

GRACE AFTER MEALS

HIN'NI MUCHAN

Hin'ni muchan um'zuman
k'mo shekatuv batorah.
V'kidashtem lachem et yom
HaShabbat.

הַנְּנִי מוֹכֵן וּמְזַמֵּן כְּמוֹ
שֶׁכְּתוּב בַּתּוֹרָה: וְקִדַּשְׁתֶּם
לָכֶם אֶת-יוֹם הַשַּׁבָּת.

I am ready to celebrate and sanctify the Sabbath, as it is
written to do so in the Torah.

BIRKAT HAMAZON

For Shabbat and Festivals:

Shir Hama-a-lot. B'shuv
Adonai et shivat Tzion
hayinu k'cholmim. Az
y'malei s'chok pinu
ul-shoneinu rina, az yomru
vagoyim: Higdil Adonai
la-a-sot im eileh. Higdil
Adonai la-a-sot imanu,
hayinu s'meichim. Shuva
Adonai et sh'viteinu
ka-afikim banegev. Hazor'im
b'dima b'rina yik-tzoru.
Haloch yeileich uvacho,
nosei meshech hazara. Bo
yavo v'rina nosei alumotav.

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יי
אֶת-שִׁיבַת צִיּוֹן הֵיִינוּ
כְּחֹלְמִים. אֲזַ וְיִמְלֵא שְׂחוֹק
פִּינוּ וְלִשְׁוֹנֵנוּ רִנָּה, אֲזַ יֵאמְרוּ
בְּגוֹיִם הַגְּדִיל יי לַעֲשׂוֹת עִם
אֱלֹהֵי. הַגְּדִיל יי לַעֲשׂוֹת
עִמָּנוּ, הֵיִינוּ שְׂמֵחִים. שׁוּבָה
יי אֶת-שְׁבִיתֵנוּ כְּאַפִּיקִים
בְּנֶגֶב. הֲזֹרְעִים בְּדִמָּעָה בְּרִנָּה
יִקְצְרוּ. הַלֹּחַ יִלַּךְ וּבִכָּה נִשְׂא
מִשְׁקֵי-הַזֶּרַע, בָּא יָבֵא בְּרִנָּה
נִשְׂא אֶל-מִתְיוֹ.

Some people add:

T'hilat Adonai y'daber pi
vivareich kol basar sheim
kodsho l'olam va-ed.
Va-anachnu n'vareich ya
mei-ata v'ad olam halleluyah.
Hodu Ladonai ki tov ki
l'olam chasdo. Mi y'maleil
g'vurot Adonai yashmi-a kol
t'hilato.

תְּהִילַת יי יְדַבֵּר פִּי, וַיְבָרֵךְ
כָּל-בָּשָׂר שֵׁם קְדוֹשׁוֹ לְעוֹלָם
וָעֵד. וַאֲנַחְנוּ נְבָרֵךְ יְהוָה מֵעַתָּה
וְעַד עוֹלָם, הַלְלוּהוּ. הוֹדוּ לִי
כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ. מִי
יִמְלֵל גְּבוּרוֹת יי, וַיִּשְׁמְעַ
כָּל-תְּהִלָּתוֹ.

A Pilgrim Song.

When the Lord brought the exiles back to Zion

We were as in a dream

Then were our mouths filled with laughter

And our tongues with ringing song.

Then was it said among the nations:

"The Lord has done great things for them."

The Lord has done great things for us.

And we rejoiced.

Bring us from exile, Lord, as the streams return to the
Negev;

Then they who sow in tears shall reap in joy.

Though one weeps as he scatters the measure of seed,

He shall return home with joy, bearing his sheaves.

Some people add:

Now let my mouth declare the Lord's praise, and let the
whole human race bless His holy name for all time. As for
us, we will bless the Lord from now on and forever more:
Praise the Lord! Give thanks to the Lord for He is good,
for His kindness is everlasting! Who can describe the
mighty deeds of the Lord, or utter all His praise?

When three or more have eaten together:
(Words in parentheses are recited only
when there is a minyan present.)

Leader:

Rabotai n'vareich

רבותי נְבָרְךָ.

Let us thank God.

Group and leader repeats:

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

יְהִי שֵׁם יי מְבָרְךָ מֵעַתָּה וְעַד
עוֹלָם.

Blessed is the name of the Lord from now and forever.

Leader:

Birshut maranan v'rabotai
n'vareich (Eloheinu)
she-achalnu mishelo.

בְּרִשׁוּת מַרְנָן וְרַבּוֹתַי,
נְבָרְךָ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ
מִשְׁלוֹ.

Blessed is the name of the Lord from now and forever.
With your permission, let us thank Him (let us thank our
God) whose food we have eaten.

Group, then leader repeats:

Baruch (Eloheinu)
she-achalnu mishelo uvtuvo
chayinu.

בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ
מִשְׁלוֹ וּבִטְבוֹ חַיֵּינוּ.

Blessed is He (Blessed is our God) whose food we have
eaten and through whose goodness we live.

All:

Baruch hu u-varuch sh'mo.

