

ברכת המזון

BIRKAT HAMAZON

BLESSING AFTER MEALS



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Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

a as in father

ai 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 siddurim (connection books).

מֶלֶךְ

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 for Kabbalah4All.
Translated by David Aharon.
Edited by David Aharon.

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ברכת המזון

BIRKAT HAMAZON - BLESSING AFTER MEALS

This series of blessings is said after eating a meal which includes bread or matzah made from wheat, barley, rye, oats, or spelt. If the meal did not include bread, use the "Blessings After Other Foods" on page 20.

תהלים כג

PSALM 23

We recite Psalm 23 before beginning the Birkat Hamazon on weekdays. This psalm reminds us that wherever we find ourselves, the Creator always provides for our every need.

Mizmor l'David.

A psalm by David.

Adonai ro-i lo echsar.

Hashem is my shepherd, I shall not lack.

Binot deshe yarbitzeini,

In lush meadows You lay me down,

al mei m'nuchot y'nahaleini.

beside peaceful waters You lead me.

Nafshi y'shoveiv, yancheini

My soul You restore, You lead me

b'mag'lei tzedek l'ma-an sh'mo.

on paths of righteousness for the sake of Your Name.

Gam ki eileich b'gei tzalmavet,

Even though I walk in the valley overshadowed by death,

lo ira ra ki atah imadi.

I will not fear evil for You are with me;

Shivt'cha umishantecha

Your rod and Your staff

heimah y'nachamuni.

they comfort me.

Ta-aroch l'fanai shulchan

You prepare a table before me

neged tzor'rai.

in view of my tormentors.

Dishanta vashemen roshi,

You anointed my head with oil,

kosi r'vayah.

my cup overflows.

מִזְמוֹר לְדָוִד.

יְהוָה רֹעִי לֹא אֶחְסָר.

בְּנְאוֹת דְּשָׁא יִרְבִּיצְנִי,

עַל מֵי מְנוּחוֹת יְנַהֲלֵנִי.

נַפְשִׁי יִשׁוּבָב, יְנַחֲנֵי

בְּמַעְגְלֵי צְדָק לְמַעַן שְׁמוֹ.

גַּם כִּי אֵלֶיךָ בָּגִיא צַלְמוֹת,

לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי.

שִׁבְטְךָ וּמִשְׁעַנְתְּךָ

הִמָּה יְנַחֲמֵנִי.

תַּעְרוֹךְ לְפָנַי שֻׁלְחָן

נֶגֶד צָרוּרֵי.

דִּשַׁנְתָּ בַשֶּׁמֶן רֹאשִׁי,

כּוֹסִי רוֹיָה.

Ach tov vach^{es}ed yird'f^uni
 May only goodness and kindness follow me
 kol y'mei chayai,
 all the days of my life,
 v'shavti b'veit Adonai
 and I will dwell in the House of Hashem
 l'orech yamim.
 for the length of days.

אך טוב וְחֶסֶד יִרְדְּפוּנִי
 כָּל יְמֵי חַיִּי,
 וְשָׁבְתִי בְּבֵית יְהוָה
 לְאָרֶךְ יָמִים.

תהלים קכו PSALM 126

We recite Psalm 126 before beginning the Birkat Hamazon on Shabbat and Festivals, because on these days is "when cheerfulness is prescribed."

Shir hama-alot b'shuv Adonai
 A song of ascents when Hashem will return
 et shivat Tziyon hayinu k'chol'mim.
 the exiles back to Zion, we were like those who dream.
 Az yimalei s'chok pinu
 Then our mouth was filled with laughter
 ulshoneinu rinah.
 and our tongue with glad song.
 Az yom'ru vagoyim:
 Then it was said among the nations:
 Higdil Adonai la-asot im eileh.
 Hashem has done great things for them.
 Higdil Adonai la-asot
 Hashem has done great things
 imanu hayinu s'meichim.
 for us and we rejoiced.
 Shuvah Adonai et sh'viteinu
 Restore our captives Hashem
 ka-afikim banegev.
 like streams in the desert.
 Hazor'im b'dimah b'rinah yiktzoru.
 Those who sow in tears shall reap in joy.
 Haloch yeileich uvachoh
 The one who goes for weeping,
 nosei meshech hazara,
 bearing the seed for sowing,
 bo yavo v'rinah
 shall come back with shouts of joy,
 nosei alumotav.
 bearing their sheaves.

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְהוָה
 אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים.
 אֲזַי מָלֵא שְׂחֹק פִּינוּ
 וּלְשׁוֹנֵנוּ רִנָּה.
 אֲזַי יֹאמְרוּ בַגּוֹיִם:
 הִגְדִּיל יְהוָה לַעֲשׂוֹת עִם אֱלֹהֵינוּ.
 הִגְדִּיל יְהוָה לַעֲשׂוֹת
 עִמָּנוּ הָיִינוּ שְׂמֵחִים.
 שׁוּבָה יְהוָה אֶת שְׁבִיתֵנוּ
 כַּאֲפִיקִים בַּנֶּגֶב.
 הַזֹּרְעִים בְּדִמָּעָה בְּרִנָּה יִקְצְרוּ.
 הַלֹּוֹךְ יֵלֵךְ וּבְכֹה נִשְׂא
 מִשֶּׁךְ הַזָּרַע,
 בָּא יָבֹא בְרִנָּה
 נִשְׂא אֲלֻמֹּתָיו.

HIN'NI

Kavanah (intention) is the force that gives power to our prayers. Here we state our intention to say the Birkat Hamazon and to elevate the sparks of Light within the food and drink we have just consumed.

Hin'ni muchan um-zuman l'kayeim

Behold I am prepared and ready to perform

mitzvot aseih shel

the positive commandment of

birkat hamazon,

Blessing After Meals,

shene-emar: V'achalta v'savata,

for it is said: And you shall eat and you shall be satisfied,

uveirachta et Adonai Elohecha,

and you shall bless Hashem your Elohim,

al ha-aretz hatovah asher natan lach.

for the land that is good which He gave you.

הִנְנִי מוֹכֵן וּמְזַמֵּן לְקַיֵּם

מִצְוֹת עֲשֵׂה שֶׁל

בְּרַכַּת הַמְּזוֹן,

שְׁנַיִם עָמַר: וְאָכַלְתָּ וְשָׂבַעְתָּ,

וּבֵרַכְתָּ אֶת יְהוָה אֱלֹהֶיךָ,

עַל הָאָרֶץ הַטּוֹבָה אֲשֶׁר נָתַן לְךָ.

דִּימוּן

INVITATION

*If three or more persons participates in the meal, then a Leader is appointed and the following is said.
The Leader also says the four blessings to which everyone else at table responds "Amein."*

Leader:

חֲבֵרַי נְבָרֵךְ!

