׁעִים פֶּח לִי וּמִפְקוּדֶיךָ לֹא תַעֲיִתִי:
 קיא נִחַלְתִּי עֲדוּתֶיךָ לְעוֹלָם כִּי-שָׁשׂוֹן לְבִי הֵמָּה:
 קיב נָטִיתִי לְבִי לַעֲשׂוֹת חֻקֶיךָ לְעוֹלָם עֲקֹב:

ס

קיג סַעֲפִים שָׁנְאַתִּי וְתוֹרַתְךָ אֶהְבֵּתִי: קיד סִתְרִי וּמְגַנִּי
 אֶתָּה לְדְבַרְךָ יִחַלְתִּי: קטו סוּרוּ מִמֶּנִּי מְרַעִים וְאַצְרָה
 מִצְוֹת אֱלֹהֵי: קטז סִמְכֵנִי כְאִמְרַתְךָ וְאַחִיָּה וְאַל-תִּבְיַשְׁנִי
 מִשְׁבְּרִי: קיז סַעֲדֵנִי וְאַוְשַׁעָה וְאַשְׁעָה בְחֻקֶיךָ תָמִיד:
 קיח סָלִיתָ כָּל-שׁוֹגִים מִחֻקֶיךָ כִּי-שָׁקַר תִּרְמִיתָם:
 קיט סֹגִים הַשְׁבַּתָּ כָּל-רְשָׁעֵי-אַרְץ לְכֹן אֶהְבֵּתִי עַדְתֶּיךָ:
 קכ סָמַר מִפְּחָדְךָ בְּשָׂרֵי וּמִמִּשְׁפָּטֶיךָ יִרְאֵתִי:

NUN

נ 105 Your word is a lamp for my feet and a light for my path. 106 I have sworn – and I will fulfill – to keep Your righteous ordinances. 107 I am exceedingly afflicted; O G-d, preserve me in accordance with Your word. 108 Please accept with favour the offerings of my mouth, G-d, that You should teach me Your ordinances. 109 My life is constantly in danger, but I did not forget Your Torah. 110 The wicked laid a snare for me, but I did not stray from Your precepts. 111 I have taken Your ennobling testimonies as my eternal heritage, for they are the joy of my heart. 112 I have inclined my heart to perform Your statutes, forever, to the utmost.

SAMMECH

ס 113 I hate the freethinkers, but I love Your Torah. 114 You are my concealment and my shield, I put hope in Your word. 115 Depart from me, You evildoers, and I will guard the commandments of my G-d. 116 Support me according to Your promise that I may live, disgrace me not in my hope. 117 Sustain me that I may be saved, and I will always be engrossed in Your statutes. 118 You trampled all who stray from Your statutes, for their deceit is falsehood. 119 Like dross, You purged all the wicked of the earth, therefore I have loved Your testimonies. 120 My flesh shuddered from dread of You, and I feared Your judgments.

ע

קבא עֲשִׂיתִי מְשַׁפֵּט וְצַדִּיק בְּלִתְנִיחֻנִּי לְעִשְׂקִי: קבב עֲרַב
 עֲבֹדֶךָ לְטוֹב אֶל־יַעֲשֻׁקְנִי וְדִים: קבג עֵינַי כָּלוּ לִישׁוּעָתְךָ
 וּלְאִמְרַת צְדָקָךָ: קכד עֲשֵׂה עִם־עֲבֹדֶךָ כְּחִסּוֹדֶךָ וְחַקִּיק
 לְמִדּוֹנִי: קכה עֲבֹדֶךָ־אֲנִי הִבִּינִנִי וְאִדְעָה יְעֹדְתִיךָ: קכו עַת
 לַעֲשׂוֹת לִיהוָה הִפְרוּ תוֹרָתְךָ: קכז עַל־כֵּן אֶהְבֵּתִי
 מִצּוֹתֶיךָ מִזֶּהָב וּמִפָּז: קכח עַל־כֵּן | כָּל־פְּקוּדֵי כָל
 יִשְׂרָאֵל כָּל־אֲרוּחַ שֶׁקָּר שָׁנְאָתִי:

פ

קכט פְּלֹאוֹת יְעֹדְתֶיךָ עַל־כֵּן נִצָּרְתֶּם נַפְשֵׁי: קל פִּתַּח
 דְּבָרֶיךָ יֵאִיר מִבֵּין פְּתָיִים: קלא פִּי־פִעַרְתִּי וְאֶשְׂאֲפָה כִּי
 לְמִצּוֹתֶיךָ יֵאָבְתִי: קלב פִּינָה־אֵלַי וְחַנּוּנִי כְּמִשְׁפָּט לְאֹהֲבֵי
 שְׁמֶךָ: קלג פָּעַמִּי הִכֵּן בְּאִמְרַתְךָ וְאֶל־תִּשְׁלַט־בִּי כָל־אֶזְוִן:
 קלד פִּדְנִי מֵעִשְׂק אָדָם וְאֶשְׁמְרָה פְּקוּדֶיךָ: קלה פָּנֶיךָ הָאָרֶץ
 בְּעֲבֹדֶךָ וְלִמְדוֹנִי אֶת־חֻקֶּיךָ: קלו פְּלִגִּי־מִים יִרְדּוּ עֵינַי עַל
 לֹא־שָׁמְרוּ תוֹרָתְךָ:

