

## Songs

1. Oseh shalom bimromav, Hu Ya'aseh shalom aleinu, Ve'al kol Yisrael, Ve'imru, imru, Amen.

עוֹשֵׂה שְׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן.

May He who makes peace in his high places, Make He make peace upon us, And on all of Israel – And say, Amen.

2. Am Yisrael chai! Am Yisrael chai! Am Yisrael chai! (repeat x3)  
Od Avinu, Od Avinu, Od Avinu Chai! (repeat x3)

עם ישראל חי! עוד אבינו חי!

3. Kol Ha'Olam Kulo gesher tzar meod vеха'ikar lo lefaḥed klal

כָּל הָעוֹלָם כְּלוֹ גֶשֶׁר צָר מְאֹד וְהַעִיקָר לֹא לִפְחֹד כָּלֵל

The whole world is a very narrow bridge, but the important thing is not to fear at all

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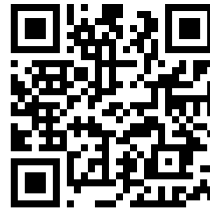
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ב"ה

# תורה תפילה צדקה

## Torah, Prayer, and Charity

### PRAYER AND SOLIDARITY

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## Tehilim – Psalms 20

לְמַנְצִיחַ מִזְמוֹר לְדָוִד: יַעֲנֵךְ יְהוָה  
 בְּיוֹם צָרָה וְשָׁנֹבֵךְ שֵׁם | אֱלֹהֵי  
 יַעֲקֹב: יִשְׁלַח־עֲזָרָה מִקִּדְשׁ  
 וּמִצִּיּוֹן יִסְעָדְךָ: וְזָכַר כָּל־מִנְחֹתֶיךָ  
 וְעֹלֹתֶיךָ יְדִשְׁנָה סִלָּה: יִתֵּן־לְךָ  
 כָּל־בְּבוּךְ וְכָל־עֲצָתֶךָ יְמַלֵּא:  
 נִרְנְנָה | בְּיִשׁוּעֹתֶיךָ וּבְשֵׁם־אֱלֹהֵינוּ  
 נִדְגַל יְמַלֵּא יְהוָה  
 כָּל־מִשְׁאֲלוֹתֶיךָ: עֲתָה יִדְעֵתִי כִּי  
 הוֹשִׁיעַ | יְהוָה מִשִּׁיחֹו יַעֲנֵהוּ  
 מִשְׁמֵי קִדְשׁוֹ לְנִבְרוֹת יִשַׁע יְמִינוֹ:  
 אֱלֹהִים בְּרַכֵּב וְאַלֹּהִים בְּסוּסִים  
 וְאַנְחֵנוּ | בְּשֵׁם־יְהוָה אֱלֹהֵינוּ  
 נִזְכִּיר: הִקְפֵּה פָרְעֹו וְנִפְלֹו וְאַנְחֵנוּ  
 קְרָמְנוּ וְנִתְעוֹדֵד: יְהוָה הוֹשִׁיעָה  
 הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם־קְרָאֵנוּ:

### TRANSLATION

For the conductor, a psalm of David. May the L-ord answer you in time of trouble, the name of Jacob's G-d keep you safe. May He send you help from the sanctuary, and sustain you from Zion. May He recall all your grain offerings, and accept with favor your burnt offerings. Selah. May He grant you heart's desire, and fulfill your every plan. Let us sing gladly for your rescue, and in our G-d's name our banner raise. May the L-rd fulfill all your requests. Now I know that the L-rd saved His anointed, will answer him from His holy heavens with the mighty victories of His right arm. They with chariots, they with horses, but we call on the name of the L-rd our G-d. They have tumbled and lie fallen, but we rally and gather strength. O L-rd, grant victory; may the King answer us when we call.

### TRANSLITERATION

*Lam'natze'ach mizmor leDavid. Ya'an'cha Adonai b'yom tzarah, y'sagev'cha shem Elohei Ya'akov. Yishlach ez'recha mikodesh, u'mitsiyon yis'adeka. Yizkor kol min'cho'techa, v'olat'cha y'dash'neh, selah. Yitten lecha chilvavecha, v'chol atzat'cha y'maleh. N'ranenah b'yishu'atecha u'veshem Eloheinu nid'gol, y'maleh Adonai kol mish'alotecha. Atah yada'ti ki hoshi'a Adonai meshicho, ya'anehu mi'sh'mei kodesho bi'gvurot yesha ye'mino. Eleh barechev v'eleh basusim, va'anachnu b'shem Adonai Eloheinu nazkir. Hemah kar'u v'na'falu, va'anachnu kamnu vanit'odad. Adonai hoshi'ah, ha'melekh ya'aneinu b'yom kar'einu.*

