

# BLESSINGS FOR FOOD & FRAGRANCE

ברכות הנדהנין



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# ברכות הנהנין

## B'RACHOT HANEHENIN - BLESSINGS FOR ENJOYMENT

Kabbalah teaches that, contained within each created thing, is a spark from the Light of the Creator. We eat, not only to sustain our physical bodies, but also to nourish our souls. It is important therefore, that we do not take eating for granted. Saying blessings before and after a meal enables us to properly release the spiritual energies contained within the foods we ingest. Likewise, saying a blessing before smelling nice things enables us to properly release the spiritual energies contained within them as well.

# ברכות קודם האכילה והשתיה

## BLESSINGS BEFORE FOOD OR DRINK

A blessing is said over each type of food or drink before consuming it. There are additional directions below each blessing when necessary.

### UPON WASHING THE HANDS

*This blessing is recited only if we are having food which includes bread made from wheat, barley, rye, oats, or spelt.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 asher kid'shanu b'mitzvotav,  
*You have sanctified us through Your commandments,*  
 v'tzivanu al n'tilat yadayim.  
*and bid us to wash the hands.*

ברוך אתה יהוה,  
 אלהינו מלך העולם,  
 אשר קדשנו במצותיו,  
 וצונו על נטילת ידים.

### BLESSING OVER BREAD

*This blessing is only recited if we are eating bread made from wheat, barley, rye, oats, or spelt.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 ha-motzi lechem min ha-arets.  
*Who brings forth bread from the earth.*

ברוך אתה יהוה,  
 אלהינו מלך העולם,  
 המוציא לחם מן הארץ.

## BLESSING OVER PRODUCTS FROM THE FIVE SPECIES

*This blessing is only recited if we are eating food which is made from wheat, barley, rye, oats, or spelt and is not bread. We can also use this blessing for products made from rice.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei minei m'zonot.  
*Who creates species of nourishment.*

בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא מִיְּנֵי מְזוֹנוֹת.

## BLESSING OVER GRAPE WINE OR GRAPE JUICE

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei p'ri ha-gafen.  
*Who creates the fruit of the vine.*

בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא פְּרֵי הַגֶּפֶן.

## BLESSING OVER TREE-GROWN FRUITS

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei p'ri ha-eitz.  
*Who creates the fruit of the tree.*

בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא פְּרֵי הָעֵץ.

## BLESSING OVER PRODUCE GROWN FROM THE EARTH

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei p'ri ha-adamah.  
*Who creates the fruit of the ground.*

בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא פְּרֵי הָאֲדָמָה.

## BLESSING OVER ALL OTHER FOODS OR DRINKS

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 shehakol nih-yeh bidvaro.  
*by Whose word all things exist.*

בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 שֶׁהַכֹּל נִהְיֶה בְּדְבָרוֹ.

# ברכות הריח

## BLESSINGS OVER FRAGRANCE

The sense of smell is linked to the soul, for this reason we bless spices and smell them at the end of Shabbat. Just as food can nourish the body, smelling nice fragrances can refresh the soul. Saying a blessing over a particular fragrance before we smell it assures that we release the sparks of Light contained within the fragrance.

*Upon smelling fragrant edible fruits or nuts:*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 ha-notein rei-ach tov bapeirot.  
*Who places a good aroma into fruits.*

על ריח טוב שבפירות:  
 בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 הַנוֹתֵן רֵיחַ טוֹב בַּפְּרוֹת.

*Upon smelling fragrant shrubs or trees or their flowers:*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei atzei v'samim.  
*Who creates trees that are fragrant.*

על ריח טוב שבעצים ושיחים:  
 בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא עֵצִי בְשָׁמִים.

*Upon smelling fragrant herbs, grasses or flowers:*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei isvei v'samim.  
*Who creates herbage that is fragrant.*

על ריח טוב שבעשבים:  
 בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא עֲשָׂבֵי בְשָׁמִים.

