

FRUTIKAS TU BISHEVAṬ SEDER



*According to the Customs & Traditions of the
Ladino-speaking Sephardic Community*



The Sephardic Jewish
Brotherhood of America
La Ermandad Sefaradi

*This booklet includes a form of God's name, please treat it
with the respect you would treat any prayer book*

Forward On Frutikas Traditions



Ṭu BiShevaṭ, the fifteenth day of the month of Shevaṭ, is one of four "new years" cited in the Talmud. It is designated as the "new year of trees" and in the land of Israel, this time marks the beginning of the annual growth cycle. Historically, it was also used to decide which produce is part of which year, especially as it relates to taking tithe, specifically from fruit of the tree. In the years following the expulsions from the land of Israel, many wanted to feel apart of this agriculture holiday despite not being able to work the physical land, resulting in a series of new traditions emerging in the diaspora.

In recent years, Ṭu BiShevaṭ has also acquired the status of a "semi-holiday" since many communities will omit specific daily penitential prayers, people are told not to fast, and one should not share a eulogy. In addition, many customs have developed over the years to highlight a connection to the land of Israel in certain ways, particularly through certain foods. In our Sephardic community, we conduct a mini-Seder of the various foods that are found in the land of Israel as referenced in the Book of Deuteronomy.

The blessings and psalms read in this Seder draws many parallels between creation and the spiritual/material nature of the world. However, this Seder should not be seen as a way to "influence" the future or the coming year. Rather, the Seder is a chance to experience the beauty of the produce of the land of Israel and celebrate the unique Sephardic customs of our communities in a warm, personal way, surrounded by family and friends. We hope this helps you experience a meaningful Frutikas - New Year of the Trees.

Frutikas Alegre!



****When You See the speaker and click symbol, make sure to click on them to hear and learn the recording of the specific prayer according to Sephardic custom!***

Thoughts for Frutikas



Traditionally, in the Sephardic world, we celebrate Frutikas with a home ceremony that also has many variations in practice, reflecting a wide perspective of emphasis. The practice of the Ladino-speaking community is highlighted below.

I recall leading my first Frutikas when my family and I lived in Israel. My father sent us a letter in 1970 (5730) for Frutikas, which described our custom. I still use it to this day. I have also found several sources that give broad insight into the occasion and relate many customs, including those closely related to our custom.

For example, a service can be held at home as a "stand-alone" ceremony, after and separate from dinner. Or there can be a communal celebration, with the basic ceremony and also featuring plays (in Ladino), songs and "auctioning" the honor of reciting the various blessings - berakhoth, psalms, etc. I remember going to such events in the auditorium of the Talmud Torah building at 25th and Columbia in Seattle many years ago.

Essentially, the Frutikas service includes three main elements:

1. Recitation of the 15 "Songs of Degrees" (steps). These are chapters 120-134 of the Psalms. These psalms recall the 15 steps in the Holy Temple between courtyards, since the Levites used to sing these psalms, among others, as part of the Temple service.
2. Recitation of the verse from Deuteronomy 8,8: describing the seven special fruits associated with the Land of Israel, and through which it is blessed. **Eretz hita useora, vegefefen, uteena verimon, erez zait shemen udevash - a land of wheat, barley, grape (wine), fig, pomegranate, a land of olives (olive oil) ,and honey (dates).**
3. Eating foods made of these fruits with some items preceded by a special verse from Song of Songs, said in Hebrew then Ladino and the appropriate blessing.

Albert S. Maimon
Seattle, WA

Frutikas Seder

Order for the Seder

Some have the custom of reciting the 15 Psalms of Ascents, psalms 120 through 134, which can be found starting on page 14 through the bottom of page 22.

The following are blessings and some verses from the *Song of Songs* – *Shir HaShirim* sung on Tu BiShevat at the celebration of Frutikas. We traditionally use the seven foods that Israel is known for as referenced in the Book of Deuteronomy below.

וּשְׁמַרְתָּ אֶת־מִצְוֹת יְיָ אֱלֹהֶיךָ
לִלְכֹת בְּדַרְבָּיו וּלְיִרְאָה אֹתוֹ:
כִּי יְיָ אֱלֹהֶיךָ מְבִיאֲךָ אֶל־אֶרֶץ
טוֹבָה אֶרֶץ גַּחְלִי מַיִם עֵינַת
וּתְהַמֵּת יְצְאִים בְּבִקְעָה
וּבְהָר: אֶרֶץ חֹטָה וּשְׁעָרָה
וּגְפֹן וּתְאֵנָה וְרִמּוֹן אֶרֶץ־זֵית
שֶׁמֶן וּדְבַשׁ: אֶרֶץ אֲשֶׁר לֹא
בְּמִסְכָּנֶת תֹּאכַל־בָּהּ לֶחֶם
לֹא־תִחַסֵּר כָּל בָּהּ אֶרֶץ אֲשֶׁר
אֲבִנֶיהָ בְרֹזָל וּמִהַרְרֵיהָ
תִּחְצֵב נְחֹשֶׁת:

I guardaras a encomendansas de Adonay, tu Dio, por andar en sus carreras y por temer a él. Ke Adonay, tu Dio, trayente a tierra buena, tierra de arroyos de aguas, fuentes, i avisimos salientes en la vega i en el monte; **Tierra de trigo, i cevada, i vid, y iguera, i granada; tierra de olivar, de azeite i miel;** Tierra ke non kon meskuindad komeras en eya pan; non mengua[ra] ninguna koza en eya; tierra ke sus piedras fierro, i de sus montes tajaras azero.

Deut.
8:6-9

"Therefore you shall keep the commandments of the Lord your God, walk in God's ways, and show reverence. For the Lord your God is bringing you into a good land, a land with streams and springs and fountains issuing from plain and hill; a **land of wheat and barley, of (grape) vines and fig trees and pomegranates, a land of olive (trees) and (date) honey;** a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can mine copper.

Wine

The verse below is typically recited before reading a blessing over the wine, as a beginning of the Seder ceremony:



Song,
2:5

סְמוּכֹנֵי בְּאִשִּׁישׁוֹת רַפְּדוּנִי
בְּתַפּוּחִים כִּי-חֹלֵת אֶהְבֶּה
אֲנִי:

Azufreme kon las redomas de
vino, afloshame kon las
mansanas, ke doloryoza de
amor yo.



Sustain me with a bottles of wine, comfort me with apples, for I am sick with love.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן:

Barukh atta Aḏonai Elohenu
melekh á'olam, bore peri
ággephen:

Blessed art Thou, Lord our God, Ruler of the universe, who creates the fruit of the vine.

Mezonot – Wheat

Typically Panezikos (Rolls) or Biscochos (Round Sweet Cookies) are Served. See Recipe section to learn more:

Song,
7:3

שָׂרְרַךְ אֲגֵן הַסֶּהַר אֶל-יַחֲסֵר
הַמְּזֹג בְּטֶנֶךְ עֶרְמַת חֲטָיִם
סוּגָה בְּשׁוֹשְׁנִים:

Tu ombligo, komo una taza
redonda ke nunca falta vino
mezklado; tu vientre komo
monton de trigo serkado de
lirios.

Your navel is a rounded goblet; It lacks no blended beverage. Your waist is a mound of wheat encircled by lilies.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם בּוֹרֵא מִיְנֵי מְזוֹנוֹת

Blessed art Thou, Lord our
God, Ruler of the universe,
who creates various kinds of
sustenance.

