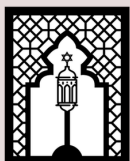


FRUTIKAS TU BISHEVAṬ SEDER



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



The Sephardic Jewish
Brotherhood of America
La Ermandad Sefaradi

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to support from the World Zionist Organization*

המחלקה לפעילות
ציונית בתפוצות



Department of
Zionist Activity
in the Diaspora

Thoughts for Frutikas



Tu BiShevat – the New Year of the Trees, is a time to celebrate the renewal of our environment and the beginning of rebirth in the land of Israel. Traditionally in the Sephardic world, we celebrate Frutikas with a short ceremony at home, a practice our communities around the world continue to today.

Supporting this Frutikas Seder booklet is of particular importance to me personally; my paternal grandfather being from Kavala, Greece, and my grandmother from Izmir, Turkey. I've always taken great pride in my background, culture, and heritage. As a child, I was exposed to the unique customs of Sephardic Jewry, hearing our Ladino language, which has accompanied us for over 500 years, singing "אין פֿאַלקײַנין," and preserving the special foods that are unique to our tradition.

As the Chairman of the World Zionist Organization, a product of Theodor Herzl's original Zionist Congress, I am proudly putting our Sephardic community at the forefront of our work. For too long, the rich heritage of Sephardic Jews has been absent from the public discourse, even though it is a central part of the Jewish people. Now, with a Sephardic Chairman, we are working to bring the unique traditions, culture, and contributions of Sephardic Jewry to the forefront of the Zionist movement. Indeed, the Sephardic Frutikas Seder itself embodies the spirit of our work at the WZO, reflecting on our profound connection to the land of Israel in the symbolism of the fruits we eat and the words we recite in Hebrew and Ladino.

One of the phrases I vividly remember, especially during Shabbat and holiday dinners when we had guests, is "Mezas de Alegria" – a wish expressed around the dining table, hoping we will all gather only for blessings and happy occasions. It is my wish that this Frutikas Booklet brings *Mezas de Alegria* to you and your whole family; may the festival of Tu Bishevat be one of joy and renewal.

לשנה הבאה בירושלים הבנויה

Yaakov Hagoel
Chairman
World Zionist Organization

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!

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

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 בְּדַרְכָיו וּלְיִרְאָה אֹתוֹ:
כִּי יְיָ אֱלֹהֶיךָ מְבִיאֶיךָ אֶל־אֶרֶץ
טוֹבָה אֶרֶץ גְּחָלִי מַיִם עֵינַת
וּתְהַמֵּת יְצָאִים בְּבִקְעָה
וּבְהָר: אֶרֶץ חֹטָה וּשְׁעָרָה
וּגְפֹן וּתְאֵנָה וְרִמּוֹן אֶרֶץ־זֵית
שֶׁמֶן וּדְבַשׁ: אֶרֶץ אֲשֶׁר לֹא
בְּמִסְכָּנַת תֹּאכַל־בָּהּ לֶחֶם
לֹא־תִחָסֵר כָּל־בָּהּ אֶרֶץ אֲשֶׁר
אֲבָנֶיהָ בְּרֹזָל וּמְהַרְרֶיהָ
תִּחְצֵב נְחֹשֶׁת:

I guardaras a encomendansas de Adonay, tu Dio, por andar en sus carreras y por temer a ^{Deut. 8:6-9} él. Ke Adonay, tu Dio, trayente a tierra buena, tierra de arroyos de aguas, fuentes, i avismos 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.

"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:

סְמוּכֵנִי בְּאֵשֵׁי שׁוֹת רַפְּדוּנִי
בְּתַפּוּחִים כִּי־חֹלֵת אֶהְבֶּה
אֲנִי:

Song.
2:5

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.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מְלֶכֶךְ
הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן:

Barukh atta Aḏonai Elohehu
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:

שָׂרְרָךְ אֲגֵן הַסֶּהַר אֶל־יָחֶסֶךְ
הַמְּזוּג בְּטֶנְךָ עֶרְמַת חֲטָיִם
סוּגָה בְּשׁוֹשְׁנַיִם:

Song.
7:3

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.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מְלֶכֶךְ
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:

וַיֹּאמֶר הֲבִי הַמְטַפַּחַת
אֲשֶׁר־עָלֶיךָ וְאֶחָזֶבְהָ וְתֹאחֲזוּ
בָּהּ וַיִּמַּד שֵׁשׁ־שְׁעָרִים וַיֵּשֶׁת
עָלֶיהָ וַיָּבֵא הָעִיר:

Rut.
3:15

I el disho, dame el manto ke
tienes puesto i. I kuando eya 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 פְרֵי 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 פְּלִיָּה
וְהַגְּפְנִים וְסֻמְדָּר גִּתְּנוּ רִיחַ
קוֹמִי (לְךָ) [לְךָ] רַעֲיָתִי יִפְתֵּי
וּלְכִי-לְךָ:

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

Song.
2:13

*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:

כְּפֶלֶח הָרֵמוֹן רִמְתָּךְ מִבְּעַד
לְצִמְתָּךְ:

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

Song.
6:7

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
מְלֵאִים-כָּל-טוֹב בְּרוֹת
חֲצוּבִים כְּרָמִים וְזֵיתִים וְעֵץ
מֵאֲכָל לֶרֶב וַיֹּאכְלוּ וַיִּשְׂבְּעוּ
וַיִּשְׂמְיֵנוּ וַיִּתְעַדְנוּ בְּטוֹבָךְ
הַגָּדוֹל:

Neh.
9:25

I kapturaron sivdades
fortifikadas i una tierra fertil.
Tomaron posesion de kazas
yenas de toda kosa buena,
sisternas escavadas, vinas i
arvoles azetunas, i arvoles
frutikas en abundansia. 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:

אֲמַרְתִּי אֲעֲלֶה בְתֵמַר אֲחֹזֶה
בְּסֻסְגֵי וַיְהִי-נָא שְׂדֵיךְ
כְּאִשְׁבָּלוֹת הַגֶּפֶן וְרִיחַ אִפְךָ
כַּתְּפוּחִים:

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

כַּתְּפוּחַ בְּעֵצֵי הַיָּעַר בֵּן דּוּדֵי
בֵּין הַבָּנִים בְּעֵלוֹ חַמְדָּתִי
וַיִּשְׁבַּתִּי וּפְרִיו מֵתוֹק לְחִפִּי:

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 an apple tree among trees of the forest, So is my beloved among the youths. I delight to sit in his shade, And his fruit is sweet to my mouth.

Nuts (Muezes o Almendras)

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

אֶל־גַּנַּת אֲגוּז ירדתי לראות
בְּאֵבֵי הַנַּחַל לראות הפְּרִיחָה
הַגֶּפֶן הַנֶּצֵר הַרְמַנִּים:

Song:
6:11

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 אָזַל בְּאוּרְחָא,
חֲזִייה לְהֵוּוּא גְבַרְא דְהוּהוּ
נִטְע חֲרוּבָא, אָמַר לֵיהּ: הַאי,
עַד בְּמָה שְׁנִין טַעִינָּ? אָמַר
לֵיהּ: עַד שְׁבַעִין שְׁנִין. אָמַר
לֵיהּ: פְּשִׁיטָא לָךְ דְּחַיִּית
שְׁבַעִין שְׁנִין? אָמַר לֵיהּ הַאי
גְבַרְא: עֲלָמָא בְּחֲרוּבָא
אֲשַׁכְּחִיתִיהּ. כִּי הִיכִי דִשְׁתַּלּוּ
לִי אֲבָהֵתִי — שְׁתַּלִּי נְמִי
לְבְרָאִי.

