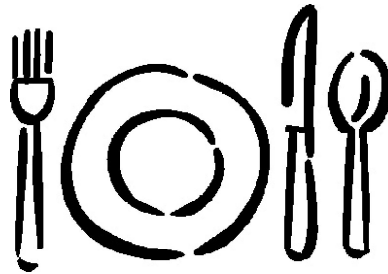


**בִּרְכַּת הַמְּזוֹן**

**BIRKAT HAMAZON**  
**Grace After Meals**



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**בְּרַכַּת הַמְּזוֹן**  
**BIRKAT HAMAZON**  
**Grace After Meals**

**Compiled from**  
**THE NCSY BENCHER**  
**A Book of Prayer and Song**  
**as edited and translated by**  
**David M. L. Olivestone**

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## DEDICATION

**This large-print edition of the Birkat Hamazon — the traditional blessing after meals — has been generously sponsored by the Women’s Club of The Fifth Avenue Synagogue in New York City. Because of their deep sensitivity and caring, those with partial loss of sight may join with others in praising Him who provides sustenance to all flesh. The noble women who are making this publication possible, inspired by their chairman and leader, Myrtle Hirsch, are enabling thousands with limited eyesight to continue to revere their faith in this traditional manner.**

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## THE BLESSING AFTER THE MEAL בְּרַכַּת הַמְּזוֹן

*On Shabbat and Yom Tov, and other occasions of celebration:*

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יי אֶת שִׁיבַת צִיּוֹן הָיִינוּ  
כְּחֹלְמִים. אֲזַי מְלֵא שְׂחֹק פִּינוּ וּלְשׁוֹנֵינוּ רִנָּה,  
אֲזַי יֹאמְרוּ בַגּוֹיִם הַגְּדִיל יי לַעֲשׂוֹת עִם אֱלֹהֵי.  
הַגְּדִיל יי לַעֲשׂוֹת עִמָּנוּ הָיִינוּ שְׂמֵחִים.  
שׁוּבָה יי אֶת שְׁבִיתָנוּ כְּאֲפִיקִים בַּנֶּגֶב. הַזֹּרְעִים  
בְּדַמְעָה בְּרִנָּה יִקְצְרוּ. הַלֹּךְ יֵלֵךְ וּבָכָה נִשְׂא  
מִשֶּׁךְ הַזֶּרַע, בֹּא יבֹא בְּרִנָּה נִשְׂא אֶלְמָתִיו.  
תְּהִלַּת יי יִדְבַר פִּי, וַיְבָרֵךְ כָּל בֶּשָׂר שֵׁם  
קָדְשׁוֹ לְעוֹלָם וָעֶד. וַאֲנַחְנוּ נְבָרֵךְ יְהוָה, מֵעַתָּה  
וְעַד עוֹלָם הַלְלוּיָהּ. הוֹדוּ לֵי כִי טוֹב כִּי  
לְעוֹלָם חֲסֵדוֹ. מִי יִמְלֵל גְּבוּרוֹת יי יִשְׁמִיעַ  
כָּל-תְּהִלָּתוֹ.

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

## Page 2

LA-A-SOT IMANU, HAYINU S'MEICHIM. SHUVA  
ADONAI ET SH'VITEINU KA-AFIKIM BANEDEV.  
HAZOR'IM B'DIMA B'RINA YIK-TZORU. HALOCH  
YEILEICH UVACHO, NOSEI MESHECH HAZARA. BO  
YAVO V'RINA NOSEI ALUMOTAV.

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 YASHMIA  
KOL T'HILATO.

A Song of Ascents. When the Lord brought Zion out of captivity, we were like people in a dream. At that time our mouth was filled with laughter and our tongue with cries of joy; at that time it was said among the nations, "The Lord has done great things for them." The Lord had done great things for us; we were happy. Let our captivity, Lord, be a thing of the past, like dried-up streams in the Negev. Those who sow in tears shall reap in joy. The man who weeps as he trails the seed along will return with cries of joy, carrying his sheaves.

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 men have eaten together, one invites the others to join him in the Blessing after the Meal.*

RABOTAI N'VAREICH.

רַבּוֹתַי נְבָרְךָ.

My friends, let us say the blessing.

*The others answer:*

יְהִי שֵׁם יי מְבָרְךָ מֵעַתָּה וְעַד-עוֹלָם.

Y'HI SHEIM ADONAI M'VORACH MEI-ATAH  
V'AD OLAM.

May the name of the Lord be blessed from now on  
and forever more.

*The leader repeats:*

יְהִי שֵׁם יי מְבָרְךָ מֵעַתָּה וְעַד-עוֹלָם.

Y'HI SHEIM ADONAI M'VORACH MEI-ATAH  
V'AD OLAM.