ברוך הוא וברוך שמו.

Blessed is He and blessed is His name.

When fewer than three have eaten together,

Birkat Hamazon begins here:

Baruch atah Adonai
Eloheinu melech ha-olam,
hazan et ha-olam kulo b'tuvo
b'chein b'chesed
uv-rachamim, hu notein
lechem l'chol basar, ki l'olam
chashdo. Uv-tuvo hagadol
tamid lo chasar lanu v'al
yechar lanu mazon l'olam
va-ed. Ba-avur sh'mo
hagadol ki hu zan um-farneis
lakol u-meitiv lakol
u-meichin mazon l'chol
b'riyotav asher bara. Baruch
atah Adonai, hazan et hakol.

ברוך אתה יי אלהינו מלך
העולם, הן את-העולם כולו
בטובו ברחם ובחסד ובחיים,
הוא נותן לחם לכל-בשר כי
לעולם חסדו, ובטובו הגדול
תמיד לא חסר לנו ואל
יחסר-לנו מזון לעולם ועד
בעבור שמו הגדול, כי הוא
זן ומפרנס לכל, ומיטיב לכל
ומכין מזון לכל-בריותיו
אשר ברא. ברוך אתה יי,
הן את-הכל.

Blessed is the Lord our God, King of the universe, who sustains the entire world with goodness, kindness and mercy. He gives food to all creatures, for His mercy is everlasting. Through His abundant goodness we have never yet been in want; may we never be in want of sustenance for the sake of His great name. God sustains all, does good to all, and provides food for all the creatures whom He has created. Blessed is the Lord, who provides food for all.

Nodeh l'cha Adonai Eloheinu
 al she-hinchalta la-avoteinu
 eretz chemda tovah
 ur-chava, v'al she-hotzeitanu
 Adonai Eloheinu mei-eretz
 mitzrayim uf-ditanu mibeit
 avadim, v'al brit'cha
 she-chatamta biv-sareinu,
 v'al torat-cha
 she-limad-tanu, v'al
 chukecha she-hodatanu, v'al
 chayim chein va-chesed
 she-chonantanu, v'al achilat
 mazon she-ata zan
 umfarneis otanu tamid,
 b'chol yom uv-chol eit
 uv-chol sha-ah.

נוֹדָה לְךָ יי אֱלֹהֵינוּ עַל
 שֶׁהִנְחַלְתָּ לָאֲבוֹתֵינוּ אֶרֶץ
 חֲמֻדָּה טוֹבָה וְרַחֲבָה, וְעַל
 שֶׁהוֹצַאתָנוּ, יי אֱלֹהֵינוּ,
 מֵאֶרֶץ מִצְרַיִם וּפְדִיתָנוּ מִבַּיִת
 עֲבָדִים, וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ
 בְּבִשְׂרֵנוּ, וְעַל תּוֹרַתְךָ
 שֶׁלְמַדְתָּנוּ, וְעַל חֻקֶיךָ
 שֶׁהוֹדַעְתָּנוּ, וְעַל חַיִּים, חֵן
 וְחֶסֶד שֶׁחֹנְנֵתָנוּ, וְעַל אֲכִילַת
 מִזֶּן שֶׁאַתָּה זָן וּמְפָרֵס
 אוֹתָנוּ תָמִיד, בְּכָל-יוֹם
 וּבְכָל-עֵת וּבְכָל-שָׁעָה.

We thank the Lord our God for having given a lovely and spacious land to our fathers as a heritage; for having liberated us from the land of Egypt and freed us from the house of bondage; for the covenant which He has sealed in our flesh; for the Torah which He has taught us; for the laws which He has made known to us; for the life, grace and lovingkindness which He has bestowed upon us, and for the sustenance with which He nourishes and maintains us continually, in every season, every day, even every hour.

On Chanukah add:

Al hanisim v'al hapurkan v'al
 hag'vurot v'al hat'shuot, v'al
 hamilchamot she-asita
 la-avoteinu bayamim haheim

עַל הַנִּסִּים וְעַל הַפְּרָקָן וְעַל
 הַגְּבוּרוֹת וְעַל הַתְּשׁוּעוֹת
 וְעַל הַמַּלְחָמוֹת שֶׁעָשִׂיתָ

bazman hazeh. Bimei
 Matityahu ben Yochanan
 kohein gadol chashmonai
 u-vanav, k'she-amda
 malchut yavan har'sha-a al
 amcha Yisrael l'hash-kicham
 toratecha ul-ha-aviram
 meichukei r'tzonecha. V'ata
 b'rachamecha harabim
 amad-ta lahem b'eit
 tzaratam, ravta et rivam,
 danta et dinam, nakamta et
 nikmatam, masarta giborim
 b'yad chalashim v'rabim
 b'yad m'atim, ut-mei-im
 b'yad t'horim, ur-sha-im
 b'yad tzadikim v'zeidim b'yad
 os'kei toratecha. Ul-cha asita
 sheim gadol v'kadosh
 b'olamecha ul-amcha Yisrael
 asita t'shu-a g'dola u-furkan
 k'hayom hazeh. V'achar kein
 ba-u vanecha lidvir beitecha
 u-finu et heichalecha
 v'tiharu et mikdashecha
 v'hidliku neivot b'chatzrot
 kodshecha v'kav'u sh'monat
 y'mei Chanuka eilu l'hodot
 ul-haleil l'shimcha hagadol.

