

# SECURITIES AND EXCHANGE COMMISSION

## FORM 6-K

Current report of foreign issuer pursuant to Rules 13a-16 and 15d-16 Amendments

Filing Date: **2010-06-01** | Period of Report: **2010-05-21**  
SEC Accession No. **0001062993-10-001864**

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### FILER

#### **Adira Energy Ltd.**

CIK: **1109504** | IRS No.: **000000000** | State of Incorporation: **NV** | Fiscal Year End: **0930**  
Type: **6-K** | Act: **34** | File No.: **000-30087** | Film No.: **10868782**  
SIC: **1382** Oil & gas field exploration services

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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

**FORM 6-K**

**REPORT OF FOREIGN PRIVATE ISSUER**

**PURSUANT TO RULE 13a-16 OR 15d-16 UNDER  
THE SECURITIES EXCHANGE ACT OF 1934**

For the month of May, 2010

Commission File No. 000-30087

**ADIRA ENERGY LTD.**

(Translation of registrant's name into English)

**30 St. Clair Avenue West, Suite 901, Toronto, Ontario, Canada M4V 3A1**

(Address of principal executive office)

[Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F]

**Form 20-F**  **Form 40-F**

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1)

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7)

Indicate by check mark whether by furnishing the information contained in this Form, the registrant is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes  No

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): N/A

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**SUBMITTED HEREWITH**

| <b><u>Exhibits</u></b> |   |
|------------------------|---|
| 99.1                   | <a href="#">News Release "Adira Energy Announces that Ohad Marani has resigned as a director and co-chairman of the Company", dated May 21, 2010.</a> |

## SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

**ADIRA ENERGY LTD.**

Date: May 28, 2010

/s/ Alan Friedman

Alan Friedman

Executive Vice President, Corporate Development

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**FRANKFURT: AORLB8; OTCBB: ADENF**

**ADIRA ENERGY BOARD MEMBER RESIGNATION**

**Toronto, Ontario, May 21, 2010 / CNW ADIRA ENERGY LTD. (OTCBB: ADENF; FRANKFURT: AORLB8).** Adira Energy Ltd. (“Adira Energy” or the “Company”) announces that Ohad Marani has resigned as a director and co-chairman of the Company. Mr. Marani has recently been appointed CEO of an Israeli oil and gas exploration company where he will be focusing his efforts.

The Board would like to thank Mr. Marani for his valuable service to the Company and wishes him the best in his future endeavors.

**About Adira Energy Ltd.**

Adira Energy Ltd. explores for oil and gas in and offshore Israel. It has three petroleum exploration licenses; the Eitan, Gabriella and Yitzhak Licenses, collectively covering an aggregate total of approximately 160,500 acres. These licenses are located respectively on-shore in the Hula Valley of Northern Israel, 10 km offshore between Netanya and Ashdod and 17 km offshore between Hadera and Netanya. The company also has a 70% participation right in the Notera license in the Hula Valley, the Notera license covers approximately 19,000 acres.

For more information contact:

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**Forward-Looking Statement Disclaimer**

This press release includes certain statements that may be deemed “forward-looking statements”. All statements in this press release, other than statements of historical facts, including those that announce proposed financings that the Company expects to complete, are forward-looking statements. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance, and actual results or developments may differ materially from those in the forward-looking statements. Factors that could cause actual results to differ materially from those in forward-looking statements include the failure of investors who are believed to have committed to the financings to complete them as a result of general market conditions, adverse developments unique to such investors, or otherwise. Accordingly, the actual amounts raised may differ materially from those projected in the forward-looking statements. For more information on the Company, investors should review the Company’s filings, available at [www.sedar.com](http://www.sedar.com) and [www.sec.gov](http://www.sec.gov). This announcement does not constitute an offering of securities nor a solicitation to purchase securities. An offer of securities will only be made by subscription agreement and subject to applicable law.

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