



Birkat Hamazon Grace After Meals



Temple Israel

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Harachaman hu yitein achavah

הרחמן הוא יתן אחוה

bein b'nei Sarah

בין בני שרה

u'vein b'nei Hagar.

ובין בני הגר.

May the Compassionate One create a caring bond between the children of Sarah and the children of Hagar.

לשבת

Recited on Shabbat only

Ha-ra-cha-man, hu yan-chi-lei-nu

הרחמן, הוא ינחילנו

yom she-ku-lo Sha-bat um-nu-chah

יום שכלו שבת ומנוחה

'chai-yei ha-o-la-mim.

לחיי העולמים.

May the Compassionate One allow us to experience a complete Sabbath and rest everlasting.



Oseh shalom bimromav,

עשה שלום במרומו.

Hu ya'aseh shalom aleinu

הוא יעשה שלום עלינו

V'al kol Yisrael:

ועל כל ישראל.

v'al kol yosh'vei teiveil

ועל כל יושבי תבל

V'imru, Amen.

ואמרו אמן:

Maker of harmony in the universe, grant peace to us, to Israel, and to all people everywhere. And let us say Amen.

יעלה ויבא Ya-ah-le V'ya-vo

Recited on festivals

Ah-do-nai God of our ancestors help us remember the dedication of our parents. Strengthen us in our belief and our hopes for an era of peace known as the age of Messiah. May our prayers be answered as we come before You on this day of

Succot / Shmini Atzret / Passover

Shavout / Rosh Hashana / Rosh Chodesh

Uv-nei Y'ru-sha-la-yim ir ha-ko-desh ובניה ירושלים עיר הקודש

bim-hei-rah v'ya-mei-nu. במהרה בימינו.

Ba-ruch a-tah Ah-do-nai, bo-nei ברוך אתה יהוה, בונה

b'ra-cha-mav Y'ru-sha-la-yim. אמן.

A-men.

Rebuild Jerusalem the holy city speedily in our days. We praise You Ah-do-nai, who will rebuild Jerusalem in mercy.

V'ni-sa v'ra-chah mei-eit Ah-do-nai, ונשא ברכה מאת יהוה,

uts-da-kah mei-E-lo-hei yish-ei-nu, וצדקה מאלהי ישענו,

v'nim-tsa chein v'sei-chel tov ונמצא חן ושכל טוב

b'ei-nei E-lo-him v'a-dam. בעיני אלהים ואדם.

May we receive a blessing from Ah-do-nai, and righteousness from the God of our salvation; and may we find grace and understanding in the sight of God and humanity.

Harachaman hu y'vareich et הרחמן הוא יברך את

kol hamisubim kan, כל המסובים כאן,

otanu v'et kol asher lanu, אותנו ואת כל אשר לנו.

May the Compassionate One bless all who are gathered here, as well as all dear to us.

Harachaman hu yivareich et הרחמן הוא יברך את

Midinat Yisrael מדינת ישראל,

reishit tzmichat g'ulateinu. ראשית צמיחת גאולתנו.

May the Compassionate One bless the State of Israel, the beginning of the flowering of our redemption.

Harachaman hu y'variech et הרחמן הוא יברך את

m'dinat hazot, v'yagein aleiha. מדינת הזאת, ויגן עליה.

May the Compassionate One bless and protect this country.

ki hu Eil zan um-far-neis la-kol, כִּי הוּא אֵל זֶן וּמַפְרִינֵם
u-mei-tiv la-kol, לְכָל וּמַטִּיב לְכָל

u-mei-chin ma-zon l'chawl וּמַכִּין מְזוּן לְכָל
b'ri-yo-tav a-she ba-ra. בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.

Ba-ruch a-tah Ah-do-nai, בָּרוּךְ אַתָּה יְהוָה ,
ha-zan et ha-kol. הַזֶּן אֶת הַכֹּל:

We praise You, *Ah-do-nai*, eternal of the universe, who nourishes the whole world with grace, kindness and mercy. You give food to all creatures, Your kindness will last forever. Through Your great goodness we have never gone hungry. May we never know hunger for Your name's sake. *Ah-do-nai* is the God who sustains all, does good to all, and provides food for all the creatures which He has created. We praise You, *Ah-do-nai*, who sustains all.

Al Hanissim עַל הַנִּסִּים

Recited on Chanukah and Purim

Al hanissim v'al hapurkan עַל הַנִּסִּים. וְעַל הַפְּרָקָן.

V'al hagvurot V'al hot'shuot וְעַל הַגְּבוּרוֹת. וְעַל הַתְּשׁוּעוֹת.

V'al hanifla'ot she'asita la'avoteinu וְעַל הַמַּלְחָמוֹת. שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ

Bayamim hahem u' bazman hazeh בַּיָּמִים הָהֵם וּבַזְּמַן הַזֶּה.

We thank You also for the miracles, for the redemption, for the mighty deeds and saving acts, wrought by You, as well as for the miracles which You have done for our ancestors, in those days and in our times.



R'tei רְצֵה

Recited on Shabbat

May it be *Ah-do-nai's* will to strengthen us in the commandments, especially regarding the seventh day, this great and holy Shabbat, for today is great and holy before God - a day on which to rest and repose in love, according to *Ah-do-nai's* commandments. May it be *Ah-do-nai's* will to grant us relief from all troubles, sorrow and grief. May *Ah-do-nai* enable us to see Zion comforted and the holy city of Jerusalem rebuilt.