לְאַבוֹתֵינוּ בְיָמִים הָהֵם
 בְּזִמְנֵי הַזֶּה. בְּיָמֵי מַתִּיתָיְהוּ בֶן
 יוֹחָנָן כֹּהֵן גָּדוֹל חֲשֹׁמוֹנֵי
 וּבָנָיו, כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הַרְשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל
 לְהַשְׁפִּיחַם תּוֹרַתְךָ
 וּלְהַעֲבִירָם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבֵּת אֶת־רִיבָם, וַיִּנָּתַן
 אֶת־דִּינָם, נִקְמָתָךְ
 אֶת־נִקְמָתָם, מִסָּרַת גְּבוּרִים
 בְּיַד חֲלָשִׁים, וּרְבִים בְּיַד
 מְעֻטִּים, וּטְמְאִים בְּיַד
 טְהוּרִים, וּרְשָׁעִים בְּיַד
 צַדִּיקִים, וְזוּדִים בְּיַד עוֹסְקֵי
 תּוֹרַתְךָ. וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ, וּלְעַמְּךָ
 יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה
 גְּדוֹלָה וּפְרָקוֹן בְּהַיּוֹם הַזֶּה.
 וְאַחַר כֵּן בָּאוּ בְנֵיךָ לְדַבֵּר
 בַּיְתֶךָ, וּפָנּוּ אֶת־הַיְכָלְךָ,
 וּטְהָרוּ אֶת־מִקְדָּשְׁךָ, וְהִדְלִיקוּ
 נְרוֹת בְּחִצְרוֹת קֹדֶשְׁךָ, וְקָבְעוּ

שְׁמוֹנֶת יָמֵי חֲנֻכָּה אֵלּוּ
 לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ
 הַגָּדוֹל.

We thank God for the miracles, the deliverance, the mighty acts and the triumphant victories which He wrought for our fathers in ancient days at this time of year. In the days of Mattathias ben Johanan, the Hasmonean high priest, and his sons, the wicked Hellenist forces arose to force Israel to forget the Torah and transgress its laws, but God, in His great mercy, championed Israel's cause and defended them, dealing retribution and delivering the mighty into the hands of the weak, the many into the hands of the few, the impure into the hands of the pure, the wicked into the hands of the righteous, and the tyrants into the hands of the followers of the Torah. By His great deliverance of Israel He made His Name great and holy in the world to this very day, for afterward His people came to the Temple, cleansed and purified the sanctuary, and kindled lights in the holy courts, instituting these eight days of dedication for thanks and praise to His great name.

On Purim add:

Al hanisim v'al hapurkan v'al
 hag'vurot v'al hat'shu-ot v'al
 hamilchamot she-asita
 la-avoteinu bayamim haheim
 bazman hazeh.
 Bimei Mordechai v'Ester
 b'Shushan habira k'she-amad
 aleihem Haman ha-rasha,
 bikeish l'hashmid laharog
 ul-abeid et kol ha-y'hudim
 mina-ar v'ad zakein taf

עַל הַנִּסִּים וְעַל הַפְּרָקָן וְעַל
 הַגְּבוּרוֹת וְעַל הַתְּשׁוּעוֹת
 וְעַל הַמְּלַחְמוֹת שֶׁעָשִׂיתָ
 לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם
 בְּזֶמַן הַזֶּה.
 בַּיָּמֵי מְרֹדְכַי וְאַסְתֵּר בְּשׁוּשַׁן
 הַבִּירָה בְּשֶׁעַמַד עֲלֵיהֶם הָמָן
 הַרְשָׁע, בְּקֶשׁ לְהַשְׁמִיד לְהַרְגֹּ

v'nashim b'yom echad
 bish-losha asar l'chodesh
 sh'neim asar hu chodesh
 Adar ush-lalam lavoz. V'ata
 b'rachamecha harabim
 heifarta et atzato v'kilkalta
 et machashavto
 vahashevota g'mulo b'rosho
 v'talu oto v'et banav al
 ha-eitz.

וְלֹא בָדָאֵת־כָּל־הַיְהוּדִים
 מִנְּעַר וְעַד־זָקֵן טָף וְנָשִׁים
 בְּיוֹם אֶחָד, בְּשִׁלּוֹשָׁה עָשָׂר
 לַחֹדֶשׁ שְׁנַיִם עָשָׂר הוּא הַחֹדֶשׁ
 אֶדָר וּשְׁלָלָם לְבוֹז. וְאַתָּה
 בְּרַחֲמֶיךָ הַרְבִּים הִפְרָתָה
 אֶת־עֲצָתוֹ, וְקִלְקַלְתָּ
 אֶת־מַחְשָׁבֹתָיו, וְהִשְׁבֹּתָ
 גְּמוּלוֹ בְּרֹאשׁוֹ, וְתָלוּ אוֹתוֹ
 וְאֶת־בָּנָיו עַל הָעֵץ.