Prehito (Pri Hita)

The custom is to make a bulgur pudding, a cracked wheat known also as burghul:

Rut,
3:15

וַיֹּאמֶר הֲבִי הַמְטַפַּחַת
אֲשֶׁר-עָלֶיךָ וְאֶחָיִבָה וְתֹאחֹזוּ
בָּהּ וַיִּמַּד שֵׁשׁ-שְׁעָרִים וַיֵּשֶׁת
עָלֶיהָ וַיָּבֵא הָעִיר:

I el disho, dame el manto ke
tienes puesto i. I kuando ella lo
sodjeto, el midio seish medidas
de sebada, i se las puso
ensima, entonses eya entro en
la sivdad.

He also said, "Bring the shawl you are wearing and hold it out." And when she did so, he poured into it six measures of grain, and placed the bundle on her. When she went into the city.

Grapes

It is the custom among many in the Turkish community to recite a prayer for the fruit over grapes first to reflect the order that is listed in Deuteronomy 8:6-9, where grapes appear third in the list of the foods of the land of Israel:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ

Blessed are You, Lord our God,
King of the universe, who
creates the fruit of the tree.

Figs - Igos

One of biblical fruits found in the land of Israel, and referenced in the Song of Songs:

הַתְּאֵנָה חֲנֻטָּה פְּגִיָּה
וְהַגִּפְנִים וְסֻמְדָר נִתְּנוּ רֵיחַ
קוֹמִי (לְבִי) [לְךָ] רַעֲיָתִי יִפְתֵּי
וּלְבִי-לְךָ:

Song:
2:13

La iguera espunto sus igos, i
las vides ensyerne dyeron
huezmo, alevanta a ti mi
kompanyera mi ermoza, i anda
a ti.

The fig tree forms its early fruit; the blossoming vines spread their fragrance.
"Arise, come, my darling; my beautiful one, come with me!"

Pomegranate - Granada

One of the biblical fruits found in the land of Israel, and referenced in the Song of Songs:

כָּפְלַח הָרֵמוֹן רִמְתָּךְ מִבְּעַד
לְצִמְתָּךְ:

Song:
6:7

Asufreme kon las redomas de
vino, afloshame kon las
mansanas, ke doloryoza de
amor yo.

Like a piece of pomegranate, Are your temples behind your veil.

Olives - Azetunas

One of the biblical fruits found in the land of Israel, and referenced in the Book of Nehemia:

וַיִּלְכְּדוּ עָרִים בְּצוּרֹת וְאֲדָמָה
שְׂמֵנָה וַיִּירְשׁוּ בְתִים
מִלְאִים-כָּל-טוֹב בְּרוֹת
חֲצוּבִים כְּרָמִים וְזֵיתִים וְעֵץ
מֵאֵל לְרֹב וַיֹּאכְלוּ וַיִּשְׂבְּעוּ
וַיִּשְׂמְנוּ וַיִּתְעַדְּנוּ בְטוֹבָךְ
הַגָּדוֹל:

Neh.
9:25

I kapturaron sivdades
fortifikadas i una tierra fertil.
Tomaron posesion de kasas
yenas de toda kosa buena,
sisternas escavadas, vinas i
arvoles azetunas, i arvoles
frutikas en abundancia. I
comieron, se sakiaron,
engordaron i se deleitaron en
tu gran bondad.

They captured fortified cities and fertile land; they took possession of houses filled with all kinds of good things, wells already dug, vineyards, olive groves and fruit trees in abundance. They ate to the full and were well-nourished; they reveled in Your great goodness.

Dates - Datiles

One of the biblical fruits found in the land of Israel, and referenced in the Song of Songs:

אֶמְרָתִי אֶעֱלֶה בְתֵמַר אֲחֹזָה
בְּסִנְסִנּוֹ וַיְהִי-וְנָא שְׂדֵיךְ
כְּאֲשַׁבְּלוֹת הַגָּפֶן וְרִיחַ אִפְךָ
כְּתַפּוּחִים:

Song.
7:9

Dishe suvere en el datilar,
travare en tus ramas, i sean
agora tus pechos komo razimos
de la vid, i huezmo de tu nariz
komo las mansanas.

I said, "I will climb the (date) palm tree; I will take hold of its branches." May your breasts be like clusters of grapes on the vine, the fragrance of your breath like apples.

Apples - Mansanas

כְּתַפּוּחַ בְּעֵצֵי הַזֶּעַר בֵּין דוּדֵי
בֵּין הַבְּנִים בְּצֵלוֹ חֲמֻדָּתִי
וַיִּשְׁבֹּתִי וּפְרִזוֹ מִתּוֹק לְחֻמִּי:

Song.
2:3

Komo el mansano en arvoles de
la shara, ansi mi kerido entre
los mansevos, en su solombra
kovdisyi i estuve, i su fruto
dulce para mi paladar.

Like a piece of pomegranate, Are your temples behind your veil.

Nuts (Muezes o Almendras)

Typically done with either walnuts (muezes) or almonds (almendras):



Song:
6:11

אֶל־גַּנַּת אֶגּוֹז יֵרְדְּתִי לְרֵאוֹת
בְּאֵבֵי הַנַּחַל לְרֵאוֹת הַפְּרֻחָה
הַגֶּפֶן הַנֶּצַח הַרְמָנִים:



A huerto de el nuezal abashi,
por ver en frutos de el arroyo,
por ver si enfloresyo la vid, si
espuntaron las agranadas.

*I went down to the garden of nuts To see the verdure of the valley, To see whether
the vine had budded And the pomegranates were in bloom.*

Carob (Aharovas)

The verse below is a passage from the Talmud, which directly references the Carob tree and its fruit (Talmud Bavli Ta'anith 23a):

יוֹמָא חַד הוּהוּ אִזְל בְּאוּרְחָא,
חֲזִייה לְהֵוּוּא גְבֵרָא דְהוּהוּ
נִטְע חֲרוּבָא, אָמַר לֵיהּ: הַאי,
עַד בְּמָה שְׁנִין טְעִין? אָמַר
לֵיהּ: עַד שְׁבַעִין שְׁנִין. אָמַר
לֵיהּ: פְּשִׁיטָא לָךְ דְּחַיִּית
שְׁבַעִין שְׁנִין? אָמַר לֵיהּ הַאי
גְבֵרָא: עֲלָמָא בְּחֲרוּבָא
אֲשַׁכְּחֵתִיהּ. כִּי הִיכִי דִשְׁתַּלּוּ
לִי אֲבָהָתִי — שְׁתַּלִּי נְמִי
לְבֵרָאִי.

Un día, el viajaba por el kamino, i vio a un ombre plantando un aharovo; el le demanda: K cuanto tiempo yeva para este arvol dar las frutas? El hombre respondió: Setenta anyos. Luego le demanda: Estas seguro de ke biviras otros setenta anyos? El ombre respondió: Enkontre aharovos en el mundo; komo los padres de mis padres plantaron estos para mí, yo tambien los siembro para mis ijos.

One day, he was walking along the road when he saw a certain man planting a carob tree. Honi said to him: This tree, after how many years will it bear fruit? The man said to him: It will not produce fruit until seventy years have passed. Honi said to him: Is it obvious to you that you will live seventy years, that you expect to benefit from this tree? He said to him: That man himself found a world full of carob trees. Just as my ancestors planted for me, I too am planting for my descendants.