*Upon smelling fragrances of a non-vegetable origin, musk, undetermined origin, or a blend of spices of different origins:*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei minei v'samim.  
*Who creates species that are fragrant.*

על ריח טוב שאינו מן הצומח:  
 בָּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא מִיְּנֵי בְשָׁמִים.

# ברכת המזון

## BIRKAT HAMAZON - THE 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 23.

### 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'shoveir, yancheini

*My soul You restore, You lead me*

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

*on paths of righteousness for the sake of Your Name.*

Gam ki eileich b'gei tzal-mavet,

*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;*

Shiv-t'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 bashemen roshi,

*You anointed my head with oil,*

kosi r'vayah.

*my cup overflows.*

מִזְמוֹר לְדָוִד.

יְהוָה רֹעִי לֹא אֶחְסָר.

בְּנֵאֹת דֶּשֶׁא יַרְבִּיצֵנִי,

עַל מֵי מְנוּחֹת יְנַהֲלֵנִי.

נַפְשִׁי יִשׁוּבָב, יְנַחֲנֵי

בְּמַעְגְלֵי צְדָק לְמַעַן שְׁמוֹ.

גַּם כִּי אֵלֶךְ בְּגֵיא צַלְמוֹת,

לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי.

שִׁבְטְךָ וּמִשְׁעַנְתְּךָ

הִמָּה יְנַחֲמֵנִי.

תַּעְרוֹךְ לְפָנַי שִׁלְחָן

נֶגֶד צָרוּרֵי.

דִּשַׁנְתָּ בְשֶׁמֶן רֹאשִׁי,

כּוֹסִי רְוִיָה.

Ach tov vach<sup>u</sup>sed yir-d'f<sup>u</sup>ni  
*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 וחסד ירדפוּני  
 כָּל יְמֵי חַיִּי,  
 וּשְׁבַתִּי בְּבֵית יְהוָה  
 לְאָרֶךְ יָמִים.

## 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*  
 ul-shoneinu 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 yik-tzoru.  
*Those who sow in tears shall reap in joy.*  
 Haloch yeileich uvachoh  
*Walk on, he walks weeping,*  
 nosei meshech hazara,  
*does he who carries the measure of seeds,*  
 bo yavo v'rinah  
*but he shall come home with joy*  
 nosei alumotav.  
*bearing his sheaves.*

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְהוָה  
 אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים.  
 אֲזַי מָלֵא שְׂחֹק פִּינוּ  
 וּלְשׁוֹנֵינוּ רִנָּה.  
 אֲזַי יֹאמְרוּ בַגּוֹיִם:  
 הִגְדִּיל יְהוָה לַעֲשׂוֹת עִם אֱלֹהֵי.  
 הִגְדִּיל יְהוָה לַעֲשׂוֹת  
 עִמָּנוּ הָיִינוּ שְׂמֵחִים.  
 שׁוּבָה יְהוָה אֶת שְׁבִיתָנוּ  
 כַּאֲפִיקִים בַּנֶּגֶב.  
 הַזֹּרְעִים בְּדִמָּעָה בְּרִנָּה יִקְצְרוּ.  
 הַלֹּוֹךְ יֵלֵךְ וּבְכֹה נִשְׂא  
 מִשֵּׁךְ הַזָּרַע,  
 בֹּא יָבֹא בְרִנָּה  
 נִשְׂא אֲלֻמֹּתָיו.

## HINEINI

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 michan 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. לך. על הארץ הטובה אשר נתן לך.

*for the land that is good which the Eternal gave you.*

הַנְּנִי מוֹכֵן וּמְזַמֵּן לְקַיֵּם

מִצְוֹת עֲשֵׂה שֶׁל

בְּרַכַּת הַמְּזוֹן,

שְׁנַאֲמַר: 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."

חֲבֵרַי נְבָרֵךְ!

Leader: Chaveirai n'vareich!