We thank God for the miracles, the deliverance, the mighty acts and the triumphant victories which He wrought for our fathers in ancient days at this time of year. In Shushan, the Persian capital, in the days of Mordecai and Esther, the wicked Haman arose to slay, despoil and annihilate all the Jews, young and old alike, on the thirteenth of Adar, but God in His great mercy frustrated his plan and foiled his plot, causing it to backfire on him so that Haman and his sons were hanged on their own gallows.

V'al hakol Adonai
 Eloheinu anachnu
 modim lach
 um-varchim otach
 yitbarach shimcha b'fi
 chol chai tamid l'olam
 va-ed, kakatuv:
 V'achalta v'savata

וְעַל הַכֹּל יי אֱלֹהֵינוּ אֲנַחְנוּ
 מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ.
 יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל־חַי
 תָּמִיד לְעוֹלָם וָעֶד, כְּכָתוּב:
 וְאֶכְלָתָּ וּשְׂבַעְתָּ וּבִרְכָתָהּ
 אֶת־יְי אֱלֹהֶיךָ עַל הָאָרֶץ

u-veirachta et Adonai
Elohecha al ha-aretz
hatova asher natan
lach. Baruch atah
Adonai, al ha-aretz v'al
hamazon.

הטובה אשר נתן לך. ברוך
אתה יי על הארץ ועל
המזון.

For all these blessings we thank the Lord our God and praise Him. May His name be praised by every living being forever, as it is written in His Torah: "When you have eaten your fill, give thanks to the Lord your God for the good land which He has given you." Blessed is the Lord for the land and its produce.

Racheim Adonai
Eloheinu al Yisrael
amecha v'al
Y'rushalayim irecha
v'al tzion mishkan
k'vodecha v'al malchut
beit David m'shichecha
v'al habayit hagadol
v'hakadosh shenikra
shimcha alav. Eloheinu
avinu r'einu zuneinu
parn'seinu v'chalk'leinu
v'harvicheinu
v'harvach lanu Adonai
Eloheinu m'heira mikol
tzaroteinu. V'na al
tatz-richeinu Adonai
Eloheinu lo lidei
matnat basar vadam
v'lo lidei hal-va-a-tam,
ki im l'yad'cha

רחם יי אלהינו על ישראל
עמך, ועל ירושלים עירך,
ועל ציון משכן כבודך, ועל
מלכות בית דוד משיחך,
ועל הבית הגדול והקדוש
שנקרא שמך עליו. אלהינו
אבינו, רענו זוננו, פרנסנו
וכלכלנו והרויחנו,
והרוח-לנו, יי אלהינו,
מהרה מכל-צרותינו. ונא
אל תצריכנו, יי אלהינו, לא
לידי מתנת בשר ודם ולא
לידי הלואתם, כי אם לידך
המלאה הפתוחה הקדושה
והרחבה, שלא נבוש ולא

ham'lei-a hap'tucha
hak'dosha v'har'chava
shelo neivosh v'lo
nikaleim l'olam va-ed.

נְכַלֵּם לְעוֹלָם וָעֶד.

May the Lord our God have mercy on Israel His people, Jerusalem His city, Zion the abode of His glory, the royal house of David His anointed, and the great and holy Temple that bears His name. May our God and Father tend and nourish us, sustain and maintain us, and speedily grant us relief from all our troubles. May the Lord our God make us dependent not on the alms or loans of men, but rather on His full, open and generous hand, so that we may never be humiliated or put to shame.

On Shabbat add:

R'tzei v'hachalitzeinu Adonai
Eloheinu b'mizvotcha
uv-mitzvat yom hash'vi-i
haShabbat hagadol
v'hakadosh hazeh. Ki yom
zeh gadol v'kadosh hu
l'fanecha lishbot bo
v'lanuach bo b'ahavah
k'mitzvat r'tzonecha.
Birtzon'cha hanach lanu
Adonai Eloheinu shelo t'hei
tzara v'yagon va-anacha
b'yom m'nuchteinu.
V'har-einu Adonai Eloheinu
b'nechamat Tzion irecha
uv'vinyan Y'rushalayim ir
kodshecha ki atah hu ba-al
ha-y'shuot- u-va-al
hanechamot.

רְצֵה וְהַחֲלִיצֵנוּ יי אֱלֹהֵינוּ
בְּמִצְוֹתֶיךָ, וּבְמִצְוֹת יוֹם
הַשַּׁבְּעִי הַשָּׁבֵת הַגָּדוֹל
וְהַקְּדוֹשׁ הַזֶּה, כִּי יוֹם זֶה
גָּדוֹל וְקְדוֹשׁ הוּא לְפָנֶיךָ,
לְשַׁבֵּת-בוֹ וּלְנוּחַ בוֹ בְּאַהֲבָה
בְּמִצְוֹת רְצוֹנְךָ. בְּרְצוֹנְךָ הַנֶּחַ
לָנוּ יי אֱלֹהֵינוּ שֶׁלֹּא תִהְיֶה
צָרָה וְיָגוֹן וְאַנְחָה בְּיוֹם
מְנוּחָתֵנוּ. וְהִרְאֵנוּ יי אֱלֹהֵינוּ
בְּנֶחֱמַת צִיּוֹן עִירְךָ, וּבְבִנְיַן
יְרוּשָׁלַיִם עִיר קְדְשְׁךָ, כִּי
אַתָּה הוּא בֹעַל הַיְשׁוּעוֹת
וּבֹעַל הַנְּחָמוֹת.

