## ノぶん

## בְּרוּך אַתָּה יהוה אֱלֹהֵינוּ כֶּּלֶךְ הָעוֹלָם יוֹצֵר אוֹר וּבוֹרֵא חֹשֶּׁךּ עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת־הַכּל:

God, grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grass, among all growing things, and there may I be alone, and enter into prayer, to talk with the One to whom I belong.