## Tehilim – Psalms 120

שִׁיר הַמַּעֲלוֹת אֶל־יְהוָה בְּצָרָתָהּ לִי  
 קָרָאתִי וַיַּעֲנֵנִי:  
 יְהוָה הִצִּילָה נַפְשִׁי מִשִּׁפְּת־שָׁקֶר  
 מִלְּשׁוֹן רַמְיָה:  
 מַה־יִּתֵּן לְךָ וּמַה־יִּסְפֹּי לְךָ לְשׁוֹן  
 רַמְיָה:  
 חֲצִי גִבּוֹר שָׁנוּנִים לִּי עַם גְּחֹלִי רַתְּמִים:  
 אֲוִיָּה לִי כִּי־נִגְרַתִּי מִשָּׂדֶה שְׂכַנְתִּי  
 עַם־אֲהָלֵי קִדְר:  
 וּבֵת שְׂכַנְהָ־לָּהּ נַפְשִׁי לִּי עִם שׁוֹנֵא  
 שָׁלוֹם:  
 אֲנִי־שָׁלוֹם וְכִי אֲדַבֵּר הַמָּוָה  
 לְמַלְחָמָה:

### TRANSLATION

A song of ascents. In my distress I called to the Lord, and He answered me.

O Lord, save my soul from false lips, from a deceitful tongue. What can He give you, and what can He add to you, you deceitful tongue?

Sharpened arrows of a mighty man with coals of brooms. Woe is to me for I have sojourned in Meshech; I dwelt among the tents of Kedar.

For a long time, my soul dwelt with those who hate peace. I am at peace, but when I speak, they [come] to [wage] war.

### TRANSLITERATION

*Shir ham-ma'a-lo-vt el-ha-shem ba-tza-ra-tah li; ka-ra-ti vai-ya'a-ne-ni. Ha-shem ha-tzi-lah naf-shi mis-se-fat-she-ker; mil-la-sho-vn re-mi-yah. mah-yit-ten le-cha u-mah-yo-sif lach la-sho-vn re-mi-yah. chi-tzei gib-bo-vr she-nu-nim; im ga-cha-lei re-ta-mim. o-v-yah-li ki-gar-ti me-shech; chan-ti im-a-ho-lei ke-dar. rab-bat sha-che-nah-lah naf-shi; im so-v-ne sha-lo-vm. a-ni-sha-lo-vm ve-chi a-dab-ber; hem-mah lam-mil-cha-mah*

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## Shema

שמע ישראל יהוה אלהינו יהוה אחד:

ואהבת את יהוה אלהיך בכל לבבך ובכל נפשך ובכל מאורך: והיו הדברים האלה אשר אנכי מצוך היום על לבבך: ושוננתם לבניך ודברתם בם בשבתך בבייתך ובליכתך בדרךך ובשכבך ובקומך: וקשרתם לאות על ירך והיו לטפות בין עיניך: וכתבתם על מזוזות ביתך ובשעריך:

V'a-hav-ta eit A-do-nai E-lo-he-cha, B'chawl l'va-v'cha, u-v'chawl naf-sh'cha, u-v'chawl m'o-de-cha. V'ha-yu ha-d'va-rim ha-ei-leh, A-sheer a-no-chi m'tsa-v'cha ha-yom, al l'va-ve-cha. V'shi-nan-tam l'va-ne-cha, v'di-bar-ta bam b'shiv-t'cha b'vei-te-cha, uv-lech-t'cha va-de-rech, u-v'shawch-b'cha uv-ku-me-cha. Uk-shar-tam l'ot al ya-de-cha, v'ha-yu l'to-ta-fot bein ei-ne-cha. Uch-tav-tam, al m'zu-zot bei-te-cha, u-vish-a-re-cha.

### Prayer for those in captivity

אחינו כל בית ישראל הנתונים בצרה ובשביה העומדים בין בים ובין ביבשה המקום ורחם עליהם ויציאם מצרה לרוחה ומאפלה לאורה ומשעבוד לנאלה השתא בעגלא ובזמן קריב ואמרו אמן

Our brothers and sisters the whole house of Israel, who are in distress and captivity who wander over sea and over land — may God have mercy on them, and bring them from distress to comfort, from darkness to light, from slavery to redemption, now, swiftly, and soon.

### Prayer for Members of the IDF

מי שברך אבותינו אברהם יצחק ויעקב, הוא יברך את חילי צבא ההגנה לישראל העומדים על משמר ארצנו וערי אלהינו, מגבול הלבנון ועד מדבר מצרים, ומן הים הגדול עד לבוא הערבה ביבשה באויר ובים. יתן יי את אויבינו הקמים עלינו נגפים לפניהם! הקדוש ברוך הוא ישמר ויציל את חילינו מכל צרה וצוקה, ומכל נגע ומחלה, וישלח ברכה והצלחה בכל מעשה ידיהם. ידבר שונאינו תחתייהם, ויעטרם בכתר ישועה ובעטרת נצחון. ויקים בהם הכתוב (דברים כ,ד): "פי יי אלהיכם ההלך עמכם, להלחם לכם עם אויביכם להושיע אתכם". ונאמר: "אמן".