May it be God's will to strengthen us in His commandments, especially regarding the seventh day, this great and holy Sabbath, for today is great and holy before Him—a day on which to rest and repose in love, according to His command. May it be His will to grant us relief from all care, sorrow and grief on our day of rest, and may He enable us to see Zion comforted and Jerusalem, the holy city, rebuilt, for it is He who grants salvation and comfort.

On Rosh Chodesh and Festivals add:

Eloheinu veilohei avoteinu,
ya-aleh v'yavo v'yagia
v'yeira-eh v'yeiratzeh
v'yishama v'yipakeid
v'yizacheir zichroneinu
u-fikdoneinu, v'zichron
avoteinu, v'zichron
Mashiach ben David
avdecha, v'zichron
Y'rushalayim ir kodshecha,
v'zichron kol am'cha beit
Yisrael l'fanecha, lif-leita
ul-tova ul-chein ul-chesed
ul-rachamim ul-chayim
ul-shalom—

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
יַעֲלֶה וַיָּבוֹא וַיָּגִיעַ, וַיִּרְאֶה
וַיִּרְצֶה וַיִּשְׁמַע, וַיִּפְקֹד וַיִּזְכֹּר
וַיִּזְכְּנוּ וַיִּפְקְדוּנָנוּ, וַזְכִּירוּן
אֲבוֹתֵינוּ, וַזְכִּירוּן מְשִׁיחַ בֶּן
דָּוִד עַבְדְּךָ, וַזְכִּירוּן יְרוּשָׁלַיִם
עִיר קְדְשְׁךָ, וַזְכִּירוּן כָּל-עַמְּךָ
בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לְפִלִיטָה
וְלִטּוֹבָה וְלַחַן וְלַחֶסֶד
וְלִרְחָמִים וְלַחַיִּים וְלַשְׁלוֹם—

May remembrance and mindfulness of us and of our fathers, of the Messiah, son of David, His servant, of Jerusalem, His holy city, and of all His people, the house of Israel, come before our God and be remembered and accepted with mercy and kindness, life and peace, on this day of—

Add for appropriate day:

On Rosh Chodesh say:

B'yom Rosh Hachodesh hazeh. בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.
the New Month.

On Pesach say:

B'yom Chag Hamatzot hazeh. בְּיוֹם חַג הַמַּצּוֹת הַזֶּה.
the Festival of Unleavened Bread.

On Shavu'ot say:

B'yom Chag Hashavuot hazeh. בְּיוֹם חַג הַשְּׂבֻעוֹת הַזֶּה.
The Festival of Weeks.

On Rosh Hashanah say:

B'yom Hazikaron hazeh. בְּיוֹם הַזִּכְרוֹן הַזֶּה.
Remembrance.

On Sukkot say:

B'yom Chag Hasukkot hazeh. בְּיוֹם חַג הַסּוּכּוֹת הַזֶּה.
the Festival of Booths.

On Sh'mini Atzeret and Simchat Torah say:

Bayom Hash'mini Chag Ha-atzeret hazeh. בְּיוֹם הַשְּׁמִינִי חַג הָעֲצֵרֶת
הַזֶּה.
the Closing Festival.

Zochreinu Adonai
Eloheinu bo l'tova,
u-fokdeinu vo livracha,
v'hoshi-einu vo
l'chayim. U-vidvar
y'shua v'rachamim
chus v'choneinu
v'racheim aleinu
v'hoshi-einu ki eilecha
eineinu ki Eil chanun
v'rachum atah.

זָכְרֵנוּ יי אֱלֹהֵינוּ בּוֹ לְטוֹבָה,
וּפְקֹדֵנוּ בּוֹ לְבִרְכָה, וְהוֹשִׁיעֵנוּ
בּוֹ לְחַיִּים. וּבְדַבַּר יְשׁוּעָה
וּרְחַמִּים חוּס וְחַנּוּן וּרְחֵם
עָלֵינוּ וְהוֹשִׁיעֵנוּ, כִּי אֱלֹהֶיךָ
עֵינֵינוּ, כִּי אֵל חַנּוּן וּרְחוּם
אַתָּה.

May God remember us for good, grant us blessing and preserve us in life. May He show us compassion and grace with the promise of salvation and mercy. May He be merciful towards us and save us, for our eyes are turned to a gracious and merciful God.

Uv-nei Y'rushalayim ir
hakodesh bimheira
v'yameinu. Baruch
atah Adonai, boneh
v'rachamav
Y'rushalayim. Amein.

