

Erev Tisha B'Av

עֶרֶב תִּשְׁעָה בְּאָב

Ahavath Achim Synagogue & Congregation Bet Haverim

August 12, 2024

9 Av 5784



**Transliteration, Kinot Supplement, and Service Guide
(to be used with *Siddur Tisha B'Av*)**

This book is intended as a supplement to *Siddur Tisha B'Av* with transliterated Hebrew for readers not fluent in Hebrew script. The translation and transliteration were automatically generated; please pardon any inadvertent errors.

Tisha B'av offers us a moment to feel the full depth and breadth of feelings we have associated with destruction, tragedy, and desolation. Recognizing the importance of feeling deep emotions, we set a mood reminiscent of mourning, to cultivate collective grief.

Both of our communities are normally very warm and welcoming. In observance of the day's solemnity, though, tonight, we avoid greetings or chit-chat. Please understand this lack of social interaction is specific to the service. Both CBH and AA welcome conversation with visitors and guests; if you enjoyed this evening's experience but are not in contact, please do reach out afterward.

If you are comfortable, we invite you to sit on the floor or on cushions in the aisles or on our chapel Bimah. The lights will be dimmed, replaced with candlelight. We all express our emotions differently; it is normal for people to cry during Tisha B'Av services and it is normal not to.

Because some people will be fasting at this time (refraining from food and water), if you need to drink water during the service, please excuse yourself briefly or do so discreetly in the room.

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Order of service

Beginning of Ma'ariv (*Siddur Tisha B'Av* page 18-40)

Introductory Kavana¹ for Eicha by Rabbi Mike Rothbaum

Chanting of Megillat Eicha (**Booklet page 5-16**; *Siddur Tisha B'Av* page 48-84)

Chapter 1 (Rabbi Laurence Rosenthal) & 2 (Rabbi Chaim Listfield)

Kavana by Rabbi Neil Sandler

Chapter 3 (Jordan Forman) & 4 (Bonnie Levine)

Kavana by Rebbetzin Brooke Rosenthal

Chapter 5 (Rabbi Mike Rothbaum, Jessica Brown, Bonnie Levine)

Introductory Kavana for Kinot by Rabbi Laurence Rosenthal

Kinot, Readings, and Prayers

Kinot sung by Bonnie Levine, Jordan Forman, Josh Youdovin

O How She Sat Alone: A Lamentation Jessica Brown

Az du vest batsoln, bruder, sung by Anthony Mordechai Tzvi Russell

Prayer for the Hostages; Prayer for the Children of Gaza read by Adina Langer

Conclusion of Ma'ariv (*Siddur Tisha B'Av* page 162-165)

Prayer for the End of Hiding (**Booklet page 5**) read by Elizabeth Cohen

Mourner's Kaddish (*Siddur Tisha B'Av* page 166)²

At the conclusion of the program, it is traditional to depart in silence.

¹ To offer a "kavana" means to set an intention.

² CBH minhag is for non-mourners to stand at the recitation of "y'hei shmei raba m'varach" and join the mourners in the recitation of the remainder of Mourner's Kaddish.

Kinot

Kinot means spiritual dirges or poems, often associated with mourning and times of grief. Kinot are recited on Tisha B'Av as a way to tap into the feelings associated with these moments. In addition to the selections below, which we will sing during the service, and the readings offered from community members during the service, please refer to Siddur Tisha B'Av pages 87 – 157. As you experience the service, please feel free to wander along these readings at your own pace.

1. Hashivenu (from Eicha Chapter 5)

Hashivenu Ad-nai Eleicha Venashuva Chadash Yamenu Kekedem

הַשִּׁיבֵנוּ יְהוָה | אֵלֶיךָ וְנִשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם:

Restore us to yourself, O Lord, that we may be restored! Renew our days as of old

2. Ani Ma'amin (Maimonides Thirteen Principles of Faith)

Ani ma'amin be'emunah shleimah b'veat haMashiach; Ani ma'amin v'af, v'af al pi; sheyitmame'ah; im kol zeh achakeh lo b'chol yom sheyavo.

אָנִי מְאָמִין בְּאֵמוּנָה שְׁלֵמָה בְּבִיאַת הַמָּשִׁיחַ

וְאֵף עַל פִּי שְׂיִתְמַהֵמָה עִם כָּל זֶה אֲחַכֶּה לוֹ בְּכָל יוֹם שְׂיָבוֹא

I believe with perfect faith in the coming of Moshiach.

And though Moshiach may delay, with all of this,

I await every day that Moshiach will come.

(also in Siddur Tisha B'Av page 15)

3. By the Rivers of Babylon (from Psalm 137)

By the Rivers of Babylon where we sat down;

and there we lay as we remember Zion

While the wicked carry us away, captivity; require of us a song

How can we sing King Alpha's song in a strange land

So let the words of our mouths and the meditations of our hearts

be acceptable in Thy sight, over us

4. Eli Tzion

Eli Tziyon ve-areiha kemo isha betsireiha;

vekhivtula 'hagurat-sak 'al ba'al ne'ureiha

אֵלֵי צִיּוֹן וְעָרֶיהָ כְּמוֹ אִשָּׁה בְּצִרְיָהּ; וְכִבְתּוּלָהּ חֲגוּרַת-שָׁק עַל בַּעַל נְעוּרֶיהָ

Mourn Zion and her cities, like a woman in her birth pains,

and like a maiden wrapped in sack-cloth for the husband of her youth.