Frutikas Recipes



PANIZIKOS DE KAZA

Home Baked Rolls

by the SBH Ladies Auxiliary



INGREDIENTS

2 packages of fresh yeast cakes
1/2 cup of sugar
1/2 cups of oil
1 teaspoon salt
2 eggs
2 cups of warm water
7 – 8 cups of all-purpose flour

Crumble yeast in large bowl. Add sugar, oil, salt and 1 egg. Mix well with large spoon or with your hand until yeast is dissolved. Add 2 cups of hot water to the egg mixture and mix well again. Add 1 cup of flour at a time and mix thoroughly after each cup. Punch and knead dough until easy to handle. Form into a ball. You may add a little more flour if necessary if dough is still sticky. Coat the inside of the bowl with Pam spray or oil. Let the covered dough rest in bowl for 1 hour. Knead again and rest for another hour.

Form into balls the size of a medium lemon, while at the same time, working the dough. (This recipe makes 3 – 4 dozen rolls, depending on the size of rolls). You may form balls into any shape: knots, twist, etc.

Place on cookie sheets. Let rest for 20 minutes. Brush the top of rolls with an egg wash. Sprinkle with sesame, poppy seed or try a little chopped fine onion if desired.

Bake at 400 degrees for 12- 15 minutes or until golden brown.

BISCOCHOS

Sephardic Cookies

by Marcia Israel Weingarten

INGREDIENTS

1 Cup of eggs (by volume)
1 Cup of Sugar
3/4 Cup of Oil
3 Teaspoons of Baking Powder
1 Teaspoon Vanilla Flavoring
5 – 7 Cups of Flour
Sesame seeds



With electric mixer, beat eggs and oil in a mixing bowl. Add sugar and vanilla and continue to beat until well blended. Add flour and baking powder gradually, knead into a medium dough until no longer sticky. Place onto floured work area and finish kneading dough with additional flour as needed. Dough should not be sticky as long as you can handle it without it sticking to your hands. Take walnut-sized pieces and roll down on table with palms of hands into a rope 5 inches long and only 1/2 inch thick. Press down with fingers to create channel; Fold rope over and cut slits into the edge. Join into a bracelet shape. Brush egg on top side. Dip top side into chosen topping (sesame seeds, cinnamon sugar or sprinkles):

Place on cookie sheet lined with parchment paper. Bake in preheated 350 degree oven for 12 minutes or until lightly brown. Remove from pan. Allow to cool and enjoy.

MAROCHINOS

Sephardic Almond Cookies

by Chef Susan Barocas

INGREDIENTS

2 cups of almond meal

1/3 cup of granulated sugar

Pinch of salt

4 large egg whites

1 teaspoon of almond extract

1 teaspoon of vanilla extract

Confectioners' sugar for dusting (optional)

About 24 whole almonds or almond slices (optional)



Preheat oven to 325 degrees. Make sure the oven racks are in the top and bottom thirds of the oven. Line 2 large baking sheets with parchment paper or lightly grease the pans.

Use a whisk to combine almond meal, sugar, salt and cinnamon, if using, in a mixing bowl. In a separate mixing bowl, lightly beat the egg whites and extracts about 20 seconds just until foamy. Add the almond mixture and stir together with a wooden spoon about 10–15 seconds just until the mixture is well blended, being careful not to overmix.

Drop the mixture by the teaspoonful about 2 inches apart on the prepared baking sheets, using another teaspoon to help drop each cookie. Use the back of a spoon to gently round the edges and just slightly flatten the top of each marochino. Very gently press one whole raw almond or an almond slice onto the center of each.

Bake for 15 minutes, then switch the baking sheets to the other rack, also turning each around 180 degrees for even cooking. Bake about another 10–12 minutes or until lightly golden brown on bottom. Don't overcook or the cookies get too dry. Cool on the sheets a few minutes, then transfer to a rack and cool completely. Marochinos keep up to a week in an airtight container in a cool, dry place with the layers of cookies separated by waxed or parchment paper. They also freeze well when packed this way. If desired, dust with confectioner's sugar before serving. Makes about 24 cookies.

*Almond meal can be purchased already prepared, usually from unpeeled almonds. It is not as finely ground and powdery as almond flour, but still has a little texture to it which gives the marochinos a good texture. You can make your own almond meal by grinding whole raw almonds (peeled or unpeeled) in your food processor to a texture a bit like fine sand.

PREHITO

Bulgur Nut Pudding

by the SBH Ladies Auxiliary

INGREDIENTS

1 cup of bulgur
4 cups of water
1/4 – 1/2 c. sugar (to one's taste)
cinnamon
walnuts
1-2 teaspoons of honey (opt.)



Bring water to a boil. Add bulgur, lower to a moderate heat for about 30 minutes, stirring frequently. Add sugar and cook an additional 10 minutes or until bulgur is cooked. Gradually add more water if needed to finish cooking bulgur. You may add cinnamon and chopped walnuts to mixture (optional). A Remove from heat and pour bulgur into a 9" – 10" pie plate or an 8" square. Sprinkle on top with cinnamon and chopped walnuts or decorate with walnut halves.

Cut in squares or diamond shapes and serve cold or room temperature.

Tehillim

Psalms





Tehillim - Psalm 120

שִׁיר הַמַּעֲלוֹת אֲלֵי בְצָרְתָּהּ לִי
 קָרָאתִי וַיַּעֲנֵנִי: יְיָ הַצִּילָהּ נַפְשִׁי
 מִשִּׁפְּתֵי שֹׁקֵר מִלְּשׁוֹן רַמְיָה:
 מִה־יִּתְּנֵן לָךְ וּמִה־יִּסְיֶיף לָךְ לְשׁוֹן
 רַמְיָה: חֲצִי גְבוּר שְׁנוּנִים עִם גְּחָלֵי
 רִתְּמִים: אוֹיְהֵלִי כִי־גִרְתִּי מִשֶּׁךְ
 שְׁכַנְתִּי עִם־אֹהֲלֵי קֶדְר: רַבַּת
 שְׁכֵנָה־לָּהּ נַפְשִׁי עִם שׁוֹנְאֵי שְׁלוֹם:
 אֲנִי־שְׁלוֹם וְכִי אֲדַבֵּר הַמָּה
 לְמַלְחָמָה:

A song of ascents. In my distress I called to the LORD and He answered me. O LORD, save me from treacherous lips, from a deceitful tongue! What can you profit, what can you gain, O deceitful tongue? A warrior's sharp arrows, with hot coals of broomwood. Woe is me, that I live with Meshech, that I dwell among the clans of Kedar. Too long have I dwelt with those who hate peace. I am all peace; but when I speak, they are for war.