May the name of the Lord be blessed from now on  
and forever more.



## Page 4

*and he continues:*

BIRSHUT

בְּרִשׁוּת

*If his father is present he adds:*

AVI MORI

אָבִי מוֹרִי

*If he is a guest at someone else's table he adds:*

BA'AL HABAYIT

בַּעַל הַבַּיִת

מָרַנָּן וְרַבָּנָּן וְרַבּוֹתַי נְבָרְךָ

MARANAN V'RABANAN V'RABOTAI N'VAREICH

*If there are ten men present he adds:*

ELOHEINU

אֱלֹהֵינוּ

SHE-ACHALNU MISHELO.

שֶׁאֲכַלְנוּ מִשְׁלוֹ.

With the consent of (my honored father and) (our host and) all present, let us bless Him (our God) whose food we have eaten.

*The others say:*

בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאֲכַלְנוּ

BARUCH (ELOHEINU) SHE-ACHALNU

מְשֵׁלוֹ וּבְטוּבוֹ חַיֵּינוּ.

MISHELO UVTUVO CHAYINU.

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

*The leader repeats:*

בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאֲכַלְנוּ

BARUCH (ELOHEINU) SHE-ACHALNU

מְשֵׁלוֹ וּבְטוּבוֹ חַיֵּינוּ.

MISHELO UVTUVO CHAYINU.

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

*All say:*

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.

BARUCH HU U-VARUCH SH'MO.

May He be blessed and may His name be blessed.

*Individuals begin here:*

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הִזַּן אֶת־  
הָעוֹלָם כֹּל בְּטוּבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים

הוא נותן להם לכול בשר כי לעולם חסדו.  
ובטובו הגדול תמיד לא חסר לנו, ואל יחסר  
לנו מזון לעולם ועד. בעבור שמו הגדול, כי  
הוא אל זן ומפרנס לכל ומטיב לכל, ומכין  
מזון לכל בריותיו אשר ברא. ברוך אתה יי,  
הזן את הכל:

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 CHASDO.  
UV-TUVO HAGADOL TAMID LO CHASAR LANU V'AL  
YECHSAR 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.

You are blessed, Lord our God, the sovereign of the world, who provides food for the entire world in His goodness, with grace, kindness and mercy; He supplies bread for all living beings, for His kindness is everlasting. Because of His great goodness, we have never lacked food, nor will we ever lack it—on account of His great name—since He is God who feeds and provides for all and is good to all, and who supplies food for all His creatures which he brought into being.

You are blessed, Lord, who provides food for all.

נוֹדֵה לְךָ יְיָ אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ  
 אֶרֶץ חֶמְדָּה טוֹבָה וְרַחֲבָה, וְעַל שֶׁהוֹצֵאתָנוּ יְיָ  
 אֱלֹהֵינוּ מֵאֶרֶץ מִצְרַיִם, וּפְדִיתָנוּ, מִבֵּית עֲבָדִים,  
 וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ בְּבִשְׁרֵנוּ, וְעַל תּוֹרַתְךָ  
 שֶׁלִּמַּדְתָּנוּ, וְעַל חֻקֶּיךָ שֶׁהוֹדַעְתָּנוּ וְעַל חַיִּים  
 חֵן וְחֶסֶד שֶׁחֹנַנְתָּנוּ, וְעַל אֲכִילַת מַזוֹן שֶׁאַתָּה  
 זָן וּמְפַרְנֵס אוֹתָנוּ תָּמִיד, בְּכֹל יוֹם וּבְכֹל-עֵת  
 וּבְכֹל-שָׁעָה:

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.

We thank You, Lord our God, for having given the  
 heritage of a lovely, fine and spacious land to our  
 fathers, and for having brought us out, Lord our God,  
 from Egypt, and for rescuing us from slavery, and also

for Your covenant which You sealed in our flesh, as well as for Your Torah which You taught us, and Your laws of which You told us, and for the life, grace and kindness You have granted us, and for the food which You supply and provide for us constantly, every day, all the time, and at every hour.

*On Chanukkah:*

עַל הַנְּסִיּוֹת וְעַל הַפְּרֻקָּן וְעַל הַגְּבוּרוֹת וְעַל  
הַתְּשׁוּעוֹת וְעַל הַמְּלַחְמוֹת שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ  
בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.

**AL HANISIM V'AL HAPURKAN V'AL HAG'VUROT  
V'AL HAT'SHUOT V'AL HAMILCHAMOT SHE'ASITA  
LA-AVOTEINU BAYAMIM HAHEIM BAZMAN HAZEH.**

We thank You for the miracles, for the liberation, for the mighty acts, for the victories, and for the wars which You waged for our ancestors in those days on this occasion.