(full Hebrew and translation: Siddur Tisha B'Av page 143-147)

Az du vest batsoln, bruder (by Moishe Leib Halpern)

Text by Moishe Leib Halpern (1886 – 1932), Melody by Leibu Levin (1914 – 1983)

Sung by Anthony Mordechai Tzvi Russell in Yiddish; Translation below

*When you have means, brother
you travel in a fancy carriage
ay-da, lu-lu, lu
If you don't have the means, brother,
you go by foot on stones and thorns.
Close your eyes,
ay-de, lu-lu, lu.*

*You'll sit yourself upon a stone,
beating yourself in your head and heart,
ay-da, lu-lu, lu
and mother Rukhl will cry
over your dark fate.
Close your eyes,
ay-de, lu-lu, lu.*

*Like a wild dog you'll be
chased away from doors and gates,
ay-da, lu-lu, lu
and where you spend your day,
you will not spend the night.
Close your eyes,
ay-de, lu-lu, lu.*

*When the messiah can no longer
carry your trials—
ay-da, lu-lu, lu
he will sit upon a stone
and beat himself upon the brow.
Close your eyes,
ay-de, lu-lu, lu.*

Prayer for the Kidnapped and the Missing

Read by Adina Langer

May the One who blessed our ancestors bless and protect and guard those who were abducted and taken hostage from their homes, their villages and their kibbutzim, from military posts and from fields of dance, and who are now in grave danger.

We, and all the people of Israel, are praying on their behalf. May the Holy Blessed One, have compassion upon them, and bring them out from darkness and from the shadow of death; break their bonds and deliver them from distress, and redeem them speedily, returning them to their families, their towns and their homes, and to fields of dance and joy.

May there be fulfilled in them the verse [Isaiah 51:11]: "Those redeemed by God will return; they will enter Zion with singing, and everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away." And let us say: Amen

Prayer for the Children of Gaza (Bradley Burston, Adapted)

Holy Blessed One, who is the creator of all children, hear our prayer. God whom we call Blessed, turn your face to these, the children of Gaza, that they may know your blessings, and your shelter, that they may know light and warmth, where there is now only blackness and smoke, and a cold which cuts and clenches the skin.

Almighty who makes exceptions, which we call miracles, make an exception for the children of Gaza. Spare them. Heal them. Let them stand in safety. Deliver them from hunger and horror and fury and grief. Deliver them from us, and from their own.

Allah, whose name we call Elohim, who gives life, send these children your angels. We call to you, God whose name is Peace:

Bless these children, and keep them from harm. Turn your face toward them, Show them, as if for the first time, light and kindness, and overwhelming graciousness. Look up at them, Holy Blessed One. Let them see your face.

And, as if for the first time, grant them peace.

O How She Sat Alone: A Lamentation

*Nurit Hirschfeld-Skupinsky,
survivor of the slaughter in Kibbutz Nahal Oz*

O How She Sat Alone
Nir Oz, full of blood
Sderot, was like a widow
A city stunned, and who is faithful to her?

O How They Sat Alone
In the shelter room
One family, and another,
And another, and another one.

O How They Sat Alone
The many-eyed women at the observation posts
And there was no listening,
And deliverance – none.

O How They Sat Alone
Young women and young men
Hiding in pits and shrubs.
Their dancing halted,
And who will rescue them?

O How They Sat Alone
Captive women and captive men
And sitting there, still:
120 men, women, elders and children.
Crying, they are crying at night
Tears on their cheeks
And there is no one who comforts.

קינה: איכה יְשֵׁבָה בְּדָד
נורית הירשפלד סקופינסקי,
שורדת הטבח בקיבוץ נחל עוז

איכה יְשֵׁבָה בְּדָד
ניר עוז רבתי דם.
שְׁדָרוֹת הָיְתָה כְּאַלְמָנָה,
קרִיָּה הַלּוּמָה, ומי נֶאֱמָנָה?

איכה יְשֵׁבָה בְּדָד
בְּמִי"ד
מְשֻׁפָּחָה, וְעוֹד אַחַת,
עוֹד, וְעוֹד אַחַת.

איכה יְשֵׁבוּ בְּדָד
תְּצַפִּיתְנִיּוֹת רַבֹּתֵי עֵינַי,
וְלֹא הָיְתָה הַקְּשָׁבָה,
וישועה – אֵין.

איכה יְשֵׁבוּ בְּדָד
צְעִירוֹת וְצְעִירִים
בְּמִסְתוּרֵי שׁוּחוֹת וְשִׁיחִים.
פְּסָקוּ רַקוּדֵיהֶם,
ומי יִחַלְצֵם?

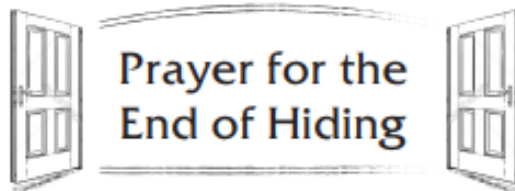
איכה יְשֵׁבוּ בְּדָד
חֲטוּפוֹת וְחֲטוּפִים,
וְעַדִּין יוֹשְׁבִים:
120 גְּבָרִים, נָשִׁים, קְשִׁישִׁים וְיִלְדִים.
בָּכוּ בּוֹכִים בַּלַּיְלָה,
דְּמָעוֹת עַל לְחֵייהֶם,
וְאֵין מְנַחֵם.

* * *

Read by Jessica Brown

Congregation Bet Haverim invites you to join in the Prayer for the End of Hiding, an important prayer in the history of our synagogue, which is recited at every CBH prayer services.

תפילה לקץ ההסתרה



As LGBTQ Jews, we are aware of the loss of integrity we suffer due to the pressures of the larger society.

We often feel forced into a dishonest presentation of ourselves, to ourselves and others.

The LGBTQ individuals who feel they must pretend to be something that they are not, the Jews who feel they must be alienated from their tradition and community to win larger acceptance, both are victims of a theft of identity and integrity committed by the sexual, gender-identifying, or religious majority.