Tehillim - Psalm 121

שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי אֶל־הַהָרִים
 מֵאֵין יבֹא עֲזָרִי: עֲזָרִי מֵעַם יְיָ עֲשֵׂה
 שָׁמַיִם וָאָרֶץ: אֲלֵי־תֵן לְמוֹט רַגְלִי
 אֲלֵי־נִגְוִים שֹׁמְרָד: הִנֵּה לֹא־יִנּוּם וְלֹא
 יִישָׁן שׁוֹמֵר יִשְׂרָאֵל: יְיָ שֹׁמְרָד יְיָ
 צִלְדֵךְ עַל־יַד יְמִינֶךָ: יוֹמָם הַשֶּׁמֶשׁ
 לֹא־יִכְבֶּה וַיְרַח בַּלַּיְלָה: יְיָ יִשְׁמְרֶךָ
 מִכָּל־דָּע יִשְׁמַר אֶת־נַפְשְׁךָ:
 יְיָ יִשְׁמַר־צֵאתְךָ וּבֹאֶךָ מֵעַתָּה
 וְעַד־עוֹלָם:

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



Tehillim - Psalm 122

שִׁיר הַמַּעֲלוֹת לְדָוִד שְׁמַחְתִּי
 בְּאֲמָרִים לִי בַיִת יְיָ נִלְדָּה: עֲמֻדוֹת
 הָיוּ רַגְלֵינוּ בְּשַׁעְרֶיךָ יְרוּשָׁלַם:
 יְרוּשָׁלַם הַבְּנוּיָה כְּעִיר
 שְׁחַבְּרָהּ לָהּ יַחְדָּו: שְׁשָׁם עָלוּ
 שְׁבֵטִים שְׁבִטֵי־יָהּ עֲדוֹת לְיִשְׂרָאֵל
 לְהַדוֹת לְשֵׁם יְיָ: כִּי שָׁמָּה יָשָׁבוּ
 כְּסֵאוֹת לְמִשְׁפַּט פְּסָאוֹת לְבַיִת
 דָּוִד: שְׂאוּ שְׁלוֹם יְרוּשָׁלַם יִשְׁלְיוּ
 אֶהְבִּיד: יְהִי־שְׁלוֹם בְּחֵילְךָ שְׁלוֹה
 בְּאֲרַמְנוֹתֶיךָ: לְמַעַן אַחֵי וְרַעֵי
 אֲדַבְּרָה נָא שְׁלוֹם בְּךָ: לְמַעַן
 בַּיִת־יְיָ אֶלְהֵינוּ אֲבַקֶּשֶׁה טוֹב לְךָ:

A song of ascents of David. I rejoiced when they said to me, "We are going to the House of the LORD." Our feet stood inside your gates, O Jerusalem, Jerusalem built up, a city knit together, to which tribes would make pilgrimage, the tribes of the LORD, — as was enjoined upon Israel — to praise the name of the LORD. There the thrones of judgment stood, thrones of the house of David. Pray for the well-being of Jerusalem; "May those who love you be at peace. May there be well-being within your ramparts, peace in your citadels." For the sake of my kin and friends, I pray for your well-being; for the sake of the house of the LORD our God, I seek your good.



Tehillim - Psalm 123

שִׁיר הַמַּעֲלוֹת אֶלֶּךָ נְשָׂאתִי אֶת־עֵינַי
 הַיֹּשְׁבֵי בַשָּׁמַיִם: הִנֵּה כְּעֵינַי עֹבְדִים
 אֶל־יָד אֲדוֹנֵיהֶם כְּעֵינַי שֹׁפְחָה אֶל־יָד
 גְּבוֹרָתָהּ כִּן עֵינָיו אֶל־יְיָ אֶלְהֵינוּ עַד
 שְׁיִחַנְנוּ: חָנְנוּ יְיָ חָנְנוּ כִּי־רַב
 שָׁבַעְנוּ בּוֹ: רַבַּת שְׁבַעָה לָהּ
 נַפְשֵׁנוּ הִלְעַג הַשְּׂאֲנָנִים הַבּוֹ לַגָּאִי
 יוֹנִים:

A song of ascents. To You, enthroned in heaven, I turn my eyes. As the eyes of slaves follow their master's hand, as the eyes of a slave-girl follow the hand of her mistress, so our eyes are toward the LORD our God, awaiting His favor. Show us favor, O LORD, show us favor! We have had more than enough of contempt. Long enough have we endured the scorn of the complacent, the contempt of the haughty.



Tehillim - Psalm 124

שִׁיר הַמַּעֲלוֹת לְדָוִד לְלוֹלֵי יי
 שְׁהִיָּה לָנוּ יֵאמֶר-נָא יִשְׂרָאֵל: לְלוֹלֵי
 יי שְׁהִיָּה לָנוּ בְּקוֹם עָלֵינוּ אָדָם:
 אֲזִי חַיִּים בְּלַעֲוֹנוּ בַּחֲרוֹת אָפֶס
 בָּנוּ: אֲזִי הַמַּיִם שִׁטְפוּנוּ נַחֲלָה עִבֵר
 עַל-נַפְשֵׁנוּ: אֲזִי עִבֵר עַל-נַפְשֵׁנוּ
 הַמַּיִם הַיְדוּנִים: בְּרוּךְ יי שֶׁלֹּא
 נִתְּנָנוּ טָרַף לְשֵׁנֵיהֶם: נַפְשֵׁנוּ כְּצַפּוֹר
 נִמְלְטָה מִפַּח יוֹקְשִׁים הַפַּח נִשְׁבֵּר
 וְאֲנַחְנוּ נִמְלָטָנוּ: עֲזָרְנוּ בְּשֵׁם
 יי עֲשֵׂה שְׁמִים וְאֶרֶץ:

A song of ascents of David. Were it not for the LORD, who was on our side, let Israel now declare, were it not for the LORD, who was on our side when men assailed us, they would have swallowed us alive in their burning rage against us; the waters would have carried us off, the torrent would have swept over us; over us would have swept the seething waters. Blessed is the LORD, who did not let us be ripped apart by their teeth. We are like a bird escaped from the fowler's trap; the trap broke and we escaped. Our help is the name of the LORD, maker of heaven and earth.



Tehillim - Psalm 125

שִׁיר הַמַּעֲלוֹת הַבְּטָחִים בַּיי
 כְּהַר-צִיּוֹן לֹא-יִמוּט לְעוֹלָם יִשָּׁב:
 יְרוּשָׁלַם הַרִים סְבִיב לָהּ וַיִּי
 סְבִיב לְעֵמוּ מַעֲתָה וְעַד-עוֹלָם: כִּי
 לֹא יִנוּחַ שִׁבְט הָרָשָׁע עַל גּוֹרֵל
 הַצְּדִיקִים לְמַעַן לֹא-יִשְׁלַחוּ
 הַצְּדִיקִים בְּעוֹלָתָהּ יְדֵיהֶם:
 הַיְטִיבָהּ יי לְטוֹבִים וְלִישָׁרִים
 בְּלִבּוֹתָם: וְהַמְטִים עַקְלָלוֹתָם
 יוֹלִיכֶם יי אֶת-פְּעֻלֵי הָאָזָן שְׁלוֹם
 עַל-יִשְׂרָאֵל:

A song of ascents. Those who trust in the LORD are like Mount Zion that cannot be moved, enduring forever. Jerusalem, hills enfold it, and the LORD enfolds His people now and forever. The scepter of the wicked shall never rest upon the land allotted to the righteous, that the righteous not set their hand to wrongdoing. – a Do good, O LORD, to the good, to the upright in heart. But those who in their crookedness act corruptly, – a let the LORD make them go the way of evildoers. May it be well with Israel!



Tehillim - Psalm 126

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ אֶת־שִׁיבַת
 צִיּוֹן הֵינּוּ כַחֲלֹמִים: אִזּוּ וּמְלֹא
 שְׂחוֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה אִזּוּ יֹאמְרוּ
 בְּגוֹיִם הַגְּדִיל יְיָ לַעֲשׂוֹת עִם־אֱלֹהִים:
 הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ הֵינּוּ
 שְׂמִיחִים: שׁוּבָה יְיָ אֶת־שְׁבִיתֵנוּ
 כַּאֲפִיקִים בְּנֶגֶב: הַזְרְעִים בְּדַמְעָה
 בְּרִנָּה יִקְצְרוּ: הַלֹּוֹךְ יֵלֵךְ וּבִכָּה
 נִשָּׂא מִשָּׁד־הַזֶּרַע בְּאִיבָא
 בְּרִנָּה נִשָּׂא אֲמַתָּיו:

A song of ascents. When the LORD restores the fortunes of Zion — we see it as in a dream — our mouths shall be filled with laughter, our tongues, with songs of joy. Then shall they say among the nations, "The LORD has done great things for them!" The LORD will do great things for us and we shall rejoice. Restore our fortunes, O LORD, like watercourses in the Negeb. They who sow in tears shall reap with songs of joy. Though he goes along weeping, carrying the seed-bag, he shall come back with songs of joy, carrying his sheaves.