בַּיָּמִים מִתְּתִיָּהוּ בֶּן יוֹחָנָן כִּהֵן גְּדוֹל חֲשֵׁמוֹנָאִי  
וּבָנָיו, כְּשֶׁעָמְדָה מַלְכוּת יוֹן הַרְשָׁעָה עַל עַמְּךָ  
יִשְׂרָאֵל, לְהַשְׁכִּיחַם תּוֹרְתְךָ, וּלְהַעֲבִירָם מִחֻקֵּי  
רְצוֹנְךָ. וְאַתָּה בִּרְחֻמֶיךָ הַרְבִּיּוֹת, עָמַדְתָּ לָהֶם  
בְּעֵת צָרָתָם, רַבַּת אֶת רִיבָם, דָּנַת אֶת־דֵּינָם,

נְקַמְתָּ אֶת נִקְמַתָּם. מִסֵּרְתָּ גְבוּרִים בְּיַד חַלְשִׁים,  
 וְרַבִּים בְּיַד מְעֻטִים, וְטַמְאִים בְּיַד טְהוֹרִים,  
 וְרָשָׁעִים בְּיַד צַדִּיקִים, וְזַדִּים בְּיַד עוֹסְקֵי  
 תּוֹרָתְךָ, וְלֶךְ עֲשִׂיתָ שֵׁם גָּדוֹל וְקָדוֹשׁ בְּעוֹלָמְךָ,  
 וְלַעֲמֶךָ יִשְׂרָאֵל עֲשִׂיתָ תְּשׁוּעָה גְדוֹלָה וּפְרָקָן  
 כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ בְנֵיךָ לְדַבֵּיר בֵּיתְךָ,  
 וּפְנּוּ אֶת הַיְכָלְךָ, וְטְהָרוּ אֶת מִקְדָּשְׁךָ, וְהִדְלִיקוּ  
 נְרוֹת בְּחִצְרוֹת קִדְשְׁךָ, וְקָבְעוּ שְׁמוֹנֵת יָמֵי  
 חֲנֻכָּה אֵלָיו, לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ הַגָּדוֹל.

BIMEI MATITYAHU BEN YOCHANAN KOHEIN GADOL  
 CHASHMONAI U-VANUV, 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 NEIROT B'CHATZROT  
KODSHECHA V'KAVU SH'MONAT Y'MEI CHANUKA  
EILU L'HODOT UL-HALEIL L'SHIMCHA HAGADOL.

It was in the days of Mattathias, son of Yohanan, the High Priest, a Hasmonean, and his sons, that the wicked Hellenistic regime confronted Your people Israel to make them forget Your Torah and to drive them away from the laws of Your will. Then You, in Your great mercy, stood up for them in their time of trouble. You pleaded their cause, argued their case, and avenged their wrong; You delivered the strong into the power of the weak, the many into the power of the few, the impure into the power of the pure, the wicked into the power of the righteous, and the sacrilegious into the power of those immersed in Your Torah. Thus You made for Yourself a great and holy name in Your world, and for Your people Israel You brought about a great victory and liberation on this day. And afterwards, Your children came to the sanctuary of Your house, cleared Your holy place, purified Your temple, and kindled lights in Your holy courts, and they established these eight days of Chanukkah for giving thanks and praise to Your great name.

*On Purim:*

עַל הַנְּסִים וְעַל הַפְּרָקָן וְעַל הַגְּבוּרוֹת וְעַל  
הַתְּשׁוּעוֹת וְעַל הַמְּלַחְמוֹת שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ

## בִּימֵי הַהֵם בְּזִמַּן הַזֶּה.

AL HANISIM V'AL HAPURKAN V'AL HAG'VUROT  
V'AL HAT'SHUOT V'AL HAMILCHAMOT SHE'ASITA  
LA-AVOTEINU BAYAMIM HAHEIM BAZMAN HAZEH.

We thank You for the miracles, for the liberation, for the mighty acts, for the victories, and for the wars which You waged for our ancestors in those days on this occasion.

בִּימֵי מֶרְדֵּכַי וְאֶסְתֵּר בְּשׁוֹשַׁן הַבִּירָה, כְּשֶׁעָמַד  
עֲלֵיהֶם הַמֶּן הַרְשָׁע, בְּקֶשׁ לְהַשְׁמִיד לְהַרְגַּ  
וּלְאַבֵּד אֶת-כָּל-הַיְהוּדִים, מִנֶּעַר וְעַד-זֶקֶן, טַף  
וְנָשִׁים בְּיוֹם אֶחָד, בְּשָׁלוֹשָׁה עָשָׂר לְחֹדֶשׁ  
שְׁנַיִם עָשָׂר, הוּא חֹדֶשׁ אָדָר, וְשָׁלָלָם לְבוֹז.  
וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים הִפַּרְתָּ אֶת-עֲצָתוֹ,  
וְקִלְקַלְתָּ אֶת מַחֲשַׁבְתּוֹ, וְהִשְׁבֹּתָ לוֹ גְּמוּלוֹ  
בְּרֹאשׁוֹ, וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו עַל-הָעֵץ.