He Who blessed our forefathers Abraham, Isaac and Jacob - may He bless the fighters of the Israel Defense Force, who stand guard over our land and the cities of our God from the border of the Lebanon to the desert of Egypt, and from the Great Sea unto the approach of the Aravah, on the land, in the air, and on the sea.

May Hashem cause the enemies who rise up against us to be struck down before them. May the Holy One, Blessed is He, preserve and rescue our fighting men from every trouble and distress and from every plague and illness, and may He send blessing and success in their every endeavor.

May He lead our enemies under their way and may He grant them salvation and crown them with victory. And may there be fulfilled for them the verse: For it is Hashem, your God, Who goes with you to battle your enemies for you to save you.

Now let us respond: Amen.

## Tehilim – Psalms 123

שיר המעלות אליך נשאתי את עיני הישבי בשמים: הנה כעיני עבדים אל-יך אדוניהם כעיני שפחה אל-יך גברתה בן עינינו אל-יהוה אלהינו עד שחננו חננו יהוה חננו כירב שבענו בוז: דבת שבעה-לה נפשונו הלעג השאננים הבוז לגאי יונים: (כתיב לגאיונים):

### TRANSLATION

A song of ascents. To You I lifted up my eyes, You Who dwell in heaven. Behold, as the eyes of slaves to the hand of their masters, as the eyes of a handmaid to the hand of her mistress, so are our eyes to the Lord our God, until He favors us. Favor us, O Lord, favor us, for we are fully sated with contempt. Our soul is fully sated with the ridicule of the complacent, the contempt [shown] to the valley of doves.

### TRANSLITERATION

*Shir hamaalot elêcha nassâti et enai, haioshevi bashamayim Hine cheenê avadim el iad adonehem, keenê shifcha el iad guevirta, ken enênu el Adonai Elohênu ad sheiechonênu Chonênu, Adonai, chonênu, ki rav savânu vuz Rabat saveâ la nafshênu, halâag hashaananim, habuz ligueê ionim*

## Tehilim – Psalms 150

הללויה | הללו-אל בקדשו הלוהו ברקיע עזו: הללוהו בגבורתו הלוהו כרב גדלו: הללוהו בתקע שופר הלוהו בגבל וכנור: הללוהו בתוף ומחול הלוהו במנים ועגב:

### TRANSLATION

Hallelujah! Praise God in His holy place, praise Him in the firmament of His might. Praise Him with His mighty deeds, praise Him as befits His superb greatness. Praise Him with a shofar blast, praise Him with psaltery and lyre. Praise Him with timbres and dance, praise Him with stringed instruments and flute. Praise Him with resounding cymbals, praise Him with resonant cymbals. Let every soul praise God. Hallelujah!

### TRANSLITERATION

*ha-l'lu-YAH, ha-l'lu-EL b'ko-d'-SHO, ha-l'lu-HU b'-rik-EE-a u-ZO. hal-lu-HU vi-g'-vu-ro-TAV, hal-lu-HU k'-rov gu-d'-LO ha-l'-LU-hu b'-TAY-ka sho-FAR ha-l'-LU-hu b'-NAY-vel v'-khi-NOR ha-le-lu-HU b'-tof u-ma-KHOL, ha-le-lu-HU b'-mi-NIM v'-u-GAV hal-le-LU-hu b'-tzil-tz'-lei sha-MA, hal-le-LU-hu b'-tzil-tz'-lei te-ru-AH KOL ha-N'-sha-MAH t'-ha-LAYL YAHH ha-l'-LU-YAH*

## In this critical time, we all ask:

What can I do for Israel? How can I help my brothers and sisters in the Holy Land?

There is much we can do, no matter how distant we are geographically.

The Torah teaches us (and history has repeatedly demonstrated to us) that the physical protection of each one of us — and, indeed, our very collective destiny! — is intrinsically connected to our spiritual activism.

When we pray or dedicate a good deed to our brothers and sisters in Israel, we create a spiritual defense shield for them that will help them through difficult and dangerous times.