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 - Psalm 120

שִׁיר הַמַּעֲלוֹת אֲלֵי בִצְרָתָהּ לִי
קָרָאתִי וַיַּעֲנֵנִי: יְיָ הַצִּילָהּ נַפְשִׁי
מִשִּׁפְּתֵי שֹׁקֵר מִלְשׁוֹן רַמְיָה:
מִה־יִתֵּן לָהּ וּמִה־יִסִּיף לָהּ לְשׁוֹן
רַמְיָה: חֲצִי גְבוּר שְׁנוּנִים עִם גְּחָלֵי
רִתְּמִים: אוֹיְהָ לִי כִי־גִרְתִּי מִשֶּׁךְ
שִׁכְנָתִי עִם־אֹהֲלֵי קֶדְר: רַבַּת
שִׁכְנָה לָהּ נַפְשִׁי עִם שׁוֹנְאֵי שְׁלוֹם:
אֲנִי־שְׁלוֹם וְכִי אֲדַבֵּר הָמָּה
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־נֹגֵם שִׁמְרֶךָ: הִנֵּה לֹא־יִנּוּם וְלֹא
יִישָׁן שׁוֹמֵר יִשְׂרָאֵל: יְיָ שִׁמְרֶךָ יְיָ
צִלְךָ עַל־יַד יְמִינֶךָ: יוֹמָם הַשֶּׁמֶשׁ
לֹא־יִכְבֶּה וַיְרַח בַּלַּיְלָה: יְיָ יִשְׁמְרֶךָ
מִכָּל־דָּע וַיִּשְׁמַר אֶת־נַפְשֶׁךָ:
יְיָ יִשְׁמַר־צֵאתְךָ וּבואֶךָ 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 גִלְדָּה: עֲמֻדוֹת
הָיוּ רַגְלֵינוּ בְּשַׁעְרֶיךָ יְרוּשָׁלָּם:
יְרוּשָׁלָּם הַבְּנוּיָה כְּעִיר
שְׁחַבְּרָהּ לָהּ יַחְדָּו: שְׁשָׁם עָלוּ
שְׁבֵטִים שְׁבִטֵי־יָהּ עֲדוֹת לְיִשְׂרָאֵל
לְהַדוֹת לְשֵׁם יְיָ: כִּי שָׁמָּה יָשׁוּבוּ
כִּסְאוֹת לְמִשְׁפַּט פְּסָאוֹת לְבַיִת
דָּוִד: שְׂאוּ שְׁלוֹם יְרוּשָׁלָּם יִשְׁלֹוּ
אֶהְבִּידָהּ: יְהִי־שְׁלוֹם בְּחֵילֶךָ שְׁלוֹהָ
בְּאֲרָמֹנֹתֶיךָ: לְמַעַן אַחִי וְרַעִי
אֲדַבְּרָהּ נָא שְׁלוֹם בְּדָהּ: לְמַעַן
בַּיִת־יְיָ אֲהִינּוּ 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
הַיֹּשְׁבִי בַשָּׁמַיִם: הִנֵּה כְּעֵינַי עֹבְדִים
אֶל־יָד אֲדוֹנֵיהֶם כְּעֵינַי שְׁפָחָה אֶל־יָד
גְּבוֹרָתָהּ כִּן עֵינָיו אֶל־יְיָ אֲהִינּוּ עַד
שִׁיחֲנוּנוּ: חָנְנוּ יְיָ חָנְנוּ כִּי־רַב
שָׁבַעְנוּ בּוֹ: רַבַּת שְׁבַעָהּ לָהּ
נִפְשָׁנוּ 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:
אָזִי חַיִּים בָּלְעוּנוּ בַּחֲרוֹת אָפֶס
בָּנוּ: אָזִי הַמַּיִם שִׁטְפוּנוּ נַחֲלָה עִבֵר
עַל-נַפְשֵׁנוּ: אָזִי עִבֵר עַל-נַפְשֵׁנוּ
הַמַּיִם הַיְדִדוֹנִים: בְּרוּךְ יי שֶׁלֹּא
נִתְּנָנוּ טָרַף לְשֵׁנֵיהֶם: נַפְשֵׁנוּ כְּצִפּוֹר
נִמְלְטָה מִפַּח יוֹקְשִׁים הַפַּח נִשְׁבֵּר
וְאִנְחָנוּ נִמְלְטָנוּ: עֲזָרְנוּ בְּשֵׁם
יי עֲשֵׂה שָׁמַיִם וָאָרֶץ:

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 סָבִיב לָהּ וַיִּי
סָבִיב לְעַמּוֹ מַעֲתָה וְעַד-עוֹלָם: כִּי
לֹא יָנוּחַ שִׁבְטֵ הַרְשָׁע עַל גּוֹרֵל
הַצַּדִּיקִים לְמַעַן לֹא-יִשְׁלַחוּ
הַצַּדִּיקִים בְּעוֹלָתָהּ יְדִיהֶם:
הַיְטִיבָהּ יי לְטוֹבִים וְלִישָׁרִים
בְּלִבּוֹתָם: וְהַמְטִים עַקְלָקְלוֹתָם
וְיֹלִיכֶם יי אֶת-פְּעֻלֵי הָאָוֶן 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 הֵייוּ כַחֲלֹמִים: אִזּוּ יִמְלֹא
שְׂחוֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה אִזּוּ יֹאמְרוּ
בְּגוֹיִם הַגְּדִיל יְיָ לַעֲשׂוֹת עִם־אֱלֹהִים:
הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ הֵייוּ
שְׂמִיחִים: שׁוּבָה יְיָ אֶת־שְׁבִיתֵנוּ
כַּאֲפִיקִים בְּנֶגֶב: הַזְרְעִים בְּדַמְעָה
בְּרִנָּה יִקְצְרוּ: הַלֹּוֹךְ יֵלֵךְ וּבֹכֵה
נִשְׂא מִשָּׁד־הַזֶּרַע בְּאִיבָא
בְּרִנָּה נִשְׂא אֲמָתָיו:

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־י
לֹא־יִבְנֶה בַּיִת שְׂוֹא עֲמָלוֹ בּוֹנְיוֹ בּוֹ
אִם־יֵי לֹא־יִשְׁמַר־עִיר שְׂוֹא שְׂקֵד
שׁוֹמֵר: שְׂוֹא לָכֶם מִשְׁכִּימֵי קוֹם
מֵאַחֲרֵי־שֶׁבֶת אֲכָלִי לֶחֶם הַעֲצָבִים
כִּן יִתֵּן לִידֵידוֹ שְׂנֵא: הִנֵּה נַחֲלַת
יְיָ בְּנִים שְׂכָר פְּרֵי הַבֶּטֶן:
כַּחֲצִים בְּיַד־גְּבוּר כִּן בְּנֵי
הַנְּעוּרִים: אֲשֶׁרֵי הַגֶּבֶר אֲשֶׁר מְלֵא
אֶת־אֲשָׁפְתוֹ מֵהֶם לֹא־יִבְשׁוּ
כִי־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 יֵי
הַהֲלֵךְ בְּדַרְכָּיו: יִגִּיעַ כִּפְיֶךָ כִּי
תֹאכַל אֲשֶׁרִיד וְטוֹב לְךָ: אֲשַׁתְּךָ
כַּגִּפֵּן פְּרִיָּה בְּיַרְכְּתֵי בֵּיתְךָ בְּנֵיךָ
כַּשֶּׁתֵּלֵי זֵיתִים סְבִיב לְשַׁלְּחָנְךָ:
הִנֵּה כִּי־כֵן יִבְרַךְ גְּבֹרַת יְרֵא יְיָ:
יְבָרְכֶךָ יְיָ מִצִּיּוֹן וְרֵאָה בְּטוֹב
יְרוּשָׁלַם כֹּל יְמֵי חַיֶּיךָ: וְרֵאָה־בְּנֵים
לְבְנֵיךָ 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
יֵאֱמֶרְנָא יִשְׂרָאֵל: רַבַּת צָרְרוּנִי
מִנְעוּרֵי גַם לֹא־יִכְלוּ לִי: עַל־גְּבִי
חָרְשׁוּ חֲרָשִׁים הָאֵרִיכוּ לְמַעַנִּיתֶם:
יְיָ צַדִּיק קִצֵּץ עֲבוֹת רְשָׁעִים: יִבְשׁוּ
וְיִסְגּוּ אַחֲזֹר כֹּל שֹׁנְאֵי צִיּוֹן:
יִהְיוּ כַּחֲצִיר גִּגּוֹת שֶׁשָׁדְמַת שָׁלֵף
יִבֹשׁ: שְׁלֹא מְלֹא כַפּוֹ קוֹצֵר וְחִצְנוֹ
מְעַמֵּר: וְלֹא אָמְרוּ הַעֲבָרִים
בְּרַכְתֵּי־יְיָ אֵיכֶם בְּרַכְנוּ 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
יְיָ: יְיָ שְׁמָעָה בְּקוֹלִי תִהְיֶינָה אָזְנֶיךָ
קְשׁוּבוֹת לְקוֹל תַּחֲנוּנָי: אִם־עוֹנוֹת
תִּשְׁמְרֶינָה יְיָ מִי יַעֲמֵד: כִּי־עַמְּךָ
הַסְּלִיחָה לְמַעַן תִּגְרָא: קוֹיִתִי יְיָ
קוֹתָה נַפְשִׁי וְלִדְבָרוֹ הוֹחֵלֵתִי:
נַפְשִׁי לֹא־דָנִי מִשְׁמָרִים לְבָקֵר
שְׁמָרִים לְבָקֵר: יַחַל יִשְׂרָאֵל
אֲלֵי־כִי־עַם־יְיָ