Chaveirai n'vareich!

Friends, let us bless!

Group:

יְהִי שֵׁם יְהוָה מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

Y'hi sheim Adonai m'vorach mei-atah v'ad olam.

Blessed be the Name of Hashem from this time and to eternity.

Leader:

יְהִי שֵׁם יְהוָה מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

Y'hi sheim Adonai m'vorach mei-atah v'ad olam.

Blessed be the Name of Hashem from this time and to eternity.

Leader:

בְּרִשׁוֹת חֲבֵרַי נְבָרֵךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ.

Bir'shut chaverai n'vareich Eloheinu she-achalnu mishelo.

Let us now bless our Elohim for we have eaten of what is His.

Group:

בְּרוּךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ חֵיֵינוּ.

Baruch Eloheinu she-achalnu mishelo uv-tuvo chayinu.

Blessed be our Elohim for we have eaten of what is His and through His goodness we live.

Leader:

בְּרוּךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ חֵיֵינוּ.

Baruch Eloheinu she-achalnu mishelo uv-tuvo chayinu.

Blessed be our Elohim for we have eaten of what is His and through His goodness we live.

Everyone:

בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

Baruch hu uvaruch sh'mo.

Blessed is He and Blessed is His Name.

הברכה הראשונה - ברכת הזן

THE FIRST BLESSING: FOR THE NOURISHMENT

This first blessing, prescribed by Torah, was composed by Moses in thanksgiving for the manna with which the Creator sustained Israel daily in the Wilderness.

Baruch atah Adonai

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe.

hazan et ha-olam kulo b'tuvo

Who nourishes the entire world with goodness

b'chein b'chesed uvrachamim,

and favor and kindness and mercy,

hu notein lechem l'chol basar

You give food to all living creatures

ki l'olam chasdo.

because Your kindness endures forever.

Uvtuvo hagadol

And through Your great goodness

tamid lo chasar lanu,

we have never been in want,

v'al yechar lanu mazon

and may we never lack nourishment

l'olam va-ed.

for ever and ever.

Ba-avur sh'mo hagadol,

For the sake of Your great Name,

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

הַזֵּן אֶת הָעוֹלָם כֹּל בְּטוּבוֹ

בְּחֵן בְּחֶסֶד וּבְרַחֲמִים,

הוּא נוֹתֵן לֶחֶם לְכֹל בֶּשָׂר

כִּי לְעוֹלָם חֶסֶדוֹ.

וּבְטוּבוֹ הַגָּדוֹל

תָּמִיד לֹא חָסַר לָנוּ,

וְאֵל יַחֲסַר לָנוּ מִזֶּן

לְעוֹלָם וָעֶד.

בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל,

ki hu Eil zan

for You nourish

umfarneis lakol umeitiv lakol,

and sustain all and do good to all,

umeichin mazon l'chol b'riyotav

and provide food for all creatures

asher bara.

which You have created.

Baruch atah Adonai,

Blessed are You Hashem,

hazan et hakol. Amein.

Who nourishes all. Amein.

כִּי הוּא אֵל זֶן
וּמְפַרְנֵס לְכֹל וּמַטִּיב לְכֹל,
וּמַכְיֵן מַזּוֹן לְכֹל בְּרִיּוֹתָיו
אֲשֶׁר בָּרָא.
בָּרוּךְ אַתָּה יְהוָה,
הַזֵּן אֶת הַכֹּל. אָמֵן.

הברכה השנייה - ברכת הארץ

THE SECOND BLESSING: FOR THE LAND

This is the second blessing prescribed by Torah. When Joshua entered the land of Israel, he composed this blessing in honor of the land.

Nodeh l'cha Adonai Eloheinu

We thank You Hashem our Elohim

al shehinchalta la-avoteinu,

for having bestowed upon our ancestors,

eretz chemdah tovah urchavah.

a land beautiful, good, and spacious,

V'al shehotzeitanu Adonai Eloheinu

And for taking us out Hashem our Elohim

mei-eretz mitzrayim,

from the land of Egypt,

ufditanu mibeit avadim,

and redeeming us from the house of slavery,

v'al b'rit'cha shechatamta b'v'sareinu,

and for Your covenant which You have sealed in our flesh,

v'al Torat'cha shelimadtanu,

and for Your Torah which You have taught us,

v'al chukecha shehodatenu,

and for Your statutes which You made known to us,

v'al chayim chein

and for the life, grace

vachesed shechonantanu,

and lovingkindness which You granted us,

נוֹדָה לְךָ יְהוָה אֱלֹהֵינוּ
עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ,
אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחְבָּה.
וְעַל שֶׁהוֹצַאתָנוּ יְהוָה אֱלֹהֵינוּ
מֵאֶרֶץ מִצְרַיִם,
וּפְדִיתָנוּ מִבֵּית עֲבָדִים,
וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ בְּבִשְׂרֵנוּ,
וְעַל תּוֹרַתְךָ שֶׁלְמַדְתָּנוּ,
וְעַל חֻקֶיךָ שֶׁהוֹדַעְתָּנוּ,
וְעַל חַיִּים חֵן
וְחֶסֶד שֶׁחֹנַנְתָּנוּ,

v'al achilat mazon
and for our eating of the food
 sha-atah zan umfarneis
with which You nourish and sustain
 otanu tamid,
us always,
 b'chol yom uvchol eit
in every day and in every season
 uvchol sha-ah.
and in every hour.

וְעַל אֲכִילַת מִזוֹן
 שָׂאֲתָה זֶן וּמְפָרְנִים
 אוֹתָנוּ תָמִיד,
 בְּכֹל יוֹם וּבְכֹל עֵת
 וּבְכֹל שָׂעָה.

Continue on page 13 with V'AL HAKOL except during the holidays of Chanukah and Purim.

CHANUKAH/PURIM

Chanukah and Purim connect us to the energy of miracles. The following blessings help us to harness the power of miracles so that we can create them in our life whenever they are truly needed.

Al hanisim, v'al hapurkan,
(We thank You) for the miracles, and for the deliverance,
 v'al hag'vurot, v'al
and for the heroic acts, and for
 hat'shu-ot, v'al hamilchamot,
the salvation, and for the victories,
 she-asita la-avoteinu
that You performed for our ancestors
 bayamim hahem baz'man hazeh.
in those days past at this season.

עַל הַנִּסִּים, וְעַל הַפְּרָקָן,
 וְעַל הַגְּבוּרוֹת, וְעַל
 הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת,
 שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ
 בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.