וּבְנֵה יְרוּשָׁלַיִם עִיר
הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ
אַתָּה יי, בּוֹנֵה בְּרַחֲמָיו
יְרוּשָׁלַיִם. אָמֵן.

May He rebuild Jerusalem, the holy city, speedily in our lifetime. Blessed is the Lord, who in His mercy restores Jerusalem. Amen.

Baruch atah Adonai,
Eloheinu melech
ha-olam, ha-Eil avinu
malkeinu adireinu
bor'einu go-aleinu
yotz'reinu k'dosheinu
k'dosh Ya'akov,

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ
הָעוֹלָם, הָאֵל אֲבִינוּ מִלְּפָנֵינוּ
אֲדִירָנוּ בּוֹרְאָנוּ גּוֹאֲלָנוּ
יוֹצֵרָנוּ קְדוֹשָׁנוּ קְדוֹשׁ יַעֲקֹב,
רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל, הַמֶּלֶךְ

ro-einu ro-ei Yisrael
 hamelech hatov
 v'hameitiv lakol
 she-b'chol yom vayom
 hu heitiv hu meitiv hu
 yeitiv lanu. Hu
 g'malanu hu gomleinu
 hu yig-m'leinu la-ad
 l'chein ul-chesed
 ul-rachamim ul-revach
 hatzala v'hatzlacha
 b'racha vi-shua
 nechama parnasa
 v'chalkala v'rachamim
 v'chayim v'shalom
 v'chol tov, u-mikol tov
 l'olam al y'chasreinu.

הטוב והמיטיב לכל,
 שפכל-יום ויום הוא היטיב,
 הוא מיטיב, הוא ייטיב לנו.
 הוא גמלנו הוא גומלנו הוא
 יגמלנו לעד לחן ולחסד
 ולרחמים ולרוח, הצלה
 והצלחה, ברכה וישועה,
 נחמה, פרנסה וכלכלה
 ורחמים וחיים ושלום
 וכל-טוב, ומכל-טוב לעולם
 אל יחסרנו.

Blessed is the Lord our God, King of the universe, who is our God, our Father, our King, our Mighty One, our Creator, our Redeemer, our Maker, the Holy One of Jacob, the Shepherd of Israel, the good King who does good to all. May He who continually shows us kindness continue His goodness to us. As He has ever bestowed His favors upon us, may He continue to bless us with grace, lovingkindness, compassion, and deliverance, prosperity, redemption, and consolation, sustenance, and mercy, a life of peace and all goodness. May He never withhold His goodness from us.

Harachaman hu
 yimloch aleinu l'olam
 va-ed.
 Harachaman hu
 yitbarach bashamayim
 u-va-aretz.

הרחמן, הוא ימלך עלינו
 לעולם ועד.
 הרחמן, הוא יתברך בשמים
 ובארץ.

Harachaman hu
yishtabach l'dor dorim
v'yitpa-ar banu
l'neitzach n'tzachim
v'yit-hadar banu la-ad
ul-ol'mei olamim.

Harachaman hu
y'far-n'seinu b'chavod.

Harachaman hu
yishbor uleinu mei-al
tzavareinu v'hu
yolicheinu kom'miyut
l'artzeinu.

Harachaman hu
yishlach b'racha
m'ruba babayit hazeh
v'al shulchan zeh
she-achalnu alav.

Harachaman hu
yishlach lanu et
Eliyahu Hanavi zachur
latov vivaser lanu
b'sorot tovot y'shu-ot
v'nechamot.

הַרְחֵמֵנוּ, הוּא יִשְׁתַּבַּח לְדוֹר
דוֹרִים, וַיִּתְפָּאֵר בְּנוּ לְנֶצַח
נְצָחִים, וַיִּתְהַדַּר בְּנוּ לְעַד
וּלְעוֹלָמֵי עוֹלָמִים.

הַרְחֵמֵנוּ, הוּא יִפְרֹנְסֵנוּ בְּכָבוֹד.

הַרְחֵמֵנוּ, הוּא יִשְׁבֵּר עֲלֵנוּ
מֵעַל צָוָאֲרָנוּ וְהוּא יוֹלִיכֵנוּ
קוֹמְמִיּוֹת לְאַרְצֵנוּ.

הַרְחֵמֵנוּ, הוּא יִשְׁלַח בְּרָכָה
מְרֻבָּה בְּבֵית הַזֶּה, וְעַל שֻׁלְחָן
זֶה שְׁאֲכַלְנוּ עָלָיו.

הַרְחֵמֵנוּ, הוּא יִשְׁלַח לָנוּ
אֶת-אֱלֹהֵי הַנְּבִיא, זְכוֹר
לְטוֹב, וַיִּבְשֵׁר-לָנוּ בְּשׂוֹרֹת
טוֹבוֹת יְשׁוּעוֹת וְנִחְמוֹת.

May God reign over us forever and ever.

May God be extolled in heaven and on earth.

May God be praised in all generations; may He be
glorified through us to all eternity; may He be honored
among us forever.

May God grant us an honorable livelihood.