Creator of the Universe, we ask that our hiding draw to an end, that we no longer feel we have to pretend, to promise falsely, to renounce ourselves, and that our fullest creative expression as Jews and as lesbian, gay, bisexual, transgender, and queer people be among the blessings you bestow upon us.



Amen



Eicha (transliteration)

Chapter 1

Page 48-55, *Siddur Tisha B'Av*

1. Eicha yashva vadam, ha'ir rabati am, hayeta ke'almana; rabati vagoyim, sarati bamdinot, hayeta lamas.

How lonely sits the city that was full of people! How like a widow has she become, she that was great among the nations! She that was a princess among the provinces has become a vassal.

2. Bacho tivkeh balayla, vedim'ata al lechi'a; ein la menachem mikol ohaveha, kol re'eha bagdu va, hayu la le'oyvim.

She weeps bitterly in the night, with tears on her cheeks; among all her lovers she has none to comfort her; all her friends have dealt treacherously with her, they have become her enemies.

3. Galta Yehuda me'oni, umerov avoda; hi yashva vagoyim, lo matza mano'ach, kol rodefeha hisiguha bein hametzarim.

Judah has gone into exile because of affliction and hard servitude; she dwells now among the nations, but finds no resting place; her pursuers have all overtaken her in the midst of her distress.

4. Darchei Tzion aveilot, mibli ba'ei moed; kol she'areha shamemim, kohaneha ne'enachim, betuleha nugut, vehi mar la.

The roads to Zion mourn, for none come to the appointed feasts; all her gates are desolate, her priests groan; her maidens have been dragged away, and she herself suffers bitterly.

5. Hayu tzareha lerosh, oyveha shalu; ki Hashem hoga alei rov psha'eha, olelea halchu shvi lifnei tzar.

Her foes have become the head, her enemies prosper, because the Lord has afflicted her for the multitude of her transgressions; her children have gone away, captives before the foe.

6. Vayetzei mibat Tzion kol hadara, hayu sareha ke'ayalim lo matz'u mire'; veyelchu beli cho'ach lifnei rodef.

From the daughter of Zion has departed all her majesty. Her princes have become like deer that find no pasture; they fled without strength before the pursuer.

7. Zachra Yerushalayim yemei oniha umrod'ea, kol machamudeha asher hayu mimei kedem; benfol ama beyad tzar, ve'ein ozer la, ra'uha tzareim, sahaku al mishbateha.

Jerusalem remembers in the days of her affliction and wandering all the precious things that were hers from days of old. When her people fell into the hand of the foe, and there was none to help her, her foes gloated over her, they mocked at her downfall.

8. Chatta Yerushalayim, al ken lenida hayeta; kol mechabdeha hiziluha, ki ra'u ervata; gam hi ne'enacha, vatashov achor.

Jerusalem sinned grievously, therefore she has become filthy; all who honored her despise her, for they have seen her nakedness; she herself groans and turns her face away.

9. Tum'ata b'shuleha, lo zachra acharita; vateired pala'im, ein menachem la; re'eh Hashem et oni, ki higdil oyev.

Her uncleanness was in her skirts; she took no thought of her future; therefore her fall is terrible, she has no comforter. "O Lord, behold my affliction, for the enemy has triumphed!"

10. Yado parasa tzar al kol machamudeha, ki ra'ata goyim ba'u mikdasha, asher tzivta lo yavou bekahal lach.

The enemy has stretched out his hands over all her precious things; for she has seen the nations enter her sanctuary, those whom you forbade to enter your congregation.

11. Kol am me'anchim mevaksim lechem, natnu machamudehem b'ochil, lehashiv nafesh; re'eh Hashem vehabita, ki hayiti zolelah.

All her people groan as they search for bread; they trade their treasures for food to revive their strength. "Look, O Lord, and see, for I am despised."

12. Lo aleichem kol overei derech, habitu ure'u, im yesh mach'ov kemach'ovi asher olel li, asher hoga Hashem beyom charon apo.

"Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow, which was brought upon me, which the Lord inflicted on the day of his fierce anger."

13. Mimarom shalach esh be'atzamai vayerdena; parasa reshet leraglai, heshivani achor, netanani shomeima, kol hayom davah.

From on high he sent fire; into my bones he made it descend; he spread a net for my feet; he turned me back; he has left me stunned, faint all the day long.

14. Niskad ol psha'ai beyado, yistarechu alu al tzavari, heichshil kochi, netanani Adonai beyad lo uchal kum.

My transgressions were bound into a yoke; by his hand they were fastened together; they were set upon my neck; he caused my strength to fail; the Lord gave me into the hands of those whom I cannot withstand.

15. Sila kol abirai Adonai bekirbi, kara alai moed lishbor bachurai; gadar Hashem lebetulat bat Yehuda gat, dirach Hashem la'atzura bat Yehuda gat.

The Lord rejected all my mighty men in my midst; he summoned an assembly against me to crush my young men; the Lord has trodden as in a winepress the virgin daughter of Judah.

16. Al eileh ani bochi'a, eini eini yorda mayim, ki rachak mimeni menachem, meishiv nafshi; hayu banai shomemim, ki gavar oyev.

"For these things I weep; my eyes flow with tears; for a comforter is far from me, one to revive my spirit; my children are desolate, for the enemy has prevailed."

17. Parsa Tzion beyadeha, ein menachem lah; tziva Hashem leya'akov, sevivotav tzarev hayu, hayu Yerushalayim lenida beineihem.

Zion stretches out her hands, but there is none to comfort her; the Lord has commanded against Jacob that his neighbors should be his foes; Jerusalem has become a filthy thing among them.