CHANUKAH

Bimei Matit'yahu ben Yochanan
In the days of Matityahu the son of Yochanan
 kohein gadol, chashmonai uvanav,
the high priest, the Hasmonean, and his sons,
 k'she-am'dah malchut Yavan
when the kingdom of Greece rose up
 har'sha-ah al am'cha Yisra-eil
which was wicked- against your people Israel
 l'hashkicham Toratecha,
to make them forget Your Torah,
 ulha-aviram meichukei r'tzonecha,
and to compel them to stray from the statutes of Your will,
 v'atah b'rachamecha harabim
but You in Your mercy which is abundant

בְּיָמֵי מַתִּיתְיָהוּ בֶן יוֹחָנָן
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנַי וּבָנָיו,
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הָרְשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים

amadta lahem b'eit tzaratam,
stood up for them in the time of their distress,

ravta et rivam,
You championed their cause,

danta et dinam,
judged their claim,

nakamta et nikmatam,
and You avenged their wrong,

masarta giborim b'yad chalashim,
You delivered the strong into the hands of the weak,

v'rabim b'yad m'atim,
and the many into the hands of the few,

utmei-im b'yad t'horim,
and the pure into the hands of the pure,

ursha-im b'yad tzadikim,
and the wicked into the hands of the righteous,

v'zeidim b'yad os'kei Toratecha.
and the wrongdoers into the hands of the students of Your Torah.

Ulcha amita sheim gadol
For Yourself you made a name that is great

v'kadosh b'olamecha,
and holy in Your world,

ulam'cha Yisra-eil amita
and for Your people Israel You performed

t'shu-ah g'dolah ufurkan
a victory of great magnitude and a salvation

k'hayom hazeh.
as this very day.

V'achar kein ba-u
Thereafter came

vanecha lidvir beitecha,
Your children to the Holy of Holies of Your House,

ufinu et heichalecha,
and cleansed Your Temple,

v'tiharu et mikdashecha,
and purified the site of Your Holiness,

v'hidliku neivot
and kindled lights

b'chatzrot kodshecha,
in the courtyards of Your Sanctuary,

v'kav'u sh'monat y'mei
and they established the eight days

Chanukah eilu, l'hodot ul-haleil
of Chanukah -these-, to express thanks and praise

l'shimcha hagadol.
to Your Name which is great.

עֲמַדְתָּ לָהֶם בְּעֵת צָרָתָם,

רִבַּתְּ אֶת רִיבָם,

דִּנַּתְּ אֶת דִּינָם,

נִקְמַתְּ אֶת נִקְמָתָם,

מָסַרְתָּ גִבּוֹרִים בְּיַד חַלְשִׁים,

וְרַבִּים בְּיַד מְעַטִּים,

וְטְהוּרִים בְּיַד טְהוּרִים,

וְרָשָׁעִים בְּיַד צַדִּיקִים,

וְזֹדִים בְּיַד עוֹסְקֵי תוֹרָתְךָ.

וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל

וְקָדוֹשׁ בְּעוֹלָמְךָ,

וְלַעֲמֶךָ יִשְׂרָאֵל עָשִׂיתָ

תְּשׁוּעָה גְדוֹלָה וּפְרִקָן

כְּהַיּוֹם הַזֶּה.

וְאַחַר כֵּן בָּאוּ

בְּנֵיךָ לְדַבֵּר בֵּיתְךָ,

וּפָנּוּ אֶת הַיְכָלְךָ,

וְטְהַרוּ אֶת מִקְדָּשְׁךָ,

וְהִדְלִיקוּ נְרוֹת

בְּחִצְרוֹת קֹדֶשְׁךָ,

וְקָבְעוּ שְׁמוֹנַת יָמֵי

חֲנֻכַּה אֵלֶיךָ, לְהוֹדוֹת וּלְהַלֵּל

לְשִׁמְךָ הַגָּדוֹל.

PURIM

Bimei Mord'chai v'Esteir

In the days of Mordechai and Esther

b'Shushan habirah,

in the capital of Shushan,

k'she-amad aleihem Haman harasha,

when Haman the wicked rose up against them,

bikeish l'hashmid laharog ul-abeid

and he sought to destroy, slay, and exterminate

et kol hay'hudim,

all the Jews,

mina-ar v'ad zakein, taf v'nashim,

from young to old, infants and women,

b'yom echad, bishloshah asar

in one day, on the thirteenth

l'chodesh sh'neim asar,

of the twelfth month,

hu chodesh Adar,

which is the month of Adar,

ush-lalam lavoz.

and their possessions to be plundered.

V'atah b'rachamecha harabim

But You in Your abundant mercy

heifarta et atzato,

nullified his counsel,

v'kilkalta et machashavto,

and frustrated his intention,

vahasheivota lo g'mulo b'rosho,

and returned to him his recompense upon his own head,

v'talu oto v'et banav

and they hanged him and his sons

al haetz.

at the gallows.

בִּימֵי מֶרְדֵּכַי וְאֶסְתֵּר

בְּשׁוֹשַׁן הַבִּירָה,

כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,

בְּקִישׁ לְהַשְׁמִיד לְהָרוֹג וּלְאַבֵּד

אֶת כָּל הַיְהוּדִים,

מִנְעַר וְעַד זָקֵן, טַף וְנָשִׁים,

בְּיוֹם אֶחָד, בְּשָׁלוֹשָׁה עָשָׂר

לְחֹדֶשׁ שְׁנַיִם עָשָׂר,

הוּא חֹדֶשׁ אָדָר,

וְשָׁלַלְם לַבּוֹז.

וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים

הִפַּרְתָּ אֶת עֲצָתוֹ,

וְקִלְקַלְתָּ אֶת מַחְשַׁבְתּוֹ,

וְהִשְׁבֹּתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,

וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו

עַל הָעֵץ.

V'al hakol Adonai Eloheinu anachnu

And for all, Hashem our Elohim, we give You

modim lach, umvar'chim otach,

thanks, and bless You,

yitbarach shimcha b'fi kol chai tamid

may Your Name be always blessed by all

l'olam va-ed.

for ever and ever.

Kakatuv, v'achalta v'savata,

As it is written, after you have eaten and are satisfied,

uveirachta et Adonai Elohecha

you shall bless Hashem your Elohim

וְעַל הַכֹּל יְהוָה אֱלֹהֵינוּ אֲנַחְנוּ

מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ,

יִתְבָּרַךְ שִׁמְךָ בְּפִי כָל חַי תָּמִיד

לְעוֹלָם וָעֶד.

כְּכַתוּב, וְאַכַּלְתָּ וְשָׂבַעְתָּ,

וּבִרְכַתָּ אֶת יְהוָה אֱלֹהֶיךָ

al ha-aretz hatovah asher

for the good land which

natan lach.

you have been given.