BIMEI MORDECHAI V'ESTER B'SHUSHAN HABIRA  
K'SHE-AMAD ALEIHEM HAMAN HA-KASHA, BIKEISH  
L'HASHMID L'HAROG UL-ABEID ET KOL HA-Y'HUDIM  
MINA-AR V-AD ZAKEIN TAF 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 VAHASHEIVOTA  
G'MULO B'ROSHO V'TALU OTO V'ET BANAV  
AL HA-EITZ.

It was in the days of Mordecai and Esther, in the capital city of Shushan, that the wicked Haman rose up against them, seeking to wipe out, to murder and to destroy all the Jews, young and old, women and children, on one day, on the thirteenth day of the twelfth month, which is the month of Adar, plundering them for spoil. But You, in Your great mercy, frustrated his plan, and thwarted his intention, and turned the tables on him, so that they hanged him and his sons on the gallows.

*On other days, continue here:*

וְעַל הַכֹּל יְיָ אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לְךָ,  
וּמְבָרְכִים אוֹתְךָ, יְתִבְרַךְ שִׁמְךָ בְּפִי כָל־חַי  
תָּמִיד לְעוֹלָם וָעֶד. כַּכָּתוּב, וְאֶכְלֹת וְשִׁבַּעְתָּ,  
וּבִרְכַת אֶת־יְיָ אֱלֹהֶיךָ עַל־הָאָרֶץ הַטֹּבָה אֲשֶׁר  
נָתַתָּ לְךָ. בְּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמָּזוֹן:

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 U-VEIRACHTA ET  
ADONAI ELOHECHA AL HA-ARETZ HATOVA ASHER

NATAN LACH. BARUCH ATAH ADONAI, AL  
HA-ARETZ V'AL HAMAZON.

So for everything, Lord our God, we thank You and bless You—may Your name be blessed in the speech of all living beings, constantly, for all time. For it is written: “And you shall eat, and be satisfied, and bless the Lord your God for the good land He gave you.” You are blessed, Lord, for the land and for the food.

רַחֵם נָא יְיָ אֱלֹהֵינוּ, עַל-יִשְׂרָאֵל עַמְּךָ, וְעַל  
יְרוּשָׁלַיִם עִירְךָ, וְעַל צִיּוֹן מְשֻׁכָּן כְּבוֹדְךָ, וְעַל  
מַלְכוּת בֵּית דָּוִד מְשִׁיחֶךָ, וְעַל הַבַּיִת הַגָּדוֹל  
וְהַקָּדוֹשׁ שֶׁנִּקְרָא שְׁמֶךָ עָלָיו. אֱלֹהֵינוּ, אָבִינוּ,  
רַעֲנוּ, זִוְנֵנוּ, פְּרַנְסֵנוּ, וְכַלְכְּלֵנוּ, וְהַרְוִיחֵנוּ  
וְהַרְוַח-לָנוּ יְיָ אֱלֹהֵינוּ מִהֲרָה מְכֹל-צָרוֹתֵינוּ,  
וְנָא אַל-תִּצְרִיכֵנוּ יְיָ אֱלֹהֵינוּ לֹא לַיְדֵי מַתָּנָה  
בְּשָׂר וָדָם, וְלֹא לַיְדֵי הַלְוָאָתָם. כִּי אִם לַיְדֶיךָ  
הַמְּלֵאָה, הַפְּתוּחָה, הַקָּדוּשָׁה וְהַרְחֲבָה, שֶׁלֹּא  
נִבּוֹשׁ וְלֹא נִכָּלֵם לְעוֹלָם וָעֶד.

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 LAND  
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 HAM'LEI-A  
HAP'TUCHA HAK'DOSHA V'HAR'CHAVA SHELO  
NEIVOSH V'LO NIKALEIM L'OLAM VA-ED.

Have mercy, Lord our God, on Israel Your people, on Jerusalem, Your city, on Zion the home of Your glory, on the kingdom of the house of David Your anointed one, and on the great and holy house which is called by Your name. Our God, our Father—look after us and feed us, give us a livelihood and support us, and provide a respite for us—a respite for us, Lord our God, soon, from all our troubles. And please, let us not be dependent, Lord our God, neither on a gift, nor on a loan from a human being, but rather on Your full, open, holy and generous hand, so that we should never feel embarrassed or ashamed.