18. Tzadik Hu Hashem, ki pi mariti; shim'u na kol amim ure'u mach'ovi, betulotai uvehurai halchu vashevi.

"The Lord is in the right, for I have rebelled against his word; but hear, all you peoples, and see my suffering; my young women and my young men have gone into captivity.

19. Karati le'ohavai, hema rimuni, kohaneai uzekenai be'ir gav'u, ki bikshu ochil lamo vehashiv et nafsham.

I called to my lovers, but they deceived me; my priests and elders perished in the city, while they sought food to revive their strength.

20. Re'eh Hashem, ki tzar li, me'ai homu, nehaphe libi bekirbi, ki mariti m'od; bachutz shakla cherev, babayit kemavet.

"Look, O Lord, for I am in distress; my stomach churns; my heart is wrung within me, because I have been very rebellious. In the street the sword bereaves; in the house it is like death.

21. Shamu ki ne'enachah ani, ein menachem li; kol oyvai sham'u ra'ati, samachu ki ata asita, hevetai yom karata, vayehiu kamoni.

They heard my groaning, yet there is no one to comfort me. All my enemies have heard of my trouble; they are glad that you have done it. You have brought the day you announced; now let them be as I am.

22. Tavo kol ra'atam lefaneicha, uolel lahem ka'asher olelta li, al kol psha'ai, ki rabot anachotai, veli bi davah.

Let all their evil doing come before you, and deal with them as you have dealt with me because of all my transgressions; for my groans are many, and my heart is faint."

Chapter 2

Page 55 – 63, *Siddur Tisha B'Av*

1. Eicha ya'iv be'apo Adonai et bat Tzion, hishlich mi'shamayim eretz tiferet Yisrael, velo zachar hadom raglav beyom apo.

How the Lord in his anger has set the daughter of Zion under a cloud! He has cast down from heaven to earth the splendor of Israel; he has not remembered his footstool in the day of his anger.

2. Bila Adonai velo chamal et kol ne'ot Ya'akov, haras be'evrato me'ozni bat Yehuda, higia la'aretz chilal mamlacha ve'sareha.

The Lord has swallowed up without mercy all the habitations of Jacob; in his wrath he has broken down the strongholds of the daughter of Judah; he has brought down to the ground in dishonor the kingdom and its rulers.

3. Gada bachari af kol keren Yisrael, heshiv achor yemino mipnei oyev, veyiv'ar beYa'akov ke'esh lehava achala saviv.

He has cut down in fierce anger all the might of Israel; he has withdrawn from them his right hand in the face of the enemy; he has burned like a flaming fire in Jacob, consuming all around.

4. Darach kashto ke'oyev, nitzav yemino ke'tzar, vayaharog kol machmadei ayin; be'ohel bat Tzion shafach ka'esh hamato.

He has bent his bow like an enemy, with his right hand set like a foe; and he has killed all who were delightful in our eyes; in the tent of the daughter of Zion he has poured out his fury like fire.

5. Haya Adonai ke'oyev, bila Yisrael, bila kol armonotav, hishchit me'ozni bat Yehuda, vaya'abed bachur ubatula.

The Lord has become like an enemy; he has swallowed up Israel; he has swallowed up all its palaces; he has laid in ruins its strongholds, and he has multiplied in the daughter of Judah mourning and lamentation.

6. Vayachmos ke'gan sukko, shichet mo'ado, shikach Adonai betziyon mo'ed veShabbat, vayinas betza'af malk umechogen.

He has laid waste his booth like a garden, laid in ruins his meeting place; the Lord has made Zion forget festival and Sabbath, and in his fierce indignation has spurned king and priest.

7. Zanach Adonai mizbecho, ni'er mikdasho, hisgir beyad oyev chomot armonoteya, kol ra'ash bevet Adonai ke'yom mo'ed.

The Lord has scorned his altar, disowned his sanctuary; he has delivered into the hand of the enemy the walls of her palaces; they raised a clamor in the house of the Lord as on the day of a festival.

8. Chashav Adonai le'hashchit chomot bat Tzion, nata kav, lo heshev yado mibala, vayabel chel v'chomah, yachdav umlalu.

The Lord determined to lay in ruins the wall of the daughter of Zion; he stretched out the measuring line; he did not restrain his hand from destroying; he caused rampart and wall to lament; they languished together.

9. Tavu va'aretz she'areha, ibed veshivar bricheha, malcha ve'sareha bagoyim, ein torah, gam nevi'eha lo matz'u chazon me'Hashem.

Her gates have sunk into the ground; he has ruined and broken her bars; her king and princes are among the nations; the law is no more, and her prophets find no vision from the Lord.

10. Yashvu la'aretz, yidmu ziknei bat Tzion, he'alu afar al rosham, chagru sakim, hich'i'u la'aretz roshehem betulot Yerushalayim.

The elders of the daughter of Zion sit on the ground in silence; they have thrown dust on their heads and put on sackcloth; the young women of Jerusalem have bowed their heads to the ground.

11. Kalu be'dema'ot einai, chamru me'ai, nishpach la'aretz k'vedi al shever bat ami, be'atef olel veyonek bechovot kiryah.

My eyes are spent with weeping; my stomach churns; my bile is poured out to the ground because of the destruction of the daughter of my people, because infants and babies faint in the streets of the city.

12. Leymotehem yomru, ayeh dagan v'yayin, behit'atfam ke'chalal bechovot ir, behish'tapchem el cheik imotehem.

They cry to their mothers, "Where is bread and wine?" as they faint like a wounded man in the streets of the city, as their life is poured out on their mothers' bosom.