Baruch atah Adonai,

Blessed are You Hashem,

al ha-aretz v'al hamazon. Amein.

for the land and for the food. Amein.

עַל הָאָרֶץ הַטּוֹבָה אֲשֶׁר

נָתַן לָךְ.

בְּרוּךְ אַתָּה יְהוָה,

עַל הָאָרֶץ וְעַל הַמָּזוֹן. אָמֵן.

הברכה השלישית - ברכת ירושלים

THE THIRD BLESSING: FOR JERUSALEM

This is the final blessing prescribed by Torah. It was composed by David and Solomon.

Racheim, Adonai Eloheinu,

Have mercy, Hashem our Elohim,

al Yisra-eil amecha,

on Israel Your people,

v'al Y'rushalayim irecha,

and on Jerusalem Your city,

v'al Tziyon mishkan k'vodecha,

and on Zion the dwelling place of Your glory,

v'al malchut beit David m'shichecha,

and on the sovereignty of the House of David Your anointed,

v'al habayit hagadol v'hakadosh

and on the great and holy House

shenikra shimcha alav.

upon which Your Name is called.

Eloheinu, Avinu, r'einu, zuneinu,

Our Elohim, our Father, tend us, nourish us,

parn'seinu, v'chalk'leinu,

sustain us, and support us,

v'harvicheinu, v'harvach lanu

and relieve us, and grant relief to us

Adonai Eloheinu

Hashem our Elohim

m'heirah mikol tzaroteinu,

speedily from all our troubles.

V'nah al tatzricheinu,

Please do not make us dependent,

Adonai Eloheinu,

Hashem our Elohim,

lo lidei mat'nat basar vadam,

neither upon the gifts of flesh and blood,

רַחֵם, יְהוָה אֱלֹהֵינוּ,

עַל יִשְׂרָאֵל עַמֶּךָ,

וְעַל יְרוּשָׁלַיִם עִירְךָ,

וְעַל צִיּוֹן מִשְׁכַּן כְּבוֹדְךָ,

וְעַל מַלְכוּת בֵּית דָּוִד מְשִׁיחֶךָ,

וְעַל הַבַּיִת הַגָּדוֹל וְהַקְּדוֹשׁ

שֶׁנִּקְרָא שִׁמְךָ עָלָיו.

אֱלֹהֵינוּ, אָבִינוּ, רַעֲנוּ, זוֹנְנוּ,

פָּרַנְסֵנוּ, וְכַלְכַּלְנוּ,

וְהַרְוִיחֵנוּ, וְהַרְוַח לָנוּ

יְהוָה אֱלֹהֵינוּ

מִהֶרָה מְכֹל צָרוֹתֵינוּ.

וְנֹא אַל תִּצְרִיכֵנוּ,

יְהוָה אֱלֹהֵינוּ,

לֹא לִידֵי מַתָּנַת בָּשָׂר וְדָם,

v'lo lidei halva-adam,

nor upon their loans,

ki im l'yad'cha ham'lei-ah,

but only upon Your hand that is full,

hap'tuchah, hak'doshah v'har'chavah,

open, holy, and spacious,

shelo neivosh v'lo nikaleim

that we not be ashamed nor be humiliated

l'olam va-ed.

for ever and ever.

וְלֹא לַיְדֵי הַלְוָאֲתָם,
כִּי אִם לַיָּדְךָ הַמְּלֵאָה,
הַפְּתוּחָהּ, הַקְּדוּשָׁה וְהַרְחֵבָהּ,
שֶׁלֹּא נִבְוֵשׁ וְלֹא נִכָּלֵם
לְעוֹלָם וָעֶד.

On a day other than Shabbat, Rosh Chodesh or a Festival, continue with UVNEIH Y'RUSHALYIM on page 17.

SHABBAT

We say this blessing on Shabbat to assist us in connecting to the extra energy available to us on this day.

R'tzeih v'hachalitzeinu

May it be pleasing to You to give us rest

Adonai Eloheinu

Hashem our Elohim

b'mitzvotcha uvmitzvot

through Your commandments and through the commandment

yom hash'vi-i ha-Shabbat hagadol

of the Seventh Day, the Sabbath that is great

v'hakadosh hazeh.

and holy, this one.

Ki yom zeh gadol

For this day which is great

v'kadosh hu l'fanecha,

and holy before You,

lishbat bo v'lanu-ach bo

to cease from work on it and to rest on it

b'ahavah k'mitzvot r'tzonecha,

in love as ordained by Your will,

uvirtzon'cha hani-ach lanu

and through Your will grant rest to us

Adonai Eloheinu,

Hashem our Elohim,

shelo t'hei tzarah v'yagon

that there should not be any distress nor grief

va-anachah b'yom m'nuchateinu.

nor lament on this day of our rest.

V'hareinu Adonai Eloheinu

And show us Hashem our Elohim

b'nechamat Tziyon irecha,

the consolation of Zion, Your City,

רְצֵה וְהַחֲלִיצֵנוּ
יְהוָה אֱלֹהֵינוּ
בְּמִצְוֹתֶיךָ וּבְמִצְוֹת
יוֹם הַשְּׁבִיעִי הַשַּׁבָּת הַגָּדוֹל
וְהַקְּדוֹשׁ הַזֶּה.
כִּי יוֹם זֶה גָּדוֹל
וְקְדוֹשׁ הוּא לְפָנֶיךָ,
לְשַׁבָּת בּוֹ וּלְנוּחַ בּוֹ
בְּאַהֲבָה כְּמִצְוֹת רְצוֹנְךָ,
וּבְרְצוֹנְךָ הַנִּיתָ לָנוּ
יְהוָה אֱלֹהֵינוּ,
שֶׁלֹּא תִהְיֶה צָרָה וַיָּגוֹן
וְאַנְחָה בְּיוֹם מְנוּחָתֵנוּ.
וְהִרְאֵנוּ יְהוָה אֱלֹהֵינוּ
בְּנֶחֱמַת צִיּוֹן עִירְךָ,

uv'vinyan Y'rushalayim ir kodshecha,
and the rebuilding of Jerusalem City of Your holiness,
ki atah hu ba-al
for You are Ruler
hayshu-ot uva-al hanechamot.
of salvations and Ruler of consolations.

וּבְבִנְיַן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,
כִּי אַתָּה הוּא בַּעַל
הַיְשׁוּעוֹת וּבַעַל הַנְּחָמוֹת.

ROSH CHODESH & FESTIVALS

On Rosh Chodesh and during Festivals, there is extra energy available to us. This blessing connects us to the energy of those times.