*On Shabbat:*

רְצֵה וְהַחֲלִיצֵנוּ יְיָ אֱלֹהֵינוּ בְּמִצּוֹתֶיךָ וּבְמִצּוֹת  
יוֹם הַשַּׁבָּת הַזֶּה וְהַקָּדוֹשׁ הַזֶּה. כִּי  
יוֹם זֶה גָּדוֹל וְקָדוֹשׁ הוּא לְפָנֶיךָ, לְשַׁבַּת בּוֹ

וְלָנוּחַ בּוֹ בְּאַהֲבָה כְּמִצְוֹת רְצוֹנָךְ וּבְרְצוֹנָךְ  
הִנִּיחַ לָנוּ יְיָ אֱלֹהֵינוּ, שְׁלֹא תִהְיֶה צָרָה וְיָגוֹן  
וְאַנְחָה בְּיוֹם מְנוּחָתֵנוּ. וְהִרְאֵנוּ יְיָ אֱלֹהֵינוּ  
בְּנֶחֱמַת צִיּוֹן עִירְךָ, וּבְבִנְיָן יְרוּשָׁלַיִם עִיר  
קְדֻשְׁךָ, כִּי אַתָּה הוּא בַּעַל הַיְשׁוּעוֹת וּבַעַל  
הַנְּחָמוֹת.

R'TZEI V'HACHALITZEINU ADONAI ELOHEINU  
B'MITZVOTECHA 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.  
U-VIRTZON'CHA HANIACH 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.

Be pleased, Lord our God, to strengthen us through Your commandments, especially the commandment of the seventh day, this great and holy Shabbos. For this is indeed a great and holy day for You; to rest and to be at ease, with loving concern for the command of Your will. So may it please You to grant us rest, Lord our God, with no trouble, or unhappiness, or weeping on our day of rest. And let us witness, Lord our God, the

consolation of Zion, Your city, and the building up of Jerusalem, Your holy city, for You are the Lord of redemption, and the Lord of consolation.

*On Rosh Chodesh and Yom Tov:*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וַיִּבֹא וַיִּגְיַע  
וַיִּרְאֶה וַיִּרְצֶה וַיִּשְׁמַע וַיִּפְקֹד וַיִּזְכֹּר זְכוֹרֹנוּ  
וּפְקֻדוֹנוּ, וְזִכְרוֹן אֲבוֹתֵינוּ, וְזִכְרוֹן מְשִׁיחַ בֶּן  
דָּוִד עַבְדְּךָ, וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,  
וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לְפִלִּיטָה  
לְטוֹבָה לְחַן וְלַחֶסֶד וְלִרְחֻמִּים, לְחַיִּים  
וְלְשָׁלוֹם בְּיוֹם

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 B'YOM.

*On Rosh Chodesh:*

רוֹשׁ הַחֹדֶשׁ הַזֶּה. ROSH HACHODESH HAZEH.

*On Rosh Hashanah:*

HAZIKARON HAZEH.

הַזְכָּרוֹן הַזֶּה.

*On Sukkot:*

CHAG HASUKKOT HAZEH.

חַג הַסֻּכּוֹת הַזֶּה.

*On Sh'mini Atzeret and Simchat Torah:*

הַשְּׁמִינִי חַג הַעֲצֵרֶת הַזֶּה.

HASH'MINI CHAG HA-ATZERET HAZEH.

*On Pesach:*

CHAG HAMATZOT HAZEH.

חַג הַמַּצּוֹת הַזֶּה.

*On Shavuot:*

CHAG HASHAVUOT HAZEH.

חַג הַשְּׁבֻעוֹת הַזֶּה.

זְכֹרֵנוּ יי אֱלֹהֵינוּ בּו לְטוֹבָה. וּפְקֹדֵנוּ בּו  
לְבִרְכָה. וְהוֹשִׁיעֵנוּ בּו לְחַיִּים, וּבְדַבַּר יְשׁוּעָה  
וְרַחֲמִים, חוּס וְחַנּוּן, וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ,  
כִּי אֱלֹהֶיךָ עֵינֵינוּ, כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם  
אַתָּה:

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 MELECH CHANUN  
V'RACHUM ATAH.

Our God and God of our fathers, may a reminder and a remembrance of us, and of our fathers, and of the Messiah the son of David Your servant, and of Jerusalem Your holy city, and of all Your people the house of Israel, ascend and arrive, reach and be noticed, and accepted, heard, noted and remembered before You, for deliverance and well-being, for grace, kindness and mercy, for life and peace on this day of

the New Month — or — Remembrance — or the Festival of Sukkot — or the Eighth Day of Assembly Festival — or — the Festival of Unleavened Bread — or — the Festival of Shavuot.