*Friends, let us bless the Eternal!*

יְהִי שֵׁם יְהוָה מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

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

*Blessed be the Name of Hashem from this time forth and for ever and ever.*

יְהִי שֵׁם יְהוָה מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

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

*Blessed be the Name of Hashem from this time forth and for ever and ever.*

בְּרִשׁוֹת חֲבֵרַי נְבָרֵךְ אֱלֹהֵינוּ שֶׁאָכַלְנוּ מִשְׁלוֹ.

Leader: Bi-r'shut chaverai n'vareich Eloheinu she-achalnu mishelo.

*Let us now bless our Elohim whose food we have eaten.*

בְּרוּךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ חֵיֵינוּ.

Group: Baruch Eloheinu she-achalnu mishelo uv-tuvo chayinu.  
*Blessed be our Elohim whose food we have eaten and through whose goodness we live.*

בְּרוּךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ חֵיֵינוּ.

Leader: Baruch Eloheinu she-achalnu mishelo uv-tuvo chayinu.  
*Blessed be our Elohim whose food we have eaten and through whose goodness we live.*

בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

All: Baruch hu uvaruch sh'mo.  
*Blessed be and blessed be the Name of the Eternal.*

## הַבְּרָכָה הַרְאֵשׁוֹנָה - בְּרַכַּת הַזֶּן

### 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 uv-rachamim,

*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.*

Uv-tuvo hagadol

*And through Your great goodness*

tamid lo chasar lanu,

*we have never been in want,*

v'al yechsar 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,

הַזֶּן אֶת הָעוֹלָם כֻּלּוֹ בְּטוּבוֹ

בְּחֵן בְּחֶסֶד וּבְרַחֲמִים,

הוּא נוֹתֵן לֶחֶם לְכֹל בָּשָׂר

כִּי לְעוֹלָם חֶסֶדּוֹ.

וּבְטוּבוֹ הַגָּדוֹל

תָּמִיד לֹא חָסַר לָנוּ,

וְאֵל יַחְסַר לָנוּ מִזֶּן

לְעוֹלָם וָעֶד.

בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל,

ki hu Eil zan

*for You nourish*

um-farneis 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,  
וּמַכְיִן מְזוֹן לְכֹל בְּרִיּוֹתָיו  
אֲשֶׁר בָּרָא.  
בָּרוּךְ אַתָּה יְהוָה,  
הַזֵּן אֶת הַכֹּל. אָמֵן.

## הַבְּרָכָה הַשְּׁנִייה - בְּרַכַּת הָאָרֶץ

### 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 shehinchal-ta la-avoteinu,

*for having bestowed upon our ancestors,*

eret chemdah tovah ur-chavah.

*a land beautiful, good, and spacious,*

V'al shehotzeitanu Adonai Eloheinu

*And for taking us out Hashem our Elohim*

mei-eret Mitzrayim,

*from the land of Egypt,*

uf-ditanu mibeit avadim,

*and redeeming us from the house of slavery,*

v'al b'rit'cha shechatamta bivsarenu, וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ בְּבִשְׂרָנוּ,

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*

vachessed shechonantanu,

*and lovingkindness which You granted us,*

נוֹדֶה לְךָ יְהוָה אֱלֹהֵינוּ  
עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ,  
אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחְבָּה.  
וְעַל שֶׁהוֹצַאתָנוּ יְהוָה אֱלֹהֵינוּ  
מֵאֶרֶץ מִצְרַיִם,  
וּפְדִיתָנוּ מִבֵּית עֲבָדִים,  
וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ בְּבִשְׂרָנוּ,  
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 um-farneis  
*with which You nourish and sustain*  
 otanu tamid,  
*us always,*  
 b'chol yom uv-chol eit  
*in every day and in every season*  
 uv-chol sha-ah.  
*and in every hour.*