Birkat Hamazon Grace After Meals

Birkat Hamazon, the blessing after the meal, is also known as "*benching*," the anglicization of the Yiddish word *bentshn*, which means to bless. The prayer was instituted to fulfill the commandment, "When you have eaten and are satisfied, give praise to your God who has given you this good earth."(Deuteronomy 8:10).

Leader

Chaveirai n'vareich! חֲבֵרַי נְבָרֵךְ!

Friends, let us thank God.

All respond

Y'hi sh-em Ah-do-nai m'vo-ra-ch יְהִי שֵׁם יְהוָה מְבֹרָךְ

mei-ah-ta v'ad olam. מֵעַתָּה וְעַד עוֹלָם.

Blessed is the name of God now and forever.

Leader

B'ri-shut Chaveirai n'va-re-ch בְּרִשׁוֹת חֲבֵרַי נְבָרֵךְ

(El-o-hei-nu) sh-a chal-nu mi-she-lo. (אֱלֹהֵינוּ) שְׂאֲכָלְנוּ מִשְׁלוֹ.

With your permission, let us thank God whose food we have eaten.

Ba-ruch (El-o-hei-nu) she-a-chal-nu בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכָלְנוּ

mi-she-lo u'v-to-vo cha-yi-nu. מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ.

Let us now bless *Ah-do-nai* whose food we have eaten and through whose goodness we live.

Ba-ruch a-tah Ah-do-nai, בָּרוּךְ אַתָּה יְהוָה,

E-lo-hei-nu Me-lech Ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Ha-zan et ha-o-lam ku-lo, הַזֶּן אֶת הָעוֹלָם כָּלוֹ

b'tu-vo, b'chein b'che-sed בְּטוֹבוֹ בְּחֵן בְּחֶסֶד

uv-ra-cha-mim, וּבְרַחֲמִים ,

hu no-tein le-chem l'chawl ba-sar, הוּא נוֹתֵן לֶחֶם לְכָל בָּשָׂר

ki l'o-lam chas-do. כִּי לְעוֹלָם חֶסֶדוֹ.

Uv-tu-vo ha-ga-dol, . וּבְטוֹבוֹ הַגָּדוֹל .

ta-mid lo cha-sar la-nu, תָּמִיד לֹא חָסַר לָנוּ,

v'al yech-sar la-nu, וְאֵל יַחֲסַר לָנוּ

ma-zon l'o-lam va-ed. מְזוּן לְעוֹלָם וָעֶד.

Ba-a-vur sh'mo ha-ga-dol, בַּעֲבוּר שְׁמוֹ הַגָּדוֹל,

Shir Hama'alot - Psalm 126

It is customary to recite a psalm prior to *Birkat Hamazon* (Grace After Meals). The Zohar teaches that one who derives pleasure from bread and enjoys the taste of foods, should remember the Holy Land. Psalm 126, "*Shir Hama'alot*", is recited, which speaks about the future redemption of Israel.

Shir ha-ma-a-lot, b'shuv Ah-do-nai, שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יְהוָה,

et shi-vat Tsi-yon, אֶת שִׁיבַת צִיּוֹן,

ha-yi-nu k'cho-l'mim. הָיִינוּ כְּחֹלְמִים.

Az y'ma-lei s'chok pi-nu אַז יִמְלֵא שְׂחוֹק פִּינוּ

ul-sho-nei-nu ri-nah, וּלְשׁוֹנֵינוּ רִנָּה,

az yo-m'ru va-go-yim, אַז יֹאמְרוּ בְּגוֹיִם,

hig-dil Ah-do-nai, הִגְדִּיל יְהוָה,

la-a-sot im ei-le. לַעֲשׂוֹת עִם אֵלָה.

Hig-dil Ah-do-nai la-a-sot i-ma-nu, הִגְדִּיל יְהוָה לַעֲשׂוֹת עִמָּנוּ,

ha-yi-nu s'mei-chim. הָיִינוּ שְׂמֵחִים.

Shu-vah Ah-do-nai, שׁוּבָה יְהוָה,

et sh'vi-tei-nu, אֶת שְׁבִיתֵנוּ,

ka-a-fi-kim ba-ne-gev. כַּאֲפִיקִים בַּנֶּגֶב.

Ha-zo-r'im b'dim-a הוֹרְעִים בְּדַמְעָה,

b'ri-nah yik-tso-ru. בְּרִנָּה יִקְצְרוּ.

Ha-loch yei-leich u-va-cho, הָלוֹךְ יֵלֵךְ וּבָכָה,

no-sei me-shech ha-za-ra, נִשָּׂא מִשֶּׁךְ הַזָּרַע,

bo ya-vo v'ri-nah, בֹּא יְבֹא בְּרִנָּה,

no-sei a-lu-mo-tav. נִשָּׂא אֲלֻמָּתָיו.

A pilgrim song. When Adonai restores the fortunes of Zion, we see it as in a dream, our mouths shall be filled with laughter, our tongues, with songs of joy. Then shall they say among the nations, "Adonai has done great things for them!" Adonai will do great things for us and we shall rejoice. Restore our fortunes, Adonai, like watercourses in the Negev. They who sow in tears shall reap with songs of joy. Those who go forth weeping, carrying the seed-bag, shall come back with songs of joy, carrying their sheaves.