Be mindful of us, Lord our God, on this day, for good, take note of us for blessing and preserve us in life. And with an act of redemption and mercy, have pity on us and be gracious to us, and be merciful to us and save us, for our eyes are directed toward You, for You are a gracious and merciful divine ruler.

*On other days, continue here:*

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ.  
בְּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.

UV-NEI Y'RUSHALAYIM IR HAKODESH BIMHEIRA  
V'YAMEINU. BARUCH ATAH ADONAI, BONEH  
V'RACHAMAV Y'RUSHALAYIM. AMEIN.

And may You build up Jerusalem, the holy city, rapidly  
in our lifetimes. You are blessed, Lord, who in His  
mercy, builds up Jerusalem. Amen.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל  
אָבִינוּ, מְלַכְנוּ, אֲדִירֵנוּ בּוֹרְאֵנוּ, גּוֹאֲלֵנוּ,  
יוֹצְרֵנוּ, קְדוֹשְׁנוּ קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה  
יִשְׂרָאֵל. הַמֶּלֶךְ הַטּוֹב, וְהַמְטִיב לְכֹל, שֶׁבְּכֹל  
יוֹם וַיּוֹם הוּא הַטֵּיב, הוּא מְטִיב, הוּא יי טֵיב  
לָנוּ. הוּא גִמְלָנוּ, הוּא גּוֹמְלָנוּ, הוּא יְגַמְלָנוּ  
לְעֵד לְחַן וְלַחֲסֵד וְלִרְחֻמִּים וְלִירוּחַ הַצֵּלָה  
וְהַצֵּלָה בְּרָכָה וְיִשׁוּעָה, נְחֻמָּה, פְּרִנְסָה  
וְכִלְכֵּלָה, וְרַחֲמִים, וְחַיִּים וְשָׁלוֹם, וְכֹל טוֹב,  
וּמְכֹל טוֹב לְעוֹלָם אֵל יַחֲסֵרְנוּ:

BARUCH ATAH ADONAI, ELOHEINU MELECH  
HA-OLAM, HA-EIL AVINU MALKEINU ADIREINU  
BOR'EINU GO ALEINU YOTZ'REINU K'DOSHEINU  
K'DOSH YA'AKOV, 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.

You are blessed, Lord our God, the sovereign of the world—God who is our father, our king, our mighty one, our creator, our redeemer, our maker, our holy one—the holy one of Jacob; our shepherd—the shepherd of Israel; the king who is good and who does good to all, who each and every day has been good, is good and will be good to us. He gave, gives, and will always give us grace, kindness and mercy, and respite, deliverance and success, blessing and salvation, comfort, a livelihood and sustenance, and mercy and life and peace and everything that is good and may He never let us lack anything that is good.

הַרְחֵמֵנוּ, הוּא יְמַלֹּךְ עָלֵינוּ לְעוֹלָם וָעֶד.  
הַרְחֵמֵנוּ, הוּא יִתְבָּרַךְ בְּשָׁמַיִם וּבָאָרֶץ.  
הַרְחֵמֵנוּ, הוּא יִשְׁתַּבַּח לְדוֹר דּוֹרִים, וַיִּתְפָּאֵר  
בְּנוֹ לְעֵד וּלְנֶצַח נְצָחִים, וַיִּתְהַדָּר בְּנוֹ לְעֵד  
וּלְעוֹלָמֵי עוֹלָמִים.

הַרְחֵמֵנוּ, הוּא יִפְרֹסֵנוּ בְּכָבוֹד.  
 הַרְחֵמֵנוּ, הוּא יִשְׁבֹּר עֲלֵינוּ מֵעַל צוֹאֲרָנוּ וְהוּא  
 יוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאַרְצֵנוּ.  
 הַרְחֵמֵנוּ, הוּא יִשְׁלַח לָנוּ בְּרָכָה מְרֻבָּה בַּבַּיִת  
 הַזֶּה, וְעַל שְׁלֵחַן זֶה שֶׁאֲכָלְנוּ עָלָיו.  
 הַרְחֵמֵנוּ, הוּא יִשְׁלַח לָנוּ אֶת אֱלֹהֵי הַנְּבִיא זְכוֹר  
 לְטוֹב, וַיִּבְשֶׁר לָנוּ בְּשׂוֹרוֹת טוֹבוֹת יְשׁוּעוֹת וְנַחֲמוֹת.

HARACHAMAN HU YIMLOCH ALEINU L'OLAM VA-ED.

HARACHAMAN HU YITBARACH BASHAMAYIM U-VA-ARETZ.

HARACHAMAN HU YISHTABACH L'DOR DORIM

V'YITPA-AR BANU LA-AD UL'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.

