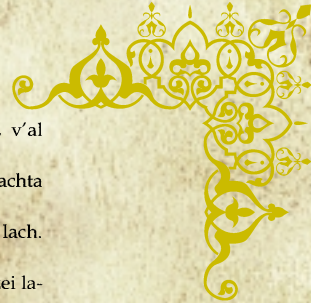
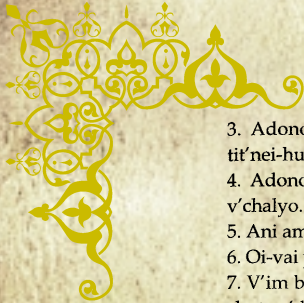


1. Michtam l'David, Shamreini Eil, Ki-Chasi-ti Vach.
2. Amart l'Adonoi, Adonoi Ata, tova-ti bal-alecha.
3. Lik'doshim asher ba-aretz heima, va-adi-rei kol chef-tzi-vam.
4. Yirbu atz-votam acheir maha-ru, bal-a-sich niskeihem midam, u-val esa et sh'motam al-sefa-tai.
5. Adonoi m'nat chelki ve-chosi, ata to-mich gorali.
6. Chavalim naf'lu li ban'imim, af na-chalat shaf'ra alai.
7. Ava-reich et Adonoi asher ye-atzani, af leilot yis'runi chil-yotai.
8. Shi-vi-ti Adonoi l'negdi tamid, ki mi-mi-ni, bal emot.
9. La-chein samach libi va-yagel k'vodi, af b'sari yish- kon la-vetach.
10. Ki lo ta-azov nafshi lish-ol, lo ti-tein chasid'cha lir-ot sha-chat.
11. Todi-eini orach chayim, sova s'machot et pa-necha, n'imot bimin'cha netzach.

1. L'David Maskil ; Ashrei n'sui pesha, kisui chata-ah.
2. Ashrei adam lo yachshov Adonoi lo avon, v'ein b'rucho r'miyah.
3. Ki he-che-rashti balu atzamai, b'sha-a-gati kol ha-yom.
4. Ki yomam va-laila tichbad alai ya-decha, ne-h'pach l'shadi b'char-vonei kayitz sela.
5. Chata'ti odi'acha, va'avoni lo chisiti, amarti, odeh alei f'sha'ai l'Adonoi; V'ata nasa'ta a'vohn chata'ti sela.
6. Al zoht yit-pa-leil kol chasid ei-le-cha l'eit m'tzoh, rak l'sheitef mayim rabim eilav lo yagi-u.
7. Ata seiter li | ; mitzar titz'reini; ra-nei faleit t'sov'veini sela.
8. As-kil'cha v'or'cha b'derech zu tei-leich, ee-ahtzah a-le-cha eini.
9. Al tih'yu k'sus k'fered ain ha-vin; b'meteg va-resen edyo livlom, bal k'rov ei-lecha.
10. Rabim mach-ovim la-ra-sha, v'habotei-ach b'Adonoi chesed y'sov'venu.
11. Sim-chu v'Adonoi v'gilu tzadikim, v'har-ni-nu kol yishrei lev.

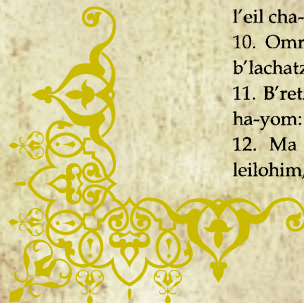
1. Lam-na-tzei-ach Mizmor L'David.
2. Ashrei maskil el dal, b'yom ra'ah y'mal'tei-hu Adonoi.



