



## פרשת המן Chapter of Manna

### תפלה קודם אמירת פרשת המן

(Prayer said before recital of *Parshas HaMawn*)

יְהִי רָצוֹן מְלִפְנֵיךָ, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁתַּזְמִין  
פְּרֻנְסָה לְכָל־עַמֶּךָ בֵּית יִשְׂרָאֵל, וּפְרֻנְסָתִי וּפְרֻנְסַת אַנְשֵׁי בֵּיתִי  
בְּכֹל־לֶמֶס. בְּנִחַת וְלֹא בְּצַעַר, בְּכָבוֹד וְלֹא בְּבִזּוּי, בְּהֵתֵר וְלֹא  
בְּאִסּוּר, כִּדֵּי שְׁנוּכָל לַעֲבֹד עֲבוֹדָתְךָ וְלִלְמוֹד תּוֹרָתְךָ, כְּמוֹ  
שִׁזְנַת לְאֲבוֹתֵינוּ מִן בְּמִדְבָּר בְּאֶרֶץ צִיָּה וְעָרְבָה.

May it be your will, O ETERNAL (A-DO-NOY), our God and the God of our ancestors, that you provide a livelihood for Your entire people, The House of Israel – and may my livelihood and the livelihood of the members of my household be among them – may it be with ease and not with pain, with honor and not with disgrace, in a permissible and not in a forbidden manner, so that we will be able to perform Your service and study Your Torah, as when You nourished our ancestors in the Wilderness, in a desolate and arid land.

### ספר שמות - פרק טז (ד-לו)

(Book of *Exodus* - Chapter 16, Verses 4-36)

4. THE ETERNAL (HASHEM/A-DO-NOY) then said to Mosheh (Moses), “Behold! I will cause bread to rain down for you from heaven. The people shall go out and collect each day’s portion on that day, so that I may test them to see if they will follow My instructions or not.
- וַיֹּאמֶר יי אֱלֹהֵי מֹשֶׁה, הִנְנִי מַמְטִיר  
לָכֶם לֶחֶם מִן־הַשָּׁמַיִם, וַיֵּצֵא הָעָם  
וַלְקֻטוּ דְּבַר־יוֹם בְּיוֹמוֹ, לְמַעַן אֲנִסְנוּ  
הַיֶּלֶד בְּתוֹרָתִי אִם־לֹא:
5. “It will be on the sixth day of the week that they shall prepare whatever they will bring in, and there will be double what they collect each other day.”
- ה וְהָיָה בַּיּוֹם הַשִּׁשִּׁי, וְהִכִּינוּ אֶת  
אֲשֵׁר־יָבִיאוּ, וְהָיָה מִשְׁנָה עַל  
אֲשֵׁר־יִלְקְטוּ יוֹם אֶחָד:
6. Mosheh and Aharon (Aaron) then said to B’nei Yisraw-eil (the Children of Israel), “In the evening you will realize that it is THE ETERNAL Who took you out of the land of Mitzrayim (Egypt).
- ו וַיֹּאמֶר מֹשֶׁה וְאַהֲרֹן אֶל־כָּל־בְּנֵי  
יִשְׂרָאֵל, עֲרֹב וַיִּדְעֶתֶם כִּי יי הוֹצִיא  
אֶתְכֶם מֵאֶרֶץ מִצְרַיִם:

7. “And in the morning you shall see the glory of THE ETERNAL when He hears your complaints that are against THE ETERNAL. But of what significance are we, that you make the people complain against us?”
8. Mosheh then said, “This will be when THE ETERNAL gives you meat to eat in the evening, and bread in the morning to satisfy yourselves; when THE ETERNAL hears your complaints that you are stirring up against Him. But of what significance are we? Your complaints are not against us; rather, they are against THE ETERNAL!”
9. Mosheh then said to Aharon, “Tell the entire congregation of B’nei Yisraw-eil, ‘Draw near before THE ETERNAL for He has heard your complaints.’ ”
10. And it was when Aharon spoke to the entire congregation of B’nei Yisraw-eil and they turned toward the desert, that just then the Glory of THE ETERNAL appeared in the cloud.
11. THE ETERNAL spoke to Mosheh, saying:
12. “I have heard the complaints of B’nei Yisraw-eil. Speak to them, saying ‘At dusk you will eat meat, and in the morning you will satisfy yourselves with bread, and you shall know that I am THE ETERNAL, your G-D.’ ”
13. And it came to pass in the evening that quails came up and covered the camp; and in the morning there was a layer of dew surrounding the camp.
- ז וּבִקֶּר וּרְאִיתֶם אֶת־כְּבוֹד יְיָ, בְּשָׁמְעוֹ  
אֶת־תְּלַנְתְּיכֶם עֲלֵינוּ, וְנִחַנּוּ מָה פִּי  
תְּלִינּוּ [כ' תלוננו] עֲלֵינוּ:
- ח וַיֹּאמֶר מֹשֶׁה, בָּתֵּת יְיָ לָכֶם בְּעֶרֶב  
בָּשָׂר לֶאֱכֹל וּלֶחֶם בַּבֹּקֶר לְשַׂבֵּעַ,  
בְּשָׁמְעֵי יְיָ אֶת־תְּלַנְתְּיכֶם אֲשֶׁר־אַתֶּם  
מְלִינִים עָלָיו, וְנִחַנּוּ מָה, לֹא־עָלֵינוּ  
תְּלַנְתְּיכֶם, פִּי עֲלֵינוּ:
- ט וַיֹּאמֶר מֹשֶׁה אֶל־אַהֲרֹן, אָמַר  
אֶל־כָּל־עֵדֶת בְּנֵי יִשְׂרָאֵל, קְרִבוּ לִפְנֵי  
יְיָ, כִּי שָׁמַע אֶת תְּלַנְתְּיכֶם:
- י וַיְהִי כַּדְּבַר אַהֲרֹן אֶל־כָּל־עֵדֶת  
בְּנֵי־יִשְׂרָאֵל, וַיִּפְּנוּ אֶל־הַמִּדְבָּר, וְהִנֵּה  
כְּבוֹד יְיָ נֹרָאָה בָּעָנָן:
- יא וַיְדַבֵּר יְיָ אֶל־מֹשֶׁה לֵאמֹר:
- יב שָׁמַעְתִּי אֶת־תְּלֹנְתְּךָ בְּנֵי יִשְׂרָאֵל,  
דַּבֵּר אֲלֵהֶם לֵאמֹר בֵּין הָעֶרְבִים  
תֹּאכְלוּ בָשָׂר, וּבַבֹּקֶר תִּשְׂבְּעוּ־לֶחֶם,  
וַיִּדְעֹתֶם כִּי אֲנִי יְיָ אֱלֹהֵיכֶם:
- יג וַיְהִי בְּעֶרֶב, וַתַּעַל הַשְּׁלֹו וַתִּכֶּס  
אֶת־הַמַּחֲנֶה, וּבַבֹּקֶר הִיָּתָה שִׁכְבַת  
הַטָּל סָבִיב לַמַּחֲנֶה:

14. The layer of dew then evaporated, and there upon the surface of the desert was revealed a fine, bare substance as thin as frost upon the ground. יד וַתֵּעַל שִׁכְבַת הַטֹּל, וְהָיָה עַל־פְּנֵי הַמִּדְבָּר דָּק מְחֹסֶפֶס, דָּק כַּפָּפֶר עַל־הָאָרֶץ:
15. And when B'nei Yisraw-eil saw it, they asked each another, "Is this a prepared food?" for they did not know what it was. Then Mosheh said to them, "This is the bread that THE ETERNAL has given you to eat. טו וַיִּרְאוּ בְנֵי־יִשְׂרָאֵל, וַיֹּאמְרוּ אִישׁ אֶל־אָחִיו, מִזֶּן הוּא, כִּי לֹא יָדְעוּ מֵהִי הוּא, וַיֹּאמֶר מֹשֶׁה אֲלֵהֶם, הוּא הַלֶּחֶם אֲשֶׁר נָתַן יְיָ לָכֶם לֶאֱכֹלָה:
16. "This is what THE ETERNAL has commanded: Collect from it, each man according to what he eats. You shall take an *omer* [approx. 43 oz.] per head, according to the number of persons each man has in his tent." טז זֶה הַדְּבָר אֲשֶׁר צִוָּה יְיָ, לְקַטֹּף מִמֶּנּוּ אִישׁ לְפִי אֲכָלוֹ, עֹמֶר לְגִלְגָּלוֹת, מִסֵּפֶר נַפְשֹׁתֵיכֶם, אִישׁ לֵאשֶׁר בְּאֹהֶלוֹ תִקְחוּ:
17. And so B'nei Yisraw-eil did this, and they collected the food; some gathering more while some gathered less. יז וַיַּעֲשׂוּ־כֵן בְּנֵי יִשְׂרָאֵל, וַיִּלְקְטוּ הַמֶּרְבֶּה וְהַמְּמַעֲיֵט:
18. And they then measured it by the *omer*, and the one who had taken much did not have any more, nor did the one who had taken little have any less; each man had collected according to what he would eat. יח וַיִּמְדוּ בְּעֹמֶר, וְלֹא הָעֲדִיף הַמֶּרְבֶּה, וְהַמְּמַעֲיֵט לֹא הֶחְסִיר, אִישׁ לְפִי־אֲכָלוֹ לְקַטֹּף:
19. Mosheh then said to them, "No man may leave or ration any of it over until morning." יט וַיֹּאמֶר מֹשֶׁה אֲלֵהֶם, אִישׁ אֶל־יֹתֵר מִמֶּנּוּ עַד־בֹּקֶר:
20. But some men did not obey Mosheh and they left a portion of it over until morning, and it bred worms and became putrid, and Mosheh became angry with them. כ וְלֹא־שָׁמְעוּ אֶל־מֹשֶׁה, וַיֹּתֵרוּ אֲנָשִׁים מִמֶּנּוּ עַד־בֹּקֶר וַיֵּרָם תּוֹלְעִים וַיִּבְאֵשׁ, וַיִּקְצַף עֲלֵהֶם מֹשֶׁה:
21. They collected it each morning, each man according to what he would eat, and when the sun shone hot on it, it would melt. כא וַיִּלְקְטוּ אֹתוֹ בְּבֹקֶר בְּבֹקֶר, אִישׁ כְּפִי אֲכָלוֹ, וְחֹם הַשֶּׁמֶשׁ וַנִּמַּס:

22. And it came to pass on the sixth day of the week that they collected a double amount of the bread, two *omers* for each one, and all the leaders of the community came and reported it to Mosheh.

כב וַיְהִי בַיּוֹם הַשִּׁשִּׁי, לָקְטוּ לֶחֶם מִשָּׁנָה,  
שְׁנֵי הָעֹמֶר לְאֶחָד, וַיָּבֹאוּ כָּל־נְשֵׂי־אִי  
הָעֵדָה, וַיַּגִּידוּ לְמֹשֶׁה:

23. So he said to them, “This is what THE ETERNAL has spoken about: Tomorrow will be a day of complete cessation of work; a Shabbos (Sabbath / Shabbat) of holiness to THE ETERNAL. What you wish to bake, bake today; and what you wish to cook, cook today; and all that is left over, put away and store for yourselves in safekeeping until the morning.”

כג וַיֹּאמֶר אֲלֵהֶם, הוּא אֲשֶׁר דִּבֶּר יי  
שְׁבֹתוֹן שַׁבַּת־קֹדֶשׁ לִי מָחָר, אֵת  
אֲשֶׁר־תֹּאפּוּ אִפּוֹ, וְאֵת אֲשֶׁר־תִּבְשֹׁלוּ  
בַּשִּׁלּוֹ, וְאֵת כָּל־הָעֲדָף הַגִּיחוֹ לָכֶם  
לְמִשְׁמֶרֶת עַד־הַבֶּקֶר:

24. So they put it away until the morning, just as Mosheh had commanded them, and it did not become putrid nor were there any worms in it.

כד וַיִּגְיחוּ אֹתוֹ עַד־הַבֶּקֶר כַּאֲשֶׁר צִוָּה  
מֹשֶׁה, וְלֹא הִבָּאִישׁ, וְרִמָּה  
לֹא־הָיְתָה בּוֹ:

25. Mosheh said to them, “Eat it today, for today is Shabbos for THE ETERNAL; today you will not find it in the field.

כה וַיֹּאמֶר מֹשֶׁה, אֲכַלְהוּ הַיּוֹם, כִּי־שַׁבַּת  
הַיּוֹם לִי, הַיּוֹם לֹא תִמְצְאוּהוּ בַּשָּׂדֶה:

26. “Six days you may gather it, but on the seventh day it will be Shabbos – there will be none on that day.”

כו שֵׁשֶׁת יָמִים תִּלְקָטְהוּ, וּבַיּוֹם הַשְּׁבִיעִי  
שַׁבַּת לֹא יִהְיֶה־בּוֹ:

27. However, it happened on the seventh day that some of the people did go out to collect the food, but they did not find any.