וְעַל אֲכִילַת מִזּוֹן  
 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*  
 ha-t'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 Yisrael  
*which was wicked- against your people Israel*  
 l'hashkicham Toratecha,  
*to make them forget Your Torah,*  
 ul-ha-aviram meihukei 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  
 הָרָשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל  
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,  
 וּלְהַעֲבִירָם 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,*  
**ut-mei-im** b'yad t'horim,  
*and the pure into the hands of the pure,*  
**ur-sha-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.*  
**Ul-cha amita** sheim gadol  
*For Yourself you made a name that is great*  
**v'kadosh** b'olamecha,  
*and holy in Your world,*  
**ul-am'cha** Yisrael 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** lid-vir 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,  
רַבַּתְּ אֶת רִיבָם,  
דָּנַתְּ אֶת דִּינָם,  
נִקְמַתְּ אֶת נִקְמָתָם,  
מָסַרְתָּ גִבּוֹרִים בְּיַד חַלְשִׁים,  
וְרַבִּים בְּיַד מְעַטִּים,  
וְטְהוֹרִים בְּיַד טְהוֹרִים,  
וְרָשָׁעִים בְּיַד צַדִּיקִים,  
וְזֵדִים בְּיַד עוֹסְקֵי תוֹרָתְךָ.  
וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל  
וְקָדוֹשׁ בְּעוֹלָמְךָ,  
וְלְעַמְּךָ יִשְׂרָאֵל עָשִׂיתָ  
תְּשׁוּעָה גְּדוֹלָה וּפְרִקָן  
כְּהַיּוֹם הַזֶּה.  
וְאַחַר כֵּן בָּאוּ  
בְנֵיךָ לְדַבֵּר בְּיַתְּךָ,  
וּפָנּוּ אֶת הַיְכָלְךָ,  
וְטְהָרוּ אֶת מִקְדָּשְׁךָ,  
וְהִדְלִיקוּ נְרוֹת  
בְּחִצְרוֹת קֹדֶשְׁךָ,  
וְקָבְעוּ שְׁמוֹנַת יָמֵי  
חַנּוּכָה 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, bish-loshah 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,*

vahasheiyota 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 haeitz.

*at the gallows.*

V'al hakol Adonai Eloheinu anachnu

*And for all, Hashem our Elohim, we give You*

modim lach, um'varchim 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*

בִּימֵי מֹרְדֵכַי וְאֶסְתֵּר

בְּשׁוּשַׁן הַבִּירָה,

כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,

בְּקִשׁ לְהַשְׁמִיד לְהָרוֹג וּלְאַבֵּד

אֶת כָּל הַיְהוּדִים,

מִנְעַר וְעַד זָקֵן, טַף וְנָשִׁים,

בְּיוֹם אֶחָד, בְּשִׁלּוּשָׁה עָשָׂר

לְחֹדֶשׁ שְׁנַיִם עָשָׂר,

הוּא חֹדֶשׁ אָדָר,

וּשְׁלָלָם לְבוֹז.

וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים

הִפְרַתְּ אֶת עֲצָתוֹ,

וְקִלְקַלְתָּ אֶת מַחְשַׁבְתּוֹ,

וְהִשְׁבֹּתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,

וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו

עַל הָעֵץ.

וְעַל הַכֹּל יְהוָה אֱלֹהֵינוּ אֲנַחְנוּ

מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ,

יְתַבְרַךְ שִׁמְךָ בְּפִי כָּל חַי תָּמִיד

לְעוֹלָם וָעֶד.

כְּכַתוּב, וְאַכַּלְתָּ וּשְׂבַעְתָּ,

וּבִרְכַתְּ 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 Yisrael 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 Parent, tend us, nourish us,*  
 parn'seinu, v'chal-k'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 tatz-richeinu,  
*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 עִירֶךָ,  
 וְעַל צִיּוֹן מִשְׁכַּן כְּבוֹדֶךָ,  
 וְעַל מַלְכוּת בֵּית דָּוִד מְשִׁיחֶךָ,  
 וְעַל הַבַּיִת הַגָּדוֹל וְהַקְּדוֹשׁ  
 שֶׁנִּקְרָא שִׁמְךָ עָלָיו.  
 אֱלֹהֵינוּ, אָבִינוּ, רַעֲנוּ, זוֹנְנֵנוּ,  
 פִּרְנֵסֵנוּ, וְכַלְכְּלֵנוּ,  
 וְהַרְוִיחֵנוּ, וְהַרְוַח לָנוּ  
 יְהוָה אֱלֹהֵינוּ  
 מְהֵרָה מִכָּל 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 הַמְלֵאָה,

הַפְּתוּחָה, הַקְּדוּשָׁה וְהַרְחָבָה,

שֶׁלֹּא נִבּוֹשׁ וְלֹא נִכָּלֵם

לְעוֹלָם וָעֶד.