The Merciful One He will rule over us forever. May the Merciful One be blessed in heaven and on earth. May the Merciful One be praised for generation upon generation,

and may He be glorified through us forever and ever, and may He be honored through us eternally. May the Merciful One grant us an honorable livelihood. May the Merciful One break the yoke from our neck and lead us upright to our land. May the Merciful One send a plentiful blessing on this house and on this table at which we have eaten. May the Merciful One send us Elijah the prophet—who is remembered for good—who will bring us good tidings of salvation and comfort.

*These personal blessings are added according to the individual circumstances:*

הַרְחַמֵּן, הוּא יְבָרֵךְ

HARACHAMAN HU Y'VAREICH

May the Merciful One bless

*for one's parents:*

אֶת אָבִי מוֹרִי (בַּעַל הַבַּיִת הַזֶּה) וְאֶת אִמִּי  
מוֹרָתִי (בַּעֲלַת הַבַּיִת הַזֶּה), אוֹתָם וְאֶת בֵּיתָם  
וְאֶת זֶרְעָם וְאֶת כָּל אֲשֶׁר לָהֶם,

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

my honored father (the man of this house) and my  
honored mother (the woman of this house), them

together with their household, their children and everything that is theirs.

*for oneself and one's own family:*

אוֹתִי וְאֶת-אִשְׁתִּי (בְּעָלִי) וְאֶת-זָרְעִי  
וְאֶת-כָּל-אֲשֶׁר לִי

OTI V'ET ISHTI (BA'ALI) V'ET ZAR-I V'ET KOL ASHER LI  
me, my wife (my husband), together with everything  
that is mine,

*for one's hosts:*

אֶת בַּעַל הַבַּיִת הַזֶּה, וְאֶת אִשְׁתּוֹ בַּעֲלַת הַבַּיִת  
הַזֶּה, אוֹתָם וְאֶת בֵּיתָם וְאֶת זָרְעָם

ET BA-AL HABAYIT HAZEH, V'ET BA-ALAT HABAYIT  
HAZEH, OTAM V'ET BEITAM V'ET ZAR-AM V'ET KOL  
ASHER LAHEM,

the man of this house and the woman of this  
house—they, together with their household, their  
children and everything that is theirs,

*for others present:*

וְאֶת-כָּל-הַמְּסֻבִּין כָּאֵן,

V'ET KOL HAM'SUBIM KAN,  
and all those who are seated here,

אוֹתָנוּ וְאֵת כָּל אֲשֶׁר לָנוּ, כְּמוֹ שֶׁנִּתְבָּרְכוּ  
אַבוֹתֵינוּ, אַבְרָהָם יִצְחָק וְיַעֲקֹב: בְּכֹל, מְכֹל,  
כָּל. כֵּן יְבָרֵךְ אוֹתָנוּ כְּלָנוּ יַחַד. בְּבִרְכָה  
שְׁלֵמָה, וְנֹאמַר אָמֵן:

OTANO V'ET KOL ASHER LANU, K'MO  
SHE-NITBARCHU AVOTEINU AVRAHAM YITZCHAK  
V'YA-AKOV BAKOL MIKOL KOL, KEIN Y'VAREICH  
OTANU KULANU YACHAD BIVRACHA SH'LEIMA  
V'NOMAR AMEIN.

us, together with all that is ours, just as our fathers,  
Abraham, Isaac and Jacob, were blessed—totally—so  
may He bless us, all of us together, with a complete  
blessing, and let us say, Amen.

בְּמָרוֹם יְלַמְדוּ עֲלֵיהֶם וְעַלֵּינוּ זְכוֹת, שֶׁתִּהְיֶה  
לְמִשְׁמֶרֶת שְׁלוֹם, וְנִשְׂא בְּרַכָּה מֵאֵת יְיָ וְצַדִּיקָה  
מֵאֱלֹהֵי יִשְׂרָאֵל, וְנִמְצָא חַן וְשִׂיחָל טוֹב בְּעֵינֵי  
אֱלֹהִים וְאָדָם:

BAMAROM Y'LAMDU ALEIHEM V'ALEINU  
Z'CHUT SHE-T'HAI 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.

May a plea be heard on high, for them and for us, which will result in the safeguarding of peace. So may we receive a blessing from the Lord and righteousness from the God of our salvation. So may we find favor and understanding in the sight of God and man.

*On Shabbat:*

הַרְחַמֵּן, הוּא יִנְחִילֵנוּ יוֹם שְׁכּוּלוֹ שְׁבַת וּמְנוּחָה  
לְחַיֵּי הָעוֹלָמִים.

HARACHAMAN HU YAN-CHILEINU YOM  
SHE-KULO SHABBAT UM-NUCHA L'CHAYEI  
HA-OLAMIM.

May the Merciful One bring us the day which will be totally Shabbos and rest, in everlasting life.

