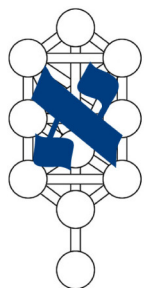


סדר תיקון חצות

SEDER TIKUN CHATZOT

Midnight Correction



Kabbalah4All Siddur

About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddur.

מֵלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.
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סדר תקון חצות

SEDER TIKUN CHATZOT

Tikun Chatzot is known as the Midnight Correction and is an expression of mourning of the loss of the Holy Temple in Jerusalem and longing for the Final Redemption. The Kabbalistic reason for doing this Tikun at midnight is to consciously connect to the Shechinah (Divine Presence). The Yud of the Divine Name corresponds to Abraham, the first Hei to Isaac, the Vav to Jacob, and the final Hei to David. King David corresponds to Malchut which corresponds to Shechinah. The Tikun Chatzot corresponds to the final letter Hei in the Divine Name. The Arizal taught that once the vessel of the Nukva (Feminine Aspect) has been corrected, the Light from Upper Worlds will have a channel through which to be revealed and the world will become complete. Appropriately, the Tikun Chatzot is divided into two sections which correspond to the Matriarchs Rachel and Leah.

The optimal time to recite Tikun Chatzot is between halachic midnight and dawn.

There are two parts to Tikun Chatzot: Tikun Rachel and Tikun Leah.

Tikun Chatzot is not recited on Friday night, Rosh HaShanah, Yom Kippur, all Festival Days or Chol HaMoed.

Only Tikun Leah is recited on these days: all the days of the Omer, the Days of Repentance (between Rosh Hashanah and Yom Kippur), when Tachanun will not be recited the next morning, and in a house of mourning.

On the night of Tisha B'Av only Tikun Rachel is recited.

During the Bein HaMetzarim (Three Weeks), Tikun Rachel is recited in the afternoon before Minchah. It is recited on the afternoon before Tisha B'Av, however it is not recited the afternoon before Rosh Chodesh, on Rosh Chodesh, or on Tisha B'Av.

L'shem yichud kudsha

For the sake of the unification of the Holy One

b'rich hu ushchinteh,

blessed be He and His Sh'chinah,

bidchilu urchimu,

in awe and love,

urchimu udchilu, l'yachada

and in love and awe, to unify

shem Yud Hei b'Vav Hei,

the Name Yud Hei with Vav Hei,

b'yichuda sh'lim,

in perfect unity,

b'shem kol Yisra-el.

in the name of all of Israel.

Hareini muchan lomar

Behold I am prepared to say

לְשֵׁם יְחִוּד קִדְשָׁא

בְּרִיךְ הוּא וְשְׁכִינְתָּהּ (יֵאֱהוּנָה),

בְּדַחֲלֵוּ וּרְחִימוּ (יֵאֱהוּנָה),

וּרְחִימוּ וּדְחִילוּ (יֵאֱהוּנָה), לְיַחְדָּא

שֵׁם יו"ד ה"א בְּוַו ה"ה (יְהוּה),

בְּיַחְוּדָא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הֲרִינִי מוּכָן לֹמַר

Say only for the Tikun you are reciting.
For example if only saying for Tikun Rachel.
Say both if reciting both Tikunim.

tikun Rachel

Tikun Rachel

(v')tikun Le-ah

(and) Tikun Leah

k'mo shesidru lanu

as arranged for us

raboteinu zichronam livrachah,

by our Sages, may their memory be blessed,

l'taken et

to establish

When reciting both:

shorsham

their root

When reciting only one:

shorsho

its root

b'makom elyon,

in the Supernal Place,

la-asot nachat ru-ach l'yotz'renu,

to bring satisfaction to our Maker,

v'la-asot r'tzon bor'enu.

and to perform the will of our Creator.

Vihi no-am Adonai Eloheinu aleinu,

May the pleasantness of Adonai our Elohim be upon us,

uma-aseh yadeinu kon'nah aleinu,

and the work of our hands establish for us,

uma-aseh yadeinu kon'nehu.

and the work of our hands establish it.

תיקון רחל

(ו) תיקון לאה

כמו שסדרו לנו

רבותינו זכרונם לברכה,

לתקן את

When reciting both:

שרשם

When reciting only one:

שרשו

במקום עליון,

לעשות נחת רוח ליוצרינו,

ולעשות רצון בוראנו.

ויהי נעם אדני אלהינו עלינו,

ומעשה ידינו כוננה עלינו,

ומעשה ידינו כוננהו.

Viduy is recited before Tikun Chatzot, however if one recited it in the Bedtime Shema shortly before or is reciting Selichot/Tachanun after, this is not recited. Continue on page 7.

וּדְוּי

VIDUI (CONFESSION)

Stand with head and body slightly bowed.

Ana Adonai Eloheinu

We beseech You Adonai our Elohim

Velohei avoteinu,

and Elohim of our ancestors,

tavo l'fanecha t'filatenu,

may our prayer come before You,

v'al tit-alam malkenu mitchinatenu,

and do not disregard our plea, our Sovereign,

she-ein anachnu azei fanim

for we are not arrogant

uk-shei gref lomar l'fanecha

and stiff necked to say before You

Adonai Eloheinu

Adonai our Elohim

Velohei avoteinu,

and Elohim of our ancestors,

tzadikim anachnu v'lo chatanu,

that we are righteous and did nothing negative,

aval chatanu, avinu, pashanu,

indeed we have been negative, iniquitous, done misdeeds

anachnu va-avoteinu

we and our ancestors,

v'anshe veiteinu.

and the members of our household.

אָנָּא אֲדוֹנָי יְהוֹה יֵאָהֳדוּנְהִי אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ,

וְאַל תִּתְעַלֵּם מִלְּכֵנוּ מִתְחִנָּתֵנוּ,

שְׂאִין אֲנַחְנוּ עֵזִי פָנִים

וְקָשִׁי עֶרְף לֹמֵר לְפָנֶיךָ

יְהוֹה יֵאָהֳדוּנְהִי אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

צַדִּיקִים אֲנַחְנוּ וְלֹא חָטָאנוּ,

אֲבָל חָטָאנוּ, עֵבִינוּ, פִּשְׁעֵנוּ,

אֲנַחְנוּ וְאֲבוֹתֵינוּ

וְאֲנָשֵׁי בֵיתֵנוּ.

Strike the left side of the chest with the right fist while reciting each Hebrew word that begins with a blue letter, transliteration has a Hebrew letter for each word.

א Ashamnu, **ב** bagadnu, **ג** gazalnu,

We have been guilty, we have betrayed, we have stolen,

ד dibarnu **דּ**ofi v'lashon hara,

we have spoken slander and evil speech

ה he-evinu, **ו** v'hirshanu, **ז** zadnu,

we have done iniquity, we caused wickedness, we transgressed,

ח chamasnu, **ט** tafalnu **ש**heker,

we have extorted, we have made false accusations,

י ya-atznu ra, **כ** kizavnu, **ל** latznu,

we have given bad advice, we have deceived, we have scorned,

אֲשָׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ,

דִּבַּרְנוּ דָּפִי וְלָשׁוֹן הָרָע,

הִעֲוִינוּ, וְהִרְשָׁעֵנוּ, זָדְנוּ,

חָמַסְנוּ, טַפְּלָנוּ שָׁקֵר,

יַעֲצֵנוּ רָע, כִּזְבָּנוּ, לָצְנוּ,

מ maradnu, **נ** ni-atznu, **ס** sararnu,
we have rebelled, we have blasphemed, we have strayed,
ע avinu, **פ** pashanu, **צ** tzararnu,
we've been iniquitous, we've done misdeeds, we've bound up,
ק kishinu oref, **ר** rashanu,
we have stiffened our necks, we have been wicked,
ש shichatnu, **ת** ti-avnu,
we have been corrupt, we have detested,
ta-inu v'ti-atanu.
we have gone astray, and we have scoffed.

Sarnu mimitzvotcha umimishpatecha,
We have turned away from Your commandments and Your laws,
hatovim, v'lo shavah lanu.
that are good, and it was not worthwhile for us.
V'atah tzadik al kol
And You are righteous in all
haba aleinu,
that has come upon us,
ki emet asita
for truthfully have You acted,
va-anachnu hirshanu.
while we have acted wickedly.

מַרְדָּנוּ, נֹאצָנוּ, סָרָרְנוּ,
עֲוִינוּ, פָּשַׁעְנוּ, צָרָרְנוּ,
קִשִּׁינוּ עֹרֶף, רָשָׁעְנוּ,
שִׁחַתְנוּ, תִּי־אָבְנוּ,
תַּעֲיִנוּ וְתַעֲתָעְנוּ.

סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמִּשְׁפָּטֶיךָ,
הַטּוֹבִים, וְלֹא שָׁוָה לָנוּ.
וְאַתָּה צַדִּיק עַל כָּל
הַבָּא עֲלֵינוּ,
כִּי אֱמֶת עָשִׂיתָ
וְאֵנַחְנוּ הִרְשָׁעְנוּ.

תְּקוּן רַחֵל

TIKUN RACHEL

This Tikun is recited while sitting on the floor.

During the recitation of this psalm, contemplate and mourn the destruction of the Temple.