*On a day other than Shabbat, Rosh Chodesh or a Festival, continue with UV-NEIH 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'ha-chalitzeinu

*May it be pleasing to You to give us rest*

Adonai Eloheinu

*Hashem our Elohim*

b'mitzvotcha uv-mitzvot

*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,*

uvir-tzon'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 וְהַחֲלִיטֵנוּ

יְהוָה אֱלֹהֵינוּ

בְּמִצְוֹתֶיךָ וּבְמִצְוֹת

יוֹם הַשְּׁבִיעִי הַשַּׁבָּת הַגָּדוֹל

וְהַקְּדוֹשׁ הַזֶּה.

כִּי יוֹם זֶה גָּדוֹל

וְקְדוֹשׁ הוּא לְפָנֶיךָ,

לְשַׁבָּת בּוֹ וּלְנוּחַ בּוֹ

בְּאַהֲבָה כְּמִצְוֹת רְצוֹנֶךָ,

וּבְרְצוֹנֶךָ הַנִּיתָ לָנוּ

יְהוָה אֱלֹהֵינוּ,

שֶׁלֹּא תִהְיֶה צָרָה וַיְגוֹן

וְאַנְחָה בְּיוֹם מְנוּחָתָנוּ.

וְהִרְאֵנוּ יְהוָה אֱלֹהֵינוּ

בְּנֶחֱמַת צִיּוֹן עִירֶךָ,

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

וּבְבִנְיַן יְרוּשָׁלַיִם עִיר קְדֻשָׁךְ,  
 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 ufik-doneinu  
*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 Yisrael l'fanecha,  
*the House of Israel before You,*  
 lif-leitah, 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:** Ha-zikaron hazeh.  
*the Remembrance.*

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

לְרֹאשׁ חֹדֶשׁ: רֹאשׁ הַחֹדֶשׁ הַזֶּה.

לְפֶסַח: חַג הַמַּצּוֹת הַזֶּה.

לְשָׁבְעוֹת: חַג הַשְּׁבֻעוֹת הַזֶּה.

לְרֹאשׁ הַשָּׁנָה: הַזִּכְרוֹן 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, ufok-deinu 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.*

Uv-neih Y'rushalayim ir ha-kodesh

*And rebuild Jerusalem the city of holiness*

bim-heirah 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.*

לְסֻכּוֹת: חַג הַסֻּכּוֹת הַזֶּה.

לְשִׁמְיִנִי עֲצֶרֶת: הַשְּׁמִינִי חַג

הָעֲצֶרֶת הַזֶּה.

זָכְרֵנוּ, יְהוָה אֱלֹהֵינוּ,

בּוֹ לְטוֹבָה, וּפְקֻדָּנוּ בּוֹ

לְבִרְכָה, וְהוֹשִׁיעֵנוּ בּוֹ

לְחַיִּים. וּבְדַבַּר יְשׁוּעָה

וְרַחֲמִים, חוּס וְחַנּוּנוּ,

וְרַחֲמֵי עָלֵינוּ וְהוֹשִׁיעֵנוּ,

כִּי אֵלֶיךָ עֵינֵינוּ,

כִּי אֵל מֶלֶךְ חַנּוּן

וְרַחוּם אַתָּה.