13. Mah a'idach, mah adameh lach, ha'bat Yerushalayim, mah ashaveh lach ve'anachamech, betulat bat Tzion, ki gadol kayam shivrech, mi yirpa lach.

What can I say for you, to what compare you, O daughter of Jerusalem? What can I liken to you, that I may comfort you, O virgin daughter of Zion? For your ruin is vast as the sea; who can heal you?

14. Nevi'ayich chazu lach shave v'tafel, velo gilul al avonech lehashiv shevutayich, vayeich'azu lach mas'ot shaveh umaduchim.

Your prophets have seen for you false and deceptive visions; they have not exposed your iniquity to restore your fortunes, but have seen for you oracles false and misleading.

15. Saphku aleich kapayim kol ovrei derech, sharaku vayanu rosham al bat Yerushalayim, hazot ha'ir sheyomru k'let mashi chalat heder kol ha'aretz.

All who pass along the way clap their hands at you; they hiss and wag their heads at the daughter of Jerusalem; "Is this the city that was called the perfection of beauty, the joy of all the earth?"

16. Patachu alayich pihem kol oyvayich, sharak ve'yechroku shen, amru bila'nu ach, zeh hayom shekivinu, matz'nu ra'inu.

All your enemies rail against you; they hiss, they gnash their teeth, they cry: "We have swallowed her! Ah, this is the day we longed for; now we have it; we see it!"

17. Asa Adonai asher zamam, bitza imrato asher tziva mimei kedem, haras velo chamal, vayesamach aleich oyev, hirim keren tzareyich.

The Lord has done what he purposed; he has carried out his word, which he commanded long ago; he has thrown down without pity; he has made the enemy rejoice over you and exalted the might of your foes.

18. Tz'aka libam el Adonai, chomat bat Tzion horidi kanach halailah, shifchi kamayim libech nochach penei Adonai, se'i eilav kapayich al nefesh olelayich, ha'atumim ber'av berosh kol chutztot.

Their heart cried to the Lord. O wall of the daughter of Zion, let tears stream down like a torrent day and night! Give yourself no rest, your eyes no respite!

19. Kumi roni balailah lerosh ashmurot, shifchi kamayim libech nochach penei Adonai, se'i eilav kapayich al nefesh olelayich ha'atumim ber'av berosh kol chutztot.

Arise, cry out in the night, at the beginning of the night watches! Pour out your heart like water before the presence of the Lord! Lift your hands to him for the lives of your children, who faint for hunger at the head of every street.

20. Re'eh Adonai vehabita lemi olalta coh, im tochalna nashim prihem olalay tipuchim, im yehareg bimikdash Adonai kohen venavi.

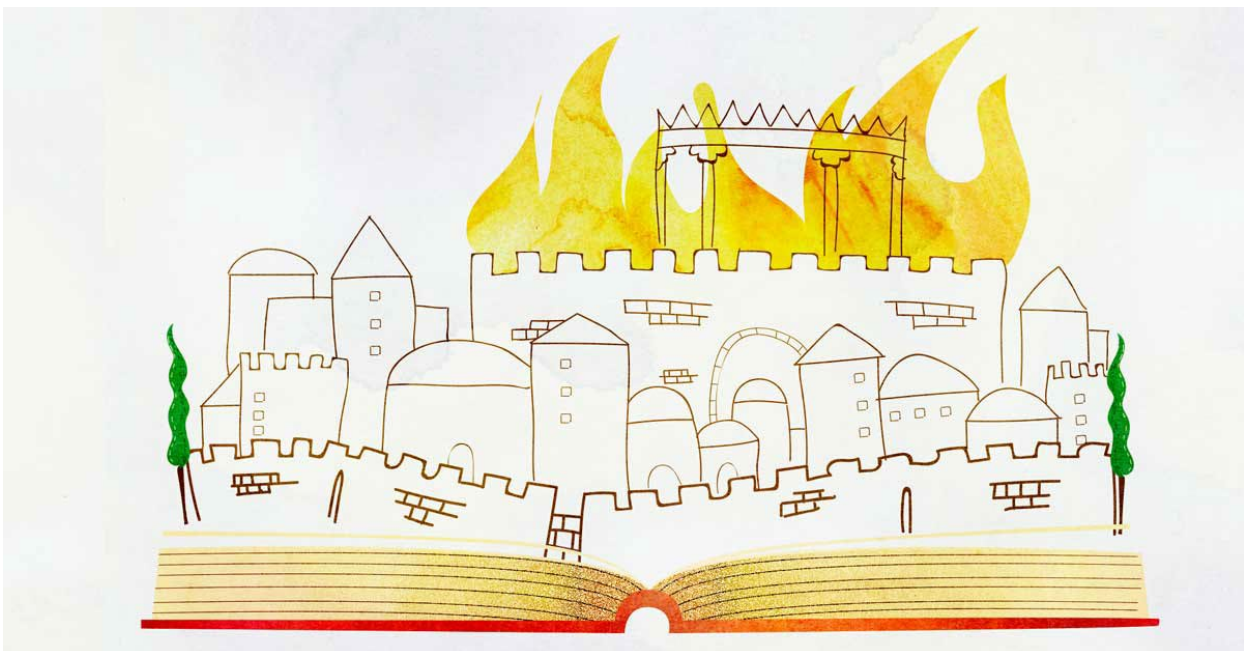
Look, O Lord, and see! With whom have you dealt thus? Should women eat the fruit of their womb, the children of their tender care? Should priest and prophet be killed in the sanctuary of the Lord?

21. Shachvu la'aretz chutzot na'ar vezaken, betulotai uvehurai nafelu bacherev, haragta beyom apecha tavachta lo chamalta.