AYIN

Y 121 I practised justice and righteousness, abandon me not to those who exploit me. 122 Be Your servant's guarantor for good, let not willful sinners exploit me. 123 My eyes pine for Your salvation, and for Your promised righteousness. 124 Treat Your servant according to Your kindness, and teach me Your statutes. 125 I am Your servant, grant me understanding, so that I may know Your testimonies. 126 For it is a time to act for G-d, they have voided Your Torah. 127 Therefore I have loved Your commandments, more than gold, even more than fine gold. 128 Therefore I have declared the fairness of every precept regarding everything! I have hated every path of falsehood.

PAY

B 129 Your ennobling testimonies are wonders, therefore my soul has guarded them. 130 The introduction of Your words illuminates, making simpletons understand. 131 I opened my mouth and swallowed deeply, because I crave for Your commandments. 132 Turn to me and favour me, as is Your practice to those who love Your Name. 133 Ready my steps in Your word, and do not give iniquity dominion over me. 134 Redeem me from human exploitation, and I will keep Your precepts. 135 Cause Your face to shine upon Your servant, and teach me Your statutes. 136 My eyes shed streams of water, because they did not keep Your Torah.

צ

קלו צדיק אתה יהוה וישר משפטיך: קלח צוית צדק
 עדותיך ואמונה מאד: קלט צמתתני קנאתי כי שכחו
 דבריך צרי: קמ צרופה אמרתך מאד ועבדך אהבה:
 קמא צעיר אנכי ונבזה פקדוך לא שכחתי: קמב צדקתך
 צדק לעולם ותורתך אמת: קמג צרו מצוק מצאוני
 מצותיך שעשעי: קמד: צדק עדותיך לעולם הבינני
 ואחיה

ק

קמה קראתי בכל לב ענני יהוה חקיך אצרה:
 קמו קראתיך הושיעני ואשמרה עדותיך: קמו קדמתי
 בנשף ואשועה לדבריך יחלתי: קמח קדמו עיני
 אשמרות לשיח באמרתך: קמט קולי שמעה כחסדך
 יהוה כמשפטך חייני: קנ קרבו רדפי זמה מתורתך
 רחקו: קנא קרוב אתה יהוה וכל מצותיך אמת:
 קנב קדם ידעתי מעדותיך כי לעולם יסדתם:

TZADIK

Y 137 Righteous are You, O G-d, and each of Your judgments is fair. 138 You commanded the justice of Your testimonies, and great faithfulness. 139 My zeal has consumed me, for my oppressors have forgotten Your words. 140 Your word is very pure, and Your servant loves it. 141 I am young and despised, Yet I do not forget Your precepts. 142 Your righteousness is an everlasting righteousness, and Your Torah is truth. 143 Distress and anguish have overtaken me, Your commandments are my preoccupation. 144 Your ennobling testimonies are righteous forever, grant me understanding so that I may live.

KOF

P 145 I called with all my heart, answer me, O G-d, I will guard Your statutes. 146 I called You, save me, and I will keep Your testimonies. 147 I arose before dawn and I cried out, I hoped for Your word. 148 My eyes preceded the night watches, to discuss Your word. 149 Hear my voice in accordance with your kindness – O G-d, preserve me in accordance with Your practice. 150 The pursuers of sinful counsel have nearly attained it, they are far from Your Torah. 151 Yet You are nearby, O G-d, and all Your commandments are true. 152 From the start I gained knowledge from Your testimonies, because You established them forever.

ר

קנג רִאֵה־עֵינַי וְחִלְצֵנִי כִּי־תוֹרַתְךָ לֹא שָׁכַחְתִּי: קנד רִיבֵה
 רִיבֵי וּגְאֹלֵנִי לְאִמְרַתְךָ חַיִּינִי: קנה רְחוֹק מִרְשָׁעִים יִשׁוּעָה
 כִּי־חָקִיקָה לֹא דָרָשׁוּ: קנו רְחַמֶּיךָ רַבִּים | יְהוָה כְּמִשְׁפָּטֶיךָ
 חַיִּינִי: קנז רַבִּים רִדְפֵי וְצָרֵי מַעֲדוֹתֶיךָ לֹא נָטִיתִי:
 קנח רִאֵיתִי בַגְּדִים וְאֶת־קוֹטְטָה אֲשֶׁר אִמְרַתְךָ לֹא שָׁמְרוּ:
 קנט רִאֵה כִּי־פְקוּדֶיךָ אֶהְבֵּתִי יְהוָה כְּחֶסֶדְךָ חַיִּינִי:
 קס רִאֵשׁ־דִּבְרֶךָ אִמַּת וְלַעֲוֹלָם כָּל־מִשְׁפָּט צְדָקָה:

ש

קסא שָׂרִים רִדְפוּנִי חַנּוּם וּמִדְּבַרֶיךָ פָּחַד לְבִי: קסב שֶׁשׁ
 אֲנֹכִי עַל־אִמְרַתְךָ כְּמוֹצֵא שָׁלָל רַב: קסג שֶׁקָר שִׁנְאֵתִי
 וְאֶת־עֵבֶה תוֹרַתְךָ אֶהְבֵּתִי: קסד שֶׁבַע בַּיּוֹם הִלַּלְתִּיךָ עַל
 מִשְׁפָּטֶי צְדָקָה: קסה שְׁלוֹם רַב לְאֶהְבֵי תוֹרַתְךָ וְאִין לָמוֹ
 מְכֻשׁוֹל: קסו שְׁבַרְתִּי לִישׁוּעָתְךָ יְהוָה וּמִצֹּתֶיךָ עֲשִׂיתִי:
 קסז שְׁמֵרָה נַפְשִׁי עֲדוֹתֶיךָ וְאַהֲבֵם מְאֹד: קסח שְׁמֵרַתִּי
 כְּפְקוּדֶיךָ וְעֲדוֹתֶיךָ כִּי כָל־דְּרָכֵי נִגְדָה:

RESH

ר 153 See my affliction and release me, for I have not forgotten Your Torah. 154 Champion my cause and redeem me, preserve me that I may fulfill Your word. 155 Salvation is far from the wicked, for they sought not Your statutes. 156 Your mercies, O G-d, are abundant, preserve me as is Your practice. 157 Many were my pursuers and tormentors, but I did not swerve from Your ennobling testimonies. 158 I saw traitors and I quarrelled with them, because they kept not Your word. 159 See that I have loved Your precepts – O G-d, preserve me in accordance with Your kindness. 160 Your very first utterance is truth, and every ordinance of Your righteousness is valid for all time.

SHIN

ש 161 Princes have pursued me without cause, but my heart has feared Your utterance. 162 I rejoice over Your word, like one who finds abundant spoils. 163 I have hated falsehood and abhorred it, Your Torah I love. 164 Seven times a day I have praised You for Your righteous ordinances. 165 There is abundant peace to the lovers of Your Torah, and there is no stumbling block for them. 166 I hoped for Your salvation, O G-d, and I performed Your commandments. 167 My soul kept Your testimonies, and I loved them very much. 168 I have kept Your orders and Your testimonies, because all my ways are before You.

ת

קסט תִּקְרַב רַנְתִּי לְפָנֶיךָ יְהוָה כְּדַבְּרֶךָ הִבִּינֵנִי: קע תָּבוֹא
 תְּחַנְתִּי לְפָנֶיךָ כְּאִמְרַתְךָ הִצִּילֵנִי: קעא תִּבְעֶנָה שְׂפָתַי
 תְּהַלֵּה כִּי תִלְמַדְנִי חֻקֶיךָ: קעב תִּעַן לְשׁוֹנֵי אִמְרַתְךָ כִּי
 כָּל־מִצְוֹתֶיךָ צַדִּיק: קעג תְּהִי־יָדְךָ לְעֶזְרִי כִּי פְקוּדֶיךָ
 בְּחַרְתִּי: קעד תִּאֲבֹתִי לִישׁוּעָתְךָ יְהוָה וְתוֹרַתְךָ שַׁעֲשַׁעֵי:
 קעה תְּחִי־נַפְשִׁי וְתִהְלֶלְךָ וּמִשְׁפָּטְךָ יַעֲזָרֵנִי: קעו תִּעֲלֵיתִי
 בְּשֶׁה אֲבִד בִּיקֹשׁ עֲבָדְךָ כִּי מִצְוֹתֶיךָ לֹא שָׁכַחְתִּי:



TAV

ת 169 May my prayerful song approach Your presence, G-d, that You grant me understanding in accordance with Your utterance. 170 May my supplication come before You, rescue me in accordance with Your word. 171 My lips will speak praise when You teach me Your statutes. 172 My tongue shall proclaim Your word, because all Your commandments are righteous. 173 Let Your hand be ready to assist me, for I have chosen Your precepts. 174 I crave Your salvation, O G-d, and Your Torah is my preoccupation. 175 Let my soul live and it shall praise You, and Your ordinances will assist me. 176 I have strayed like a lost sheep – seek out Your servant; for I have not forgotten Your commandments.



