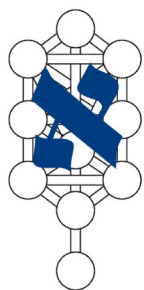
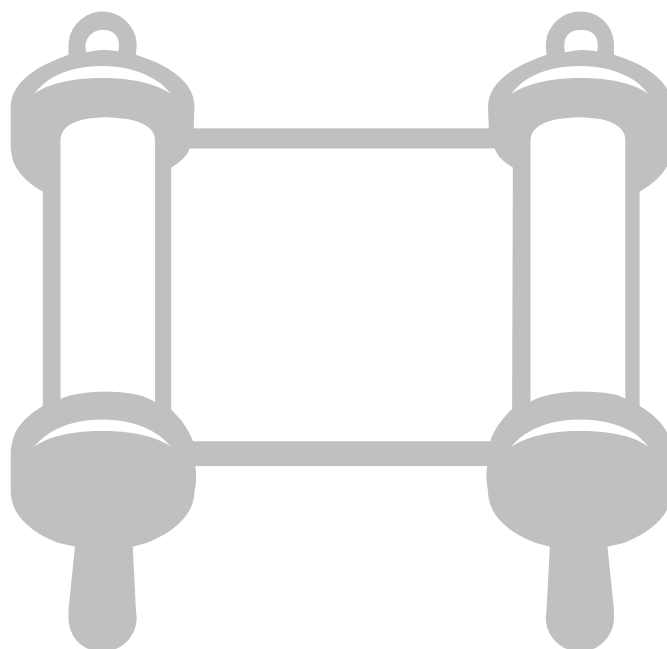


פרשת המן

PARASHAT HAMAN

The Chapter of Manna



Kabbalah4All Siddur

About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddur.

מֵלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

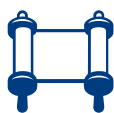
The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.
Translated by David Aharon L. Curtis.
Edited by David Aharon L. Curtis.

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פרשת המן

THE CHAPTER OF MANNA

Through reading this section we connect to the energy of sustenance. This section teaches us that G-d provides each day's sustenance to us, just as He provided the Manna each day to His people Israel in the wilderness.

*Many recite this prayer of supplication before reading The Chapter of Manna.
It is omitted on Shabbat and Festivals.*

Y'hi ratzon mil'fanecha,

May it be the will before You,

Adonai Eloheinu Velohei avoteinu,

Adonai our Elohim and Elohim of our ancestors,

shetazmin parnasah

that You provide sustenance

l'chol am'cha beit Yisra-el,

for all of Your people, the House of Israel,

ufarnasati ufarnasat

and my sustenance and the sustenance

anshei veiti bich-lalam,

of the members of my household included with them,

b'nachat v'lo v'tza-ar,

with ease and not with pain,

b'chavod v'lo v'vizuy,

with honor and not with disgrace,

b'heter v'lo v'isur

in a permissible way and not in a forbidden way,

k'dei shenuchal la-avod avodatecha

so that we will be able to perform Your service,

v'lil-mod Toratecha

and study Your Torah

k'mo shezanta la-avoteinu

just as You nourished our ancestors

man bamidbar,

with manna in the wilderness,

b'eretzi tziyah va-aravah.

in a land, arid and desolate.

יהי רצון מלפניך,

יהוה אלהינו ואלהי אבותינו,

שתזמין פרנסה

לכל עמך בית ישראל,

ופרנסתי ופרנסת

אנשי ביתי בכללם,

בנחת ולא בצער,

בכבוד ולא בבזוי,

בהתר ולא באסור,

כדי שנוכל לעבד עבודתך

וללמוד תורתך

כמו שזנת לאבותינו

מן במדבר,

בארץ ציה וערבה.

שמות טז:ד-לו

Shemot (Exodus) 16:4-36

4 וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה הִנְנִי מַמְטִיר לָכֶם לֶחֶם

Vayomer Adonai el Mosheh hin'ni mam-tir lachem lechem

מִן־הַשָּׁמַיִם וַיֵּצֵא הָעָם וְלָקְטוּ דְבַר־יוֹם בְּיוֹמוֹ לְמַעַן

min hashamayim v'yatza ha-am v'la-k'tu d'var yom b'yomo l'ma-an

אֲנַסְנוּ הַיֶּלֶךְ בְּתוֹרַתִי אִם־לֹא: 5 וְהָיָה בַּיּוֹם הַשִּׁשִּׁי

anasenu hayelech b'Torati im lo. V'hayah bayom hashishi

וְהִכִּינוּ אֶת אֲשֶׁר־יִבְיֵאוּ וְהָיָה מִשְׁנֶה עַל אֲשֶׁר־יִלְקְטוּ

v'hechinu et asher yayiyu v'hayah mishneh al asher yil-k'tu

יוֹם | יוֹם: 6 וַיֹּאמֶר מֹשֶׁה וְאַהֲרֹן אֶל־כָּל־בְּנֵי יִשְׂרָאֵל

yom yom. Vayomer Mosheh v'Aharon el kol b'nei Yisra-el

עֲרֹב וַיִּדְעֹתֶם כִּי יְהוָה הוֹצִיא אֶתְכֶם מֵאֶרֶץ מִצְרַיִם:

erev vidatem ki Adonai hotzi etchem me-erezt mitzrayim.

7 וּבִקֵּר וּרְאִיתֶם אֶת־כְּבוֹד יְהוָה בְּשָׁמְעוֹ אֶת־תְּלִנְתֵיכֶם

Uvoker uritem et k'vod Adonai b'shamo et t'lunoteichem

עַל־יְהוָה וְנַחְנוּ מָה כִּי תִלְיִנוּ עָלֵינוּ: 8 וַיֹּאמֶר מֹשֶׁה

al Adonai v'nachnu mah ki talinu aleinu. Vayomer Mosheh

בְּתַת יְהוָה לָכֶם בְּעֶרֶב בָּשָׂר לֶאֱכֹל וְלָחֶם בַּבֶּקֶר לְשִׂבְעַ

b'tet Adonai lachem ba-erev basar le-echol v'lechem baboker lisbo-a

בְּשָׁמְעַ יְהוָה אֶת־תְּלִנְתֵיכֶם אֲשֶׁר־אַתֶּם מְלִינִם עָלָיו

bishmo-a Adonai et t'lunoteichem asher atem malinim alav

וְנַחְנוּ מָה לֹא־עָלֵינוּ תְּלִנְתֵיכֶם כִּי עַל־יְהוָה: 9 וַיֹּאמֶר

v'nachnu mah lo aleinu t'lunoteichem ki al Adonai. Vayomer

מֹשֶׁה אֶל־אַהֲרֹן אָמַר אֶל־כָּל־עַדַּת בְּנֵי יִשְׂרָאֵל קִרְבוּ

Mosheh el Aharon emor el kol adat b'nei Yisra-el kirvu

לְפָנַי יְהוָה כִּי שָׁמַע אֶת תְּלֻנֹּתֵיכֶם: 10 וַיְהִי כַּדְבַר אֶהְרֹן
 lifnei Adonai ki shama et t'lunoteichem. Vay-hi k'daber Aharon
 אֶל-כָּל-עֵדֶת בְּנֵי-יִשְׂרָאֵל וַיִּפְּנוּ אֶל-הַמִּדְבָּר וְהִנֵּה כְבוֹד
 el kol adat b'nei Yisra-el vayifnu el hamidbar v'hine k'vod
 יְהוָה נֹרְאָה בְּעֵינָיו: 11 וַיְדַבֵּר יְהוָה אֶל-מֹשֶׁה לֵּאמֹר:
 Adonai nirah be-anan. Vaydaber Adonai el Mosheh lemor:
 12 שָׁמַעְתִּי אֶת-תְּלוֹנוֹת בְּנֵי יִשְׂרָאֵל דְּבַר אֱלֹהִים לֵאמֹר
 Shamati et t'lunot b'nei Yisra-el daber alehem lemor
 בֵּין הָעַרְבִים תֹּאכְלוּ בָשָׂר וּבִבְקָר תִּשְׁבְּעוּ-לָחֶם
 bein ha-arbayim toch'lu vasar uvaboker tis-b'u lachem
 וַיִּדְעֹתֶם כִּי אֲנִי יְהוָה אֱלֹהֵיכֶם: 13 וַיְהִי בַעֲרֵב וַתַּעַל
 vidatem ki ani Adonai Eloheichem. Vay-hi ba-erev vata-al
 הַשָּׁלֹו וַתִּכַּס אֶת-הַמַּחֲנֶה וּבִבְקָר הִיִּתָּה שְׁכַבַת הַטֹּל
 ha-s'lav va-t'chas et hamachaneh uvaboker ha-y'tah shich-vat hatal
 סָבִיב לַמַּחֲנֶה: 14 וַתַּעַל שְׁכַבַת הַטֹּל וְהִנֵּה עַל-פְּנֵי
 saviv lamachaneh. Vata-al shich-vat hatal v'hineh al p'nei
 הַמִּדְבָּר דָּק מְחֻסָּפִס דָּק כַּכֹּפֶר עַל-הָאָרֶץ: 15 וַיִּרְאוּ
 hamidbar dak m'chuspas dak ka-k'for al ha-aretz. Vayiru
 בְּנֵי-יִשְׂרָאֵל וַיֹּאמְרוּ אִישׁ אֶל-אָחִיו מִן הוּא כִּי לֹא יָדְעוּ
 b'nei Yisra-el vayo-m'ru ish el achiv man hu ki lo ya-d'u
 מֵה-הוּא וַיֹּאמֶר מֹשֶׁה אֲלֵהֶם הוּא הֵלֶחֶם אֲשֶׁר נָתַן יְהוָה
 mah hu vayomer Mosheh alehem hu halechem asher natan Adonai
 לָכֶם לֵאכְלָהּ: 16 זֶה הַדְּבָר אֲשֶׁר צִוָּה יְהוָה לְקַטֹּו מִמֶּנּוּ
 lachem l'och-lah. Zeh hadavar asher tzivah Adonai lik-tu mimenu
 אִישׁ לְפִי אָכְלוּ עֹמֶר לַגִּלְגֹּלֶת מִסִּפֵּר נִפְשֹׁתֵיכֶם אִישׁ
 ish l'fi och-lo omer lagul-golet mispar nafshoteichem ish

