Ashrei yeshvei v'etecha,
od y'ha'Mocha. Selah.
Ashrei ha'am shek'achah lo.
ashrei ha'am she Adonai Elo-hav.

Tefilah l'David.
Arot mimcha, Elo-hai ha'melech,
va'avereh sh'mcha lo'am va-ed.
Echol yom avare'hakka,
va'avare'h sh'mcha lo'am va-ed.

Gadol Adonai um'tulal mol,
Yig'dolu to ein che'iker.
Dor l'dor y'shabach ma-a'secha,
ug'vuro-techa yag'idu.

Ha'dar kvod ho'da'cha,
Va'drei nilotecha asid'cha.
Ve-ezuz norotecha yom mimnu,
ug dulita'alas sapre'mnah.

Ze'ir ha rav tivcha yablu,
yitzad ka'tcha y'arnemru.
Channun v'ir chum Adonai,
erech appayim ug'dof chased.

Tov Adonai lekol,
V'ir chamav al kol ma-asav.
Yoducha Adonai kol ma-ascha,
va'cha sid'cha yvaruchah.

Happy are they who dwell in Your house,
For they can always praise You. Selah.
Happy the people with this heritage,
happy the people whose God is Adonai.

PSALM 145

A psalm by David.
I will extol You, my God and sovereign,
and bless Your name for ever and ever.
Every day will I bless You,
and praise Your name for ever and ever.

You are great and highly praised,
Your greatness is beyond understanding.
Each generation shall praise Your deeds to the next,
and tell about Your mighty acts.

I will recount Your amazing deeds,
and the glorious splendor of Your majesty.
They shall speak of Your awesome power,
and I will tell of Your greatness.

They shall celebrate Your abundant goodness,
and sing joyously of Your beneficence.
You are gracious and compassionate,
slow to anger and abounding in kindness.

You are good to all of Your creations,
and Your compassion extends to all Your works.
All Your works shall praise You,
and Your faithful ones shall bless You.
Kvod malchut'cha yomeini,
ug'vurad'tcha y'dabbelnu.
L'hadra lvenei hayadam gevurot,
urch'vod hadar malchuto.

Malchut'cha malchut kol olamim,
unmenash'al'tcha b'chol dor vador.
Somaich Adonai l'chol hanoflim,
v'zokel l'chol haklufim.

Einai choi eilecha y'sabbelnu,
V'eetchah n��rin lehem et ochlam bir'to.
Poteich et yadecha,
umas'la l'chol chai raatzon.

Tzadik Adonai b'lchol d'raa chav,
V'chasid b'lchol m'rasar.
Karov Adonai l'chol korav,
l'chol asher y'kra'u'u ve'emet.

R'tzon y're'ar yaaseh,
V'et shavatam yishma v'yushleim.
Shomer Adonai et kol o'havav,
v'ei'et kol heshe'im yashim.

Thilat Adonai y'dabber pi,
Vivareich kol basar sheim ko'd'sho
Polam vaeed.
Yara'echnu n'vareich Yah,
Mevatlah v'ad olam.
Haflu Yah!

They shall talk of Your glorious majesty,
and speak of Your amazing deeds.
They will inform the world about Your mighty acts,
and the majestic glory of Your reign.

Your sovereignty is eternal;
Your dominion is for all generations.
You support all who stumble,
and strengthen all who are bent.
The eyes of all look to You expectantly,
You give them their food every day.
Your hand is always open,
feeding every creature to its heart's content.

You are righteous in all Your ways,
and faithful in all Your works.
You are close to all who call to You,
to all who call upon You sincerely.

You fulfill the wishes of those who revere You,
You hear their cry and deliver them.
You watch over all who love You,
but all the wicked You will destroy.

My mouth shall speak Your praises, Adonai,
and all creatures shall bless Your holy essence
for ever and ever.
And we too will praise You, Yah,
now and forever.

3Haletu Yah!