Eloheinu v'Eilohei avoteinu,
Our Elohim and Elohim of our ancestors,
ya-aleh v'yavo, v'yagi-a, v'yeira-eh,
may there rise and come, and reach, and be noted,
v'yeiratze, v'yishama, v'yipakeid,
and be favored, and be heard, and be considered,
v'yizacheir zichroneinu ufikdoneinu
and be remembered the remembrance and consideration of us
v'zichron avoteinu, v'zichron
and the remembrance of our ancestors, and the remembrance
Mashi-ach ben David avdecha,
of Mashiach son of David Your servant,
v'zichron Y'rushalayim ir
and the remembrance of Jerusalem the City
kodshecha, v'zichron kol am'cha
of Your holiness, and the remembrance of Your entire people
beit Yisra-eil l'fanecha,
the House of Israel before You,
lifleitah, l'tovah,
for deliverance, for goodness,
l'chein ul-chesed ul-rachamim,
for grace and for kindness and for compassion,
l'chayim ul-shalom,
for life and for peace,
b'yom
on this day of

Rosh Chodesh: Rosh ha-Chodesh hazeh.
the New Moon.

Pesach: Chag ha-Matzot hazeh.
the Festival of Matzah.

Shavuot: Chag ha-Shavu-ot hazeh.
the Festival of Shavuot.

Rosh Hashanah: Hazikaron hazeh.
the Remembrance.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
יַעֲלֶה וַיָּבֹא, וַיַּגִּיעַ, וַיִּרְאֶה,
וַיִּרְצֶה, וַיִּשְׁמַע, וַיִּפְקֹד,
וַיִּזְכֹּר זְכוֹרֵנוּ וּפְקֻדוֹנוּ
וְזִכְרוֹן אֲבוֹתֵינוּ, וְזִכְרוֹן
מָשִׁיחַ בֶּן דָּוִד עַבְדְּךָ,
וְזִכְרוֹן יְרוּשָׁלַיִם עִיר
קֹדֶשְׁךָ, וְזִכְרוֹן כָּל עַמְּךָ
בֵּית יִשְׂרָאֵל לְפָנֶיךָ,
לְפִלְיָטָה, לְטוֹבָה,
לְחַן וּלְחֶסֶד וּלְרַחֲמִים,
לְחַיִּים וּלְשָׁלוֹם,
בְּיוֹם

לְרֵאשִׁי חֹדֶשׁ: רֵאשִׁי הַחֹדֶשׁ הַזֶּה.

לְפֶסַח: חַג הַמַּצּוֹת הַזֶּה.

לְשָׁבּוֹת: חַג הַשְּׁבָעוֹת הַזֶּה.

לְרֵאשִׁי הַשָּׁנָה: הַזְּכוֹרֹן הַזֶּה.

Sukkot: Chag ha-Sukkot hazeh.
the Festival of Sukkot.

Sh'mini Atzeret: Ha-Sh'mini chag.
the Festival of Sh'mini

ha-Atzeret hazeh.
Atzeret.

Zochreinu Adonai Eloheinu,
Remember us Hashem our Elohim,

bo l'tovah, ufokdeinu vo
for goodness on it, and consider us on it

livrachah, v'hoshi-einu vo
for blessing, and save us on it

l'chayim. Uvidvar y'shu-ah
for life. In the matter of salvation

v'rachamim, chus v'chaneinu,
and compassion, have pity and be gracious,

v'racheim aleinu v'hoshi-einu,
and be compassionate with us and save us,

ki eilecha eineinu,
for to You our eyes are turned,

ki eil melech chanun
because O Eternal One a Sovereign gracious

v'rachum atah.
and compassionate are You.

לְסֻכּוֹת: חַג הַסֻּכּוֹת הַזֶּה.

לְשִׁמְיֵי עֲצֵרֶת: הַשְּׁמִינִי חַג

הָעֲצֵרֶת הַזֶּה.

זָכְרֵנוּ, יְהוָה אֱלֹהֵינוּ,

בּוֹ לְטוֹבָה, וּפְקֻדָּנוּ בּוֹ

לְבִרְכָה, וְהוֹשִׁיעֵנוּ בּוֹ

לְחַיִּים. וּבְדַבַּר יְשׁוּעָה

וְרַחֲמִים, חוּס וְחַנּוּן,

וְרַחֲמֵי עָלֵינוּ וְהוֹשִׁיעֵנוּ,

כִּי אֵלֶיךָ עֵינֵינוּ,

כִּי אֵל מֶלֶךְ חַנּוּן

וְרַחוּם אַתָּה.

Uvneih Y'rushalayim ir ha-kodesh
And rebuild Jerusalem the city of holiness

bimheirah v'yameinu.
soon in our days.

Baruch atah Adonai,
Blessed are You Hashem,

boneih v'rachamav Y'rushalayim.
Who rebuilds Jerusalem with mercy.

Amein.
Amen.

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ

בְּמַהֲרָה בְּיָמֵינוּ.

בָּרוּךְ אַתָּה יְהוָה,

בוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם.

אָמֵן.

הברכה הרביעית - הַטוֹב וְהַמְּטִיב

THE FOURTH BLESSING: FOR THE CREATOR'S GOODNESS

This blessing connects us to the energy of gratitude, which enables us to receive more blessings in our lives.

Baruch atah Adonai Eloheinu

Blessed are You Hashem our Elohim

melech ha-olam, ha-Eil, Avinu,
Sovereign of the universe, the Almighty, our Father,

malkeinu, adireinu, bor'einu,
our Sovereign, our Mighty One, our Creator,

go-aleinu, yotz'reinu,
our Redeemer, our Maker,

k'dosheinu k'dosh Ya-akov,
our Holy One, Holy One of Jacob,

ro-einu ro-eih Yisra-eil,
our Shepherd, Shepherd of Israel,

hamelech hatov v'hameitiv l'kol,
the Sovereign Who is good and does good for all,

sheb'chol yom vayom hu heitiv,
for every day and day after He did good,

hu meitiv, hu yeitiv lanu.
He does good, and He will do good to us.

Hu g'malanu, hu gom'leinu,
He was bountiful with us, He is bountiful with us,

hu yigm'leinu la-ad,
and He will be bountiful with us,

l'chein ulchesed ulrachamim
with grace and with kindness and with compassion

ulrevach hatzalah v'hatzlachah,
with relief, rescue and success,

b'rachah vishu-ah, nechamah,
blessing and salvation, consolation,

parnasah v'chal-kalah, v'rachamim
sustenance and support, and compassion

v'chayim v'shalom v'chol tov,
and life and peace and all good,

umikol tuv l'olam al y'chas'reinu.
and of all good things may He forever not deprive us.

Amein.