May God break the yoke of our oppression and lead us in
dignity to our ancient homeland.

May God send abundant blessing upon this dwelling and
the table at which we have eaten.

May God send Elijah the Prophet to us, and may he bear good tidings of salvation and comfort.

When eating at one's own table say:

Harachaman hu y'vareich oti
(v'et ishti \ v'et ba'ali
v'et zar-i) otanu v'et
kol asher lanu—

הַרְחַמֵּן, הוּא יְבָרֵךְ אוֹתִי
(וְאֶת-אִשְׁתִּי / וְאֶת-בְּעָלִי
וְאֶת-זְרַעִי), אוֹתָנוּ וְאֶת-
כָּל-אֲשֶׁר לָנוּ —

May God bless me (my wife, my children) and all my family,

When eating at another's table (when eating at one's parents' table, include the words in parentheses), say:

Harachaman hu y'vareich et
(avi mori) ba-al habayit hazeh,
v'et (imi morati) ba-alat
habayit hazeh, otam v'et
beitam v'et zar-am v'et kol
asher lahem—

הַרְחַמֵּן, הוּא יְבָרֵךְ אֶת-אָבִי
מוֹרִי (בְּעַל הַבַּיִת הַזֶּה וְאֶת-
אִמִּי מוֹרָתִי) בְּעֵלַת הַבַּיִת
הַזֶּה, אוֹתָם וְאֶת-בֵּיתָם
וְאֶת-זְרַעָם וְאֶת-כָּל-אֲשֶׁר
לָהֶם —

May God bless (my father) the head of this household, and (my mother) the mistress of this household, their children and all their family.

When eating at a communal meal, say:

Harachaman hu y'vareich et
kol ham'subim kan, otanu
v'et kol asher lanu—

הַרְחָמֵנוּ, הוּא יְבָרֵךְ
אֶת-כָּל-הַמְּסֻבִּים בָּאֵן, אוֹתָנוּ
וְאֶת-כָּל-אֲשֶׁר לָנוּ —

May God bless all who are gathered here and all their families, as well as all dear to us.

K'mo she-nitbarchu
avoteinu Avraham
Yitzchak v'Ya-akov
bakol mikol kol, kein
y'vareich otanu kulanu
yachad bivrachah
sh'leima v'nomar
amein.

כְּמוֹ שֶׁנִּתְבָּרְכוּ אֲבוֹתֵינוּ
אֲבָרְכֶם יִצְחָק וְיַעֲקֹב בְּכָל
מְכַל כָּל, בֵּן יְבָרֵךְ אוֹתָנוּ
כָּלנוּ יַחַד בְּבִרְכָה שְׁלֵמָה,
וְנֹאמַר אָמֵן.

Even as our forefathers, Abraham, Isaac and Jacob were blessed in every way; so may He bless all of us together with a perfect blessing, and let us say, Amen.

Bamarom y'lamdu
aleihem v'aleinu z'chut
she-t'hi l'mishmeret
shalom. V'nisa v'racha
mei-eit Adonai
utz-daka mei-Elohei
yisheinu. V'nimtza
chein v'seichel tov
b'einei Elohim v'adam.

בְּמָרוֹם יִלְמְדוּ עֲלֵיהֶם וְעָלֵינוּ
זְכוּת, שֶׁתְּהִי לְמִשְׁמֶרֶת
שְׁלוֹם, וְנִשָּׂא בְרָכָה מֵאֵת יי,
וְצַדִּיקָה מֵאֱלֹהֵי יִשְׂרָאֵל,
וְנִמְצָא חֵן וְשִׂכָּל טוֹב בְּעֵינֵי
אֱלֹהִים וְאָדָם.

May our merit and the merit of our fathers secure enduring peace for all of us. May we receive a blessing from the Lord, and justice from the God of our salvation. May we find grace and favor in the sight of God and man.

On Shabbat add:

Harachaman hu yan-chileinu הַרְחֵמֵנוּ, הוּא יִנְחִילֵנוּ יוֹם
yom she-kulo Shabbat שְׁכֵלוּ שַׁבָּת וּמְנוּחָה —
um-nucha—l'chayei לַחַיֵי הָעוֹלָמִים.
ha-olamim.

May God grant us a world that shall be entirely Sabbath
and eternal rest.

On Rosh Chodesh add:

Harachaman hu y'chadeish הַרְחֵמֵנוּ, הוּא יַחְדֵּשׁ עָלֵינוּ
aleinu et hachodesh hazeh אֶת־הַחֹדֶשׁ הַזֶּה לְטוֹבָה
l'tovah v'livracha. וּלְבִרְכָה.

May God grant us this new month for good and blessing.

On Festivals add:

Harachaman hu yan-chileinu הַרְחֵמֵנוּ, הוּא יִנְחִילֵנוּ יוֹם
yom she-kulo tov. שְׁכֵלוּ טוֹב.

May God grant us the day that will be entirely good.

On Sukkot add as well:

Harachaman hu yakim lanu הַרְחֵמֵנוּ, הוּא יָקִים לָנוּ
et sukkat David hanofelet. אֶת־סֻכַּת דָּוִד הַנִּפְּלֹת.