אותיות נשמה

קה גר-לרגלי דברך ואור לנתיבתי: קו נשבעתני
 ואקימה לשמור משפטי צדקה: קו נעניתי עד-מאד
 יהוה חייני כדברך: קח נדבות פי רצה-נא יהוה
 ומשפטיה למדני: קט נפשי בכפי תמיד ותורתך לא
 שכחתי: קי נתנו רשעים פח לי ומפקודיך לא תעיתי:
 קיא נחלתי עדותיך לעולם כיששון לבי המה:
 קיב נטיתי לבי לעשות חקיך לעולם עקב:

קסא שרים רדפוני חנם ומדבריך פחד לבי: קסב שש
 אנכי על-אמרתך כמוצא שלל רב: קסג שקר שנאתי
 ואתעבה תורתך אהבתי: קסד שבע ביום הללתיך על
 משפטי צדקה: קסה שלום רב לאהבי תורתך ואין למו
 מכשול: קסו שברתי לישועתך יהוה ומצותיך עשיתי:
 קסז שמרה נפשי עדותיך ואהבם מאד: קסח שמרתי
 פקודיך ועדותיך כלי-דרכי נגדך:

יצ מה־אֶתְּבִיתִי תִּזְרְתֶךָ כֹּל־הַיּוֹם הֲיֵא שִׁיחֲתִי: צח מֵאִיבִי
 תִּחַכְּמֵנִי מִצֹּתְךָ כִּי לְעוֹלָם הִיא־לִי: צט מִכֹּל־מְלֻמְדֵי
 הַשִּׁפְלָתִי כִּי עֲדוֹתֶיךָ שִׁיחָה לִּי: ק מִזִּקְנִים אֶתְבוֹנֶן כִּי
 פְּקוּדֶיךָ נִצַּרְתִּי: קא מִכֹּל־אֲרָח רָע כָּל־אֲתִי רַגְלִי לְמַעַן
 אֲשֹׁמֵר דְּבָרְךָ: קב מִמְּשַׁפְּטֶיךָ לֹא־סָרְתִי כִּי־אֵתָהּ
 הוֹרַתְנִי: קג מֵה־נִּמְלָצוּ לְחַכֵּי אִמְרֹתֶךָ מִדְּבַשׁ לְפִי:
 קד מִפְּקוּדֶיךָ אֶתְבוֹנֶן עַל־כֵּן שָׁנֵאתִי | כֹּל־אֲרָח שָׁקֵר:

לג הוֹרֵנִי יְהוָה דַּרְךְ חֲקִיךָ וְאַצְרְנָה עֵקֶב: לד הִבִּינֵנִי
 וְאַצְרְנָה תִּזְרְתֶךָ וְאַשְׁמְרָנָה בְּכָל־לֵב: לה הִדְרִיכֵנִי
 בְּנִתִּיב מִצֹּתֶיךָ כִּי בּוֹ חִפְצָתִי: לו הִט־לְבִי אֶל־עֲדוֹתֶיךָ
 וְאֵל אֶל־בָּצַע: לז הֶעֱבֵר עֵינַי מִרְאוֹת שׁוֹא בְּדַרְכֶיךָ
 חֲיִנִּי: לח הִקֵּם לְעַבְדְּךָ אִמְרֹתֶךָ אֲשֶׁר לִירְאָתְךָ:
 לט הֶעֱבֵר חֲרָפְתִּי אֲשֶׁר יִגְרָתִי כִּי מִשְׁפָּטֶיךָ טוֹבִים:
 מ הִנֵּה תֵּאָבְדִי לְפָקְדֶיךָ בְּצִדְקָתְךָ חֲיִנִּי:

קדיש יתום

Kaddish is said by men only and only if there is a Minyan
(10 adult men) present.

Mourner

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. (אמן) בְּעֶלְמָא דִּי
בְּרָא כְרַעוּתָהּ, וְיִמְלִיךָ מַלְכוּתָהּ, (וְיִצְמַח
פּוֹרְקָנָהּ וְיִקְרַב מְשִׁיחָהּ.) בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי
דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ
אָמֵן: (אמן)

Congregation and Mourner

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Mourner

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקָדְשָׁא
בְּרִיךְ הוּא, *לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנַחֲמְתָא, דְאִמְרוּן בְּעֶלְמָא, וְאִמְרוּ
אָמֵן. (אמן)

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים (טוֹבִים)
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן. (אמן)

Take three steps back, bow left and say: → עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

Straighten, then bow to the right and say: → הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

Straighten, then bow forward and say: → וְעַל כָּל יִשְׂרָאֵל,

Straighten and say: → וְאִמְרוּ אָמֵן. (אמן)

Remain standing for a few seconds,
then take three steps forward.

*from Rosh HaShana to Yom Kippur substitute לְעֵלָא וּלְעֵלָא מְכָל

Note: For translation refer to page 52

MOURNER'S KADDISH (Transliteration)

Mourner:

Yitgadal veyitkadash shemay rabba (Congregation: Amen)
 Be'alma div'ra chirutay. Veyamlich malchutay (veyutzmuch
 poorkunay vikoraev meshichay) bechayechon uv'yomechon
 uv'chayay dichol bet Yisrael. Ba'agala uviz'man kariv, v'imru amen.
 (***Congregation:*** Amen.)

Congregation and Mourner:

Yehay shemay rabba mevarach le'alam ul'almay almay.

Mourner:

Yitbarach veyishtabach veyitpa'ar veyitromam veyitnassay.
 Veyit'hadar veyitalleh veyit'halal shemay di kudsha.