Amen.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, הָאֵל, אָבִינוּ,
מַלְכֵנוּ, אֲדִירֵנוּ, בּוֹרְאֵנוּ,
גּוֹאֲלֵנוּ, יוֹצְרֵנוּ,
קְדוֹשֵׁנוּ קְדוֹשׁ יַעֲקֹב,
רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל,
הַמֶּלֶךְ הַטוֹב וְהַמְּטִיב לְכֹל,
שֶׁבְּכֹל יוֹם וַיּוֹם הוּא הֵטִיב,
הוּא מְטִיב, הוּא יֵיטִיב לָנוּ.
הוּא גִמְלָנוּ, הוּא גּוֹמְלָנוּ,
הוּא יִגְמְלָנוּ לְעַד,
לְחַן וְלַחֲסֵד וְלִרְחָמִים
וְלִרְוַח הַצְּלָה וְהַצְּלָחָה,
בְּרַכָּה וַיְשׁוּעָה, נְחָמָה,
פְּרִנָּסָה וְכֹלְכָלָה, וְרַחֲמִים
וְחַיִּים וְשָׁלוֹם וְכֹל טוֹב,
וּמִכֹּל טוֹב לְעוֹלָם אַל יַחְסְרֵנוּ.
אָמֵן.

Harachaman, hu yimloch

The Compassionate One, May He reign

aleinu l'olam va-ed.

over us for ever and ever.

הַרְחַמֵּן, הוּא יִמְלֹךְ
עָלֵינוּ לְעוֹלָם וָעֶד.

Harachaman, hu yitbarach

The Compassionate One, may He be blessed

bashamayim uva-aretz.

in heaven and on earth.

הַרְחַמֵּן, הוּא יִתְבָּרַךְ
בַּשָּׁמַיִם וּבָאָרֶץ.

Harachaman, hu yishtabach

The Compassionate One, may He be praised

l'dor dorim, v'yitpa-ar banu la-ad

for all generations, and may He be glorified in us forever

ulneitzach n'tzachim, v'yit-hadar

and until the end of time, and may He be honored

banu la-ad ul-ol'mei olamim.

in us forever and for all eternity.

הַרְחַמֵּן, הוּא יִשְׁתַּבַּח
לְדוֹר דּוֹרִים, וְיִתְפָּאֵר בְּנוֹ לְעֶד
וְיִנְצַח נְצָחִים, וְיִתְהַדָּר
בְּנוֹ לְעֶד וּלְעוֹלָמֵי עוֹלָמִים.

Harachaman, hu y'farn'seinu

The Compassionate One, may He sustain us

b'chavod.

in honor.

הַרְחַמֵּן, הוּא יִפְרֹנְסֵנוּ
בְּכַבּוֹד.

Harachaman, hu yishbor uleinu

The Compassionate One, may He break our burden

mei-al tzavareinu v'hu yolicheinu

of oppression from our necks and guide us

kom'miyut l'ar-tzeinu.

upstanding to our land.

הַרְחַמֵּן, הוּא יִשְׁבּוֹר עֲלֵנוּ
מֵעַל צְוָאֲרָנוּ וְהוּא יוֹלִיכֵנוּ
קוֹמְמִיּוֹת לְאַרְצֵנוּ.

Harachaman, hu yishlach lanu

The Compassionate One, may He send ample

b'rachah m'rubah babayit hazeh,

blessing unto this house,

v'al shulchan zeh she-achalnu alav.

and upon this table at which we have eaten.

הַרְחַמֵּן, הוּא יִשְׁלַח לָנוּ
בְּרָכָה מְרֻבָּה בַּבַּיִת הַזֶּה,
וְעַל שֻׁלְחָן זֶה שֶׁאֲכָלְנוּ עָלָיו.

Harachaman, hu yishlach lanu et

The Compassionate One, may He send us

Eilياهو hanavi zachur latov,

Elijah the prophet of blessed memory,

vivaser lanu b'sorot tovot

who will bring us good tidings

y'shu-ot v'nechamot.

of consolation and comfort.

הַרְחַמֵּן, הוּא יִשְׁלַח לָנוּ אֶת
אֵלֵיהוּ הַנָּבִיא זָכוֹר לְטוֹב,
וַיַּבְשֵׁר לָנוּ בְּשׂוֹרוֹת טוֹבוֹת
יְשׁוּעוֹת וְנֶחֱמוֹת.

Otanu v'et kol asher lanu,
Us and all that is ours,
 k'mo shenitbar'chu avoteinu,
just as our ancestors were blessed,
 Avraham Yitz-chak v'Ya-akov,
Abraham, Isaac, and Jacob,
 bakol, mikol, kol,
in everything, from everything, with everything,
 kein y'vareich otanu
so may He bless us
 kulanu yachad bivrachah sh'leimah,
all of us together with a blessing that is perfect.
 v'nomar, amein.
and let us say, amen.

אוֹתָנוּ וְאֵת כָּל אֲשֶׁר לָנוּ,
 כְּמוֹ שֶׁנִּתְבָּרְכוּ אֲבוֹתֵינוּ,
 אַבְרָהָם יִצְחָק וְיַעֲקֹב,
 בְּכֹל, מִכֹּל, כֹּל,
 כֵּן יְבָרֵךְ אוֹתָנוּ
 כְּלָנוּ יַחַד בְּבִרְכָה שְׁלֵמָה,
 וְנֹאמֵר, אָמֵן.

Bamarom y'lam'du aleihem
On high may there be pleaded upon them
 v'aleinu z'chut,
and upon us merit,
 shet'hei l'mishmeret shalom.
that may serve for a safeguard of peace.
 V'nisa v'rachah mei-eit Adonai,
And may we receive a blessing from Hashem,
 utzdakah mei-Elohei yisheinu,
and kindness that is just from the Elohim or our salvation,
 v'nimtza chein v'seichel tov
and may we find favor and understanding that is good
 b'einei Elohim v'adam.
in the eyes of Elohim and humankind.

בְּמָרוֹם יִלְמְדוּ עֲלֵיהֶם
 וְעַלֵּינוּ זְכוּת,
 שֶׁתְּהֵא לְמִשְׁמֶרֶת שְׁלוֹם.
 וְנִשָּׂא בְרָכָה מֵאֵת יְהוָה,
 וְיִצְדָּקָה מֵאֱלֹהֵי יִשְׂרָאֵל,
 וְנִמְצָא חֵן וְשִׁכְל טוֹב
 בְּעֵינֵי אֱלֹהִים וָאָדָם.

On Shabbat Add This Line:

Harachaman, hu yanchileinu
The Compassionate One, may He cause us to inherit
 yom shekulo Shabbat
the day which will be completely Shabbat
 umnuchah l'chayei ha-olamim.
and a rest day for life that is eternal.