May God erect the fallen booth of David for us.

On Rosh Hashanah add:

Harachaman hu y'chadeish הַרְחֵמֵנוּ, הוּא יַחְדֵּשׁ עָלֵינוּ
aleinu et hashanah hazot אֶת־הַשָּׁנָה הַזֹּאת לְטוֹבָה
l'tovah v'livracha. וּלְבִרְכָה.

May God grant us this year for good and blessing.

Harachaman hu
y'vareich et M'dinat
Yisrael, reishit
tz'michat g'u-lateinu.

הַרְחֵמֵן הוּא יְבָרֵךְ
אֶת־מְדִינַת יִשְׂרָאֵל, רֵאשִׁית
צְמִיחַת גְּאֻלַּתֵּנוּ.

May the Merciful bless the State of Israel, the dawn of
our redemption.

Harachaman hu y'vareich et
ha-aretz hazot v'yagein
aleha.

הַרְחֵמֵן, הוּא יְבָרֵךְ
אֶת־הָאָרֶץ הַזֹּאת וַיִּגֵן עָלֶיהָ.

May the Merciful bless this land and protect it.

Harachaman hu
y'vareich et acheinu
b'nei Yisrael han'tunim
betzarah, v'yotzi-eim
mei-afeila l'orah.

הַרְחֵמֵן, הוּא יְבָרֵךְ
אֶת־אֲחֵינוּ בְּנֵי יִשְׂרָאֵל
הַנְּתוּנִים בְּצָרָה, וַיּוֹצִיאֵם
מֵאֲפֵלָה לְאוֹרָה.

May the Merciful bless all of our people who suffer and
bring them out of darkness into light.

Harachaman hu y'zakeinu
limot hamashiach ul-chayei
ha-olam haba.

הַרְחֵמֵן, הוּא יְזַכֵּנוּ לַיְמוֹת
הַמְּשִׁיחַ, וּלְחַיֵּי הָעוֹלָם הַבָּא.

May God enable us to live in the days of the Messiah and
in the world-to-come.

Magdil (on Shabbat, Rosh
Chodesh and Festivals: Migdol)
y'shu-ot malko v'oseh chesed
lim-shicho l'David ul-zar-o ad
olam. Oseh shalom
bimromav hu ya-aseh
shalom aleinu v'al kol
Yisrael, v'imru amein.

מַגְדִּיל (מִגְדוֹל) יְשׁוּעוֹת מַלְכוֹ
וְעוֹשֶׂה חֶסֶד לְמְשִׁיחוֹ, לְדָוִד
וּלְיִשְׁרָאֵל עַד עוֹלָם. עוֹשֶׂה
שְׁלוֹם בְּמִרְוֹמָיו הוּא יַעֲשֶׂה
שְׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

He grants deliverance (on Shabbat, Rosh Chodesh and Festivals: He is a tower of deliverance) to His chosen king, and shows kindness to His anointed one, to David, and his descendents forever. May He who creates peace above, create peace for us and all Israel, and let us say, Amen.

Y'ru et Adonai
k'doshav ki ein
machsor lirei-av.
K'firim rashu v'ra-eivu
v'dorshei Adonai lo
yach-s'ru chol tov.
Hodu Ladonai ki tov ki
l'olam chasdo.
Potei-ach et yadecha
u-masbia l'chol chai
ratzon. Baruch
hagever asher yivtach
Badonai, v'haya Adonai
mivtacho. Na-ar hayiti
gam zakanti, v'lo ra'iti
tzadik ne-ezav v'zar-o
m'vakesh lachem.
Adonai oz l'amo yitein
Adonai y'vareich et
amo vashalom.

יִרְאוּ אֶת־יְיָ קְדוֹשׁוֹ כִּי אֵין
מַחְסוֹר לִירְאָיו. כְּפִירִים רָשׁוּ
וְרָעִבוּ וְדוֹרְשֵׁי יְיָ לֹא יַחְסְרוּ
כָּל־טוֹב. הוֹדוּ לַיְיָ כִּי טוֹב, כִּי
לְעוֹלָם חֲסִדּוֹ. פוֹתַח
אֶת־יְדֵיךָ, וּמִשְׁבִּיעַ לְכָל־חַי
רְצוֹן. בְּרוּךְ הַגֹּבֵר אֲשֶׁר יִבְטַח
בֵּי, וְהִיזָה יְיָ מִבְּטָחוֹ. נֶעַר
הָיִיתִי גַם זָקֵנְתִי, וְלֹא רָאִיתִי
צַדִּיק נֶעֱזֵב וְזָרְעוֹ
מִבְּקֶשֶׁת־לָחֶם. יְיָ עֹז לְעַמּוֹ יִתֵּן
יְיָ יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם.

Revere the Lord, you who are His holy ones.
For those who revere Him suffer no want.
Those who deny Him may famish and starve,
But they who seek the Lord shall not lack anything that is
good.
Give thanks to the Lord, for He is good;
His mercy endures forever.
He opens His hand and satisfies every living thing with
favor.