תְּהִלִּים קל"ז

TEHILIM 137

David writes this Tehilim as a prophetic vision of the destruction of the First Temple and a lament for the exiles. He reminds us to never remove Jerusalem from our hearts and minds.

Al naharot bavel,

By the rivers of Babylon,

sham yashavnu gam bachinu,

we sat there and also we wept

b'zochrenu et Tziyon.

when we remembered Zion.

Al aravim b'tochah,

On the willows within it,

talinu kinoroteinu.

we hung our lyres.

Ki sham sh'elunu shoveinu

For there our captors requested from us

divrei shir v'tolaleinu simchah,

words of song with our lyres playing joyously,

shiru lanu mishir Tziyon.

"Sing for us from songs of Zion."

Eich nashir

How can we sing

et shir Adonai,

the song of Adonai

al admat nechar.

upon alien soil?

Im eshkech Y'rushala-im,

If I should forget you O Jerusalem,

tishkach y'mini.

then may my right hand forget its skill.

Tidbak l'shoni l'chiki,

May my tongue cling to my palate,

im lo ezkrechi,

if I fail to remember you,

עַל נְהָרוֹת בָּבֶל,

שָׁם יִשְׁבּוּ גַם בְּכִינּוֹ,

בְּזָכְרֵנוּ אֶת צִיּוֹן.

עַל עֲרָבִים בְּתוֹכָהּ,

תָּלִינוּ כִּנּוֹתֵינוּ.

כִּי שָׁם שְׁאַלּוּנוּ שׁוֹבֵינוּ

דְּבַרֵי שִׁיר וְתוֹלְלֵינוּ שִׂמְחָה,

שִׁירוּ לָנוּ מִשִׁיר צִיּוֹן.

אֵיךְ נִשִּׁיר

אֶת שִׁיר יְהוָה יֵאֱהַדוֹנָהּ,

עַל אֲדָמַת נֶכֶר.

אִם אֶשְׁכַּח יְרוּשָׁלַיִם,

תִּשְׁכַּח יְמִינִי.

תִּדְבַק לְשׁוֹנֵי לְחֻפֵי,

אִם לֹא אֶזְכְּרֶכִי,

im lo a-aleh et Y'rushala-im

if I should fail to elevate Jerusalem

al rosh simchati.

at the beginning of my joy.

Z'chor Adonai livnei edom

Remember Adonai, the sons of Edom,

et yom Y'rushala-im,

the day of Jerusalem,

ha-om'rim aru,

those who say, "Destroy

aru ad haysod bah.

destroy! to its foundation."

Bat bavel hash'dudah,

O daughter of Babylon who is destined to be plundered,

ashrei shey'shalem lach

praiseworthy is the one who repays you

et g'mulech shegamalt lanu.

your recompense for how you treated us.

Ashrei sheyochez v'nifetz

Praiseworthy will be the one who will take and dash

et olalayich el hasala.

your infants against the rock.

אם לא אעלה את ירושלים
על ראש שמחתי.
זכור יהוה יאהדונהי לבני אדום
את יום ירושלים,
האמרים ערו,
ערו עד היסוד בה.
בת בבל השדודה,
אשרי שישראלך
את גמולך שגמלת לנו.
אשרי שיאחז ונפץ
את עלליך אל הסלע.

During the recitation of this psalm, contemplate and mourn the righteous who have been murdered.

תהלים ע"ט

TEHILIM 79

This Tehilm was written by Asaf in which he describes a prophetic vision of the destruction of the Temple and the Sanctuary. In the end of his vision, he sees that both would be restored to their former glory.

Mizmor l'Asaf.

A song by Asaf.

Elohim, ba-u goyim b'nachalatecha,

Elohim, the nations have entered into Your inheritance,

tim'u et heichal kodshecha,

they have defiled the Sanctuary of Your holiness,

samu et Y'rushalayim l'iyim.

they have turned Jerusalem into heaps of rubble.

Nat'nu et nivlat avadecha

They have give the corpse of Your servants

ma-achal l'of hashamayim,

as food for the birds of the sky,

b'sar chasidecha l'chayto aretz.

the flesh of Your devout ones to the beasts of the earth.

מזמור לאסף.
אלהים, באו גוים בנחלתך,
טמאו את היכל קדשך,
שמו את ירושלים לעיים.
נתנו את נבלת עבדיך
מאכל לעוף השמים,
בשר חסידיך לחיתו ארץ.

Shaf'chu damam kamayim,

They have spilled their blood like water,

s'vivot Y'rushalayim,

all around Jerusalem,

v'ein koner.

and there is buries.

Hayinu cherpah lish-cheneinu,

We became a disgrace to our neighbors,

la-ad vakeles lisvivoteinu.

an object of mockery and scorn to those around us.

Ad mah Adonai

Until when Adonai,

te-enaf lanetzach,

will You be angry for eternity,

tivar k'mo esh kinatecha.

will Your grudge burn like fire?

Sh'foch chamat'cha el hagoyim

Pour Your wrath upon the nations

asher lo y'da-ucha,

that do not recognize You,

v'al mamlachot asher

and upon the kingdoms that

b'shimcha lo kara-u.

do not call out Your Name.

Ki achal et Ya-akov,

For they have devoured Jacob,

v'et navehu heshamu.

and they have destroyed his habitation.

Al tizkor lanu avonot rishonim,

Do not recall against us former iniquities,

maher y'kad'munu rachamecha,

may Your mercies quickly come to meet us,

ki dalonu m'od.

for we have become exceedingly impoverished.

Ozrenu Elohei yishenu

Assist us, Elohim of our salvation,

al d'var k'vod sh'mecha,

for the sake of the glory of Your Name,

v'hatzilenu v'chaper al chatoteinu

and rescue us and grant atonement for our misdeeds

l'ma-an sh'mecha.

for the sake of Your Name.

Lamah yom'ru hagoyim.

Why should the nations say...

Ayeh Eloheihem,

Where is their Elohim,

yivada bagoyim l'eineinu,

let Him be known among the nations before their eyes,

שִׁפְכוּ דָמָם כַּמַּיִם,

סְבִיבוֹת יְרוּשָׁלַיִם,

וְאֵין קוֹבֵר.

הֵיִינוּ חֶרְפָּה לְשִׁכְנֵינוּ,

לְעַג וְקָלֶס לְסְבִיבוֹתֵינוּ.

עַד מָה יְהוָה יֵאָדוֹנָהּ

תֵּאָנֶף לְנֶצַח,

תִּבְעַר כְּמוֹ אֵשׁ קִנְאָתְךָ.

שִׁפְךָ חֲמָתְךָ אֶל הַגּוֹיִם

אֲשֶׁר לֹא יִדְעוּךָ,

וְעַל מַמְלָכוֹת אֲשֶׁר

בְּשִׂמְךָ לֹא קָרְאוּ.

כִּי אָכַל אֶת יַעֲקֹב,

וְאֵת נוֹהוּ הַשָּׁמַיִם.

אֵל תִּזְכֹּר לָנוּ עֲוֹנוֹת רֵאשֹׁנִים,

מִהֵר יִקְדְּמוּנוּ רַחֲמֶיךָ,

כִּי דָלוּנוּ מְאֹד.

עֲזֹרָנוּ אֱלֹהֵי יִשְׂרָאֵל

עַל דְּבַר כְּבוֹד שִׁמְךָ,

וְהַצִּילָנוּ וְכִפֵּר עַל חַטָּאתֵינוּ

לְמַעַן שִׁמְךָ.

לָמָּה יֵאמְרוּ הַגּוֹיִם.

אֵיִה אֱלֹהֵיהֶם,

יִוָּדַע בַּגּוֹיִם לְעֵינֵינוּ,

nikmat dam avadecha hashafuch.

by avenging the blood of Your servants that has been spilled.

Tavo l'fanecha enkat asir,

Let the groan of the prisoner come before You,

k'godel z'ro-acha,

as befits the greatness of Your power,

hoter b'nei t'mutah.

spare those condemned to die.

V'hashev lish-cheneinu

And repay our neighbors

shivatayim el cheikam,

sevenfold into their bosom,

cherpatam asher cherfucha Adonai.

their disgrace with which they have disgraced You, Adonai.

Va-anachnu am'cha v'tzon maritecha,

And as for us Your people, the sheep of Your pasture,

nodeh l'cha l'olam,

we shall thank You forever,

l'dor vador n'saper t'hilatecha.

for generation after generation we shall tell of Your praise.

נְקַמַת דַּם עֲבָדֶיךָ הַשָּׁפוּךְ.

תָּבוֹא לְפָנֶיךָ אֲנִקַּת אֲסִיר,

כְּגֹדֶל זְרוּעֶךָ,

הוֹתֵר בְּנֵי תְמוּתָהּ.

וְהָשִׁב לְשִׁכְנֵינוּ

שִׁבְעָתַיִם אֶל חֵיקָם,

חֶרְפָּתָם אֲשֶׁר חֶרְפוּךָ אֲדֹנָי.

וְאֲנַחְנוּ עִמָּךְ וְצֹאן מִרְעִיתֶךָ,

נֹדֵה לְךָ לְעוֹלָם,

לְדֹר וְדֹר נְסַפֵּר תְּהִלָּתֶךָ.