לְשַׁבָּת:
 הַרְחֵמֵנוּ, הוּא יִנְחִילֵנוּ
 יוֹם שְׁכֻלוֹ שַׁבָּת
 וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

On Rosh Chodesh Add This Line:

Harachaman, hu y'chadeish aleinu et
The Compassionate One, may He renew for us
 hachodesh hazeh l'tovah v'livrachah.
this month for goodness and for blessing.

לְרֹאשׁ חֹדֶשׁ:
 הַרְחֵמֵנוּ, הוּא יַחְדֵּשׁ עֲלֵינוּ אֶת
 הַחֹדֶשׁ הַזֶּה לְטוֹבָה וְלְבִרְכָה.

On Festivals Add This Line:

Harachaman, hu yanchileinu

The Compassionate One, may He cause us to inherit

yom shekulo tov.

the day which is completely good.

ליום טוב:

הַרְחֵמֵנוּ, הוּא יְנַחֵלֵנוּ

יוֹם שֶׁכֻּלּוֹ טוֹב.

On Rosh Hashanah Add This Line:

Harachaman, hu y'chadeish aleinu et

The Compassionate One, may He renew for us

hashanah hazot l'tovah v'livrachah.

this year for goodness and for blessing.

לראש השנה:

הַרְחֵמֵנוּ, הוּא יַחַדֵּשׁ עָלֵינוּ אֶת

הַשָּׁנָה הַזֹּאת לְטוֹבָה וְלְבִרְכָה.

On Sukkot Add This Line:

Harachaman, hu yakim lanu et

The Compassionate One, may He erect for us

sukot David hanofalet.

the booth of David which is fallen.

לסכות:

הַרְחֵמֵנוּ, הוּא יִקִּים לָנוּ אֶת

סֻכַּת דָּוִד הַנוֹפֶלֶת.

Harachaman, hu y'zakeinu limot

The Compassionate One, may He enable us to live in the days

ha-Mashi-ach ulchayei ha-olam haba.

of the Mashiach and in the world to come.

הַרְחֵמֵנוּ, הוּא יִזְכֵּנוּ לַיָּמֹת

הַמְּשִׁיחַ וְלַחַיֵּי הָעוֹלָם הַבָּא.

Oseh shalom bimromav,

May the One Who makes peace in the heavens,

hu ya-aseh shalom aleinu,

may He make peace upon us,

v'al kol Yisra-eil,

and upon all Israel and upon all the world,

v'al kol yosh'vei teveil,

and upon all the inhabitants of the earth,

v'imru amen.

and let us say amen.

עֹשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל

וְעַל כָּל יוֹשְׁבֵי תֵבֵל,

וְאָמְרוּ אָמֵן.

Y'RU

These verses connect us to the energy of abundance. They remind us that when we receive for the sake of sharing we are truly connected to the Light of the Creator and always have what we need.

Y'ru et Adonai k'doshav,
Give honor to Hashem O you holy ones,
ki ein machsor lirei-av.
for there is no deprivation for His reverent ones.
K'firim rashu v'ra-ejvu,
Young lions may want and hunger,
v'dor'shei Adonai lo
but those who seek Hashem will not
yachs'ru kol tov.
lack any good.
Hodu l'Adonai ki tov,
Give thanks to Hashem for He is good,
ki l'olam chasdo.
for His kindness endures forever.
Potei-ach et yadecha,
You open Your hand,
umasbi-a l'chol chai ratzon.
and satisfy every living thing with its desire.
Baruch hagever asher
Blessed is the one who places
yivtach b'Adonai,
their trust in Hashem,
v'hayah Adonai mitvacho.
and then will Hashem be their security.
Na-ar hayiti gam zakanti,
A youth have I been and also I have aged,
v'lo ra-iti tzadik ne-ezav,
but I have not seen a righteous person forsaken,
v'zaro m'vakesh lachem.
nor their children begging for bread.
Adonai oz l'amo yitein,
Hashem will give strength to His people,
Adonai y'vareich et amo vashalom.
Hashem will bless His people with peace.

יִרְאוּ אֶת יְהוָה קְדוֹשֵׁיוֹ,
כִּי אֵין מַחְסוֹר לִירְאָיו.
כְּפִירִים רָשׁוּ וְרָעִבוּ,
וְדוֹרְשֵׁי יְהוָה לֹא
יַחְסְרוּ כֹל טוֹב.
הוֹדוּ לַיהוָה כִּי טוֹב,
כִּי לְעוֹלָם חַסְדּוֹ.
פּוֹתֵחַ אֶת יָדְךָ,
וּמְשַׁבֵּיעַ לְכֹל חַי רְצוֹן.
בָּרוּךְ הַגֵּבֵר אֲשֶׁר
יְבַטֵּחַ בַּיהוָה,
וְהָיָה יְהוָה מְבַטְחוֹ.
נַעַר הָיִיתִי גַם זָקַנְתִּי,
וְלֹא רָאִיתִי צַדִּיק נֶעְזָב,
וְזָרְעוֹ מְבַקֵּשׁ לֶחֶם.
יְהוָה עֹז לְעַמּוֹ יִתֵּן,
יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

ברכת אחרונות

B'RACHOT ACHARONOT - BLESSINGS AFTER OTHER FOODS

This series of blessings is said after eating a meal which includes grain products (other than bread or matzah) made from wheat, barley, rye, oats, or spelt; and any other food. A blessing is recited for each of the food groups one has eaten from, in the order that they appear below. Use the portion in () only if you are saying the line after the previous line. For example, the line about wine and then the line about fruit. For all other foods continue on page 23.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

על א' מחמשת מיני דגן:

After Grain Products:

hamichyah v'al hakal-kalah,

for the nourishment and for the sustenance,

הַמִּחְיָה וְעַל הַכֹּלְכָלָה,

על היין:

After Wine or Grape Juice:

(v'al) hagefen v'al p'ri hagefen,

(and) for the vine and for the fruit of the vine,

(וְעַל) הַגֶּפֶן וְעַל פְּרֵי הַגֶּפֶן,

על פירות משבעת המינים:

After Fruits:

(v'al) ha-eitz v'al p'ri ha-eitz,

(and) for the tree and for the fruit of the tree,

(וְעַל) הָעֵץ וְעַל פְּרֵי הָעֵץ,

v'al t'nuvat hasadeh,

and for the produce of the field,

v'al erez chemdah tovah urchavah,

and for the desirable, good and spacious land,

sheratzita v'hinchalta la-avoteinu,

that You desired to give as a heritage to our ancestors,

le-echol mipiryah

to eat of its fruit

v'lisbo-a mituvah.

and to be satisfied with its goodness.