לְאִשֶׁר בָּאֵהָלוּ תִקְחוּ: 17 וַיַּעֲשׂוּ כֵן בְּנֵי יִשְׂרָאֵל וַיִּלְקְטוּ

la-asher b'aholo tikachu. Vaya-asu chen b'nei Yisra-el vayil-k'tu

הַמַּרְבֵּה וְהַמִּמְעִיט: 18 וַיִּמְדוּ בַעֲמֹר וְלֹא הֶעֱדִיף הַמַּרְבֵּה

hamarbeh v'hamamit. Vayamodu ba-omer v'lo he-dif hamarbeh

וְהַמִּמְעִיט לֹא הֶחֱסִיר אִישׁ לְפִי-אֲכָלוֹ לִקְטוֹ: 19 וַיֹּאמֶר

v'hamamit lo hech-sir ish l'fi och-lo lakatu. Vayomer

מֹשֶׁה אֲלֵהֶם אִישׁ אֶל-יֹתֵר מִמֶּנּוּ עַד-בֹּקֶר:

Mosheh alehem ish al yoter mimenu ad boker.

וְלֹא-שָׁמְעוּ אֶל-מֹשֶׁה וַיֹּתְרוּ אַנְשִׁים מִמֶּנּוּ עַד-בֹּקֶר 20

V'lo sha-m'u el Mosheh vayotiru anashim mimenu ad boker

וַיִּרְם תּוֹלְעִים וַיִּבְאֵשׁ וַיִּקְצֹף עֲלֵהֶם מֹשֶׁה: 21 וַיִּלְקְטוּ

vayarum tola-im vayivash vayik-tzof alehem Mosheh. Vayil-k'tu

אֹתוֹ בַּבֹּקֶר בַּבֹּקֶר אִישׁ כְּפִי אֲכָלוֹ וְחֵם הַשֶּׁמֶשׁ וְנָמַס:

oto baboker baboker ish k'fi och-lo v'cham hashemesh v'namas.

וַיְהִי | בַּיּוֹם הַשִּׁשִּׁי לִקְטוֹ לֶחֶם מִשְׁנֵה שְׁנֵי הָעֲמֹר 22

Vay-hi bayom hashishi la-k'tu lechem mishneh sh'nei ha-omer

לְאֶחָד וַיִּבְאוּ כָל-נְשֵׂי־אֵי הָעֵדָה וַיִּגִּידוּ לְמֹשֶׁה: 23 וַיֹּאמֶר

la-echad vayavo-u kol n'si-ei ha-edah vayagidu l'Mosheh. Vayomer

אֲלֵהֶם הוּא אֲשֶׁר דִּבֶּר יְהוָה שַׁבָּתוֹן שַׁבַּת קֹדֶשׁ לַיהוָה

alehem hu asher diber Adonai shabaton shabat kodesh Ladonai

מֵחַר אֶת אֲשֶׁר-תֹּאפּוּ אַפּוֹ וְאֶת אֲשֶׁר-תִּבְשְׁלוּ בִשְׁלוֹ

machar et asher tofu efu v'et asher t'va-sh'lu bashelu

וְאֵת כָּל-הָעֵדוּף הִנִּיחוּ לָכֶם לְמִשְׁמֶרֶת עַד-הַבֹּקֶר:

v'et kol ha-odef hanichu lachem l'mishmeret ad haboker.