Congregation and Mourner:

B'rich Hu.

Mourner:

Le'ayla min kol (from Rosh HaShanah to Yom Kippur substitute
 Le'ayla Oole'ayla mee-kol) birchata veshirata tushbechata
 venechemata Da'amiram be'alma, v'imru amen.
 (***Congregation:*** Amen.)

Yehay shelama rabba min shemaya vechayyim (tovim) alenu
 ve'al kol Yisrael, v'imru amen. (***Congregation:*** Amen.)

Take three steps back, bow left and say: Oseh shalom bim'romav

Straighten, then bow to the right and say: Hu ya'aseh shalom alenu

Straighten, then bow forward and say: ve'al kol Yisrael

Straighten and say: v'imru amen.
 (***Congregation:*** Amen.)

Remain standing for a few seconds, then take three steps forward.

MOURNER'S KADDISH (*Translation*)

Mourners — Magnified and sanctified be His great name in the world which He has created according to His will. May He establish His kingdom [and may He cause His redemption to sprout, and may He hasten (the coming of) His Messiah] - during your life and during your days and during the life of all the House of Israel, speedily and at a near time and say amen. (**Congregation** Amen).

Congregation and Mourners — Let His great name be blessed for ever and to all eternity.

Mourners — Blessed, praised and glorified, exalted, extolled and honoured, magnified and lauded be the name of the Holy One, Blessed be He; though He be high above all blessings and songs, praises and consolations which are uttered in the world; and say amen. (**Congregation** Amen).

May there be abundant peace from heaven, and life for us and for all Israel; and say amen. (**Congregation** Amen).

He who makes peace in His high places, may he make peace for us and for all Israel; and say amen. (**Congregation** Amen).

MEMORIAL PRAYER FOR A MALE

אָנָא יְהוָה מְלֶךְ מְלֵא רַחֲמִים. אֱלֹהֵי הַרוּחֹת לְכָל־בְּשָׂר.
אֲשֶׁר בְּיַדְךָ נִפְשֹׁת הַחַיִּים וְהַמֵּתִים. אָנָא קִבֵּל
בְּחֶסֶדְךָ הַגָּדוֹל אֶת־נַשְׁמַת (Hebrew name of deceased)

אֲשֶׁר נֶאֱסַף אֶל עַמּוֹ:

**In the case of a young child
omit from חוּס to לִפְנֵי*

*חוּס וְחִמּוּל עָלָיו. סִלַּח וּמַחַל לְכָל־פְּשָׁעָיו. כִּי אָדָם
אֵין צְדִיק בְּאָרֶץ אֲשֶׁר יַעֲשֶׂה־טוֹב וְלֹא יִחָטָא:
זְכוּר לוֹ צְדָקָתוֹ אֲשֶׁר עָשָׂה וַיְהִי שְׂכָרוֹ אֹתוֹ וּפְעָלָתוֹ
לִפְנֵיו*:

אָנָא הַסֵּתֵר אֶת־נַשְׁמָתוֹ בְּצֵל כְּנָפֶיךָ. הוֹדִיעָהוּ אֶרֶח
חַיִּים שְׁבַע שְׁמָחוֹת אֶת־פְּנֵיךָ נְעִימוֹת בִּימֵינֶךָ
נִצַּח. וְתִשְׁפִיעַ לוֹ מֵרַב טוֹב הַצָּפוֹן לְצְדִיקִים:

כְּמוֹ שְׁכַת־טוֹב. מָה רַב טוֹבְךָ אֲשֶׁר־צָפַנְתָּ לִירֵאָיִךְ פְּעָלָת:
לְחוּסִים בְּךָ נִגְד בְּנֵי אָדָם:

אָנָא יְהוָה הַרוּפָא לְשָׁבוּרֵי יָב וּמַחְבֵּשׁ לְעֶצְבוֹתָם. שְׁלֵם
נַחוּמִים לְאַבְלִים.

MEMORIAL PRAYER FOR A MALE

LORD and King, full of compassion; in whose hand are the souls of the living and departed — please receive in Your great kindness the soul of (Hebrew name of deceased) who has been gathered to his people.

*In the case of a young child omit the following paragraph from
Have mercy . . . recompense.*

Have mercy upon him, pardon all his transgressions, for there are none so righteous upon earth that they do only good and never stray. Remember to his merit the good deeds he did, and grant him his reward and recompense.

Please shelter his soul in the cover of Your wings. Make known to him the path of eternal life; in Your presence is fullness of joy, at Your right hand happiness forever. Bestow upon him the abundant good that is treasured up for the righteous.

As it is written. How great is Your goodness which You have stored up for them that revere You; which You bestow upon those who trust in You in the face of humanity.

O Lord who heals the broken-hearted and binds their wounds, please grant perfect consolation to the mourners.

In the case of a male child include the following paragraph in brackets:-

וּתְהִי פְטִירַת הַיֶּלֶד הַזֶּה קֶץ לְכַל־צָרָה וְצוּקָה לְאָבִיו
(וּלְאִמּוֹ):

חֻזְקָם וְאִמְצָם בְּיוֹם אָבָלָם וּיְגוֹנָם וְזָכָרָם [וּבְנֵי בֵיתָם]
לְחַיִּים טוֹבִים וְאַרְכִּים: תֵּן בְּלִבְּךָ יְרֵאתְךָ וְאַהֲבַתְךָ
לְעַבְדְּךָ בְּלִבְּךָ שָׁלֵם: וּתְחִי אַחֲרֵיתָם. שְׁלוֹם אָמֵן:

כְּאִישׁ אֲשֶׁר אִמּוֹ תִּנְחַמְנוּ בֵּן אֲנָכִי אֲנַחֲמְכֶם וּבִירוּשָׁלַיִם
תִּנְחַמּוּ: לֹא־יָבֵא עוֹד שְׂמִישׁךָ וִירִחֶךָ לֹא יֵאָסֶף. כִּי
יְהוּהָ יְהִי־לְךָ לְאֹר עוֹלָם. וְשָׁלְמוּ יְמֵי אָבִיךָ. בְּלַע
הַמָּוֶת לְנִצְחָה. וּמָחָה יְהוּהָ אֱלֹהִים דְּמָעָה מֵעַל כָּל־פְּנִים.
וְחִרְפַת עַמּוֹ יִסִּיר מֵעַל כָּל־הָאָרֶץ. כִּי יְהוּהָ דִבֶּר:

In the case of a male child include the following paragraph in brackets.

[May the passing of this child mark the end of all anguish and sorrow for the parents.]

Strengthen and support them at the time of their grief and sorrow, and remember them [and their loved ones] for a long and good life. Put into their hearts reverence and love for You that they may serve You wholeheartedly; and may they know only peace in their future lives. Amen.

Like a mother who comforts her children, so shall I comfort you (says God); and in Jerusalem you will ultimately be comforted. Your days will no longer seem empty of sunshine, your nights will no longer feel dark; for God will light up your world and the days of your grief will be ended. He will destroy death for ever. He will wipe away tears from off all faces, and the disgrace of His people will He remove throughout the earth, for thus has the Lord promised.

MEMORIAL PRAYER FOR A FEMALE

אָנָּא יְהוּדָה מְלֶךְ מְלֵא רַחֲמִים. אֱלֹהֵי הַרוּחֹת לְכָל־בָּשָׂר.
 אֲשֶׁר בְּיַדְךָ נַפְשֹׁת הַחַיִּים וְהַמֵּתִים. אָנָּא קַבֵּל
 בְּחֶסֶדְךָ הַגָּדוֹל אֶת־נַשְׁמַת (Hebrew name of deceased)

אֲשֶׁר נֶאֱסָפָה אֶל עֵמָּה:

**In the case of a young child
 omit from חוּס to לִפְנֵיהָ*

*חוּס וְחִמּוּל עָלֶיהָ. סְלַח וּמַחַל לְכָל־פְּשָׁעֶיהָ. כִּי אָדָם
 אֵין צַדִּיק בְּאָרֶץ אֲשֶׁר יַעֲשֶׂה־טוֹב וְלֹא יַחֲטֵא:
 זְכוּר לָהּ צְדָקָתָהּ אֲשֶׁר עָשָׂתָה וַיְהִי שְׂכָרָהּ אִתָּהּ
 וּפְעֻלָּתָהּ לִפְנֵיהָ*:

אָנָּא הַסְתֵּר אֶת־נַשְׁמַתָּהּ בְּצֵל כְּנָפֶיךָ. הוֹדִיעָה אֶרֶח
 חַיִּים שְׁבַע שְׁמַחוֹת אֶת־פְּנֵיךָ נְעִימוֹת בִּימִינְךָ נִצַּח.
 וְתִשְׁפִיעַ לָהּ מֵרַב טוֹב הַצָּפוֹן לְצַדִּיקִים:

כְּמוֹ שְׂפָתוֹב. מָה רַב טוֹבְךָ אֲשֶׁר־צָפַנְתָּ לִירֵאָיִךְ פְּעֻלָּתָ
 לְחוּסִים בְּךָ נֶגֶד בְּנֵי אָדָם:

אָנָּא יְהוּדָה הַרוּפָא לְשַׁבּוּרֵי לֵב וּמְחַבְּשֵׁי לְעַצְבוֹתָם. שְׁלֵם
 נַחוּמִים לְאַבְלִים.

MEMORIAL PRAYER FOR A FEMALE

LORD and King, full of compassion; in whose hand are the souls of the living and departed — please receive in Your great kindness the soul of (Hebrew name of deceased) who has been gathered to her people.

*In the case of a young child omit the following paragraph from
Have mercy . . . recompense.*

Have mercy upon her, pardon all her transgressions, for there are none so righteous upon earth that they do only good and never stray. Remember to her merit the good deeds she did, and grant her her reward and recompense.

Please shelter her soul in the cover of Your wings. Make known to her the path of eternal life; in Your presence is fullness of joy, at Your right hand happiness forever. Bestow upon her the abundant good that is treasured up for the righteous.

As it is written. How great is Your goodness which You have stored up for them that revere You; which You bestow upon those who trust in You in the face of humanity.

O Lord who heals the broken-hearted and binds their wounds, please grant perfect consolation to the mourners.

In the case of a female child include the following paragraph in brackets:-

(וּתְהִי פְטִירַת הַיְלָדָה הַזֹּאת קֶץ לְכָל-צָרָה וְצוּקָה
לְאֲבִיהָ וּלְאִמָּהּ:)

חֲזִיקִים וְאִמְצִים בְּיוֹם אָבְלָם וַיְגוֹנָם וְזָכְרָם [וּבְנֵי בֵיתָם]
לְחַיִּים טוֹבִים וְאַרְכִּים: תֵּן בְּלָבָם יְרֵאתְךָ וְאֵהֲבֵתְךָ
לְעִבְדְּךָ בְּלִבָּב שָׁלֵם: וּתְחִי אַחֲרֵיתָם. שְׁלוֹם אָמֵן:

כְּאִישׁ אֲשֶׁר אָמוּ תִנְחַמְנוּ בֶּן אֲנָכִי אֲנַחֲמְכֶם וּבִירוּשָׁלַיִם
תִּנְחַמּוּ: לֹא-יָבֵא עוֹד שְׁמִשְׁךָ וִירְחֹךָ לֹא יֵאֲסֹף. כִּי
יְהוּהָ יִהְיֶה-לָּךְ לְאוֹר עוֹלָם. וְשָׁלְמוּ יְמֵי אָבְלֶךָ. בְּלַע
הַמּוֹת לְנִצָּחַת. וּמָחָה יְהוּהָ אֱלֹהִים דְּמַעָה מֵעַל כָּל-פָּנִים.
וְחִרְפַת עַמּוֹ יִסִּיר מֵעַל כָּל-הָאָרֶץ. כִּי יְהוּהָ דִבֶּר:

In the case of a female child include the following paragraph in brackets.

[May the passing of this child mark the end of all anguish and sorrow for the parents.]

Strengthen and support them at the time of their grief and sorrow, and remember them [and their loved ones] for a long and good life. Put into their hearts reverence and love for You that they may serve You wholeheartedly; and may they know only peace in their future lives. Amen.

Like a mother who comforts her children, so shall I comfort you (says God); and in Jerusalem you will ultimately be comforted. Your days will no longer seem empty of sunshine, your nights will no longer feel dark; for God will light up your world and the days of your grief will be ended. He will destroy death for ever. He will wipe away tears from off all faces, and the disgrace of His people will He remove throughout the earth, for thus has the Lord promised.

לזכר

FOR A MALE

אֵל מִלֵּא רַחֲמִים שׁוֹכֵן בְּמְרוֹמִים, הַמְצִיא
 מְנוּחָה נְכוֹנָה עַל כַּנְפֵי הַשְּׂכִינָה,
 בְּמַעְלוֹת קְדוּשִׁים וְטְהוּרִים כְּזֹהַר הַרְקִיעַ
 מְזַהְרִים. אֶת נְשֻׁמַּת (פְּלוּנִי בֶן פְּלוּנִי) שֶׁהֵלֵךְ
 לְעוֹלָמוֹ. בְּעִבּוֹר שְׁנֵדְבוּ צְדָקָה בְּעַד הַזְכָּרָת
 נְשֻׁמָּתוֹ, בְּגֵן עֵדֶן תִּהְיֶה מְנוּחָתוֹ. לָכֵן בְּעַל
 הַרְחָמִים יִסְתִּירָהוּ בְּסִתְרֵי כַּנְפָיו לְעוֹלָמִים.
 וַיִּצְרַר בְּצָרוֹר הַחַיִּים אֶת נְשֻׁמָּתוֹ. יְהוָה הוּא
 נִחַלְתּוֹ, וַיִּנְחֵחַ עַל מִשְׁכְּבוֹ בְּשָׁלוֹם, וְנֹאמַר
 אָמֵן:

TRANSLITERATION

Ayl mo-lay ra-chamim, sho-chayn ba-m'romim, ham-tzay m'nucho n'chonoh al kan-fey hash-chinoh, b'ma-alos k'doshim ut'horim k'zohar ho-roki-a maz-hirim, es nish-mas (mention his Hebrew name and that of his father) she-holach l'olomo, ba-avur she-nod'vu tz'dokoh b'ad haz-koras nish-moso, b'gan ay-den t'hay m'nucho so, lo-chayn ba-al ho-racha-mim yas-tiray-hu b'sayser k'nofov l'olo-mim, v'yitz-ror bitz'ror hacha-yim es nish-moso, adonoy hu nacha-losa, v'yonu-ach al mish-kovo b'sholom, v'no-mar omayn.

TRANSLATION

O God, full of compassion, Who dwells on high, grant true rest upon the wings of the Shechinah (Divine Presence), in the exalted spheres of the holy and pure, who shine as the resplendence of the firmament, to the soul of (mention his Hebrew name and that of his father) who has gone to his (supernal) world, for charity has been donated in remembrance of his soul; may his place of rest be in Gan Eden. Therefore, may the All-Merciful One shelter him with the cover of His wings forever, and bind his soul in the bond of life. The Lord in His heritage, may he rest in his resting-place in peace; and let us say Amen.

FOR A FEMALE

לנקבה

אֵל מִלֵּא רַחֲמִים שׁוֹכֵן בַּמְרוֹמִים, הַמְצִיא
 מְנוּחָה נְכוֹנָה עַל כַּנְפֵי הַשְּׂכִינָה,
 בְּמַעְלוֹת קְדוֹשִׁים וְטְהוֹרִים כְּזֹהַר הָרְקִיעַ
 מְזֹהֲרִים. אֶת נְשָׁמַת (פְּלוֹנִית בַּת פְּלוֹנִי) שֶׁהִלְכָה
 לְעוֹלָמָהּ. בְּעִבּוֹר שְׁנַדְּבוּ צְדָקָה בְּעַד הַזְּכָרֹת
 נְשָׁמָתָהּ, בְּגֵן עֵדֶן תִּהְיֶה מְנוּחָתָהּ. לָכֵן בְּעַל
 הַרְחָמִים יִסְתִּירָהּ בְּסִתְרֵי כַּנְפֵי לְעוֹלָמִים.
 וְיִצְרֹר בְּצִרּוֹר הַחַיִּים אֶת נְשָׁמָתָהּ. יְהוָה הוּא
 נִחַלְתָּהּ, וְתַנּוּחַ עַל מִשְׁכְּבָהּ בְּשָׁלוֹם, וְנֹאמַר
 אָמֵן:

TRANSLITERATION

Ayl mo-lay ra-chamim, sho-chayn ba-m'romim, ham-tzay m'nucho n'chonoh al kan-fei hash-chinoh, b'ma-alos k'doshim ut'horim k'zohar ho-roki-a maz-hirim, es nish-mas (mention her Hebrew name and that of her father) she-hol-choh l'olomoh, ba-avur she-nod'vu tz'dokoh b'ad haz-koras nish-mosoh, b'gan ay-den t'hay m'nuchosoh, lo-chayn ba-al ho-racha-mim yasti-reyho b'sayser k'nofov l'olo-mim, v'yitz-ror bitz'ror hacha-yim es nish-mosoh, adonoy hu nacha-losoh, v'sonu-ach al mish-kovov b'sholom, v'no-mar omayn.

TRANSLATION

O God, full of compassion, Who dwells on high, grant true rest upon the wings of the Shechinah (Divine Presence), in the exalted spheres of the holy and pure, who shine as the resplendence of the firmament, to the soul of (mention her Hebrew name and that of her father) who has gone to her (supernal) world, for charity has been donated in remembrance of her soul; may her place of rest be in Gan Eden. Therefore, may the All-Merciful One shelter her with the cover of His wings forever, and bind her soul in the bond of life. The Lord in His heritage, may she rest in her resting-place in peace; and let us say Amen.

ON LEAVING THE CEMETERY, ALL SHOULD WASH THEIR HANDS

Hold container in right hand and fill. Pass to left hand and pour over right hand. Then pass to right hand and pour over left hand.

Repeat above twice for total of three times for each hand. Do NOT dry hands. Recite the following:

בְּלֵעַ הַמָּוֶת לְנֶצַח. וּמָחָה יְהוָה אֱלֹהִים דִּמְעָה מֵעַל
כָּל־פָּנִים. וְהִרְפֵּת עֲמוֹ יִסִּיר מֵעַל כָּל־הָאָרֶץ. כִּי יְהוָה
דִּבֶּר:

He will destroy death for ever. He will wipe away tears from off all faces, and the disgrace of His people will He remove throughout the earth, for thus has the Lord promised.

JEWISH CEMETERIES IN SYDNEY

Jewish Section, Rookwood Cemetery	9746 5765
Cemetery Office: Rookwood	
City Office: Suite 1707, Tower 1	9369 1767*
500 Oxford Street, Bondi Junction	
Jewish, Section, Macquarie Park Cemetery	
Cemetery Office: Cnr. Delhi & Plassey Roads	9805 0499*
Macquarie Park	
Jewish Section, Eastern Suburbs Memorial Park	
Cemetery Office: Military Road, Matraville	9661 5655*
Jewish Section, Castle Hill Cemetery	
Cemetery Office: 129 Showground Road	
Castle Hill	9843 0555
Jewish Section, Frenchs Forest Cemetery	
Cemetery Office: Hakea Avenue, Davidson	9451 6204*
Jewish Section, Woronora Cemetery	
Cemetery Office: Linden Street, Sutherland	9545 4677*

*Monuments and grave maintenance can be arranged with these offices only.

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