In the dust of the streets lie the young and the old; my young women and my young men have fallen by the sword; you have killed them in the day of your anger, slaughtering without pity.

22. Tikra kayom mo'ed megurai misaviv, velo haya beyom af Adonai palit ve'sarid asher tipachti ve'ribbiti, oyevai kilum.

You summoned as if to a festival day my terrors on every side, and on the day of the anger of the Lord no one escaped or survived; those whom I held and raised my enemy destroyed.



Chapter 3

Page 63-73, *Siddur Tisha B'Av*

1. Ani ha'gever ra'ah oni be'shevet evrato.
I am the man who has seen affliction under the rod of his wrath;
2. Oti nahaag vayolekh choshekh velo or.
He has driven and brought me into darkness without any light;
3. Ach be'shachov yashuv yado kol hayom.
Surely against me he turns his hand again and again the whole day long.
4. Bila besari ve'ori, shibar atzamotai.
He has made my flesh and my skin waste away; he has broken my bones;
5. Bana alai vayakaf rosh vetla'ah.
He has besieged and enveloped me with bitterness and tribulation;
6. Bemachashakim hoshivani kemetei olam.
He has made me dwell in darkness like the dead of long ago.
7. Gadarti velo etze, hekhbid nachushti.
He has walled me about so that I cannot escape; he has made my chains heavy;
8. Gam ki ezak vashave'a, satar tefilati.
Though I call and cry for help, he shuts out my prayer;
9. Sagur derachai begazit, netivotai e'aveh.
He has blocked my ways with blocks of stones; he has made my paths crooked.
10. Dov orev hu li, ari bemistarim.
He is a bear lying in wait for me, a lion in hiding;
11. Derach derachai vayepashcheni, shamani shomeim.
He turned aside my steps and tore me to pieces; he has made me desolate;
12. Darach kashto vayatziveni kamaytar la'chetz.
He bent his bow and set me as a target for his arrow.
13. Heviu v'chalotai benei ashpatot kilyotai.
He drove into my kidneys the arrows of his quiver;
14. Hayiti sachok lechol ami, neginah layom kullo.
I have become the laughingstock of all peoples, the object of their taunts all day long;
15. Hishbiani bamerorim hirvani la'ana.
He has filled me with bitterness; he has sated me with wormwood.
16. Vayagris be'afar shina'i hichpiani va'efer.
He has made my teeth grind on gravel, and made me cower in ashes;
17. Vatiznach mi'shalom nafshi, nashiti tova.
My soul is bereft of peace; I have forgotten what happiness is;
18. V'omar avad nitzchi v'tochalti me'Hashem.
So I say, "My endurance has perished; so has my hope from the Lord."

19. Z'chor ani umrorah la'ana v'rosh.
Remember my affliction and my wanderings, the wormwood and the gall!
20. Zochor tizkor v'tashuach alai nafshi.
My soul continually remembers it and is bowed down within me.
21. Zot ashev el libi al ken ochil.
But this I call to mind, and therefore I have hope:
22. Chasdei Hashem ki lo tamnu, ki lo chalu rachamav.
The steadfast love of the Lord never ceases; his mercies never come to an end;
23. Chadashim labekarim, rabah emunatecha.
They are new every morning; great is your faithfulness.
24. Chelek Hashem amrah nafshi al ken ochil lo.
"The Lord is my portion," says my soul, "therefore I will hope in him."
25. Tov Hashem lekovav, lenefesh tidrashenu.
The Lord is good to those who wait for him, to the soul who seeks him.
26. Tov veyachel v'dumam l'teshuat Hashem.
It is good that one should wait quietly for the salvation of the Lord.
27. Tov la'gever ki yisa ol b'neurav.
It is good for a man that he bear the yoke in his youth.
28. Yoshev badad v'yidom ki natal alav.
Let him sit alone in silence when it is laid on him;
29. Yiten b'afar pihu, ulai yesh tikvah.
Let him put his mouth in the dust—there may yet be hope;
30. Yiten lechayav lemakkeh, yisba becharpah.
Let him give his cheek to the one who strikes, and let him be filled with insults.
31. Ki lo yim'as l'olam Adonai.
For the Lord will not cast off forever,
32. Ki im hoheg verichem kerov chasdo.
but, though he cause grief, he will have compassion according to the abundance of his steadfast love;
33. Ki lo inay lev mibnei ish lanot.
for he does not afflict from his heart or grieve the children of men.
34. Le'dach et kol asirei aretz tachat raglav.
To crush underfoot all the prisoners of the earth,
35. Lehatot mishpat gever lifnei p'nei elyon.
to deny a man justice in the presence of the Most High,
36. Le'ateh adam bereevo Adonai lo ra'ah.
to subvert a man in his lawsuit, the Lord does not approve.