3. Adonoi yishm'reihu vi-chai-yei-hu, v'ushar ba-aretz, v'al tit'nei-hu b'nefesh oi'vav.
4. Adonoi yis-adenu al eres d'vai, kol mish-kavo ha-fachta v'chalyo.
5. Ani amarti: Adonoi cha-nei-ni, r'fa-ah nafshi, ki chata'ti lach.
6. Oi-vai yom'ru ra li, matai yamut v'avad sh'mo.
7. V'im ba lir-ot shav y'dabeir, libo yik-batz aven lo; yeitzei lachutz y'dabeir.
8. Yachad alai yit-la-cha-shu kol son-ai, alai yach-sh'vu ra-ah li.
9. D'var b'li-ya-al ya-tzuk bo, va-asher sha-chav lo yo-sif lakum.
10. Gam ish sh'lomi asher ba-tach-ti vo, ochel lach-mi hig-dil alai a-keiv.
11. V'ata Adonoi cha-neini va-ha-ki-meini, va-a-shal'ma lahem.
12. B'zot yada'ti ki cha-fatz-ta bi, ki lo yari'a oi-vi alai.
13. Va-ani b'tumi ta-mach-ta bi, va-ta-tzi-veini l'fanecha l'olam.
14. Baruch Adonoi Elohei Yisra'el mei-ha-o'lam v'ad ha-olam, amein v'amein.

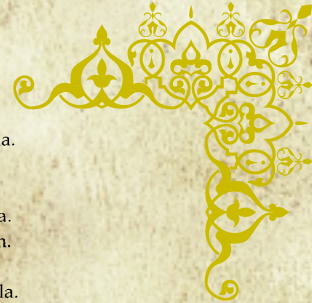
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1. Lam-na-tzei-ach Maskil liv-nei Korach.
2. K'ayal ta-arog al a-fi-kei mayim, kein nafshi ta-arog ei-le-cha Elohim.
3. Tzam'ah nafshi l'Elohim, l'eil chai; matai avoh v'ei-ra-e p'nei Elohim.
4. Hay'ta li dim'ati lechem yomam va-la'ila, be-emor ei-lai kol ha-yom: Ayeh Elo-he-cha.
5. Ei-leh ez-k'ra v'eshp'cha alai nafshi, ki e'evor ba-sach, e-dadem ad beit Elohim; b'kol rina v'toda hamon chogeg.
6. Ma tish-to-cha-chi nafshi, va-te-hemi alai ho-chili leilohim ki od odenu y'shu'ot panav.
7. Elohai, alai nafshi tish-to-chach, al kein ez-kar-cha mei-eretz yardein v'chermonim, mei-har mitz-ar.
8. T'hom el t'hom korei l'kol tzi-no-recha, kol mish-barecha v'galecha alai a-va-ru.
9. Yomam y'tzaveh Adonoi chasdo, u-va-la'ila shiro imi; l'fila l'eil cha-yai.
10. Omrah l'eil sal'i, lama sh'chach-tani, lama koder eileich b'lachatz oi-yeiv.
11. B'retzach b'atz-motai cheir-funi tzor'rai, b'amram eilai kol ha-yom: Ayeh Elohecha.
12. Ma tish-to-chachi nafshi, uma te-he-mi alai; ho-chili leilohim, ki od odenu y'shu-ot panai veilohai.



1. Lam-na-tzei-ach al Tash-cheit, l'David Michtam; Bishlo-ach Sha-ul, vayishm'ru et habayit la-ha-mito.
2. Hatzi-leini mei-oivay, Elohai; mi-mitkom' mai t'sag'veini.
3. Hatzi-leini mi-poalei aven, u-mei-anshei damim ho-shi-eini.
4. Ki hi-nei ar-vu l'nafshi, ya-guru alai a-zim; lo fish-i v'lo cha-ta'ti, Adonoi.
5. B'li avon y'ru-tzun v'yiko-na-nu, urah likra'ti ur'ei.
6. V'ata Adonoi Elohim tz'va-ot Elohei Yisra'el, ha-ki-tza lifkod kol hagoyim, al tachon kol bog-dei aven sela.
7. Ya-shuvu la-erev, ye-he-mu cha-kalev, vi-sov'vu ir.
8. Hinei ya-bi-un b'fi-hem, cha-ravot b'sif-to-tei-hem, ki mi sho-mei-a.
9. V'ata Adonay tis-chak lamo, til-ag l'chol goyim.
10. Uzo, ei-lecha eshmora, ki Elohim mis-gabi.
11. Elohei chas-di y'kad'meini, Elohim yar-eini b'shor'rai.
12. Al ta-har-geim pen yish-k'chu ami; hani-eimo v'cheil-cha v'hor-dei-mo, magi-nei-nu Adonoi.
13. Cha-tat pi'mo d'var s'fa-teimo; v'yi-lach-du vig-onam, u-mei-ala u-mi-ka-chash y'sa-pei-ru.
14. Kalei v'cheima, kalei v'ei-nei-mo; v'yei-d'u ki Elohim mosheil b'Ya'akov, l'af-sei ha-aretz sela.
15. V'ya-shuvu la-erev, ye-he-mu cha-kalev, vi-sov'vu ir.
16. Heima y'ni-un le-echol, im lo yis-b'u vaya-li-nu.
17. V'ani a-shir u-zecha, va-a-ra-nein la-boker chas-decha; ki ha-yita mis-gav li, u-manos b'yom tzar li.
18. Uzi, ei-lecha a-za-meira; ki Elohim mis-gabi, Elohei chasdi.