הַחֲסֵד וְהַרְבֵּה עִמּוֹ פְדוּת: 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 יְיָ לֹא־גָבַהּ
לְבָבִי וְלֹא־דָרְמוֹ עֵינָי וְלֹא־הִלַּכְתִּי
בְּגִדְלוֹת וּבְנִפְלְאוֹת מִמֶּנִּי: אִם־לֹא
שְׂוִיתִי וְדוּמַמְתִּי נַפְשִׁי כְּגִמְלַל עָלַי
אִמּוֹ כְּגִמְלַל עָלַי נַפְשִׁי: יַחַל יִשְׂרָאֵל
אֲלֵי־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 זְכוּר־י לַדָּוִד אֵת
כָּל-עֲנוֹתָו: אֲשֶׁר נִשְׁבַּע לֵי נָדָב
לְאָבִיר יַעֲקֹב: אִם-אָבֵא בְּאֵהָל
בֵּיתִי אִם-אֶעֱלֶה עַל-עַרְשׂוֹ יִצְוֶי:
אִם-אֶתֵּן שְׁנַת לַעֲיֵנַי לְעַפְעַפִּי
תְּנוּמָה: עַד-אֲמַצֵּא מָקוֹם לִי
מִשְׁכָּנוֹת לְאָבִיר יַעֲקֹב:
הִנֵּה-שָׁמַעְנוּהָ בְּאֶפְרַתָּה מִצְּאֲנוּהָ
בְּשִׁדְי־יַעַר: נְבוֹאָה לְמִשְׁכָּנוֹתַי
נִשְׁתַּחֲוֶה לְהֵדֶם רְגְלָיו: קוּמָה יְיָ
לְמִנוּחַתְךָ אֶתָּה וְאַרְוֹן עֶזְדְּךָ כִּהְנִיד
יִלְבָּשׁוּ-צִדִּיק וְחִסְדִּיךָ יִרְנְנוּ: בְּעִבּוֹר
דָּוִד עֲבַדְךָ אֶל-תִּשָׁב פְּנֵי מְשִׁיחֶךָ:
נִשְׁבַּע-יְיָ לַדָּוִד אֶמֶת לֹא-יִשָּׁוֵב
מִמֶּנָּה מִפְּרֵי בִטְנְךָ אֲשִׁית
לְכֶסֶף-לְךָ: אִם-יִשְׁמְרוּ בְנֵיךָ בְּרִיתִי
וְעַדְתִּי זוֹ אֶמְדֹם גַּם-בְּנֵיהֶם עַד־יַעַד
יִשְׁבוּ לְכֶסֶף-לְךָ: כִּי-בָחַר יְיָ
בְּצִיּוֹן אֲנִי לְמוֹשָׁב לוֹ:
זֹאת-מְנוּחַתִּי עַד־יַעַד פַּה־אֲשִׁיב כִּי
אוֹתִיָּהּ: צִדְדָה בְּרַךְ אַבְרָהָם אֲבִיוֹנִיָּה
אֲשָׁבִיעַ לְחֵם: וְכִהְנִיָּה אֲבִישׁ יֵשַׁע
וְחִסְדִּיָּהּ רִגְוֹ יִרְנְנוּ: שָׁם אֲצַמִּיחַ
קַרְוֹ לַדָּוִד עָרְכְתִי נֹר לְמְשִׁיחִי:
אוֹיְבָיו אֲבִישׁ בְּשֵׁת וְעָלָיו יִצְיָן
נָדָב:

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 הַטּוֹב עַל־הָרֹאשׁ יֵרֵד
עַל־הַזָּקֵן וְזָקֹא־הָרֹז שִׁירֵד עַל־פִּי
מִדֹּתָיו: כְּטֶל־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־יְדַיְכֶם קִדְשׁ וּבָרְכוּ
אֶת־יי: יְבָרְכֵךְ 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 Birkat Ammazon instead, found on the following page.

ברוך אתה יי, אלהינו מלך העולם

ועל המחיה ועל הכלכלה (If Eating the 5 Grains)

ועל הגפן ועל פרי הגפן (If drinking wine)

ועל העץ ועל פרי העץ (If Eating the 5 Fruits)

ועל תנובת השדה, ועל ארץ חמדה טובה ורחבה, שרצית
והנחלת לאבותינו, לאכל מפריה ולשבוע משובה. רחם יי אלהינו
עלינו ועל ישראל עמך, ועל ירושלים עירך, ועל הר ציון משכן
בבודך, ועל מזבחך ועל היכלך. ובנה ירושלים עיר הקדש
במהרה בימינו, והעלנו לתוכה, ושמחנו בבנינה, ונברך עליה
בקדשה ובטהרה:

כי אתה טוב ומטיב לכל, ונודה לך על הארץ
(If Eating the 5 Grains): ועל המחיה ועל הכלכלה

(If Drinking Wine): ועל הגפן ועל פרי הגפן

(If Eating the 5 Fruits): ועל העץ ועל פרי העץ

ברוך אתה יי, על הארץ

(If Eating the 5 Grains): ועל המחיה ועל הכלכלה

(If Drinking Wine): ועל הגפן ועל פרי הגפן

(If Eating the 5 Fruits): ועל העץ ועל פרי העץ

Birkat 'Ammazon ***Blessing After the Meal***

If one has eaten bread as a part of the Seder, they should recite Birkat '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־מַצּוֹתָיו שְׁמור כִּי־זֶה כָּל־הָאָדָם: תִּהְלֵת לִי יְדַבֵּר־פִּי
וַיְבָרֵךְ כָּל־בָּשָׂר שֶׁם קִדְּשׁוּ לְעוֹלָם וָעֶד: וְאַנְחֵנוּ נְבָרֵךְ יְיָ, מַעֲתָה וְעַד־עוֹלָם,
הַלְלוּיָהּ:

המומן (Leader): הַב לָן וְנִבְרִיךְ לְמַלְכָּא עֲלָאָה קְדִישָׁא. (ועונים: שְׁמִים).
בְּרִשׁוֹת מַלְכָּא עֲלָאָה קְדִישָׁא (ובְּרִשׁוֹת יוֹמָא טְבָא אֲשַׁפְּזָא קְדִישָׁא)
(ובְּרִשׁוֹת מוֹרֵי וְרִבּוֹתֵי) וּבְרִשׁוֹתְכֶם. וַיְדַבֵּר אֵלַי, זֶה הַשְּׁלַחן אֲשֶׁר לִפְנֵי יְיָ.

המומן (Leader): נְבָרֵךְ (אם הם עשרה או יותר מוסיף אֱלֵהֵינוּ) שְׂאֲכַלְנוּ
מִשְׁלוֹ.

המסובין (Participants): בְּרוּךְ (בעשרה או יותר מוסיפים: אֱלֵהֵינוּ)
שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגְּדוֹל (בשבת וְהַקְדוּשׁ חַיֵּינוּ).

המומן (Leader): בְּרוּךְ (אֱלֵהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגְּדוֹל (בשבת
וְהַקְדוּשׁ) חַיֵּינוּ.

המומן (Leader): נְבָרֵךְ (אם הם עשרה או יותר מוסיף אֱלֵהֵינוּ) שְׁהַשְׁמַחָה
בְּמַעֲוֵנוּ שְׂאֲכַלְנוּ מִשְׁלוֹ.

המסובין (Participants): בְּרוּךְ (בעשרה או יותר מוסיפים: אֱלֵהֵינוּ)
שְׁהַשְׁמַחָה בְּמַעֲוֵנוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגְּדוֹל חַיֵּינוּ

המומן (Leader): בְּרוּךְ (אם הם עשרה או יותר מוסיף אֱלֵהֵינוּ) שְׁהַשְׁמַחָה
בְּמַעֲוֵנוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ הַגְּדוֹל חַיֵּינוּ.

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

נוֹדָה לָךְ יי אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לְאַבּוֹתֵינוּ, אֶרֶץ חֲמֻדָּה טוֹבָה וּרְחֻבָּה, בְּרִית וְתוֹרָה, חַיִּים וּמִזֶּזֶן, עַל שֶׁהוֹצֵאתָנוּ מֵאֶרֶץ מִצְרַיִם, וּפְדִיתָנוּ מִבֵּית עַבְדִּים, וְעַל בְּרִיתְךָ שֶׁחֲתַמְתָּ בְּבִשְׂרָנוּ, וְעַל תּוֹרַתְךָ שֶׁלַּמְדָתָנוּ, וְעַל חֻקֵי רְצוֹנְךָ שֶׁהוֹדַעְתָּנוּ וְעַל חַיִּים וּמִזֶּזֶן שֶׁאַתָּה זֶן וּמַפְרִינָם אוֹתָנוּ:

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

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. אָבִינוּ, רַעֲנוּ, זִוְנָנוּ, פְּרַנְסָנוּ, כִּלְכַלְנוּ, הַרְוִיחְנוּ, הַרְוַח-לָנוּ מִהֲרָה מִכָּל-צְרוּתֵינוּ, וְאַל-תִּצְרִיכֵנוּ יי אֱלֹהֵינוּ, לִידֵי מִתְנוּת בָּשָׂר וְדָם, וְלֹא לִידֵי הַלּוֹאֲתָם. (שְׁמַתְנָתָם מְעוֹטָה וְחִרְפָתָם מְרַבָּה.) אֵלָּא לְדָךְ הַמְּלֹאָה, וְהַרְחֻבָּה, הַעֲשִׂירָה וְהַפְּתוּחָה, יְהִי רְצוֹן, שְׁלֹא נִבּוֹשׁ בְּעוֹלָם הַזֶּה וְלֹא נִכְלָם לְעוֹלָם הַבָּא וּמַלְכוּת בֵּית דָּוִד מְשִׁיחְךָ תַּחְזִירָנָה לְמַקוֹמָהּ בְּמַהֲרָה בְּיָמֵינוּ:

וּתְבַנֶּה יְרוּשָׁלַיִם עִירְךָ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה, יי, בּוֹנֵה בְּרַחֲמָיו בְּנֵי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ. אָמֵן:

ברוך אתה, יי, אלהינו מלך העולם, לעד האל, אבינו, מלפנו, אדירנו, בוראנו, גואלנו, קדושנו קדוש יעקב, רוענו רועה ישראל. המלך הטוב, והמטיב לכל, שבכל-יום ויום הוא הטיב לנו, הוא מטיב לנו, הוא ייטיב 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 דורים.

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־שְׁשֻׁתֵינוּ יִהְיֶה לְרִפּוּאָה,
וּמֵה־שְׁהוֹתֵרְנוּ יִהְיֶה לְבָרָכָה, בְּדִכְתִּיב, וַיִּתֵּן לְפָנֵיהֶם וַיֹּאכְלוּ וַיֹּזְתְרוּ
בְּדָבָר יי: בְּרוּכִים אַתֶּם לַיְי עֲשֵׂה שָׁמַיִם וָאָרֶץ: בְּרוּךְ הַגָּבֵר אֲשֶׁר
יִבְטַח בַּיַי, וְהָיָה יי מִבְּשׁחוֹ: יי עוֹ לַעֲמוֹ יִתֵּן, יי יִבְרַךְ אֶת־עַמּוֹ
בְּשָׁלוֹם:.

כִּי הַשְּׂבִיעַ נֶפֶשׁ שִׁקְקָה וְנֶפֶשׁ רָעָבָה מִלֹּא־טוֹב: הוֹדוּ לַיְי כִּי טוֹב, כִּי
לְעוֹלָם חֲסֵדוֹ: הוֹדוּ לַיְי כִּי טוֹב, כִּי לְעוֹלָם חֲסֵדוֹ: הַשָּׁמַיִם שָׁמַיִם לַיְי,
וְהָאָרֶץ 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 bivar. 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 ṭov ki le'olam ḥasdo. 'Odu LeAdonai ki ṭvḅ 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 B'shevat

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