Tehillim - Psalm 127

שִׁיר הַמַּעֲלוֹת לְשִׁלְמֹה אִם־יִי
 לֹא־יִבְנֶה בַּיִת שְׂוֹא עֲמָלוֹ בּוֹנֵיו בּוֹ
 אִם־יִי לֹא־יִשְׁמַר־עִיר שְׂוֹא שְׂקֵד
 שׁוֹמֵר: שְׂוֹא לָכֶם מִשְׁכִּימֵי קוֹם
 מֵאַחַר־יִשְׁבֵּת אֲכָלִי לֶחֶם הַעֲצָבִים
 כִּן יִתֵּן לַיְדֵידוֹ שְׂנֵא: הִנֵּה נַחֲלַת
 יְיָ בְּנִים שְׂכָר פְּרֵי הַבֶּטֶן:
 כְּחֻצִים בְּיַד־גְּבוּר כִּן בְּנֵי
 הַנְּעוּרִים: אֲשֶׁרֵי הַגֶּבֶר אֲשֶׁר מְלֹא
 אֶת־אֲשָׁפְתוֹ מֵהֶם לֹא־יִבְשׁוּ
 כִּי־יִדְּבְרוּ אֶת־אוֹיְבָיִם בְּשַׁעַר:

A song of ascents of Solomon. Unless the LORD builds the house, its builders labor in vain on it; unless the LORD watches over the city, the watchman keeps vigil in vain. In vain do you rise early and stay up late, you who toil for the bread you eat; He provides as much for His loved ones while they sleep. – Sons are the provision of the LORD; the fruit of the womb, His reward. Like arrows in the hand of a warrior are sons born to a man in his youth. Happy is the man who fills his quiver with them; they shall not be put to shame when they contend with the enemy in the gate.



Tehillim - Psalm 128

שִׁיר הַמַּעֲלוֹת אֲשֶׁר־יִרְאֵה יי
הִלְלֵךְ בְּדַרְכָּיו: יִגִּיעַ כִּפְיֵךְ כִּי
תֹאכַל אֲשֶׁר־יִטְוֹב לָךְ: אֲשֶׁתְּךָ
כַּגִּפְנֵי פְרִיָה בְּיַרְכְּתֵי בֵיתְךָ בְּנֵיךָ
כַּשְׂתְּלֵי זֵיתִים סְבִיב לְשַׁלְחָנְךָ:
הִנֵּה כִּי־כֹן יִבְרַךְ גְּבֹרַת יְרֵאָה יי
יְבָרְכֶךָ יי מִצִּיּוֹן וְרֵאָה בְּטוֹב
יְרוּשָׁלַם כֹּל יְמֵי חַיֶּיךָ: וְרֵאָה־בְּנִים
לְבָנֶיךָ שְׁלוֹם עַל־יִשְׂרָאֵל:

A song of ascents. Happy are all who fear the LORD, who follow His ways. You shall enjoy the fruit of your labors; you shall be happy and you shall prosper. Your wife shall be like a fruitful vine within your house; your sons, like olive saplings around your table. So shall the man who fears the LORD be blessed. May the LORD bless you from Zion; may you share the prosperity of Jerusalem all the days of your life, and live to see your children's children. May all be well with Israel!



Tehillim - Psalm 129

שִׁיר הַמַּעֲלוֹת רַבַּת צָרְרוּנִי מִנְעוּרֵי
יֵאֱמֹר־נָא יִשְׂרָאֵל: רַבַּת צָרְרוּנִי
מִנְעוּרֵי גַם לֹא־יָכְלוּ לִי: עַל־גִּבִּי
חָרְשׁוּ חֲרָשִׁים הָאֵרִיכוּ לְמַעַנִּיתָם:
יי צְדִיק קִצֵּץ עֲבוֹת רְשָׁעִים: יִבְשׁוּ
וְיִסְגּוּ אַחֲזֹר כֹּל שׁוֹנְאֵי צִיּוֹן:
יִהְיוּ כַחֲצִיר גִּגּוֹת שֶׁשָׁדְמַת שָׁלַף
יִבֹשׁ: שְׁלֹא מְלֹא כַפּוֹ קוֹצֵר וְחִצְנוֹ
מְעַמֵּר: וְלֹא אָמְרוּ הַעֲבָרִים
בְּרַכְתֵּי־יְיָ אֵיכֶם בְּרָכְנוּ אֶתְכֶם
בְּשֵׁם יְיָ:

A song of ascents. Since my youth they have often assailed me, let Israel now declare, since my youth they have often assailed me, but they have never overcome me. Plowmen plowed across my back; they made long furrows. The LORD, the righteous one, has snapped the cords of the wicked. Let all who hate Zion fall back in disgrace. Let them be like grass on roofs that fades before it can be pulled up, that affords no handful for the reaper, no armful for the gatherer of sheaves, no exchange with passersby: "The blessing of the LORD be upon you. "We bless you by the name of the LORD."



Tehillim - Psalm 130

שִׁיר הַמַּעֲלוֹת מִמַּעַמְקִים קְרֵאתִיד
 יי: יה שְׁמָעָה בְּקוֹלִי תִהְיֶינָה אָזְנֶיךָ
 קִשְׁבוֹת לְקוֹל תַּחֲנוּנָי: אִם־עוֹנוֹת
 תִּשְׁמְרֶינָה יי מִי יַעֲמֵד: כִּי־עַמְּךָ
 הַסְּלִיחָה לְמַעַן תִּגְרָא: קוֹיִתִי יי
 קוֹתָה נַפְשִׁי וְלִדְבָרוֹ הוֹחֵלְתִי:
 נַפְשִׁי לְאֲדֹנָי מִשְׁמָרִים לְבָקֵר
 שְׁמָרִים לְבָקֵר: יַחַל יִשְׂרָאֵל
 אֲל־יה כִּי־עַם־יה

הַחֲסֵד וְהַרְבֵּה עִמּוֹ פְּדוֹת: וְהוּא
 יִפְדֶּה אֶת־יִשְׂרָאֵל מִכָּל עוֹנֵתָיו:

A song of ascents. Out of the depths I call You, O LORD. O Lord, listen to my cry; let Your ears be attentive to my plea for mercy. If You keep account of sins, O LORD, Lord, who will survive? Yours is the power to forgive so that You may be held in awe. I look to the LORD; I look to Him; I await His word. I am more eager for the Lord than watchmen for the morning, watchmen for the morning. O Israel, wait for the LORD; for with the LORD is steadfast love and great power to redeem. It is He who will redeem Israel from all their iniquities.