איכה ה

EICHAH 5

זְכוֹר יְהוָה יֵאֱהוּדוֹנֵהי מַה־הָיָה לָנוּ הַבֵּיטָה וּרְאֵה אֶת־חֶרְפָּתֵנוּ:

Z'chor Adonai meh haya lanu habitah ureh et cherpateinu.

Remember, Adonai, what has come upon us; consider, and behold our disgrace.

נַחֲלָתֵנוּ נֶהְפְּכָה לְזָרִים בְּתֵינוּ לְנֹכְרִים:

Nachalateinu nehefchah l'zarim bateinu l'nochrin.

Our inheritance is turned to strangers, our homes to foreigners.

יְתוּמִים הָיִינוּ וְאֵין אָב אִמֹּתֵינוּ כְּאֵלְמָנוֹת:

Y'tomim hayinu v'ein nav imoteinu k'almanot.

We have become orphans and fatherless, our mothers are like widows.

מִיָּמֵינוּ בְּכֶסֶף שָׁתִינוּ עֵצֵינוּ בְּמַחִיר יִבְאוּ:

Memeinu b'chesef shatinu etzeinu bimchir yavo-u.

We pay money to drink our own water; obtain our wood at a price.

עַל צוֹאֲרֵנוּ נִרְדַּפְנוּ יִגְעֵנוּ וְלֹא הוֹנַח לָנוּ:

Al tzavarenu nirdafnu yaganu v'lo hunach lanu.

We are pursued to our necks; we labor, and have no rest.

מִצְרַיִם נָתַנוּ יָד אֲשׁוּר לְשִׁבְעַ לֶחֶם:

Mitzrayim natanu yad ashur lisbo-a lachem.

We have stretched out a hand to the Egypt, and to the Assyria to be satisfied with bread.

אֲבֹתֵינוּ חָטְאוּ וְאֵינָם וְאִנְחֵנוּ עוֹנֵתֵיהֶם סָבְלוּ:

Avoteinu chat'u v'ainam va-anachnu avonoteihem savalu.

Our ancestors have sinned, and are no more; but we suffer for their iniquities.

עֲבָדִים מְשָׁלוּ בָנוּ פֶּרֶק אֵין מִיָּדָם:

Avadim mash'lu vanu porek ein miyadam.

Slaves rule over us; there is none to deliver us from their hand.

בְּנַפְשֵׁנוּ נִבְיָא לְחִמְנוּ מִפְּנֵי חֶרֶב הַמִּדְבָּר:

B'nafshenu navi lachmenu mip'nei cherev hamidbar.

We get our bread with the peril of our lives because of the sword of the wilderness.

עוֹרֵנוּ כְּתַנּוּר נִכְמְרוּ מִפְּנֵי זִלְעָפוֹת רָעָב:

Orenu k'tanur nichmaru mip'nei zalafot ra-av.

Our skin is hot like an oven because of the fever of famine.

נָשִׁים בְּצִיּוֹן עָנוּ בְּתֻלוֹת בְּעָרֵי יְהוּדָה:

Nashim b'Tziyon inu b'tulot b'arei Y'hudah.

Women are ravished in Zion, and maidens in the cities of Judah.

שָׂרִים בְּיָדָם נִתְּלוּ פְּנֵי זְקֵנִים לֹא נִהְדָּרוּ:

Sarim b'yadam nit-lu p'nei z'kenim lo neh-daru.

Leaders are hanged up by their hand; the faces of elders are not honored.

בַּחֹרִים טָחוּן נִשְׂאוּ וְנַעֲרִים בָּעֵץ כָּשְׁלוּ:

Bachurim t'chon nasa-u unarim ba-etz kashalu.

They took the young men to grind, and boys stumble under the wood.

זְקֵנִים מִשַּׁעַר שָׁבְתוּ בַּחֹרִים מִנְּגִינָתָם:

Z'kenim mishar shavatu bachurim min'ginatam.

The elders are gone from the gate, the young men from their music.

שַׁבַּת מְשׁוֹשׁ לְבָנוּ נֶהְפָּךְ לְאֵבֶל מְחֹלְנוּ:

Shavat m'sos libenu neh-pach l'evel m'cholenu.

Gone is the joy of our heart; our dancing is turned into mourning.

נִפְלָה עֲטֶרֶת רֹאשֵׁנוּ אוֹי־נָא לָנוּ כִּי חָטָאנוּ:

Naf'lah ateret roshenu oy na lanu ki chatanu.

The crown is fallen from our head; woe to us, for we have sinned!

עַל־זֶה הָיָה דָוָה לְבָנוּ עַל־אֵלֶּה חָשְׁכוּ עֵינֵינוּ:

Al zeh hayah daveh libenu al eleh chash'chu eineinu.

For this our heart is faint; for these things our eyes are dim.

עַל הַר־צִיּוֹן שְׁשָׁמֶם שׁוֹעֲלִים הַלְּכוּ־בוּ:

Al har Tziyon sheshamem shu-alim hil'chu vo.

Upon the mountain of Zion, which is desolate, foxes walk.

אַתָּה יְהוָה יֵאֱהוֹנָהי | לְעוֹלָם תֵּשֵׁב כִּסְאֶךָ לְדוֹר וָדוֹר:

Atah Adonai l'olam teshev kisacha l'dor vador.

You, Adonai, are enthroned for ever; Your throne is from generation to generation.

לָמָּה לִנְצַח תִּשְׁכַּחֵנוּ תַעֲזֹבֵנוּ לְאָרֶץ יָמִים:

Lamah lanetzach tishkachenu ta-azvenu l'orech yamim.

Why do You forget us for ever, and forsake us for so long?

הַשִּׁיבֵנוּ יְהוָה יֵאֱהוֹנָהי | אֵלֶיךָ וְנִשְׁוֶבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם:

Hashivenu Adonai elecha v'nashuvah chadesh yameinu k'kedem.

Turn us to you, Adonai, and we shall be turned; renew our days as of old.

כִּי אִם־מְאֹס מְאֹסָתָנוּ קִצַּפְתָּ עָלֵינוּ עַד־מְאֹד:

Ki im ma-os m'astanu katzafta aleinu ad m'od.

But You have utterly rejected us; You are very angry against us.

הַשִּׁיבֵנוּ יְהוָה יֵאֱהוֹנָהי | אֵלֶיךָ וְנִשְׁוֶבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם:

Hashivenu Adonai elecha v'nashuvah chadesh yameinu k'kedem.

Turn us to you, Adonai, and we shall be turned; renew our days as of old.

Habet mishamayim ureh,
Look down from heaven and see,
 miz'vul kodsh'cha v'tifartecha,
from Your abode of holiness and splendor,
 ayeh kinat'cha ugvurotecha,
where is Your zealousness and Your might,
 hamon me-echa v'rachamecha
Your inner yearning and Your mercy
 elai hitapaku.
have been held back from me.
 Ki atah Avinu,
For You are our Father,
 ki Avraham lo y'da-anu
though Abraham may not know us
 v'Yisra-el lo yakiranu,
nor Israel recognize us,
 atah Adonai Avinu,
You, Adonai, are our Father,
 go-alenu me-olam sh'mecha.
our Eternal Redeemer is Your Name.
 Lamah tat-enu
Why do You let us stray,
 Adonai mid'rachecha,
Adonai, from Your paths,
 takshi-ach libenu miyiratecha,
letting our heart become hardened from awe of You,
 shuv l'ma-an avadecha
return to us for the sake of Your servants,
 shivtei nachalatecha.
the tribes of Your inheritance.
 Lamitzar yar'shu am kodshecha,
For but a short time did Your holy people own it,
 tzareinu bos'su mikdashecha.
our enemies have trampled Your Temple.
 V'atah Adonai Avinu atah,
So now Adonai, You are our Father,
 anachnu hachomer v'atah yotz'renu,
we are the clay and You are our Maker,
 uma-aseh yad'cha kulanu.
and we are all the work of Your hand.
 Al tiktzof Adonai
Adonai, do not become furious
 ad m'od,
to a great extent,
 v'al la-ad tizkor avon,
and do not remember iniquity forever,
 hen habet na am'cha chulanu.
behold see now, please, that we are Your people.

הִבֵּט מִשָּׁמַיִם וּרְאֵה,
 מִזְבֵּל קֹדֶשְׁךָ וּתְפָאֲרֶתְךָ,
 אֵיךְ קִנְיַתְךָ וּגְבוּרֶתְךָ,
 הַמּוֹן מֵעֵיךְ וּרְחֻמֶיךָ
 אֵלַי הִתְאַפְּקוּ.
 כִּי אַתָּה אָבִינוּ,
 כִּי אַבְרָהָם לֹא יָדַעֵנוּ
 וַיִּשְׂרָאֵל לֹא יַכִּירֵנוּ,
 אַתָּה יְהוָה יֵאֱהָדוּנְהִי אָבִינוּ,
 גֹּאֲלֵנוּ מֵעוֹלָם שְׁמֶךָ.
 לָמָּה תִּתְעֵנוּ
 יְהוָה יֵאֱהָדוּנְהִי מִדְּרַכֶיךָ,
 תִּקְשִׁיחַ לְבָבֵנוּ מִיִּרְאֶתְךָ,
 שׁוּב לְמַעַן עַבְדֶיךָ
 שְׁבִטֵי נַחֲלֹתֶיךָ.
 לְמַצְעֵר יִרְשׁוּ עִם קֹדֶשְׁךָ,
 צָרֵינוּ בּוֹסֵסוּ מִקְדָּשְׁךָ.
 וְעַתָּה יְהוָה יֵאֱהָדוּנְהִי אָבִינוּ אַתָּה,
 אֲנַחְנוּ הַחֹמֶר וְאַתָּה יוֹצֵרֵנוּ,
 וּמַעֲשֵׂה יָדְךָ כָּלֵנוּ.
 אַל תִּקְצֹף יְהוָה יֵאֱהָדוּנְהִי
 עַד מְאֹד,
 וְאַל לְעַד תִּזְכֹּר עֲוֹן,
 הֵן הִבֵּט נָא עַמְּךָ כָּלֵנוּ.