וַיִּנְיְחוּ אֹתוֹ עַד-הַבֹּקֶר כַּאֲשֶׁר צִוָּה מֹשֶׁה וְלֹא הִבָּאִישׁ 24

Vayanichu oto ad haboker ka-asher tzivah Mosheh v'lo hivish

וְרִמָּה לֹא־הִיְתָה בּוֹ: 25 וַיֹּאמֶר מֹשֶׁה אֲכַלְהוּ הַיּוֹם

v'rimah lo ha-y'tah bo. Vayomer Mosheh ich-luhu hayom

כִּי־שַׁבַּת הַיּוֹם לִיהוָה הַיּוֹם לֹא תִמְצָאֵהוּ בַשָּׂדֶה:

ki shabat hayom Ladonai hayom lo tim-tza-uhu basadeh.

26 שֵׁשֶׁת יָמִים תִּלְקֹטְהוּ וּבַיּוֹם הַשְּׁבִיעִי שַׁבַּת לֹא

Sheshet yamim til-k'tuhu uvayom ha-sh'vi-i shabat lo

יִהְיֶה־בּוֹ: 27 וַיְהִי בַיּוֹם הַשְּׁבִיעִי יֵצְאוּ מִן־הָעַם לְלֶקֶט

yih-yeh bo. Vay-hi bayom ha-sh'vi-i ya-tz'u min ha-am lil-kot

וְלֹא מִצָּאוּ: 28 וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה עַד־אָנָּה מֵאַנְתֶּם

v'lo matza-u. Vayomer Adonai el Mosheh ad anah me-antem

לְשֹׁמֵר מִצְוֹתַי וְתוֹרָתַי: 29 רְאוּ כִי־יְהוָה נָתַן לָכֶם הַשַּׁבַּת

lishmor mitzvotai v'Toratai. R'u ki Adonai natan lachem hashabat

עַל־כֵּן הוּא נָתַן לָכֶם בַּיּוֹם הַשְּׁשִׁי לֶחֶם יוֹמַיִם שְׁבוּ |

al ken hu noten lachem bayom hashishi lechem yomayim sh'vu

אִישׁ תַּחֲתָיו אַל־יֵצֵא אִישׁ מִמְּקוֹמוֹ בַּיּוֹם הַשְּׁבִיעִי:

ish tachtav al yetze ish mi-m'komo bayom ha-sh'vi-i.

30 וַיִּשְׁבְּתוּ הָעָם בַּיּוֹם הַשְּׁבִיעִי: 31 וַיִּקְרְאוּ בֵּית־יִשְׂרָאֵל

Vayish-b'tu ha-am bayom ha-sh'vi-i. Vayik-r'u veit Yisra-el

אֶת־שְׁמוֹ מִן וְהוּא כְזָרַע גַּד לִבָּן וְטַעְמוֹ כְּצַפִּיחִת

et sh'mo man v'huk'zera gad lavan v'tamo k'tzapichit

בְּדַבָּשׁ: 32 וַיֹּאמֶר מֹשֶׁה זֶה הַדָּבָר אֲשֶׁר צִוָּה יְהוָה מִלֹּא

bidvash. Vayomer Mosheh zeh hadavar asher tzivah Adonai m'lo

הָעֹמֵר מִמֶּנּוּ לְמִשְׁמֶרֶת לְדוֹרֹתֵיכֶם לְמַעַן | יִרְאוּ

ha-omer mimenu l'mishmeret l'doroteichem l'ma-an yiru

אֶת־הַלֶּחֶם אֲשֶׁר הֵאֲכַלְתִּי אֶתְכֶם בַּמִּדְבָּר בְּהוֹצִיאִי

et halechem asher he-echal-ti etchem bamidbar b'hotzi-i

אֶתְכֶם מֵאֶרֶץ מִצְרַיִם: 33 וַיֹּאמֶר מֹשֶׁה אֶל־אֶהְרֹן קַח

etchem me-eretz mitzrayim. Vayomer Moshel el Aharon kach

צִנְצַנֶּת אַחַת וְתֵן־שָׁמָּה מְלֹא־הַעֹמֶר מִן וְהֵנַח אֹתוֹ לִפְנֵי

tzin-tzenet achat v'ten shamah m'lo ha-omer man v'hanach oto lifnei

יְהוָה לְמִשְׁמֶרֶת לְדֹרוֹתֵיכֶם: 34 כַּאֲשֶׁר צִוָּה יְהוָה

Adonai l'mishmeret l'doroteichem. Ka-asher tzivah Adonai

אֶל־מֹשֶׁה וַיְנִיחֵהוּ אֶהְרֹן לִפְנֵי הָעֵדוּת לְמִשְׁמֶרֶת: 35 וּבְנֵי

el Mosheh va-yanicheihu Aharon lifnei ha-edut l'mishmaret. Uvnei

יִשְׂרָאֵל אָכְלוּ אֶת־הַמֶּן אַרְבַּעִים שָׁנָה עַד־בָּאָם אֶל־אֶרֶץ

Yisra-el ach'lu et haman arba-im shanah ad bo-am el eretz

נוֹשֶׁבֶת אֶת־הַמֶּן אָכְלוּ עַד־בָּאָם אֶל־קִצֵּה אֶרֶץ כְּנַעַן:

noshavet et haman ach'lu ad bo-am el k'tzeh eretz k'na-an.

וְהָעֹמֶר עֶשְׂרִית הָאִיפָה הוּא: 36

V'ha-omer asirit ha-efah hu.

4. Then said Hashem to Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain portion every day, that I may test them, whether they will walk in my Torah, or not. 5. And it shall come to pass, that on the sixth day they shall prepare that which they bring in; and it shall be twice as much as they gather daily. 6. And Moses and Aaron said to all the people of Israel, At evening, then you shall know that Hashem has brought you out from the land of Egypt; 7. And in the morning, then you shall see the glory of Hashem; when the Eternal hears your murmurings against Hashem; and what are we, that you murmur against us? 8. And Moses said, This shall be, when Hashem shall give you in the evening meat to eat, and in the morning bread to the full; for that Hashem hears your murmurings which you murmur against Hashem; and what are we? your murmurings are not against us, but against Hashem. 9. And Moses spoke to Aaron, Say to all the congregation of the people of Israel, Come near before Hashem; for the Eternal has heard your murmurings. 10. And it came to pass, as Aaron spoke to the whole congregation of the people of Israel, that they looked toward the wilderness, and, behold, the glory of Hashem appeared in the cloud. 11. And Hashem spoke to Moses, saying, 12. I have heard the murmurings of the people of Israel; speak to them, saying, At evening you shall eat meat, and in the morning you shall be filled with bread; and you shall know that I am Hashem your Elohim. 13. And it came to pass, that at evening the quails came up, and covered the camp; and in the morning the dew lay around the camp. 14. And when the dew that lay was gone, behold, upon the face of the wilderness there lay a small round thing, as small as hoarfrost on the ground. 15. And when the people of Israel saw it, they said one to another, It is manna; for they knew not what it was. And Moses said to them, This is the bread which Hashem has given you to

eat. 16. This is the thing which Hashem has commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons, whom each of you has in his tent; 17. And the people of Israel did so, and gathered, some more, some less. 18. And when they did measure it with an omer, he who gathered much had nothing over, and he who gathered little had no lack; they gathered every man according to his eating. 19. And Moses said, Let no man leave of it till the morning. 20. However they listened not to Moses; but some of them left of it until the morning, and it bred worms, and stank; and Moses was angry with them. 21. And they gathered it every morning, every man according to his eating; and when the sun became hot, it melted. 22. And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man; and all the rulers of the congregation came and told Moses. 23. And he said to them, This is what Hashem has said, Tomorrow is the rest of the holy sabbath to Hashem; bake that which you will bake today, and boil what you will boil today; and that which remains over lay up for you to be kept until the morning. 24. And they laid it up till the morning, as Moses bade; and it did not stink, neither was there any worm in it. 25. And Moses said, Eat that today; for today is a sabbath to Hashem; today you shall not find it in the field. 26. Six days you shall gather it; but on the seventh day, which is the sabbath, in it there shall be none. 27. And it came to pass, that some of the people went out on the seventh day to gather, and they found none. 28. And Hashem said to Moses, How long refuse you to keep my commandments and my laws? 29. See, because Hashem has given you the sabbath, therefore he gives you on the sixth day the bread of two days; abide you every man in his place, let no man go out of his place on the seventh day. 30. So the people rested on the seventh day. 31. And the house of Israel called its name Manna; and it was like coriander seed, white; and its taste was like wafers made with honey. 32. And Moses said, This is what Hashem commands, Fill an omer of it to be kept for your generations; that they may see the bread with which I have fed you in the wilderness, when I brought you out from the land of Egypt. 33. And Moses said to Aaron, Take a pot, and put an omer full of manna in it, and lay it up before Hashem, to be kept for your generations. 34. As Hashem commanded Moses, so Aaron laid it up before the Testimony, to be kept. 35. And the people of Israel ate manna forty years, until they came to a land inhabited; they ate manna, until they came to the borders of the land of Canaan. 36. And an omer is the tenth part of an ephah.