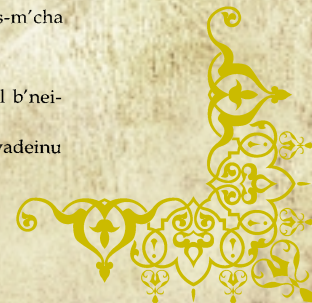
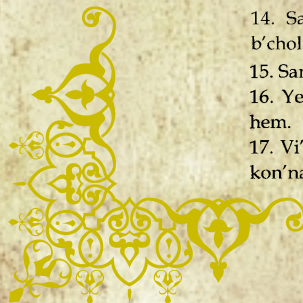
1. Lam-na-tzei-ach al Y'du-tun l'Asaf Mizmor.
2. Koli el Elohim v'etz-aka; koli el Elohim, v'ha-azin ei-lai.
3. B'yom tza-ra-ti Adonoi da-rashti; yadi laila nigra v'lo tafug, mei-ana hi-na-cheim nafshi.
4. Ez-k'ra Elohim v'e-he-maya a-sicha v'tit-ateif ruchi sela.
5. A-chaz-ta shmurot einai, nif-am-ti v'lo adabeir.
6. Chi-shav-ti yamim mi-kedem, sh'not olamim.
7. Ez-k'ra n'ginati ba-laila; im l'va-vi a-si-cha, vay'cha-peis ruchi.
8. Hal'olamim yiz-nach Adonoi, v'lo yosif lir-tzot od.
9. He-afeis la-netzach chasdo, gamar omer l'dor va-dor.



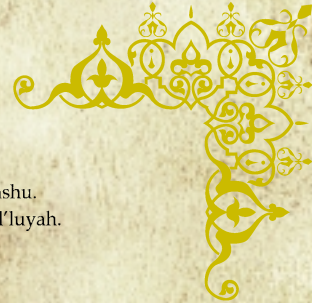
10. Hashachach chanot Eil, im kafatz b'af ra-chamav sela.
11. Va-omar: Chaloti hi, sh'not y'min elyon.
12. Ezkor ma-al'lei Ya, ki ez-k'ra mi-kedem pil-echa.
13. V'hagiti b'chol pa-a'lecha, u-va-ali-lo-techa a-si-cha.
14. Elohim ba-kodesh dar-ke-cha, mi eil gadol k'Elohim.
15. Ata ha-Eil osay feleh, hoda'ta va-amim u-zecha.
16. Ga-alta bizro-ah a-mecha, b'nei Ya'akov v'Yoseif sela.
17. Ra-u-cha mayim Elohim, ra-u-cha mayim ya-chilu, af yir-g'zu t'homot.
18. Zor-mu mayim avot, kol nat'nu sh'chakim, af cha-tza-tze-cha yit-ha-lachu.
19. Kol ra-am-cha ba-galgal, hei-iru v'rakim tei-veil, rag-za va-tir-ash ha-aretz.
20. Ba-yam dar-kecha, ush'vil-cha b'mayim rabim; v'ik-vo-techa lo no-da-u.
21. Na-chi-ta cha-tzon a-mecha, b'yad Moshe v'Aharon.

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1. Tefila l'Moshe Ish Ha-Elohim; Adonoi, ma-ohn Ata ha-yita lanu b'dor va-dor.
2. B'terem harim yu-ladu, vat'choleil eretz v'tei-veil, u-meil-olam ad olam Ata Eil.
3. Ta-sheiv enosh ad daka, va'tomer: shuvu v'nei adam.
4. Ki elef shanim b'ei-necha k'yom etmol ki ya-avor, v'ash'mura va-laila.
5. Z'ram-tam, sheina yih'yu, ba-boker ke-chatzir ya-cha-lof.
6. Ba-boker ya-tzitz v'chalaf, la-erev y'moleil v'yaveish.
7. Ki cha-li-nu v'a-pecha, u-va-cha-mat-cha niv'hal-nu.
8. Shata avono-teinu l'neg-decha, alu-meinu lim'or pa-necha.
9. Ki chol yameinu panu v'ev-ra-techa, ki-li-nu sha-nei-nu ch'mo hegeh.
10. Y'mei sh'no-teinu vahem shiv-im shana, v'im big-vurot sh'monim shana, v'rah'bam amal va-aven, ki gaz chish va-na-u-fa.
11. Mi yo-dei-a oz a-pecha, uch'yir-at-cha ev-ratecha.
12. Lim-not ya-meinu kein hoda, v'navi l'vav chach-ma.
13. Shuva Adonoi ad matai, v'hina-cheim al ava-decha.
14. Sab'einu va-boker chas-decha, u-n'ran'na v'nis-m'cha b'chol ya-meinu.
15. Sam'cheinu kimot i-ni-tanu, sh'not ra-inu ra-ah.
16. Yei-ra-eh el a-va-decha fa-alecha, va-ha-dar'cha al b'nei-hem.
17. Vi'y'hi no-am Adonoi Eloheinu aleinu; u-ma-asei yadeinu kon'na aleinu, u-ma-asei ya-deinu kon'nei-hu.



1. Hodu LAdonoi kir-u vi-sh'mo, hodi-u va-a-mim ali-lotav.
2. Shiru lo zam-ru lo, sichu b'chol nif'otav.
3. Hit-hal'lu b'sheim kadsho, yis-mach leiv m'vakshei Adonoi.
4. Dir-shu Adonoi v'uzo, bak'shu fanav tamid.
5. Zich-ru nif-l'o-tav asher asah, mof'tav u-mishp'tei fiv.
6. Zera Avraham avdo, b'nei Ya'akov b'chirav.
7. Hu Adonoi Eloheinu, b'chol ha-aretz mishpatav.
8. Zachar l'olam b'rito, davar tziva l'elef dor.
9. Asher karat et Avraham, ush'vu-ato l'Yis-chak.
10. Va-ya-ami-de-ha l'Ya-akov l'chok, l'Yisrael b'rit olam.
11. Leimor l'cha etein et Eretz K'na'an, chevel na-cha-lat-chem.
12. Bih'yotam m'tei mis'par, kim-at v'garim ba.
13. Va-yit-hal'chu mi-goi el goi, mi-mam-lacha el am acheir.
14. Lo hini-ach adam l'ashkam, va'yo-chach alei-hem m'lachim.
15. Al tig'u vim-shi-chai, v'lin-vi-ai al ta-rei-u.
16. Va'yikra ra-av al ha-aretz, kol matei lechem shavar.
17. Shalach lif-nei-hem ish, l'eved nimkar Yoseif.
18. Inu va-kevel raglo, barzel ba-ah nafsho.
19. Ad eit bo d'varo, imrat Adonoi tz'rafat-hu.
20. Shalach melech va-ya-ti-rei-hu, mosheil amim vay'fat'chei-hu.
21. Samo adon l'veito, u-mosheil b'chol kin-yano.
22. Le'sor sa-rav b'nafsho, uz-kei-nav y'chakeim.
23. Va'yavo Yisrael Mitz-rayim, v'Ya'akov gar b'erezt Cham.
24. Va'yefer et amo m'od, vaya'atzi-mei-hu mi-tzarav.
25. Hafach libam lis-no amo, l'hit-nakeil ba'avadav.
26. Shalach Moshe avdo, Aharon asher bachar bo.
27. Samu vam div-rei oto-tav, u-mof'tim b'erezt Cham.
28. Shalach cho-shech va'yach-shich, v'lo maru et d'varo.
29. Hafach et mei-mei-hem l'dam, va-yamet et d'gatam.
30. Sharatz ar-tzam tzfardaim, b'chad'rei mal'chei-hem.
31. Amar va'yavo arov, kinim b'chol g'vulam.
32. Natan gish-mei-hem barad, eish le-havot b'artzam.
33. Va'yach gafnam u-t'eina-tam, vay'shabeir eitz g'vulam.
34. Amar va'yavo arbeh, va'yelek v'ein mispar.
35. Va'yochal kol ei-sev b'artzam, va'yochal p'ri ad-matam.
36. Va'yach kol b'chor b'artzam, reishit l'chol onam.
37. Va'yotzi-eim b'chesev v'zahav, v'ein bish-vatav kosheil.
38. Samach Mitz'rayim b'tzei-tam, ki nafal pachdam alei-hem.
39. Paras anan l'masach, v'eish l'ha-ir lai-la.
40. Sha-al va'ya-vei s'lav, v'lechem sha-mayim yas-bi-eim.
41. Patach tzur va-ya-zuvu mayim, hal'chu ba-tzi-yot nahar.



42. Ki zachar et d'var kad-sho, et Avraham avdo.
43. Va'yotzi amo v'sa-son, b'rina et b'chirav.
44. Va'yi-tein lahem artzot goyim, va-amal l'umim yi-rashu.
45. Ba-a-vur yish-m'ru chukav, v'toro-tav yin-tzoru, Hal'luyah.

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1. Al na-harot Bavel, sham yashav-nu gam bachi-nu, b'zachreinu et Tzion.
2. Al aravim b'tocha, tali-nu ki-noro-tei-nu.
3. Ki sham sh'ei-lunu sho-vei-nu div-rei shir v'to-la-lei-nu simcha, shiru lanu mi-shir Tzion.
4. Eich nashir et shir Adonoi, al admat nei-char.
5. Im esh'ka-cheich Yeru-shalayim, tish-kach y' mini.
6. Tid'bak l'shoni l'chiki, im lo ez'k'rei-chi; im lo a-aleh et Yeru-shalayim al rosh sim-chati.
7. Z'chor Adonoi liv-nei Edom et yom Yeru-shalayim; ham'rim aru aru, ad hay' sod ba.
8. Bat Bavel hash'duda, ashrei she-y'shalem lach et g'muleich she-ga-malt lanu.
9. Ashrei she-yo-cheiz v'ni-peitz et ola-layich el ha-sala.

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1. Hal'luyah, hal'lu Eil b'kadsho, hal'lu-hu bir-ki-ah uzo.
2. Hal'lu-hu big'vuro-tav, hal'lu-hu k'rov gudlo.
3. Hal'lu-hu b'teika shofar, hal'lu-hu b'nei-vel v'chi-nor.
4. Hal'lu-hu b'tof u-machol, hal'lu-hu b'minim v'ugav.
5. Hal'lu-hu b'tzil-tz'lei shama, hal'lu-hu b'tzil-tz'lei t'ru-ah.
6. Kol han'shama t'ha-leil Ya, hal'luyah.

After saying Tikkun Haklali, say these three passages:

“Mi yeten mi Tzion yeshuat Israel bshuv Adonoi shvut amo, yagail Yaacov, yismach Israel. Utshuot Tzaddikim me Adonoi, me uzam be ait tzara. Ve ya'azraim Adonoi veyfaltaim, yfaltaim merashahim veyoshiaim, ki chasu bo.”