37. Mi zeh amar vatihi Adonai lo tziva.
Who has spoken and it came to pass, unless the Lord has commanded it?
38. Mi pi elyon lo tetze haraot v'hatov.
Is it not from the mouth of the Most High that good and bad come?
39. Mah yit'onen adam chai geveer al chatav.
Why should a living man complain, a man, about the punishment of his sins?
40. Nachpessa deracheinu v'nachkorah v'nashuvah ad Hashem.
Let us test and examine our ways, and return to the Lord!
41. Nisa levaveinu el kapayim el El bashamayim.
Let us lift up our hearts and hands to God in heaven:
42. Nachnu phashanu umarinu atah lo salachta.
"We have transgressed and rebelled, and you have not forgiven.
43. Sakhota va'af techperenu hargata lo chamalta.
You have wrapped yourself with anger and pursued us, killing without pity;
44. Sakhota ve'anan lach me'avor tefilah.
you have wrapped yourself with a cloud so that no prayer can pass through.
45. Seeg v'zach tachinunu bekerev ha'amim.
You have made us scum and garbage among the peoples.
46. Patu aleinu pihem kol oyveinu.
All our enemies open their mouths against us;
47. Pachad vafach haya lanu, hashod vashaver.
panic and pitfall have come upon us, devastation and destruction;
48. Peleg mayim torid eini al shever bat ami.
my eyes flow with rivers of tears because of the destruction of the daughter of my people.
49. Eini nin'elah velo teda menuchah.
My eyes will flow without ceasing, without respite,
50. Ad yashkif veyireh Hashem mishamayim.
until the Lord from heaven looks down and sees;
51. Eini olah lenafshi mikol benot iri.
my eyes cause me grief at the fate of all the daughters of my city.
52. Tzadud tzadeini k'tzipor oyvai chinam.
I have been hunted like a bird by those who were my enemies without cause;
53. Tzamtu vabor chayai vayad'u even bi.
they flung me alive into the pit and cast stones on me;
54. Tzafu mayim al roshi, amarti nigzarti.
water closed over my head; I said, 'I am lost.'
55. Karati shimcha Adonai mibor tachtiyot.
"I called on your name, O Lord, from the depths of the pit;

56. Kolti shamata al ta'lem ozncha le'revachati l'shav'ati.
you heard my plea, 'Do not close your ear to my cry for help!'
57. Karavta bayom ekra'eka amarta al tira.
You came near when I called on you; you said, 'Do not fear!'
58. Ravafta Adonai rivei nafshi ga'alta chayai.
You have taken up my cause, O Lord; you have redeemed my life.
59. Ra'ita Hashem avlati shofet mishpati.
You have seen the wrong done to me, O Lord; judge my cause.
60. Ra'ita kol nakamatam kol machshavtam li.
You have seen all their vengeance, all their plots against me.
61. Sham'ata cherpatam Hashem kol machshavtam alai.
"You have heard their taunts, O Lord, all their plots against me.
62. Siftai kamai ve'hagutam alai kol hayom.
The lips and thoughts of my assailants are against me all the day long.
63. Shivt'am u'kamam hibeitah ani nigginatam.
Behold their sitting and their rising; I am the object of their taunts.
64. Tashiv lahem gemul Hashem ke'ma'aseh yedeihem.
You will repay them, O Lord, according to the work of their hands.
65. Titen lahem migvat lev, ariratkha lahem.
You will give them dullness of heart; your curse will be on them.
66. Tirdof ba'af v'tashmidam mitachat shamei Hashem.
You will pursue them in anger and destroy them from under your heavens, O Lord."

Chapter 4

Page 73-73, Siddur Tisha B'Av

1. Eicha yuam zahav yishneh hakatem hatov, tishtapechna avnei kodesh berosh kol chutzot.
How the gold has grown dim, how the pure gold is changed! The holy stones lie scattered at the head of every street.
2. Bnei Tzion hayekarim, hamesula'im baphaz, eich nechshevu lenivlei cheres ma'aseh yedei yotzer.
The precious sons of Zion, worth their weight in fine gold, how they are regarded as earthen pots, the work of a potter's hands!
3. Gam tanin chalzu shad, hiniku gureihen; bat ami la'achzar, kayi'nim bamidbar.
Even jackals offer the breast; they nurse their young; but the daughter of my people has become cruel, like the ostriches in the wilderness.
4. Davak leshon yoneik el chiko batzama; olalim sha'alu lechem, poreis ein lahem.
The tongue of the nursing infant sticks to the roof of its mouth for thirst; the children beg for food, but no one gives to them.
5. Ha'ochlim le'ma'adanim nashamu vachutzot; ha'emunim al tutim chuveru le'ashpot.
Those who once feasted on delicacies perish in the streets; those who were brought up in purple embrace ash heaps.
6. Vayigdal avon bat ami me'chatat Sedom, neh'pacha cherpa velo chalu v'ah.
For the chastisement of the daughter of my people has been greater than the punishment of Sodom, which was overthrown in a moment, and no hands were wrung for her.
7. Zaku neziruha misheleg, tsachu me'chalav; admu etzem mip'ninim, sapir gizratam.
Her princes were purer than snow, whiter than milk; their bodies were more ruddy than coral, the beauty of their form was like sapphire.
8. Chashach mishchor taram, lo nikkeru bachutzot; tzafad oram al atzamam, yavesh hayah ke'etz.
Now their face is blacker than soot; they are not recognized in the streets; their skin has shriveled on their bones; it has become as dry as wood.
9. Tovim hayu chalei cherev michalei ra'av, shehem yazubu madkerot sadeh.
Happier were the victims of the sword than the victims of hunger, who wasted away, pierced by lack of the fruits of the field.
10. Yedei nashim rachmaniyot bishlu yaldeihen, hayu lebarot la'amo yehuda.
The hands of compassionate women have boiled their own children; they became their food during the destruction of the daughter of my people.
11. Kila Hashem et chamato, shafach charon apo, vayatzet esh be'tzion, vatochal yesodoteiha.
The Lord gave full vent to his wrath; he poured out his hot anger, and he kindled a fire in Zion that consumed its foundations.
12. Lo he'eminum malchei eretz kol yoshvei tevel, ki yavo tzar ve'oyev be'sha'arei Yerushalayim.
The kings of the earth did not believe, nor any of the inhabitants of the world, that foe or enemy could enter the gates of Jerusalem.
13. Mechata'ei nevi'eha avonot kohaneha, hashofechim be'kirbah dam tzadikim.
This was for the sins of her prophets and the iniquities of her priests, who shed in the midst of her the blood of the righteous.