Tehillim - Psalm 131

שִׁיר הַמַּעֲלוֹת לְדָוִד יי לֹא־גָבַהּ
 לְבָבִי וְלֹא־דָמּוּ עֵינָי וְלֹא־הִלְכֵתִי
 בְּגִדְלוֹת וּבְנִפְלְאוֹת מִמֶּנִּי: אִם־לֹא
 שְׁוִיִתִי וְדוֹמַמְתִּי נַפְשִׁי כְּגִמְלַל עָלַי
 אִמּוֹ כְּגִמְלַל עָלַי נַפְשִׁי: יַחַל יִשְׂרָאֵל
 אֲל־יה מַעַתָּה וְעַד־עוֹלָם:

A song of ascents of David. O LORD, my heart is not proud nor my look haughty; I do not aspire to great things or to what is beyond me; but I have taught myself to be contented like a weaned child with its mother; like a weaned child am I in my mind. O Israel, wait for the LORD now and forever.



Tehillim - Psalm 132

שִׁיר הַמַּעֲלוֹת זְכוּרֵי לְדָוִד אֵת
 כָּל-עֲנוֹתָיו: אֲשֶׁר נִשְׁבַּע לֵי נָדָר
 לֵאמֹר אֲבֹא בְּאֵהָל
 בֵּיתִי אֲסַפְּעָלָה עַל-עַרְשׂוֹ יְצוּעֵי:
 אֲסַתֵּן שְׁנַת לַעֲיֵנַי לְעַפְעַפֵּי
 תְּנוּמָה: עַד-אֲמָצֵא מָקוֹם לִי
 מִשְׁכָּנֹת לְאֲבִיר יַעֲקֹב:

הִנֵּה-שָׁמַעְנוּהָ בְּאֶפְרַתָּה מִצְּאֲנוּהָ
 בְּשִׁדְיֵי-עַר: נְבוֹאָה לְמִשְׁכָּנֹתַי
 נִשְׁתַּחֲוֶה לְהֵדָם רְגְלָיו: קוּמָה יְיָ
 לְמִנוּחַתְךָ אֲתָה וְאַרְזוֹן עֹד: כְּהִנֵּד
 יִלְבָּשׁוּ-צִדִק וְחִסְדֶּיךָ יִרְנְנוּ: בַּעֲבוּר
 דָּוִד עֲבַדְךָ לֵאמֹר שָׁב פְּנֵי מְשִׁיחֶךָ:
 נִשְׁבַּע-יְיָ לְדָוִד אֱמֶת לֹא-יִשָּׁוּב
 מִמֶּנָּה מִפְּרֵי בִטְנְךָ אֲשִׁית
 לְכֶסֶף-לֶךָ: אֲסִי-שָׁמְרוּ בְנֵיךָ בְּרִיתִי
 וְעַדְתִּי זוֹ לְאֶמֶס גַּם-בְּנֵיהֶם עֲדִיעַד
 יִשָּׁבוּ לְכֶסֶף-לֶךָ: כִּי-בָחַר יְיָ
 בְּצִיּוֹן אֹנֶה לְמוֹשָׁב לוֹ:

זֹאת-מְנוּחַתִּי עֲדִיעַד פַּה-אֲשִׁיב כִּי
 אוֹתִיָּה: צִדְדָה בְּרַךְ אֲבָרְךָ אֲבִיּוֹנִיָּה
 אֲשָׁבִיעַ לְחֶם: וְכִהְיֶה לְבֵישׁ יֵשַׁע
 וְחִסְדֶּיךָ רִגְוֹ יִרְנְנוּ: שָׁם אֲצַמִּיחַ
 קַרְוֹ לְדָוִד עֲרַכְתִּי גַר לְמְשִׁיחִי:
 אוֹיְבָיו לְבֵישׁ בִּשְׁתַּ וְעָלָיו יִצְיַן
 נִזְרוּ:

A song of ascents. O LORD, remember in David's favor his extreme self-denial, how he swore to the LORD, vowed to the Mighty One of Jacob, "I will not enter my house, nor will I mount my bed, I will not give sleep to my eyes, or slumber to my eyelids until I find a place for the LORD, an abode for the Mighty One of Jacob." We heard it was in Ephrath; we came upon it in the region of Jaar. Let us enter His abode, bow at His footstool. Advance, O LORD, to Your resting-place, You and Your mighty Ark! Your priests are clothed in triumph; Your loyal ones sing for joy. For the sake of Your servant David do not reject Your anointed one. The LORD swore to David a firm oath that He will not renounce, "One of your own issue I will set upon your throne. If your sons keep My covenant and My decrees that I teach them, then their sons also, to the end of time, shall sit upon your throne." For the LORD has chosen Zion; He has desired it for His seat. "This is my resting-place for all time; here I will dwell, for I desire it. I will amply bless its store of food, give its needy their fill of bread. I will clothe its priests in victory, its loyal ones shall sing for joy. There I will make a horn sprout for David; I have prepared a lamp for My anointed one. I will clothe his enemies in disgrace, while on him his crown shall sparkle."



Tehillim - Psalm 133

שִׁיר הַמַּעֲלוֹת לְדָוִד הִנֵּה מֵה־טוֹב
 וּמֵה־נְעִים שֶׁבֶת אֲחִים גַּם־יַחַד:
 כְּשֶׁמֶן הַטוֹב עַל־הָרֹאשׁ יֵרֵד
 עַל־הַזָּקֵן וְזָקֹא־הָרֹז שִׁירֵד עַל־פִּי
 מִדֹּתָיו: כְּטַל־חֶרְמוֹן שִׁירֵד
 עַל־הָרְרֵי צִיּוֹן כִּי שֶׁם צָוָה יי
 אֶת־הַבְּרָכָה חַיִּים עַד־הָעוֹלָם:

A song of ascents of David. How good and how pleasant it is that brothers dwell together. It is like fine oil on the head running down onto the beard, the beard of Aaron, that comes down over the collar of his robe; like the dew of Hermon that falls upon the mountains of Zion. There the LORD ordained blessing, everlasting life.



Tehillim - Psalm 134

שִׁיר הַמַּעֲלוֹת הִנֵּה בָּרְכוּ אֶת־יי
 כָּל־עַבְדֵי יי הָעֹמְדִים בְּבַיִת־יי
 בַּלַּיְלוֹת: שְׂאוּ־יְדַכֶּם קִדְשׁ וּבָרְכוּ
 אֶת־יי: יְבָרְכֵךָ יי מִצִּיּוֹן
 עֲשֵׂה שָׁמַיִם וָאָרֶץ:

A song of ascents. Now bless the LORD, all you servants of the LORD who stand nightly in the house of the LORD. Lift your hands toward the sanctuary and bless the LORD. May the LORD, maker of heaven and earth, bless you from Zion.

After Blessing on The Three Special Foods

If one has eaten a kezayith (1oz) of cake or cookies (made from one of the five grains like wheat, barley, or spelt), or the same measure of fruits of the five species indigenous to Israel (grapes, olives, figs, dates, pomegranates), or if one drank a revi'ith (3oz) of wine or grape juice, one must say the following blessing. If one has had bread, they should recite Birkath Ammazon instead, found on the following page.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

עַל הַמַּחֲזִיחַ וְעַל הַכֹּלֵלָה (If Eating the 5 Grains)

עַל הַגֶּפֶן וְעַל פְּרֵי הַגֶּפֶן (If drinking wine)

עַל הָעֵץ וְעַל פְּרֵי הָעֵץ (If Eating the 5 Fruits)