כז וַיְהִי בַיּוֹם הַשְּׁבִיעִי, יָצְאוּ מִן־הָעָם  
לְלָקֵט, וְלֹא מָצְאוּ:

28. THE ETERNAL then said to Mosheh, “For how long are you going to refuse to keep my commandments and refuse to follow My instructions?

כח וַיֹּאמֶר יי אֶל־מֹשֶׁה, עַד־אָנָּה מֵאַנְתָּם  
לְשָׁמֵר מִצְוֹתַי וְתוֹרֹתַי:

29. “See that it is THE ETERNAL Who has given you the Shabbos! Therefore, on the sixth day, He gives you bread for two days. Each man shall remain where he is; no one may leave his domain on the seventh day.”

כט רְאוּ כִּי־יִי גָתַן לָכֶם הַשַּׁבַּת, עַל־כֵּן  
הוּא גָתַן לָכֶם בַּיּוֹם הַשִּׁשִּׁי לֶחֶם  
יוֹמַיִם, שָׁבוּ אִישׁ תְּחֻתּוֹ, אֶל־יִצְאָה  
אִישׁ מִמְּקוֹמוֹ בַּיּוֹם הַשְּׁבִיעִי:

30. So the people rested on the seventh day.

ל וַיִּשְׁבְּתוּ הָעָם בַּיּוֹם הַשְּׁבִיעִי:

31. And Beis Yisraw-eil (the House of Israel) named the food *mawn* (manna). It was like coriander seed, but white, and its taste was like pastry fried in honey.

לא וַיִּקְרְאוּ בֵּית־יִשְׂרָאֵל אֶת־שְׁמוֹ מָן, וְהוּא כְּזֶרַע קִיָּוָה לָבָן, וְטַעְמוֹ כְּצִפְחֹת בֶּדְבִשׁ:

32. And Mosheh said to them, “This is what THE ETERNAL has commanded: Let one *omer*-ful of *mawn* be preserved for your generations, so that they shall see the bread I fed you in the desert when I took you out of the land of Mitzrayim.”

לב וַיֹּאמֶר מֹשֶׁה, זֶה הַדְּבָר אֲשֶׁר צִוָּה יְיָ, מְלֵא הָעֹמֶר מִמֶּנּוּ לְמִשְׁמֶרֶת לְדֹרֹתֵיכֶם, לְמַעַן יֵרְאוּ אֶת־הַלֶּחֶם אֲשֶׁר הֶאֱכַלְתִּי אֶתְכֶם בְּמִדְבַּר בְּהוֹצִיאִי אֶתְכֶם מֵאֶרֶץ מִצְרָיִם:

33. Mosheh then said to Aharon, “Take one jar and put an *omer*-ful of *mawn* into it, and place it before THE ETERNAL to be preserved for your generations.”

לג וַיֹּאמֶר מֹשֶׁה אֶל־אַהֲרֹן, קַח צִנְצָנֶת אַחַת וְתַדְּשֶׁמָּה מְלֵא־הָעֹמֶר מִן, וְהִנֵּחַ אֹתוֹ לִפְנֵי יְיָ, לְמִשְׁמֶרֶת לְדֹרֹתֵיכֶם:

34. Just as THE ETERNAL had commanded Mosheh to do, Aharon placed it in front of the Ark of the Testimonial Tablets (Ten Commandments) for safekeeping.

לד כַּאֲשֶׁר צִוָּה יְיָ אֶל־מֹשֶׁה, וַיַּנְיִהוּ אַהֲרֹן לִפְנֵי הָעֵדוּת לְמִשְׁמֶרֶת:

35. And so B'nei Yisraw-eil ate the *mawn* for forty years, until they came to an inhabited land; they ate the *mawn* until they came to the border of the land of K'naw-an (Canaan).

לה וּבְנֵי יִשְׂרָאֵל אָכְלוּ אֶת־הַמָּן אַרְבָּעִים שָׁנָה, עַד־בָּאִם אֶל־אֶרֶץ נוֹשָׁבֵת אֶת־הַמָּן אָכְלוּ עַד־בָּאִם אֶל־קֶצֶה אֶרֶץ כְּנָעַן:

36. The *omer* is one-tenth of an *eifaw* [a full measure, or the space displaced by 432 Biblical era eggs].

לו וְהָעֹמֶר עֶשְׂרִית הָאֵיפָה הוּא:

## תפלה לאחר אמירת פרשת המן

(Prayer said after the recital of Parshas HaMawn)