14. Na'u ivrim bachutzot, nig'alu vadam, be'lo yuchlu yig'u be'vegadayhem.

They wandered, blind, through the streets; they were so defiled with blood that no one was able to touch their garments.

15. Suru tameh kar'u lamo, suru suru al tig'u, ki natz'u gam na'u, amru vagoyim lo yosifu lagur.

"Away! Unclean!" people cried at them. "Away, away! Do not touch!" So they became fugitives and wanderers; people said among the nations, "They shall stay with us no longer."

16. Pnei Hashem chilkam lo yosif le'habitan, penei kohanim lo nas'u, uzekeinim lo chanu.

The Lord himself has scattered them; he will regard them no more; no honor was shown to the priests, no favor to the elders.

17. Od einenu chalu le'ezratenu el sha'av, b'tzafiyateinu tzafinu el goy lo yoshia.

Our eyes failed, ever watching vainly for help; in our watching we watched for a nation which could not save.

18. Tzadu tzadeinu mi'lechet be'rchovoteinu, karav kitzenu mal'u yameinu, ki va kitzeinu.

They dogged our steps so that we could not walk in our streets; our end drew near; our days were numbered, for our end had come.

19. Kalim hayu rodfenu min nesharei shamayim; al heharim dilakunu, ba'midbar arvu lanu.

Our pursuers were swifter than the eagles in the heavens; they chased us on the mountains; they lay in wait for us in the wilderness.

20. Ruach apeinu meshiach Hashem nilkad be'shchitoteihem, asher amarnu b'tzilo nichyeh bagoyim.

The breath of our nostrils, the Lord's anointed, was captured in their pits, of whom we said, "Under his shadow we shall live among the nations."

21. Susi ve'simchi bat Edom yoshevet be'erezt Uzt, gam alayich ta'avort kos, tishkerei ve'tit'ari.

Rejoice and be glad, O daughter of Edom, you who dwell in the land of Uz; but to you also the cup shall pass; you shall become drunk and strip yourself bare.

22. Tam avonech bat Tzion, lo yosif le'haglotach; pakad avonech bat Edom, gilat al chataotayich.

The punishment of your iniquity, O daughter of Zion, is accomplished; he will keep you in exile no longer. But your iniquity, O daughter of Edom, he will punish; he will uncover your sins.

Chapter 5

1. Zachor Hashem meh haya lanu, habita u're'eh et cherpatenu.
Remember, O Lord, what has befallen us; look, and see our disgrace!
2. Nachalatenu ne'hefcha lezarim, batenu le'nochri'im.
Our inheritance has been turned over to strangers, our homes to foreigners.
3. Yetomim hayinu ve'ein avotenu, imotenu ke'almanot.
We have become orphans, fatherless; our mothers are like widows.
4. Et-meimeinu bekeseef shatinu, et-eitzeinu be'mechir yavoh.
We must pay for the water we drink; the wood we get must be bought.
5. Al-tzavareinu nirdafnu, yaganu velo hunach lanu.
Our pursuers are at our necks; we are weary; we are given no rest.
6. Mitzrayim natanu yad, Ashur lisbo'a lechem.
We have given the hand to Egypt, and to Assyria, to get bread enough.
7. Avotenu chate'u einam, anachnu avonoteihem sabalnu.
Our fathers sinned, and are no more; and we bear their iniquities.
8. Avadim mashalu vanu, porek ein miyadam.
Slaves rule over us; there is none to deliver us from their hand.
9. Be'nafshenu navi lachmeinu mipnei cherev hamidbar.
We get our bread at the peril of our lives, because of the sword in the wilderness.
10. Oreinu ke'tanur nichmaru mipnei zil'alot ra'av.
Our skin is hot as an oven with the burning heat of famine.
11. Nashim be'Tzion inu, betulot be'arei Yehuda.
Women are raped in Zion, young women in the towns of Judah.
12. Sarim beyadam nitlu, penei zekenim lo nohadar.
Princes are hung up by their hands; no respect is shown to the elders.
13. Bachurim tachan b'ruach, u'ne'arim ba'etz kashalu.
Young men are compelled to grind at the mill; boys stagger under loads of wood.
14. Zekenim mishar shavat, bachurim mi'nigenah.
The old men have left the city gate, the young men their music.
15. Shavat mesos libenu, ne'hefach le'evel micholenu.
The joy of our hearts has ceased; our dancing has been turned to mourning.
16. Naflah ateret rosheinu, oy-na lanu ki chatanu.
The crown has fallen from our head; woe to us, for we have sinned!
17. Al-zeh haya daveh libenu, al eileh chashchu eineinu.
For this our heart has become sick, for these things our eyes have grown dim,
18. Al har Tzion she'shamem, shualim hilchu bo.
for Mount Zion which lies desolate; jackals prowl over it.

19. Atah Hashem le'olam teshev, kisecha ledor vador.
But you, O Lord, reign forever; your throne endures to all generations.
20. Lamah lanetzach tishkacheinu, ta'azveinu le'orech yamim?
Why do you forget us forever, why do you forsake us for so many days?
21. Hashiveinu Hashem eilecha ve'nashuva, chadesh yameinu ke'kedem.
Restore us to yourself, O Lord, that we may be restored! Renew our days as of old—
22. Ki im-maos ma'astanu, katzafta aleinu ad-me'od.
Even if you have utterly rejected us, and you remain exceedingly angry with us.



Hashivenu Ad-nai Eleicha Venashuva Chadesh Yamenu Kekedem

Restore us to yourself, O Lord, that we may be restored! Renew our days as of old—

הַשִּׁיבֵנוּ יְהוָה | אֵלֶיךָ וְנָשׁוּבָה סְגֹשׁ יָמֵינוּ כְּקֶדֶם: