

עמיפת מלית

Donning the Tallit

1. Hold the tallit, while inspecting the tzitzit, and recite the following:

בְּרַכֵּי נַפְשֵׁי אֶת יְיָ, יְיָ אֱלֹהֵי גְדֻלַּת מְאֹד, הוֹד וְהָדָר לְבָשֶׁתָּ. עֲמֵה אֹרַח פְּשֻׁלְמָה, נוֹמָה
שָׁמַיִם בִּירֵיעָה.

*Bor'chee naf'shee et Adonai, Adonai Elohai Gadol-ta m'ohd, hohd v'hadar lavash'ta. Oteh ohr
kasal'ma, noteh shama-yim kai-ree-a.*

(Psalms 104:1-2)

- (1) Bless the L-rd, O my soul! O L-rd my G-d, You are very great; You are clothed with splendor and majesty,
- (2) Covering Yourself with light as with a cloak, Stretching out heaven like a *tent* curtain.

2. Unfold the tallit and recite this blessing before wrapping the tallit around yourself:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוֵּנוּ לְהִתְעַמֵּף בְּצִיצִית.

*Baruch Atah Adonai Eloheinu Melech HaOlam, asher kid'shanu B'mitz'votav, v'tzivanu l'hit'ateif
ba-tzitzit.*

Blessed are You, L-rd our G-d, King of the universe, Who has sanctified us in His commandments and has commanded us to wrap ourselves in tzitzit.

3. Wrap the tallit over your head and body and recite this blessing:

מִה יִקָּר חֲסִדְךָ, אֱלֹהִים, וּבְנֵי אָדָם בְּצֶל כְּנָפֶיךָ יַחֲסִיּוּ. יִרְוֶינּוּ מִדֶּשֶׁן בֵּיתְךָ, וְנַחַל עֲדְנֶיךָ תִּשְׁקֶם.
כִּי עָמַד מְקוֹר חַיִּים, בְּאוֹרְךָ נִרְאָה אֹרַח, מִשֶּׁשׁ חֲסִדְךָ לְיִדְעֶיךָ, וְצִדְקָתְךָ לְיִשְׁרֵי לֵב.

*Mah yakar Chas'd'cha, Elohim, uv-nei adam b'tzeil k'nafecha ye-che-za-yun. Yir-vi-yun
mi-deshen Beitecha, v'nachal Adaneicha tash-keim. Ki Im-cha m'kor chayim, B'or-cha nir-eh or.
M'shohch Chas'd'cha L'yod-eicha, V'tzidka't'cha l'yishrei lev.*

(Psalms 36:8-11)

- (8) They drink their fill of the abundance of Your house; And You give them to drink of the river of Your delights.
- (9) For with You is the fountain of life; In Your light we see light.
- (10) O continue Your lovingkindness to those who know You, And Your righteousness to the upright in heart.
- (11) Let not the foot of pride come upon me, And let not the hand of the wicked drive me away.