### Am Yisrael Chai!

שִׁיר לַמַּעֲלוֹת אֲשֶׁא עֵינֵי  
 אֶל־הַהָרִים מֵאֵין בָּא עֲזָרִי:  
 עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שְׂמִים וְאַרְצִי:  
 אֶל־יָתֵן לְמוֹט רַגְלִי אֶל־יָנוּם  
 שְׁמֶרְךָ:  
 הַגֵּה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר  
 יִשְׂרָאֵל:  
 יְהוָה שְׁמֶרְךָ יְהוָה צִלְּךָ עַל־יָד  
 יְמִינְךָ:  
 יוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְכָּה וַיָּרֶחַ  
 בַּלַּיְלָה:  
 יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמֹר  
 אֶת־נַפְשֶׁךָ:  
 יְהוָה יִשְׁמֹר־צִאֲתֶךָ וּבּוֹאֶךָ מֵעַתָּה  
 וְעַד־עוֹלָם:

TRANSLATION

A song for ascents. I turn my eyes to the mountains; from where will my help come? My help comes from Hashem, maker of heaven and earth. He will not let your foot give way; your guardian will not slumber; See, the guardian of Yisrael neither slumbers nor sleeps! Hashem is your guardian, Hashem is your protection at your right hand. By day the sun will not strike you, nor the moon by night. Hashem will guard you from all harm; He will guard your life. Hashem will guard your going and coming now and forever.

TRANSLITERATION

SHEER la-ma-a-LOT e-SA ay-NAI el he-ha-REEM may-A-yin ya-VO ez-REE. e-Z'ri me-im a-do-NAI o-SEH sha-MA-yim va-A-retz. al-yi-TEN la-MOT rag-LE-kha, al-ya-NUM shom-RE-kha. hi-NEH lo-ya-NUM v'-lo yi-SHAN sho-MER yis-ra-AYL. a-do-NAI sho-M'-RE-kha, a-do-NAI tsi-I'-KHA al-yad ye-mee-NE-kha. yo-MAM ha-SHE-mesh lo ya-KE-ka, va-ya-RAY-akh ba-la-y'-LA. A-do-NAI yish-MOR-kha mi-KOL ra, yish-MOR et-NAF-she-kha. A-do-NAI yish-MOR tzei-t'-KHA u-vo-E-kha me-a-TAH v'-ad-o-LAM.

שִׁיר הַמַּעֲלוֹת לְדָוִד שְׁמַחְתִּי  
 בְּאֲמַרְיִם לִי בַיִת יְהוָה נִלְוִי: עַמְדוֹת  
 הָיוּ רִגְלֵינוּ בְּשַׁעְרֵיךָ יְרוּשָׁלָּיִם:  
 יְרוּשָׁלָּיִם הַבְּנוּיָה כְּעִיר שֶׁחִבְּרָה־לָּהּ  
 יְחִידוֹ: שֶׁשָּׁם עָלָיו שְׂבָטִים שְׂבָטֵי־יְהוָה  
 עֲדוֹת לְיִשְׂרָאֵל לְהַדוֹת לְשֵׁם יְהוָה:  
 כִּי שָׁמָּה יִשְׁבּוּ בְּסֻאוֹת לְמִשְׁפַּט  
 כְּסֻאוֹת לְבַיִת דָּוִד:  
 שְׁאַלּוּ שָׁלוֹם יְרוּשָׁלָּיִם וְשָׁלוֹ  
 אֲהַבִּיד: יְהִי־שָׁלוֹם בְּחִיבֶיךָ שְׁלוֹחַ  
 בְּאַרְמְנוֹתֶיךָ:  
 לְמַעַן אַחֲי יִרְעִי אֲדַבְּרָה־נָּא שָׁלוֹם  
 בְּךָ: לְמַעַן בֵּית־יְהוָה אֲלֹהֵינוּ  
 אֲבַקְשֶׁה טוֹב לָּךְ:

TRANSLATION

A song of ascents for David. I rejoiced when they said to me, "We are going to the House of the L-rd." Our feet were standing inside your gates, O Jerusalem. Jerusalem built like a city knit together. Where the tribes would make pilgrimage, the tribes of G-d—as was enjoined upon Israel—to praise the name of the L-rd. There the thrones of judgment stood, thrones of the house of David. Pray for the well-being of Jerusalem; may those who love you rest in serenity. May there be well-being within your ramparts, peace in your palaces. For the sake of my kin and friends, let me speak of peace in your midst. For the sake of the house of the L-rd our G-d, I will request your good.

TRANSLITERATION

Shir ham'alot leDavid: Samachti b'omrim li, beit adonai nelech. Om'dot hayu ragleynu bish'arayich Yerushalayim. Yerushalayim habenu'yah k'ir she'chub'rah lah yachdav. She'sham alu shevatim shivtei Yah eidut l'Yisrael l'hodot l'shem Adonai. Ki shamah yashvu kisa'ot l'mishpat, kisa'ot l'veit David. Sha'alu shalom Yerushalayim, yishlayu o'havayich. Yehi shalom b'cheylech, shalvah b'ar'menotayich. L'ma'an achai v're'ai adab'rah na shalom bach. L'ma'an beit Adonai Eloheinu avak'sha tov lach.