Rachem na, Adonai Eloheinu,

Have mercy we beg You, Hashem our Elohim,

al Yisra-eil amecha,

upon Israel Your people,

v'al Y'rushalayim irecha,

and upon Jerusalem Your city,

v'al Tziyon mishkan k'vodecha,

and upon Zion the dwelling place of Your glory,

וְעַל תְּנוּבַת הַשָּׂדֶה,

וְעַל אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחֲבָה,

שֶׁרָצִיתָ וְהִנְחַלְתָּ לְאַבוֹתֵינוּ,

לְאֶכּוֹל מִפְּרִיָּהּ

וְלִשְׂבּוֹעַ מִטּוֹבָהּ.

רַחֵם נָא, יְהוָה אֱלֹהֵינוּ,

עַל יִשְׂרָאֵל עַמְּךָ,

וְעַל יְרוּשָׁלַיִם עִירְךָ,

וְעַל צִיּוֹן מִשְׁכַּן כְּבוֹדְךָ,

v'al mizb'checha v'al heichalecha.
and upon Your Altar and upon Your Temple.

Uvneih Y'rushalayim ir hakodesh
Rebuild Jerusalem the city of holiness
bimheirah v'yameinu,
soon in our days,
v'ha-aleinu l'tochah,
and bring us up into it,
v'sam'cheinu b'vinyanah,
and gladden us in its rebuilding,
v'nochal mipiryah v'nisba mituvah,
let us eat from its fruit and be satisfied with its goodness.
unvarech'cha aleha
and lets us bless You upon it
bikdushah uvtaharah.
in holiness and purity.

ועל מזבֿחך, ועל היכלך.
ובנה ירושלים עיר הקֿדש
במהרה בימינו,
והעלנו לתוכה,
ושמֿחנו בבנינה,
ונאכל מפריה ונשבֿע מטובה,
ונברכך עליה
בקֿדשה ובטהרה.

On Shabbat Add This Line:

Ur-tzei v'hachalitzeinu
And may it be pleasing to You to give us rest
b'yom ha-Shabbat hazeh.
on this day of Shabbat.

On Rosh Chodesh Add This Line:

V'zochreinu l'tovah,
And remember us for goodness,
b'yom rosh hachodesh hazeh.
on this day of the New Moon.

On Pesach Add This Line:

V'sam'cheinu b'yom
And gladden us on the day
chag ha-matzot hazeh.
of this Festival of Matzot.

On Shavuot Add This Line:

V'sam'cheinu b'yom
And gladden us on the day
chag ha-Shavu-ot hazeh.
of this Festival of Shavuot.

On Rosh Hashanah Add This Line:

V'zochreinu l'tovah,
And remember us for goodness,
b'yom hazikaron hazeh.
of this day of Remembrance.

לשבת:
ורצה והחליצנו
ביום השבת הזה.

לראש חֿדש:
וזכרנו לטובה,
ביום ראש החֿדש הזה.

לפסח:
ושמֿחנו ביום
חג המצות הזה.

לשבֿעות:
ושמֿחנו ביום
חג השבֿעות הזה.

לראש השנה:
וזכרנו לטובה
ביום הזכרון הזה.

On Sukkot Add This Line:

V'sam'cheinu b'yom

And gladden us on the day

chag ha-Sukot hazeh.

*of this Festival of Sukkot.***On Sukkot Add This Line:**

V'sam'cheinu b'yom

And gladden us on the day

ha-Sh'mini chag ha-Atzeret hazeh.

of this Festival of Sh'mini Atzeret.

לְסֻכּוֹת:

וּשְׂמַחְנוּ בְיוֹם
חַג הַסֻּכּוֹת הַזֶּה.

לְשִׁמְיַנִּי עֲצֵרֶת:

וּשְׂמַחְנוּ בְיוֹם
הַשְּׁמִינִי חַג הָעֲצֵרֶת הַזֶּה.

Ki atah Adonai tov umeitiv lakol,

For You Hashem are good and do good to all,

v'nodeh l'cha al ha-aretz

*and we thank You for the land*כִּי אַתָּה יְהוָה טוֹב וּמְטִיב לְכֹל,
וְנוֹדֶה לְךָ עַל הָאָרֶץ**After Grain Products:**

v'al hamich-yah v'al hakal-kalah,

*and for the nourishment and for the sustenance.*עַל א' מַחֲמֶשֶׁת מִיַּנִּי דֶגֶן:
וְעַל הַמַּחֲיָה וְעַל הַכֹּלְכָלָה.

עַל הַיַּיִן:

After Wine or Grape Juice:

(v'al) p'ri hagafen,

(and) for the fruit of the vine,

(וְעַל) פְּרֵי הַגָּפֶן,

עַל פִּירוֹת מִשִּׁבְעַת הַמִּינִים:

After Fruits:

(v'al) p'ri ha-eitz,

(and) for the fruit of the tree,

(וְעַל) פְּרֵי הָעֵץ,

בָּרוּךְ אַתָּה יְהוָה,

עַל הָאָרֶץ

Baruch atah Adonai,

Blessed are You Hashem,

al ha-aretz

for the land

עַל א' מַחֲמֶשֶׁת מִיַּנִּי דֶגֶן:

וְעַל הַמַּחֲיָה וְעַל הַכֹּלְכָלָה,

עַל הַיַּיִן:

After Grain Products:

v'al hamich-yah v'al hakal-kalah,

and for the nourishment and for the sustenance,

(וְעַל) פְּרֵי הַגָּפֶן,

עַל פִּירוֹת מִשִּׁבְעַת הַמִּינִים:

After Wine or Grape Juice:

(v'al) p'ri hagafen,

*(and) for the fruit of the vine,***After Fruits:**

(v'al) p'ri ha-eitz.

(and) for the fruit of the tree.

(וְעַל) פְּרֵי הָעֵץ.

בורא נפשות

BOREI N'FASHOT - BLESSINGS AFTER EATING

This series of blessings is said after eating or drinking any food that neither the Birkat Hamazon nor the B'rachot Acharonot applies, such as fruits that do not grow on trees, vegetables, or beverages other than wine or grape juice.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

borei n'fashot rabot v'chesronan,

Who creates numerous living things with their deficiencies,

al kol mah shebarata

for all that You have created

l'hachayot bahem nefesh kol chai.

with which to sustain the life of every being.

Baruch chei ha-olamim.

Blessed is the One Who is the Life-giver of the worlds.

בְּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא נִפְשׁוֹת רַבּוֹת וְחִסְרוֹנָן,
עַל כֹּל מַה שֶּׁבְרָאתָ
לְהַחַיֹּת בָּהֶם נֶפֶשׁ כֹּל חַי.
בְּרוּךְ חַי הָעוֹלָמִים.