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PSALM 30

A Psalm of David,

a Song for the dedication of the Temple.

I extol You. Adonai, for You raised me up. You did not permit foes to rejoice over me.

Adonai, I cried out and You healed me. You saved me from the pit of death.

Sing to Adonai, you faithful. Acclaim God's holiness.

For God's anger lasts a moment; divine love is lifelong. Tears may linger for a night; joy comes with the dawn.

While at ease I once thought: Nothing can shake my security. Favor me and I am a mountain of strength. Hide Your face, Adonai, and I am terrified.

To You, Adonai, would I call; before the Eternal would I plead.

What profit is there if I am silenced? What benefit if I go to my grave? Will the dust praise You? Will it proclaim Your faithfulness?

Hear me, Adonai. Be gracious, be my help.

You transformed my mourning into dancing, my sackcloth into robes of joy that I might sing Your praise unceasingly, that I might thank You, Adonai my God, forever.

תהלים לי מִזְמוֹר שִׁיר חֲנָבֵּת הַבַּיִת לְדַוִד. אַרוֹמָמַךּ יהוה כִּי דִלִּיתַנִי וְלֹא שִׁמַּחְתַּ אֹיָבֵי לִי. יהוה אֱלֹהָי, שְׁנַעִתִּי אֵלֵיךְ וַתִּרְפָּאֵנִי. יהוה העלית מו־שאול נפשי, חַיִּיתַנִי מִיַּרְדִי־בוֹר. זַמָּרוּ לַיהוה חֲסִידִיוּ, וְהוֹדוּ לְזֵכֶר קַּדְשׁוֹ. בִּי רָגַע בִּאַפּוֹ, חַיִּים בִּרְצוֹנוֹ, בערב יַלִין בֶּכִי וַלַבְּקֵר רַנַּה. ואַנִי אַמַרָתִּי בִשַּׁלְוִי, בַּל־אֵמוֹט לְעוֹלֶם. יהוה בּרצוֹנָךְ הֵעֵמַדְתָּה לְהַרְרִי עוֹ, הָסְתַּרְתַּ פָּנֵיךּ, הָיִיתִי נִבְּהַל. אַלֵיךּ יהוה אָקרַא, וְאֵל־אַדֹנַי אֶתְחַנָּן. מַה־בֶּצַע בִּדַמִי, בִּרְדִתִּי אֵל שַׁחַת. הַיּוֹדָרְ עַפַּר, הַיַּגִּיד אַמִּתֵּרְּ. יִשְׁמֵע־יהוה וְחָגֵּנִי, יהוה הֱיֵה־עֹוֵר לִי. ם הפכת מספדי למחול לי, פַתַחָתַּ שַׂקִי וַתִּאַוּרֵנִי שִׂמְחָה. לָמֵעַן יִזַמֵּרָךּ כַבוֹד וְלֹא יִדֹם, יהוה אלהי לעולם אובר.

MOURNER'S KADDISH

Mourners and those observing Yahrzeit: Yitgadal v'yitkadash sh'mei raba, b'alma di v'ra, ki-r'utei, v'yamlikh malkhutei b'ḥayeikhon u-v'yomeikhon u-v'ḥayei d'khol beit Yisra-el, ba'agala u-vi-z'man kariv, v'imru amen.

Congregation and mourners:

Y'hei shmei raba m'varakh l'alam u-l'almei almaya.

Mourners:

Yitbarakh v'yishtabaḥ v'yitpa-ar v'yitromam v'yitnasei v'yit-hadar v'yit-aleh v'yit-halal sh'mei d'Kudsha, b'rikh hu *I'ela min kol birkhata v'shirata

*Between Rosh Hashanah and Yom Kippur: l'ela l'ela mi-kol birkhata v'shirata tushb'ḥata v'neḥamata da'amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'hayim aleinu v'al kol Yisra-el, v'imru amen.

Oseh shalom bi-m'romav, hu ya'aseh shalom aleinu v'al kol Yisra-el, v'imru amen.

May God's name be exalted and hallowed throughout the world that He created, as is God's wish. May God's sovereignty soon be accepted, during our life and the life of all Israel. And let us say: Amen.

May God's great name be praised throughout all time.

Glorified and celebrated, lauded and worshiped, exalted and honored, extolled and acclaimed may the Holy One be, praised beyond all song and psalm, beyond all tributes that mortals can utter. And let us say: Amen.

Let there be abundant peace from heaven, with life's goodness for us and for all Israel. And let us say: Amen.

May the One who brings peace to His universe bring peace to us and to all Israel. And let us say: Amen.

קדיש יתום 🌿

Mourners and those observing Yahrzeit:

ּתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵה רַבָּא, בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ, וְיַמְלִיךְ מֵלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בִּית יִשְּׂרָאֵל, בּעגַלַא וּבִוֹמַן קַרִיב, וְאִמְרוּ אָמֵן.

Congregation and mourners:

יָהָא שְׁמֵה רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמֵיָּא.

Mourners:

יִתְבָּרֵךְ וְיִשְׁתַּבָּח וְיִתְבַּעַל שְׁמֵה דְּקְרְשָׁא, בְּרִיךְ הוּא יִתְבָּרַךְ וְיִשְׁתַּבֶּח וְיִתְבַּעַל שְׁמֵה דְּקְרְשָׁא, בְּרִיךְ הוּא יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְבָּעַל שְׁמֵה דְּקְרְשָׁא

*Between ראש השנה and יום כפור:

לְעֵלָּא לְעֵלָּא מִבַּל־בִּרְכָתָא וְשִׁירָתָא

ּתִּשְׁבִּחַתַא וְנָחָמָתָא דַּאֲמִירָן בְּעַלְמָא, וְאִמְרוּ אָמֵן.

יְהֵא שְׁלֶמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כַּל־יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

עשֶה שָׁלוֹם בִּמְרוֹמָיוֹ, הוּא יַעֲשֶׁה שָׁלוֹם עַלֵינוּ וְעַל בָּל־יִשְׂרָאַל, וְאִמְרוּ אָמֵן.