*On Rosh Chodesh:*

הַרְחַמֵּן, הוּא יַחְדֵּשׁ עֲלֵינוּ אֶת הַחֹדֶשׁ הַזֶּה  
לְטוֹבָה וְלִבְרָכָה.

HARACHAMAN HU Y'CHADEISH ALEINU ET  
HACHODESH HAZEH L'TOVAH V'LIVRACHA.

May the Merciful One introduce this month to us with goodness and blessing.

*On Yom Tov:*

הַרְחַמֵּן, הוּא יִנְחִילֵנוּ יוֹם שְׁכּוּלוֹ טוֹב.

HARACHAMAN HU YAN-CHILEINU YOM SHE-KULO TOV.

May the Merciful One bring us the day which will be totally good.

*On Rosh Hashanah:*

הַרְחֵמֵנוּ, הוּא יְחַדֵּשׁ עֲלֵינוּ אֶת הַשָּׁנָה הַזֹּאת  
לְטוֹבָה וְלְבִרְכָה.

HARACHAMAN HU Y'CHADEISH ALEINU ET HASHANAH HAZOT L'TOVAH V'LIVRACHA.

May the Merciful One introduce this year to us with goodness and blessing.

*On Sukkot:*

הַרְחֵמֵנוּ, הוּא יְקִים לָנוּ אֶת סִכַּת דָּוִד הַנוֹפֶלֶת.

HARACHAMAN HU YAKIM LANU ET SUKKAT DAVID HANOFELET.

May the Merciful One raise up for us the fallen sukkah of David.

*On other days, continue here:*

הַרְחֵמֵנוּ, הוּא יִזְכֵּנוּ לְיָמֵי הַמְּשִׁיחַ וְלַחַיֵּי  
הָעוֹלָם הַבָּא.

HARACHAMAN HU Y'ZAKEINU LIMOT  
HAMASHIACH UL-CHAYEI HA-OLAM HABA.

May the Merciful One make us worthy of experiencing  
the days of the Messiah and the life of the world to  
come.

*On Shabbat, Yom Tov and Rosh Chodesh:*

MIGDOL

מגדול

*On other days:*

MAGDIL

מגדיל

יְשׁוּעוֹת מַלְכוֹ, וְעֹשֶׂה חֶסֶד לְמַשִּׁיחוֹ לְדָוִד  
וְלִזְרָעוֹ עַד עוֹלָם: עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא  
יַעֲשֶׂה שְׁלוֹם, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ  
אָמֵן:

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.

He brings about great victories for His king and shows  
kindness to His anointed one—to David and to his  
descendants forever. He who makes peace in His high  
places, may He bring about peace for us and for all  
Israel, and say, Amen.



יִרְאוּ אֶת יְיָ קְדוֹשׁוֹ, כִּי אֵין מַחְסוֹר לִירְאָיו:  
כְּפִירִים רָשׁוּ וְרָעִבוּ, וְדוֹרְשֵׁי יְיָ לֹא־יִחְסְרוּ  
כָּל־טוֹב: הוֹדוּ לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם חֶסֶדּוֹ:  
פּוֹתַח אֶת־יַדּוֹ, וּמַשְׂבִּיעַ לְכֹל חַי רָצוֹן: בָּרוּךְ  
הַגִּבּוֹר אֲשֶׁר יְבַטַּח בֵּינִי, וְהָיָה יְיָ מְבַטְחוֹ: נַעַר  
הָיִיתִי גַם זָקֵנְתִי וְלֹא־רָאִיתִי צַדִּיק נֶעְזֵב,  
וְזָרְעוֹ מִבְּקֶשׁ־לֶחֶם: יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ  
אֶת־עַמּוֹ בְּשָׁלוֹם:

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 RAITI TZADIK NE-EZAV V'ZAR-O  
M'VAKESH LACHEM. ADONAI OZ L'AMO YITEIN  
ADONAI Y'VAREICH ET AMO VASHALOM.

Stand in awe of the Lord, you who are His holy ones, for there is nothing lacking to those who stand in awe of Him. Even young lions suffer want and hunger, but those who seek the Lord will not lack any good thing. Give thanks to the Lord, for He is good, for His

kindness is everlasting. You open Your hand and satisfy the desire of all living. Blessed is the man who trusts in the Lord, and who makes the Lord the object of his trust. I was young and I have become old, and yet I never overlooked a deserving man who was destitute, with his children begging for bread. May the Lord give strength to His people; may the Lord bless His people with peace.

*When the Blessing after the Meal is said over wine:*

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרִי  
הַגָּפֶן.

BARUCH ATAH ADONAI, ELOHEINU MELECH  
HA-OLAM, BOREI P'RI HAGAFEN.

You are blessed, Lord our God, the sovereign of the world, creator of the fruit of the vine.