וְעַל תְּנוּבַת הַשָּׂדֶה, וְעַל אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחֲבָה, שְׂרָצִית
וְהַנְּחִלָּתָ לְאַבּוֹתֵינוּ, לְאָכַל מִפְּרִיָּהּ וּלְשַׁבֵּעַ מִטּוֹבָהּ. רַחֵם יי אֱלֹהֵינוּ
עָלֵינוּ וְעַל יִשְׂרָאֵל עַמּוֹךְ, וְעַל יְרוּשָׁלַיִם עִירָךְ, וְעַל הַר צִיּוֹן מִשְׁכַּן
כְּבוֹדְךָ, וְעַל מִזְבִּיחֶךָ וְעַל הַיְכָלְךָ. וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ
בְּמַהֲרָה בְּיָמֵינוּ, וְהַעֲלֵנוּ לְתוֹכָהּ, וְשִׂמְחָנוּ בְּבִנְיָנָהּ, וּנְבָרְכֶךָ עָלֶיךָ
בְּקִדְשָׁהּ וּבְטַהֲרָהּ:

כִּי אַתָּה טוֹב וּמְטִיב לְכָל, וְנוֹדֵה לְךָ עַל הָאֶרֶץ

(If Eating the 5 Grains): עַל הַמַּחֲזִיחַ וְעַל הַכֹּלֵלָה

(If Drinking Wine): וְעַל הַגֶּפֶן וְעַל פְּרֵי הַגֶּפֶן

(If Eating the 5 Fruits): וְעַל הָעֵץ וְעַל פְּרֵי הָעֵץ

בְּרוּךְ אַתָּה יי, עַל הָאֶרֶץ

(If Eating the 5 Grains): עַל הַמַּחֲזִיחַ וְעַל הַכֹּלֵלָה

(If Drinking Wine): וְעַל הַגֶּפֶן וְעַל פְּרֵי הַגֶּפֶן

(If Eating the 5 Fruits): וְעַל הָעֵץ וְעַל פְּרֵי הָעֵץ

Birkath 'Ammazon *Blessing After the Meal*

If one has eaten bread as a part of the Seder, they should recite Birkath 'Ammazon, the blessing after the meal as written below.

אֲבָרְכָה אֶת־יְיָ בְּכָל־עֵת. תָּמִיד תִּהְלְתוּ בְּפִי: סוּף דְּבַר הַכֹּל נִשְׁמָע,
אֶת־הָאֱלֹהִים יִרְא וְאֶת־מִצְוֹתָיו שְׂמֹר כִּי־זֶה כָּל־הָאָדָם: תִּהְלֵת לִי יְדִבְר־פִי
וַיְבָרֵךְ כָּל־בָּשָׂר שֶׁם קִדְּשׁוֹ לְעוֹלָם וָעֶד: וְאִנְחָנוּ נְבָרֵךְ יְיָ, מַעֲתָה וְעַד־עוֹלָם,
הַלְלוּיָהּ:

המזמן (Leader): הַב לָן וְנִבְרִיךְ לְמַלְכָּא עֲלָאָה קְדִישָׁא. (ועונים: שְׁמִים).
בְּרִשׁוֹת מַלְכָּא עֲלָאָה קְדִישָׁא (בשבת: וּבְרִשׁוֹת שְׁבֵת מַלְכָּתָא) (וּבְרִשׁוֹת
יּוֹמָא טַבָּא אֲשַׁפְּזָא קְדִישָׁא) (וּבְרִשׁוֹת מוֹרֵי וְרִבּוּתֵי) וּבְרִשׁוֹתְכֶם. וְיְדַבֵּר אֵלַי,
זֶה הַשְּׁלֵחָן אֲשֶׁר לִפְנֵי יְיָ:

המזמן (Leader): נְבָרֵךְ (אם הם עשרה או יותר מוסיף אֱלֹהִינוּ) שְׂאֲכַלְנוּ
מִשְׁלוֹ.

המסובין (Participants): בְּרוּךְ (בעשרה או יותר מוסיפים: אֱלֹהִינוּ)
שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגָּדוֹל (בשבת וְהַקְדוּשׁ חַיִּינוּ).

המזמן (Leader): בְּרוּךְ (אֱלֹהִינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגָּדוֹל (בשבת
וְהַקְדוּשׁ) חַיִּינוּ.

המזמן (Leader): נְבָרֵךְ (אם הם עשרה או יותר מוסיף אֱלֹהִינוּ) שְׁהַשְׁמַחָה
בְּמַעוֹנוֹ שְׂאֲכַלְנוּ מִשְׁלוֹ.

המסובין (Participants): בְּרוּךְ (בעשרה או יותר מוסיפים: אֱלֹהִינוּ)
שְׁהַשְׁמַחָה בְּמַעוֹנוֹ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגָּדוֹל חַיִּינוּ

המזמן (Leader): בְּרוּךְ (אם הם עשרה או יותר מוסיף אֱלֹהִינוּ) שְׁהַשְׁמַחָה
בְּמַעוֹנוֹ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגָּדוֹל חַיִּינוּ.

ברוך אתה, יי אלהינו מלך העולם, הַזֵּן אֶת-הָעוֹלָם, כְּלוּ בְטוּבוֹ בְּחֵן
בְּחֶסֶד וּבְרַחֲמִים הוּא נוֹתֵן לָחֵם לְכָל-בָּשָׂר כִּי לְעוֹלָם חֶסֶד. וּבְטוּבוֹ
הַגָּדוֹל תְּמִיד לֹא חָסַר לָנוּ, וְאֵל יַחְסֹר לָנוּ מִזֶּן מִזֶּן תְּמִיד לְעוֹלָם וְעַד, כִּי
הוּא אֵל זֶן וּמְפָרֵס לְכָל. וְשִׁלַּחְנוּ עֲרוּךְ לְכָל, וְהִתְקִין מַחֲיָה וּמִזֶּן
לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא בְּרַחֲמָיו וּבְרֹב חֶסְדָּיו, כְּאָמֹר, פּוֹתַח
אֶת-יַדְךָ, וּמִשְׁבִּיעַ לְכָל-חַי רְצוֹן. בְּרוּךְ אַתָּה, יי, הַזֵּן בְּרַחֲמָיו
אֶת-הַכֹּל:

נוֹדָה לָךְ יי אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לְאַבּוֹתֵינוּ, אֶרֶץ חֲמֵדָה טוֹבָה
וּרְחֵבָה, בְּרִית וְתוֹרָה, חַיִּים וּמִזֶּן, עַל שֶׁהוֹצֵאתָנוּ מֵאֶרֶץ מִצְרַיִם,
וּפְדִיתָנוּ מִבֵּית עַבְדִּים, וְעַל בְּרִיתְךָ שֶׁחֲתַמְתָּ בְּבִשְׂרָנוּ, וְעַל תּוֹרַתְךָ
שֶׁלְּמַדְתָּנוּ, וְעַל חֻקֵי רְצוֹנְךָ שֶׁהוֹדַעְתָּנוּ וְעַל חַיִּים וּמִזֶּן שֶׁאַתָּה זֶן
וּמְפָרֵס אוֹתָנוּ:

וְעַל הַכֹּל יי אֱלֹהֵינוּ אָנוּ מוֹדִים לָךְ, וּמְבָרְכִים אֶת-שְׁמֶךָ, כְּאָמֹר
וְאֶכְלֶתָ וּשְׁבַעְתָּ וּבִרְכַתָּ אֶת-יי אֱלֹהֶיךָ עַל הָאֶרֶץ הַטֹּבָה אֲשֶׁר נָתַן לָךְ.
בְּרוּךְ אַתָּה, יי, עַל הָאֶרֶץ וְעַל הַמִּזֶּן:

רַחֵם, יי אֱלֹהֵינוּ, עָלֵינוּ וְעַל יִשְׂרָאֵל עַמְּךָ, וְעַל יְרוּשָׁלַיִם עִירְךָ, וְעַל
הַר צִיּוֹן מִשְׁכַּן כְּבוֹדְךָ, וְעַל הַיְכָלְךָ, וְעַל מְעוֹנֶיךָ, וְעַל דְּבִירְךָ, וְעַל
הַבַּיִת הַגָּדוֹל וְהַקְּדוֹשׁ שֶׁנִּקְרָא שְׁמֶךָ עָלָיו. אָבוּ, רַעְנוּ, זִוְנָנוּ,
פְּרָנְסָנוּ, כְּלָפְלָנוּ, הַרְוִיחָנוּ, הַרְוַחְלָנוּ מִכָּל-צְרוּתֵינוּ,
וְאַל-תַּצְרִיכָנוּ יי אֱלֹהֵינוּ, לִידֵי מִתְנוֹת בָּשָׂר וְדָם, וְלֹא לִידֵי הַלְוָאָתְךָ.
(שְׁמַתְנָתְךָ מְעוֹטָה וְחִרְפָּתְךָ מְרַבָּה), אֲלֵא לִידְךָ הַמְּלֵאכָה, וְהַרְחֵבְהָ,
הַעֲשִׂירָה וְהַפְתּוּחָה, יְהִי רְצוֹן, שְׁלֹא נִבּוֹשׁ בְּעוֹלָם הַזֶּה וְלֹא נִכְלָם
לְעוֹלָם הַבָּא וּמַלְכוּת בֵּית דָּוִד מְשִׁיחְךָ תַּחְזִירָנָה לְמַקּוֹמָהּ בְּמַהְרָה
בְּיָמֵינוּ:

וּתְבַנֶּה יְרוּשָׁלַיִם עִירְךָ בְּמַהְרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה, יי, בּוֹנֵה
בְּרַחֲמָיו בְּנֵן יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ. אָמֵן:

ברוך אתה, יי, אלהינו מלך העולם, לעד האל, אבינו, מלפנו, אדירנו, בוראנו, גואלנו, קדושנו קדוש ועקב, רוענו רועה ישראל. המלך הטוב, והמטיב לכל, שבכל-יום ויום הוא הטיב לנו, הוא מטיב לנו, הוא יטיב לנו. הוא גמלנו, הוא גומלנו, הוא יגמלנו לעד, חן וחסד ורחמים ורוח והצלחה וכל-טוב.

הרחמן, הוא ישתבח על כסא כבודו.

הרחמן, הוא ישתבח בשמים ובארץ.

הרחמן, הוא ישתבח בנו לדור הדורים.

הרחמן, הוא קרן לעמו ירים.

הרחמן, הוא יתפאר בנו לנצח נצחים.

הרחמן, הוא יפרנסנו בכבוד ולא בבזוי, בהתר ולא באסור, בנחת ולא בצער, ברוח ולא בצמצום.

הרחמן, הוא יתן שלום בינינו.

הרחמן, הוא ישלח ברכה רוחה והצלחה בכל-מעשה ידינו.

הרחמן, הוא יצליח את-דרכינו.

הרחמן, הוא ישבור עול גלות מהרה מעל צוארנו.

הרחמן, הוא יוליכנו מהרה קוממיות לארצנו.

הרחמן, הוא ירפאנו רפואה שלמה, רפואת הנפש ורפואת הגוף.

הרחמן, הוא יפתח לנו את-ידו הרחבה.

הרחמן, הוא יברך כל-אחד ואחד ממנו בשמו הגדול כמו

שנתברכו אבותינו, הקדושים והטהורים, אברהם יצחק ויעקב,

בכל, מכל, כל. כן יברך אותנו יחד ברכה שלמה וכן יהי רצון

ונאמר אמן.

הרחמן, הוא יפרוש עלינו סכת שלומו.

הרחמן, הוא יחיינו ויזכנו ויקרבנו לימות המשיח ולבנין

בית-המקדש ולחיי העולם הבא

מגדיל ישועות מלכו, ועשה חסד למשיחו לדוד ולזרעו עד-עולם:

כפירים רשו ורעבו, ודורשי יי לא-יחסרו כל-טוב; נער הייתי

גס-זקנתי ולא-ראיתי צדיק נעזב, וזרעו מבקש-לחם: כל-היום

חונן ומלוה וזרעו לברכה:

מה־שְׁאֵכְלָנוּ יִהְיֶה לְשִׁבְעָה, וּמֵה־שְׁשִׁיתֵינוּ יִהְיֶה לְרִפּוּאָה,
וּמֵה־שְׁהוֹתֵרְנוּ יִהְיֶה לְבָרָכָה, כְּדָכְתִּיב, וַיִּתֵּן לְפָנֵיהֶם וַיֹּאכְלוּ וַיֹּזְתְּרוּ
כְּדָבָר יי: בְּרוּכִים אַתֶּם לַיְיָ עֲשֵׂה שְׂמִים וְאַרְצָ: בְּרוּךְ הַגָּבֵר אֲשֶׁר
יִבְטַח בַּיְיָ, וְהָיָה יי מִבְּטָחוֹ: יי עֹז לְעַמּוֹ יִתֵּן, יי יִבְרַךְ אֶת־עַמּוֹ
בְּשָׁלוֹם:.

כִּי הַשְּׂבִיעַ נֶפֶשׁ שִׁקְקָה וְנֶפֶשׁ רָעָבָה מִלֵּא־טוֹב: הוֹדוּ לַיְיָ כִּי טוֹב, כִּי
לְעוֹלָם חֲסֵדוֹ: הוֹדוּ לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם חֲסֵדוֹ: הַשְּׂמִים שְׂמִים לַיְיָ,
וְהָאֲרֶץ נִתֵּן לְבְנֵי אָדָם:

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא בְּרַחֲמָיו יַעֲשֵׂה שָׁלוֹם, עֲלֵינוּ וְעַל כָּל־עַמּוֹ
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Ya Komimos

Ya komimos i bevimos i al Dyo santo Barukh Oo uḅarukh shemo bendishimos. Ke mos dyo i mos dara, pan para komer, i panyos para vistir, i anyos, muchos i buenos, para bivir. El Padre el grande ke mande al chiko, asegun tenemos de menester para muestras kazas i para nuestros ijos. El Dyo mos oyga i mos aresponda, i mos apiade por su nombre el grande, ke somos almikas sin pekado. 'Odu LeAdonai ki ʔob ki le'olam ḥasdo. 'Odu LeAdonai ki ʔob ki le'olam ḥasdo. Syempre mejor, nunca peor, nunca mos manke en la meza del Kriador. Amen.

Ya Komimos

We have eaten and we have drunk and we have blessed the Holy One, blessed be He and blessed be His Name. Who has given us, and may He continue to give us, bread to eat and clothes to wear and years, many and good ones, to live. May the Great Father send to us and answer us and may He forgive us for the sake of His Great Name, for we are little souls without sin. Give thanks to Adonai for His mercy endures forever. Give thanks to Adoni for His mercy endures forever. Always better, never worse, may we never lack a thing at the table of the Creator. Amen

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Frutikas Alegre!

ט"ו בשבט שמח

Happy Tu Bshevat

Sephardic Jewish Brotherhood Foundation
67-67 108th Street
Forest Hills, NY 11375

The Sephardic Jewish Brotherhood Foundation
67-67 108th Street
Forest Hills, NY 11375

Office: 718-685-0080 | Email: info@sephardicbrotherhood.com
www.sephardicbrotherhood.com