אַתָּה הוּא יי לְבַדְּךָ, אַתָּה עָשִׂיתָ אֶת־הַשָּׁמַיִם וְשָׁמַי הַשָּׁמַיִם,  
הָאָרֶץ וְכָל־אֲשֶׁר עָלֶיהָ, הַיָּמִים וְכָל־אֲשֶׁר בָּהֶם, וְאַתָּה מְחַיֶּה  
אֶת־כָּלֶם. וְאַתָּה הוּא שֶׁעָשִׂיתָ נְסִים וְנִפְלְאוֹת גְּדוֹלוֹת תָּמִיד  
עִם אֲבוֹתֵינוּ. גַּם בַּמִּדְבָּר הִמְטַרְתָּ לָהֶם לֶחֶם מִן הַשָּׁמַיִם,  
וּמִצּוֹר הַחֲלָמִישׁ, הוֹצֵאתָ לָהֶם מַיִם, וְגַם נָתַתָּ לָהֶם  
כָּל־צָרְכֵיהֶם, וְשִׁמְלַתָם לֹא בָלְתָה מֵעַלֵיהֶם. כֵּן בְּרַחֲמֶיךָ  
הַרְבִּים וּבַחֲסְדֶיךָ הָעֲצוּמִים, תְּזוּנֵנוּ וּתְפַרְנְסֵנוּ וּתְכַלְכְּלֵנוּ  
וּתְסַפִּיק לָנוּ כָּל־צָרְכֵנוּ, וְצָרְכֵי עַמְּךָ בֵּית יִשְׂרָאֵל הַמְרֻבִּים,  
בְּמַלּוּי וּבְרֹוֹחַ, בְּלִי טָרַח וְעֵמֶל גְּדוֹל, מִתַּחַת יָדְךָ הַנִּקְיָה, וְלֹא  
מִתַּחַת יָדֵי בָשָׂר וְדָם.

It is you alone, O ETERNAL – You have made the heaven, the most exalted heaven; the earth and everything on it; the seas and everything in them; and you give them all life. It is You Who always performed miracles and great wonders with our ancestors. Also, in the Wilderness You rained down for them food from heaven, and from the flinty rock You withdrew water for them; and You also provided them all their needs, and their clothing did not wear out upon them. So in Your abundant mercy and powerful kindness, may You nourish us, sustain us, and support us; and supply all our needs and the abundant needs of Your people – the House of Yisraw-eil – with fullness and relief, without travail or great effort, from beneath Your pure hand and not from beneath mortal hands.

יְהִי רָצוֹן מִלְּפָנֶיךָ יי אֱ־לֹהִי וְא־לֹהִי אֲבוֹתַי, שֶׁתְּכִין לִי וּלְאֲנָשֵׁי  
בֵּיתִי, כָּל־מַחְסוֹרֵנוּ, וְתִזְמִין לָנוּ כָּל־צָרְכֵנוּ. לְכָל־יוֹם וְיוֹם  
מִחַיֵינוּ דֵי מַחְסוֹרֵנוּ וּלְכָל־שָׁעָה וְשָׁעָה מִשְׁעוֹתֵינוּ, דֵי סְפוּקָנוּ,  
וּלְכָל־עֵצָם מֵעֲצָמֵינוּ דֵי מַחֲתָנוּ, כִּי־דָךְ הַטּוֹבָה וְהַרְחָבָה, וְלֹא  
כְּמַעוֹט מְפַעֲלֵנוּ, וְקוֹצָר חֲסְדֵינוּ וּמְזַעֵיר גְּמוּלוֹתֵנוּ. וְיִהְיֶה  
מְזוֹנוֹתַי, וּמְזוֹנוֹת אֲנָשֵׁי בֵּיתִי, וְזַרְעֵי וְזַרְעֵי מְסוּרִים בְּיָדְךָ  
וְלֹא בְּיַד בָּשָׂר וְדָם.

May it be your will, O ETERNAL, my God and the God of my ancestors, that you prepare for me and for the members of my household all our deficiencies and make ready all our needs, every single day of our days according to our needs – every single hour of our hours our adequate supply; and for every bone of our bones sufficient nourishment, in accordance with Your good and generous hand, and not according to the paucity of our accomplishment, the shortness of our kindness, and the diminution of our generosity. May my nourishment and the nourishment of the members of my household, my offspring and the children of my offspring be committed to Your hand and not to the hand of flesh and blood.