Arei kodsh'cha hayu midbar,

Your holy cities have become a wilderness,

Tziyon midbar hayatah,

Zion has become a wilderness,

Y'rushalayim sh'mamah.

Jerusalem a wasteland.

Beit kodshenu v'tifartenu

The Temple of our holiness and our splendor,

asher hil'lucha avoteinu hayah

where our ancestors praised You, has become

lisrefat esh v'chol machamadeinu

a fiery conflagration and all our loveliness

hayah l'chorbah.

has become desolation.

Ha-al eleh titapak

Will You restrain Yourself in the face of all these,

Adonai,

Adonai,

techeshah utanenu ad m'od.

and be silent and let us suffer to a very great extent?

Al chomotayich Y'rushalayim

Upon your walls, O Jerusalem,

hif-kadti shom'rim,

I have posted guardians,

kol hayom v'chol halailah

all the day and all the night,

tamid lo yecheshu,

continuously, they will not be silent,

hamazkirim et Adonai

You Who remind me Adonai,

al domi lachem.

do not be silent.

V'al tit'nu domi lo,

And do not give Him silence,

ad y'chonen v'ad yasim

until He establishes and until He makes

et Y'rushalayim t'hilah ba-aretz.

Jerusalem a source of praise in the land.

Nishba Adonai bimino

Adonai has sworn by His right hand

uvizro-a uzo,

and by His powerful arm,

im eten et d'ganech

I will no longer give your grain

od ma-achal l'oy'vayich,

as food for your enemies,

v'im yishtu v'nei nechar tiroshech

and the children of strangers will not drink your wine

עֲרֵי קֹדֶשְׁךָ הָיוּ מִדְּבָר,

צִיּוֹן מִדְּבָר הִיְתָה,

יְרוּשָׁלַיִם שְׁמָמָה.

בֵּית קֹדֶשְׁנוּ וְתִפְאֶרֶתְנוּ

אֲשֶׁר הִלְלוּךָ אֲבֹתֵינוּ הִיָּה

לְשֹׁרֶפֶת אֵשׁ וְכֹל מַחֲמַדֵּינוּ

הִיָּה לְחֹרְבָה.

הֲעַל אֱלֹהֵי תִתְאַפֵּק

יְהוָה יֵאֱהָדוֹנָהי,

תִּחְשָׁה וְתִעַנְנוּ עַד מְאֹד.

עַל חוֹמֹתֶיךָ יְרוּשָׁלַיִם

הִפְקַדְתִּי שְׁמָרִים,

כָּל הַיּוֹם וְכָל הַלַּיְלָה

תָּמִיד לֹא יִחְשׂוּ,

הַמְזַכְרִים אֶת יְהוָה יֵאֱהָדוֹנָהי

אֶל דְּמֵי לַכֶּם.

וְאֵל תִּתְּנוּ דְּמֵי לוֹ,

עַד יְכוֹנֵן וְעַד יִשְׂיִם

אֶת יְרוּשָׁלַיִם תִּהְיֶה בָּאָרֶץ.

נִשְׁבַּע יְהוָה יֵאֱהָדוֹנָהי בְּיָמֵינוּ

וּבְזְרוּעַ עֲזוֹ,

אִם אֶתֵּן אֶת דְּגַנְךָ

עוֹד מֵאֲכָל לְאֵי־בֵיךָ,

וְאִם יִשְׁתּוּ בְּנֵי נֶכֶר תִּירוּשְׁךָ

asher yaga-at bo.

for which you have toiled.

Ki m'asfav yoch'luhu,

For those who harvested it will eat it,

v'hil'lu et Adonai,

and will praise Adonai,

umkab'tzav yishtuhu

and those who have gathered it in will drink

b'chatzrot kodshi.

in My holy courtyards.

Atah takum t'rachem Tziyon,

You will arise and show Zion mercy,

ki et l'chen'nah ki va mo-ed.

for it is the time to favor her, for the appointed time has come.

Ki ratzu avadecha et avaneha,

For Your servants have cherished her stones,

v'et afarah y'chonenu.

and favored her dust.

Boneh Y'rushalayim Adonai,

Adonai is the Builder of Jerusalem,

nidchei Yisra-el y'chanes.

Who will gather in the outcasts of Israel.

אֲשֶׁר יִגְעַת בּוֹ.
כִּי מֵאֲסָפָיו יֹאכְלֶהוּ,
וְהִלְלוּ אֶת יְהוָה יֵאֱהֹדוּנָהּ,
וּמִקְבְּצָיו יִשְׁתָּהוּ
בְּחִצְרוֹת קֹדְשֵׁי.

אַתָּה תִקּוּם תִּרְחַם צִיּוֹן,
כִּי עֵת לְחִנּוּנָהּ כִּי בָא מוֹעֵד.
כִּי רָצוּ עֲבָדֶיךָ אֶת אֲבִנֶיהָ,
וְאֵת עֲפָרָהּ יְחַנְּנוּ.
בּוֹנֵה יְרוּשָׁלַיִם יְהוָה יֵאֱהֹדוּנָהּ,
נִדְחֵי יִשְׂרָאֵל יִכַּנֵּס.

If only reciting Tikun Rachel, end here.

If reciting both Tikun Rachel and Tikun Leah, then continue on the next page.

תקון לאה

TIKUN LE-AH

תהלים מב

TEHILIM 42

Lam'natze-ach maskil livnei Korach.

For the conductor, a maskil by the sons of Korach.

K'ayal ta-arog al afikei mayim,

As the deer yearns for streams of water,

ken nafshi ta-arog elecha Elohim.

so my soul yearns for You, Elohim.

Tzam'ah nafshi Leilohim l'El chai,

My soul thirsts Elohim, for the living Almighty One,

matai avo v'era-eh p'nei Elohim.

when will I come and appear before the face of Elohim.

Hay'tah li dimati lechem

My tears were for me my bread

yomam valailah,

day and night,

be-emor elai kol hayom,

when they said to me all day long,

ayeh Elohecha.

where is your Elohim.

Eleh ezk'rah v'eshp'chah

These I will remember and will pour out

alai nafshi,

the burden of my soul,

ki e-evor basach,

how I passed with the multitude,

edadem ad beit Elohim,

proceeding with them unto the House of Elohim,

b'kol rinah v'todah hamon chogeg.

with the voice of song and thanksgiving, many celebrating.

Mah tishtochachi nafshi,

Why are you downcast O my soul,

vatehemi alai,

and why do you roar within me,

hochili Leilohim,

hope in Elohim,

ki od odenu y'shu-ot panav.

for yet shall I thank Him for the salvations of His presence.

לְמַנְצַח מְשֻׁכִּיל לְבְנֵי קֶרַח.
כְּאַיִל תִּעְרַג עַל אַפְיְקֵי מַיִם,
כֵּן נַפְשִׁי תִעְרַג אֵלֶיךָ אֱלֹהִים.
צִמְאָה נַפְשִׁי לְאֱלֹהִים לְאֵל חַי,
מַתִּי אָבוֹא וְאֶרְאֶה פְּנֵי אֱלֹהִים.
הֵיטָה לִּי דִמְעָתִי לֶחֶם
יוֹמָם וּלְיָלַיָּה,
בְּאֹמַר אֵלַי כֹּל הַיּוֹם,
אֵיךְ אֱלֹהֶיךָ.
אֵלֶּה אֶזְכְּרָה וְאֶשְׁפָּכָה
עָלַי נַפְשִׁי,
כִּי אֶעְבֹּר בַּסָּד,
אֶדְדַּם עַד בַּיִת אֱלֹהִים,
בְּקוֹל רִנָּה וְתוֹדָה הַמוֹן חוֹגֵג.
מַה תִּשְׁתַּחֲוֶה נַפְשִׁי,
וְתִהְיֶה עָלַי,
הוֹחִילִי לְאֱלֹהִים,
כִּי עוֹד אֶדְנֶנּוּ יְשׁוּעוֹת פְּנֵינוּ.

Elohai alai nafshi tishtochach,

O my Elohim, my soul is cast down within me,

al ken ezkarcha me-eret

because I remember You from the land

yarden v'chermonim,

of Jordan and the peaks of Hermon,

mehar mitzar.

from Mount Mitzar.

T'hom el t'hom

Abyss to abyss

kore l'kol tzinorecha,

calls out to the sound of Your canals,

kol mishbarecha v'galecha

all Your tidal waves and Your surges

alai ayaru.

have overcome me.

Yomam y'tzaveh Adonai chasdo,

By day, Adonai will command His lovingkindness,

uvalailah shiroh imi,

even by night His song is with me,

t'filah l'El chayai.

a prayer to the Almighty One of my life.

Om'rah l'El sali,

I will say to the Almighty One, my Rock,

lamah sh'chachtani,

why have You forgotten me,

lamah koder elecha b'lachatz oyev.

why must I walk in gloom under the oppression of the foe.

B'retzach b'atzmotai

With murder in my bones,

cher'funi tzor'rai,

my enemies taunt me,

ba-amram elai kol hayom,

as they say to me every day,

ayeh Elohecha.

where is your Elohim.

Mah tishtochachi nafshi,

Why are you downcast O my soul,

vatehemi alai,

and why do you roar within me,

hochili Leilohim,

hope in Elohim,

ki od odenu y'shu-ot panav

for yet shall I thank Him for the salvations of His presence

Velohai.

and my Elohim.

אֱלֹהֵי עָלַי נַפְשִׁי תִשְׁתַּחַח,

עַל כֵּן אֶזְכָּרְךָ מֵאֶרֶץ

יַרְדֵּן וְחַרְמוֹנִים,

מֵהַר מִצְעָר.

תְּהוֹם אֶל תְּהוֹם

קוֹרֵא לְקוֹל צְנוּרֶיךָ,

כָּל מִשְׁבָּרֶיךָ וְגַלְיֶיךָ

עָלַי עֲבֹרוּ.

יוֹמָם יִצְוֶה יְהוָה יֵאֱהַרְוֶנִי חֲסִדוֹ,

וּבַלַּיְלָה שִׁירָה עִמִּי,

תִּפְלָה לְאֵל חַיִּי.

אוֹמְרָה לְאֵל סִלְעִי,

לָמָּה שָׁכַחְתָּנִי,

לָמָּה קִדַּר אֶלְךָ בְּלַחַץ אוֹיֵב.

בְּרִצַּח בְּעֲצָמוֹתַי

חִרְפוֹנֵי צוּרָי,

בְּאִמְרָם אֵלַי כָּל הַיּוֹם,

אֵיִה אֱלֹהֶיךָ.

מַה תִּשְׁתַּחַחֵי נַפְשִׁי,

וּמָה תִּהְיֶה עִלָּי,

הוֹחִילִי לְאֱלֹהִים,

כִּי עוֹד אוֹדְנוּ יְשׁוּעוֹת פָּנָיו

וְאֱלֹהֵי.

תהלים מג

TEHILIM 43

This psalm is a continuation of Tehilim 42. It expresses profound yearning for redemption and an end to exile.

Shofteni Elohim v'rivah

Avenge me, Elohim, and champion

rivi migoy lo chasid,

my cause against an unkind nation,

me-ish mirmah v'avlah t'fal'teni.

and deliver me from a person of deceit and iniquity.

Ki atah Elohei ma-uzi,

For You are the Elohim of my strength,

lamah z'nachtani,

why have You abandoned me,

lamah koder et-halech

why must I walk in gloom

b'lachatz oyev.

because of the oppression of my enemy?

Sh'lach or'cha va-amit'cha,

Send Your Light and Your truth,

hemah yanchuni,

they will guide me,

y'vi-uni el har kodsh'cha

they will bring me to Your holy moutain

v'el mishk'notecha.

and to Your dwelling place.

V'avo-ah el mizbach Elohim,

That I may come to the Altar of Elohim,

El El simchat gili,

to the Almighty One, the gladness of my joy,

v'od'cha v'chinor,

and I will praise You on the harp,

Elohim Elohai.

Elohim, my Elohim.

Mah tishtochachi nafshi,

Why are you downcast, O my soul,

umah tehemai alai,

and why do you roar within me,

hochili Leilohim,

hope in Elohim,

ki od odenu

for I shall again thank Him,

y'shu-ot panai Velohai.

they salvation of my countenance and my Elohim.

שִׁפְטֵנִי אֱלֹהִים וְרִיבָה

רִיבִי מִגּוֹי לֹא חָסִיד,

מֵאִישׁ מִרְמָה וְעוֹלָה תִּפְלֹטֵנִי.

כִּי אַתָּה אֱלֹהֵי מְעוֹזֵי,

לָמָּה זָנַחְתָּנִי,

לָמָּה קָדַר אֶתְהַלֵּךְ

בְּלַחֲץ אוֹיֵב.

שְׁלַח אוֹרְךָ וְאִמְתְּךָ,

הִמָּה יִנְחֹנֵנִי,

יְבִיאֵנִי אֶל הַר קְדֹשְׁךָ

וְאֶל מִשְׁכְּנוֹתֶיךָ.

וְאֲבֹאֶה אֶל מִזְבֵּחַ אֱלֹהִים,

אֶל אֵל שִׂמְחַת גִּילִי,

וְאוֹדֶךָ בְּכִנּוֹר,

אֱלֹהִים אֱלֹהֵי.

מַה תִּשְׁתַּחֲוֶה נַפְשִׁי,

וּמַה תִּהְיֶה עֲלַי,

הוֹחִילִי לֵאלֹהִים,

כִּי עוֹד אוֹדְנוּ

יְשׁוּעַת פָּנָי וְאֱלֹהֵי.

When Viduy is not recited, one does not recite Tehilim 20.

תהלים כ

TEHILIM 20

This Tehilm reminds us that Hashem responds to us in times of trouble.

Lam'natze-ach mizmor l'David.

For the Conductor, a song by David.

Ya-ancha Adonai b'yom tzarah,

May Adonai answer you on the day of trouble,

y'sagevcha shem Elohei Ya-akov.

may the Name of the Elohim of Jacob defend you.

Yishlach eizr'cha mikodesh,

May He send help to you from the Sanctuary,

umi-Tziyon yisadecha.

and support you from Zion.

Yizkor kol minchotecha,

May He remember all of your offerings,

v'olat'cha y'dash'neh selah.

and may He accept with favor your burnt-offerings, Selah.

Yiten l'cha chilvavecha,

May He grant you your heart's desire,

v'chol atzat'cha y'male.

and may He fulfill all of your plans.

N'ran'nah bishu-atecha,

May we sing for joy at your salvation,

uvshem Eloheinu nidgol,

and raise our banner in the Name of our Elohim,

y'male Adonai

may Adonai fulfill

kol mishalotecha.

all your requests.

Atah yadati ki

Now I know that

hoshi-a Adonai m'shicho,

Adonai has saved His anointed one,

ya-anehu mish'mei kodsho,

and He will answer him from His sacred heaven,

bigvurot yesha y'mino.

with the mighty victories of His right arm.

Eleh varechev v'eleh vasusim,

Some with chariots and some with horses,

va-anachnu b'shem Adonai

but we in the Name of Adonai

Eloheinu nazkir.

our Elohim call out.

לְמַנְצַחַ מְזִמּוֹר לְדָוִד.

יַעֲנֶךָ יְהוָה יֵאֱהוּדְנֶהי בְּיוֹם צָרָה,

יִשְׁגְּבֶךָ שֵׁם אֱלֹהֵי יַעֲקֹב.

יִשְׁלַח עֲזָרְךָ מִקֹּדֶשׁ,

וּמִצִּיּוֹן יִסְעֶדְךָ.

יִזְכֹּר כָּל מִנְחֹתֶיךָ,

וְעוֹלֹתֶיךָ יִדְשְׁנֶה סֶלָה.

יִתֵּן לְךָ כָּל בְּבִבְךָ,

וְכֹל עֲצָתְךָ יִמְלֵא.

נִרְנְנָה בִּישׁוּעָתְךָ,

וּבְשֵׁם אֱלֹהֵינוּ נִדְגַל,

יִמְלֵא יְהוָה יֵאֱהוּדְנֶהי

כָּל מִשְׁאַלוֹתֶיךָ.

עַתָּה יִדְעַתִּי כִּי

הוֹשִׁיעַ יְהוָה יֵאֱהוּדְנֶהי מְשִׁיחוֹ,

יַעֲנֶהוּ מִשָּׁמַי קֹדֶשׁוֹ,

בְּגִבּוֹרוֹת יִשַׁע יְמִינוֹ.

אֱלֹהֵי בָרָכָב וְאֱלֹהֵי בַסּוּסִים,

וְאֲנַחְנוּ בְּשֵׁם יְהוָה יֵאֱהוּדְנֶהי

אֱלֹהֵינוּ נִזְכִּיר.

Hemah kar'u v'nafalu,
They dropped to their knees and fell,
va-anachnu kamnu vanitodad.
but we arose and were invigorated
Adonai hoshi-ah,
Adonai save,
hamelech ya-anenu v'yom korenu.
may the Sovereign answer us on the day we call.

הִמָּה כָּרְעוּ וְנָפְלוּ,
 וְאַנְחָנוּ קָמְנוּ וְנִתְעוֹדַד.
 יְהוָה יִשְׁעֵהָ,
 הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרָאֵנוּ.

תהלים כד

TEHILIM 24

This psalm reminds us that everything belongs to the Creator, because on the first day of Creation, the Creator was all that existed.

L'David mizmor.
By David, a psalm.
Ladonai ha-aretz umlo-ah,
Adonai's is the earth and its fulness,
tevel v'yosh'vei vah.
the inhabited land and those who dwell in it.
Ki hu al yamim y'sadah,
For He founded it upon the seas,
v'al n'harot y'chon'neha.
and upon rivers established it.
Mi ya-aleh v'har Adonai,
Who may ascend the mountain of Adonai,
umi yakum bimkom kodsho.
and who may stand in the place of His sanctity.
N'ki chapayim uvar leivav,
One with clean hands and pure heart,
asher lo nasa lashav nafshi,
who has not sworn in vain by My soul,
v'lo nishba l'mirmah.
and has not sworn deceitfully.
Yisa v'rachah me-et Adonai,
They will receive a blessing from Adonai,
utzdakah me-Elohei yisho.
and just kindness from the Elohim of their salvation.
Zeh dor dor'shav,
This is the generation of those who seek Him,
m'vakshei panecha Ya-akov selah.
those who strive for Your Presence, Jacob's House, selah.
S'u sh'arim rasheichem,
O gates raise up your heads,

לְדָוִד מִזְמוֹר.
 לַיהוָה יֵאֱהָדוּנָהי הָאָרֶץ וּמְלוֹאָהָ,
 תֵּבֵל וַיֹּשְׁבֵי בָהּ.
 כִּי הוּא עַל יַמִּים יִסְדָּהָ,
 וְעַל נְהָרוֹת יִכּוֹנְנֶהָ.
 מִי יַעֲלֶה בְהַר יְהוָה יֵאֱהָדוּנָהי,
 וּמִי יִקּוּם בְּמִקְוֹם קֹדֶשׁוֹ.
 נְקִי כַפָּיִם וּבֵר לֵבָב,
 אֲשֶׁר לֹא נִשָּׂא לִשְׂוֹא נַפְשִׁי,
 וְלֹא נִשְׁבַּע לְמַרְמָה.
 יִשָּׂא בְרָכָה מֵאֵת יְהוָה יֵאֱהָדוּנָהי,
 וּצְדָקָה מֵאֱלֹהֵי יִשְׁעוֹ.
 זֶה דּוֹר דּוֹר־שָׁבוּ,
 מִבְּקִשֵׁי פָנֶיךָ יַעֲקֹב סֵלָה.
 שֹׂאוּ שַׁעֲרֵיכֶם רְאשֵׁיכֶם,

v'hinas'u pitchei olam,
and be uplifted you eternal entrances,
v'yavo melech hakavod.
so that the *Sovereign of Glory* may enter.
Mi zeh melech hakavod,
Who is this *Sovereign of Glory*,
Adonai izuz v'gibor,
Adonai the mighty and the strong,
Adonai gibor milchamah.
Adonai the strong in battle.
S'u sh'arim rasheichem,
O gates raise up your heads,
usu pitchei olam,
and raise up, you eternal entrances,
v'yavo melech hakavod.
so that the *Sovereign of Glory* may enter.
Mi hu zeh melech hakavod,
Who is He, this *Sovereign of Glory*,
Adonai tz'va-ot,
Adonai of hosts,
hu melech hakavod selah.
He is the *Sovereign of Glory*, *selah*.

וְהִנָּשְׂאוּ פִתְחֵי עוֹלָם,
וַיָּבֹא מֶלֶךְ הַכְּבוֹד.
מִי זֶה מֶלֶךְ הַכְּבוֹד,
יְהוָה יֵאֱהָדוּנְהִי עֲזוּז וְגִבּוֹר,
יְהוָה יֵאֱהָדוּנְהִי גִבּוֹר מִלְחָמָה.
שְׂאוּ שַׁעְרֵיכֶם וְרַאשֵׁיכֶם,
וּשְׂאוּ פִתְחֵי עוֹלָם,
וַיָּבֹא מֶלֶךְ הַכְּבוֹד.
מִי הוּא זֶה מֶלֶךְ הַכְּבוֹד,
יְהוָה יֵאֱהָדוּנְהִי צְבָאוֹת,
הוּא מֶלֶךְ הַכְּבוֹד סֵלָה.

תהלים סז

TEHILIM 67

Lam'natze-ach binginot mizmor shir.
For the conductor with the neginot, a psalm, a song.
Elohim y'chonenu vivar'chenu,
May Elohim favor us and bless us,
ya-er panav itanu selah.
may He illuminate His countenance with us, *selah*.
Lada-at ba-aretz darkecha,
To make known on earth Your way,
b'chol goyim y'shu-atecha.
among all nations Your salvation.
Yoducha amim, Elohim,
Nations will acknowledge You, O Elohim,
yoducha amim kulam.
nations will acknowledge You, all of them.
Yism'chu viran'nu l'umim,
Nations will be glad and sing for joy,
ki tishpot amim mishor,
for You will judge nations fairly,
ulumim ba-aretz tanchem selah.
and the nations of the earth You will guide, *Selah*.

לְמַנְצֵחַ בְּנִגִּינוֹת מִזְמוֹר שִׁיר.
אֱלֹהִים יְחַנְּנוּ וַיְבָרְכֵנוּ,
יֵאֵר פָּנָיו אֶתָּנוּ סֵלָה.
לְדַעַת בְּאֶרֶץ דְּרָכְךָ,
בְּכֹל גּוֹיִם יְשׁוּעָתְךָ.
יִדְוֹךְ עַמִּים, אֱלֹהִים,
יִדְוֹךְ עַמִּים כָּלָם.
יִשְׂמְחוּ וַיְרַנְּנוּ לְאֻמִּים,
כִּי תִשְׁפֹּט עַמִּים מִיֶּשֶׁר,
וּלְאֻמִּים בְּאֶרֶץ תַּנְחֵם סֵלָה.

Yoducha amim, Elohim,
Nations will acknowledge You, O Elohim,
yoducha amim kulam.
nations will acknowledge You, all of them.
Eretz nat'nah y'vulah,
Earth will then have yielded its produce,
y'var'chenu Elohim Eloheinu.
may Elohim bless us, our Elohim.
Y'var'chenu Elohim,
May Elohim bless us,
y'yir'u oto kol afsei aretz.
and may they be in awe of Him, all the ends of the earth.

יוֹדוּךָ עַמִּים, אֱלֹהִים,
 יוֹדוּךָ עַמִּים כָּלֵם.
 אֶרֶץ נִתְּנָה יְבוּלָהּ,
 יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ.
 יְבָרְכֵנוּ אֱלֹהִים,
 וַיִּירְאוּ אוֹתוֹ כָּל אַפְסֵי אֶרֶץ.

תהלים קיא

TEHILIM 111

We were created with everything we need in order to do the Creator's will. It is up to us to choose to journey along this path.

Hal'lu-Yah,
Praise Yah,
odeh Adonai b'chol levav,
I shall thank Adonai wholeheartedly,
b'sod y'sharim v'edah.
in the counsel of the upright and the congregation.
G'dolim ma-asei Adonai,
Great are the works of Adonai,
d'rushim l'chol chef-tzeihem.
accessible to all who want them.
Hod v'hadar pa-alo,
Majesty and splendor are His work,
v'tzidkato omedet la-ad.
and His righteousness endures forever.
Zecher asah l'nifl'otav,
A memorial He made for His wonders,
chanun v'rachum Adonai.
gracious and compassionate is Adonai.
Teref natan lire-av,
Food He gives for those in awe of Him,
yizkor l'olam b'rityo.
He remembers His covenant eternally.

הַלְלוּיָהּ,
 אוֹדָה יְהוָה יֵאֱהוֹנָהּ בְּכֹל לֵבָב,
 בְּסוֹד יְשָרִים וְעֵדָה.
 גְּדֹלִים מַעֲשֵׂי יְהוָה יֵאֱהוֹנָהּ,
 דְּרוֹשִׁים לְכֹל חִפְצֵיהֶם.
 הוֹד וְהַדָּר פָּעֻלוֹ,
 וְצִדְקָתוֹ עֹמֶדֶת לְעַד.
 זֵכֶר עָשָׂה לְנִפְלְאוֹתָיו,
 חַנּוּן וְרַחוּם יְהוָה יֵאֱהוֹנָהּ.
 טָרֶף נָתַן לִירְאָיו,
 יִזְכֹּר לְעוֹלָם בְּרִיתוֹ.

Ko-ach ma-asav higid l'amo,
The strength of His works He declared to His people,
latet lahem nachalat goyim.
to give them the heritage of the nations.

Ma-asei yadav emet umishpat,
The works of His hands are truth and justice,
ne-emanim kol pikudav.
faithful are all His orders.

S'muchim la-ad l'olam,
They are steadfast forever for eternity,
asuyim be-emet v'yashar.
accomplished in truth and virtue.

P'dut shalach l'amo,
Redemption He sent to His people,
tzivah l'olam b'rito,
He commanded His covenant for eternity,
kadosh v'nora sh'mo.
holy and awesome is His Name.

Reshit chochmah yirat Adonai,
The beginning of wisdom is to be in awe of Adonai,
sechel tov l'chol oseihem,
good understanding is given to all their practitioners,
t'hilato omedet la-ad.
His praise endures forever.

כַּח מַעֲשָׂיו הִגִּיד לְעַמּוֹ,
 לְתֵת לָהֶם נַחֲלַת גּוֹיִם.
 מַעֲשֵׂי יָדָיו אֱמֶת וּמִשְׁפָּט,
 נֶאֱמָנִים כָּל פְּקוּדָיו.
 סְמוּכִים לְעֵד לְעוֹלָם,
 עֲשׂוּיִם בְּאֱמֶת וַיָּשָׁר.
 פְּדוּת שְׁלַח לְעַמּוֹ,
 צִוָּה לְעוֹלָם בְּרִיתוֹ,
 קָדוֹשׁ וְנוֹרָא שְׁמוֹ.
 רֵאשִׁית חֲכָמָה יִרְאֵת יְהוָה יֵאֱהוּנָהּ,
 שֵׁכֶל טוֹב לְכֹל עֹשֵׂיהֶם,
 תְּהִלָּתוֹ עֹמֶדֶת לְעֵד.

תהלים נא

TEHILIM 51

In this psalm David includes the principles of teshuvah (return). It is an appropriate psalm to be said at any time when we feel we have strayed from our path and the need to repent for our negative actions against self and others.

Lam'natze-ach mizmor l'David.

For the Conductor, a psalm of David.

B'vo elav Natan hanavi,
When Nathan the prophet came to him,
ka-asher ba el bat Shava.
when he came to Bath Sheba.

Choneini Elohim k'chasdecha,
Be gracious to me, O Elohim, according to Your kindness,
k'rov rachamecha m'chek f'sha-ai.
according to Your many mercies blot out my transgressions.

Cherev kab'seni me-avoni,
Cleanse me abundantly from my iniquity,
umechatati tahareni.
and from my sin purify me.

לְמַנְצַח מְזִמּוֹר לְדָוִד.
 בְּבוֹא אֱלָיו נָתַן הַנָּבִיא,
 כַּאֲשֶׁר בָּא אֶל בַּת שֶׁבַע.
 חֲנֻנֵי אֱלֹהִים כְּחַסְדֶּךָ,
 כְּרֹב רַחֲמֶיךָ מְחַה פְּשָׁעַי.
 הָרַב כִּבְּסֵנִי מֵעֲוֹנַי,
 וּמַחֲטָאתִי טַהַרְנֵנִי.

Ki f'sha-ai ani eda,
 For my transgressions I acknowledge,
 v'chatati negdi tamid.
 and my sin is before me always.
 L'cha l'vad'cha chatati,
 Against You alone did I sin,
 v'hara b'einecha asiti,
 and that which is evil in Your eyes did I do,
 l'ma-an titzdak b'dovrecha
 so that You are justified when You speak,
 tizkeh v'shaftecha.
 and faultless when You judge.
 Hen b'avon cholalti,
 Behold I was shaped in iniquity,
 uvchet yechematni imi.
 and in sin my mother conceived me.
 Hen emet chafatzta vatuchot,
 Behold, the truth You desire is in the concealed parts,
 uvsatum chochmah todi-eni.
 and in the covered part is the wisdom that You teach me.
 T'chat'eni v'ezov v'et-har,
 Purge me of sin with hyssop and I shall be pure,
 t'chab'seni umisheleg albin.
 wash me and I shall be white as snow.
 Tashmi-eni sason v'simchah,
 Make me hear joy and gladness,
 tagelnah atzamot dikita.
 that the bones You have crushed may rejoice.
 Haster panecha mechata-ai,
 Hide Your face from my sins,
 v'chol avonotai m'cheh.
 and erase all my iniquities.
 Lev tahor b'ra li Elohim,
 Create a clean heart within me, O Elohim,
 v'ru-ach nachon chadesh b'kirbi.
 and renew a steadfast spirit within me.
 Al tashlicheni mil'fanecha,
 Do not cast me away from Your Presence,
 v'ru-ach kodsh'cha al tikach mimeni.
 and do not take the spirit of Your holiness away from me.
 Hashivah li s'son yishecha,
 Restore to me the joy of Your salvation,
 v'ru-ach n'divah tism'cheni.
 and with a generous spirit sustain me.
 Alam'dah fosh'im d'rachecha,
 I will teach transgressors Your ways,
 v'chata-im elecha yashuvu.
 and sinners shall return to You.

כִּי פִשְׁעַי אָנִי אֵדַע,
 וְחַטָּאתִי נִגְדִי תָמִיד.
 לָךְ לְבַדְּךָ חַטָּאתִי,
 וְהָרַע בְּעֵינֶיךָ עֲשִׂיתִי,
 לְמַעַן תִּצְדַּק בְּדַבְרֶךָ
 תִּזְכֶּה בְּשִׁפְטֶךָ.
 הֵן בְּעוֹן חוֹלַלְתִּי,
 וּבַחַטָּא יֶחֱמַתְנִי אִמִּי.
 הֵן אֵמֶת חִפְצְתָּ בְּטָחוֹת,
 וּבְסִתָּם חֶכְמָה תוֹדִיעֵנִי.
 תַּחֲטֵאֲנִי בְּאֵזוֹב וְאֶטְהַר,
 תִּכְבֶּסֵנִי וּמִשְׁלֵג אֶלְבִּין.
 תִּשְׁמִיעֵנִי שִׁשׁוֹן וְשִׂמְחָה,
 תִּגְלֶנָּה עֲצָמוֹת דִּכִּיתָ.
 הַסְתַּר פָּנֶיךָ מִחַטָּאִי,
 וְכָל עֲוֹנֹתַי מִחֵה.
 לֵב טָהוֹר בְּרָא לִי אֱלֹהִים,
 וְרוּחַ נְכוֹן חִדַּשׁ בְּקִרְבִּי.
 אַל תִּשְׁלִיכֵנִי מִלְּפָנֶיךָ,
 וְרוּחַ קְדֹשְׁךָ אַל תִּקַּח מִמֶּנִּי.
 הַשִּׁיבָה לִּי שִׁשׁוֹן יִשְׁעֶךָ,
 וְרוּחַ נְדִיבָה תִּסְמְכֵנִי.
 אֲלַמְּדָה פִשְׁעִים דְּרַכֶּיךָ,
 וְחַטָּאִים אֵלֶיךָ יָשׁוּבוּ.

Hatzilēni midamim Elohim,
Rescue me from blood-guilt, O Elohim,
 Elohei t'shu-ati,
Elohim of my salvation,
 t'ranen l'shoni tzidkatecha.
then my tongue shall sing of Your righteousness.
 Adonai s'fatai tiftach,
Eternal One open my lips,
 ufi yagid t'hilatecha.
that my mouth may declare Your praise.
 Ki lo tachpotz zevach v'etenah,
For You do not desire sacrifice, or else I would give it,
 olah lo tirtzeh.
a burnt-offering You do not want.
 Zivchei Elohim ru-ach nishbarah,
The sacrifices of Elohim are a broken spirit,
 lev nishbar v'nidkeh,
a heart broken and humbled,
 Elohim lo tivzeh.
O Elohim, You will not despise.
 Heitivah virtzon'cha et Tziyon,
Do good in Your favor unto Zion,
 tivneh chomot Y'rushalayim.
build the walls of Jerusalem.
 Az tachpotz zivchei tzedek,
Then You will desire the offerings of righteousness,
 olah v'chalil,
the burnt-offering and whole offering,
 az ya-alu al mizbachacha farim.
then shall they offer bulls upon Your altar.

הַצִּילֵנִי מִדַּמִּים אֱלֹהִים,
 אֱלֹהֵי תְשׁוּעָתִי,
 תְּרַנֵּן לְשׁוֹנֵי צְדִקְתְּךָ.
 אֲדֹנָי שְׁפֹתַי תִּפְתַּח,
 וּפִי יַגִּיד תְּהִלַּתְּךָ.
 כִּי לֹא תַחְפֹּץ זֶבַח וְאֶתְנָה,
 עֹלָה לֹא תִרְצֶה.
 זִבְחֵי אֱלֹהִים רוּחַ נִשְׁבָּרָה,
 לֵב נִשְׁבָּר וְנִדְכָה,
 אֱלֹהִים לֹא תִבְזֶה.
 הֵיטִיבָה בְּרַצוֹנְךָ אֶת צִיּוֹן,
 תִּבְנֶה חוֹמוֹת יְרוּשָׁלַיִם.
 אֲזַ תַּחְפֹּץ זִבְחֵי צְדָקָה,
 עֹלָה וְכָלִיל,
 אֲזַ יַעֲלוּ עַל מִזְבַּחַךְ פָּרִים.

On days that Tikun Rachel is not recited, skip the following verses:

While saying the word Tziyon, think about Rachel, and when saying Yerushalayim, think about Leah.

עַד אַנָּה בְּכִיָּה בְּצִיּוֹן וּמִסֵּפֶד בִּירוּשָׁלַיִם.

Ad anah bichyah b'Tziyon umisped Birushalayim.

Until when will there be crying in Zion, eulogies in Jerusalem?

תִּקּוּם תִּרְחַם צִיּוֹן, תִּבְנֶה חוֹמוֹת יְרוּשָׁלַיִם.

Takum t'rachem Tziyon, tivneh chomot Y'rushalayim.

Arise and have mercy on Zion, build the walls of Jerusalem.

These two sections conclude Tikun Leah with words of consolation.

Eloheinu Velohei avoteinu,
Our Elohim and Elohim of our ancestors,
 melech rachaman rachem aleinu,
Merciful Sovereign have mercy upon us,
 tov umetiv hidaresh lanu,
Good and Beneficent One, let Yourself be sought out by us,
 shuvah aleinu bahamon rachamecha,
return to us in Your yearning mercy,
 biglal avot she-asu r'tzonecha,
for the sake of our ancestors who did Your will,
 b'neh veit'cha k'vat'chilah,
rebuild Your House as it was in the beginning,
 konen beit mikdash'cha al m'chono,
and establish Your Temple on its site,
 harenu b'vinyano,
show us it's rebuilding,
 sam'chenu b'tikuno,
gladden us in its correction,
 v'hashev Sh'chinat'cha l'tocho,
and restore Your Shechinah within it,
 v'hashev kohanim la-avodatam,
and restore the Kohanim to their service,
 ulviyim l'duchanam,
and the Levites to their platform,
 l'shiram ulzimram,
their song and their music,
 v'hashev Yisra-el linveihem,
and restore Israel to their dwellings,
 v'sham na-aleh v'nera-eh
and there we will ascend and appear
 v'nishtachaveh l'fanecha.
and prostrate ourselves before You.
 Y'hi ratzon mil'fanecha
May it be the will before You,
 Adonai Eloheinu
Adonai our Elohim
 Velohei avoteinu,
and Elohim of our ancestors,
 sheta-alenu b'simchah l'artzenu,
that You bring us up in gladness to our land,
 v'tita-enu bigvulenu,
and plant us within our boundaries,
 v'sham na-aseh l'fanecha
and there we will perform before You
 et korb'not chovoteinu,
the rite of our required offerings,

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 מֶלֶךְ רַחֲמָן רַחֲמַן עָלֵינוּ,
 טוֹב וּמֵטִיב הַדָּרֵשׁ לָנוּ,
 שׁוּבָה עָלֵינוּ בְּהֵמוֹן רַחֲמֶיךָ,
 בְּגִלְלַת אָבוֹת שְׁעָשׂוּ רְצוֹנְךָ,
 בְּנֵה בֵיתְךָ כְּבֵית־חִלָּה,
 כּוֹנֵן בַּיִת מִקְדָּשְׁךָ עַל מְכוֹנוֹ,
 הַרְאֵנוּ בְּבִנְיָנוּ,
 שְׂמַחְנוּ בְּתִקּוּנוֹ,
 וְהַשִּׁב שְׂכִינְתְּךָ לְתוֹכוֹ,
 וְהַשִּׁב כֹּהֲנִים לְעִבּוֹדָתָם,
 וְלוֹיִם לְדוּכָנָם,
 לְשִׁירָם וּלְזִמְרָם,
 וְהַשִּׁב יִשְׂרָאֵל לְנִוְיָהֶם,
 וְשָׁם נַעֲלֶה וְנִרְאֶה
 וְנִשְׁתַּחֲוֶה לְפָנֶיךָ.
 יְהִי רְצוֹן מִלְּפָנֶיךָ
 יְהוָה יֵאָהֲדוּנְהִי אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ,
 שְׂתַעֲלֵנוּ בְּשִׂמְחָה לְאַרְצֵנוּ,
 וְתִטְעֵנוּ בְּגִבּוּלָנוּ,
 וְשָׁם נַעֲשֶׂה לְפָנֶיךָ
 אֶת קִרְבָּנוֹת חוֹבוֹתֵינוּ,

t'midim k'sidram

the Tamid Offerings in their order

umusafim k'hilchatam.

and the Musaf Offerings according to their laws.

תְּמִידִים כְּסִדְרָם
וּמוֹסָפִים כְּהִלְכָתָם.

תהלים קכו

TEHILIM 126

This Tehilm describes the return of Israel to its land and the end of exile.

Shir hama-alot.

A song of ascents.

B'shuv Adonai

When Adonai returns

et shivat Tziyon,

the captivity of Zion,

hayinu k'chol'mim.

we will be like dreamers.

Az yimale s'chok pinu,

Then our mouth will be filled with laughter,

ulshonenu rinah,

and our tongue with joyful song,

az yom'ru vagoyim,

then they will declare among the nations,

higdil Adonai

greatly Adonai

la-asot im eleh.

has done with these.

Higdil Adonai

Greatly Adonai

la-asot imanu,

has done with us,

hayinu s'mechim.

we were gladdened.

Shuvah Adonai

Return Adonai

et sh'vitenu,

our captivity,

ka-afikim banegev.

like springs in the desert.

Hazor'im b'dimah,

Those who sow with tears,

b'rinah yiktzoru.

will reap with joyful song.

Haloch yelech uvachoh

The one who goes forth weeping,

שִׁיר הַמַּעֲלוֹת.
בְּשׁוּב יְהוָה יֵאֱהוּנָה
אֶת שִׁיבַת צִיּוֹן,
הָיִינוּ כְּחֹלְמִים.
אֲזַי מָלָא שְׂחֹק פִּינוּ,
וְלִשְׁוֹנָנוּ רִנָּה,
אֲזַי אִמְרוּ בַגּוֹיִם,
הִגְדִּיל יְהוָה יֵאֱהוּנָה
לַעֲשׂוֹת עִם אֱלֹהֵי.
הִגְדִּיל יְהוָה יֵאֱהוּנָה
לַעֲשׂוֹת עִמָּנוּ,
הָיִינוּ שְׂמֵחִים.
שׁוּבָה יְהוָה יֵאֱהוּנָה
אֶת שְׁבִיתָנוּ,
כַּאֲפִיקִים בַּנֶּגֶב.
הַזֹּרְעִים בְּדַמְעָה,
בְּרִנָּה יִקְצְרוּ.
הַלֹּךְ יֵלֵךְ וּבְכֹה

nose meshech hazara,
bearing the seed for sowing,
bo yavo v'rinah,
shall come back with joyful song,
nose alumotav.
bringing their sheaves with them.

נִשָּׂא מִשֶּׁךְ הַזָּרַע,
בֹּא יָבוֹא בְרִנָּה,
נִשָּׂא אֲלֻמֹּתָיו.

If reciting Tikun Chatzot alone, the service ends here.

If reciting Tikun Chatzot in community, the Chazzan continues below.

קְדִישׁ יְהוָה שְׁלָמָא

KADDISH Y'HE SH'LAMA

*Recited by the Chazzan, joined by mourners.
Everyone says the words in { }.*

Yitgadal v'yitkadash sh'meh raba.
Exalted and sanctified be His great Name.
{Amen.}
Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
{אָמֵן}

B'al'ma di v'ra chiruteh,
In the world that He has created according to His will,
v'yamlich malchuteh,
and may He let His sovereignty have dominion,
v'yatzmach purkaneh
and cause His redemption to sprout
vikarev M'shicheh. {Amen.}
and bring near the Mashiach. Amen.

בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵיהּ,
וַיַּמְלִיךְ מַלְכוּתֵיהּ,
וַיַּצְמַח פְּרֻקָנֵיהּ
וַיִּקְרַב מְשִׁיחֵיהּ. {אָמֵן}

B'chayeichon uvyomeichon
In your lifetime and in your days
uvchayei d'chol beit Yisra-el,
and in the lifetime of the entire House of Israel,
ba-agala uvizman kariv,
speedily and at a time that comes soon,
v'imru amen. {Amen.}
and say amen. Amen.

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֲגָלָא וּבְזִמַּן קָרִיב,
וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'he sh'meh raba m'varach
May His great Name be blessed
l'alam ul-almei al-maya.}
forever and for all eternity.

יְהוָה שְׁמֵהּ רַבָּא מְבָרַךְ
לְעֵלָם וּלְעֵלְמֵי עֲלְמֵיָא.

Yitbarach v'yishtabach v'yitpa-ar
Blessed and praised and glorified

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

v'yitromam v'yitnase v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

sh'meh d'kudsha {b'rich hu},

be the Name of the Holy One, Blessed is He,

l'ela min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru amen. {Amen.}

and say amen. Amen.

Y'he sh'lama raba min sh'maya,

May there be abundant peace from heaven,

v'chayim tovim aleinu,

and good life upon us,

v'al kol Yisra-el,

and upon all Israel,

v'imru amen. {Amen.}

and say amen. Amen.

Take three steps back and bow to the left and say:

Oseh shalom bimromav,

May the One Who makes peace in His heights,

Bow to the right and say:

hu b'rachamav

may He, in His compassion,

ya-aseh shalom aleinu,

make peace upon us,

Bow forward and say:

v'al kol amo Yisra-el,

and upon all His people Israel,

v'al kol yosh'vei tevel,

and upon all the inhabitants of the earth,

Straighten the body and say:

v'imru amen. {Amen.}

and say amen.

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},
לְעֵלָּא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשֻׁבְחָתָא וְנַחֲמָתָא,
דְּאִמְרֵן בְּעֵלְמָא,
וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים טוֹבִים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא בְּרַחֲמָיו

יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,

וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

וְאִמְרוּ אָמֵן. {אָמֵן.}