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 Parent,*

malkeinu, adireinu, boreinu,  
*our Sovereign, our Mighty One, our Creator,*

go-aleinu, yotzreinu,  
*our Redeemer, our Maker,*

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

ro-einu ro-eih Yisrael,  
*our Shepherd, the Shepherd of Israel,*

ha-melech 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 the Eternal did good,*

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

Hu g'malanu, hu gomleinu,  
*The Eternal was bountiful with us, is bountiful with us,*

hu yig-m'leinu la-ad,  
*and will be bountiful with us,*

l'chein ul-chesed ul-rachamim  
*with grace and with kindness and with compassion*

ul-revach ha-tzalah 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'chasreinu.  
*and of all good things may the Eternal forever not deprive us.*

Amein.

*Amen.*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם, הָאֵל, אָבִינוּ,  
מִלְכֵנוּ, 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  
*May the Merciful One, reign*  
 aleinu l'olam va-ed.  
*over us for ever and ever.*

הַרְחַמֵּן, הוּא יִמְלֹךְ  
 עָלֵינוּ לְעוֹלָם וָעֶד.

Harachaman, hu yitbarach  
*May the Merciful One, be blessed*  
 bashamayim uva-aretz.  
*in heaven and on earth.*

הַרְחַמֵּן, הוּא יִתְבָּרַךְ  
 בַּשָּׁמַיִם וּבָאָרֶץ.

Harachaman, hu yishtabach  
*May the Merciful One, be praised*  
 l'dor dorim, v'yitpa-ar banu la-ad  
*for all generations, may the One be glorified in us forever*  
 ul-neitzach n'tzachim, v'yit-hadar  
*and until the end of time, may the One be honored*  
 banu la-ad ul-ol'mei olamim.  
*in us forever and for all eternity.*

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

Harachaman, hu y'farn'seinu  
*May the Merciful One, sustain us*  
 b'chavod.  
*in honor.*

הַרְחַמֵּן, הוּא יְפַרְנְסֵנוּ  
 בְּכָבוֹד.

Harachaman, hu yishbor aleinu  
*May the Merciful One, break the yoke of oppression*  
 mei-al tzavareinu v'hu yolicheinu  
*from our necks and guide us*  
 kom-miyut l'ar-tzeinu.  
*upstanding to our land.*

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

Harachaman, hu yishlach lanu  
*May the Merciful One, 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  
*May the Merciful One, send us*  
 Eiliyahu 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 זְכוֹר לְטוֹב,  
 וַיְבַשֵּׁר לָנוּ בְּשׂוֹרוֹת טוֹבוֹת  
 יְשׁוּעוֹת וְנֶחֱמוֹת.

Otanu v'et kol asher lanu,  
*Us and all that is ours,*  
 k'mo shenit-bar'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 the Eternal bless us*  
 kulanu yachad biv-rachah sh'leimah,  
*all of us together with a blessing that is perfect.*  
 v'nomar, amen.  
*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,*  
 utz-dakah mei-Elohei yish-einu,  
*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,  
 וּצְדָקָה מֵאֱלֹהֵי יִשְׁעֵנוּ,  
 וְנִמְצָא חֵן וְשִׁכְל טוֹב  
 בְּעֵינֵי אֱלֹהִים וָאָדָם.

*On Shabbat Add This Line:*

Harachaman, hu yan-chileinu  
*May the Merciful One, cause us to inherit*  
 yom shekulo Shabbat  
*the day which will be completely Shabbat*  
 um'nuchah l'chayei ha-olamim.  
*and a rest day for life that is eternal.*

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

*On Rosh Chodesh Add This Line:*

Harachaman, hu y'chadeish aleinu et  
*May the Merciful One, renew for us*  
 ha-chodesh 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 yan-chileinu

*May the Merciful One, cause us to inherit*

yom shekulo tov.

*the day which will be completely good.*

ליום טוב:

הַרְחֵמֵנוּ, הוּא יִנְחֵלְנוּ  
יוֹם שְׁכֵלוֹ טוֹב.

*On Rosh Hashanah Add This Line:*

Harachaman, hu y'chadeish aleinu et

*May the Merciful One, renew for us*

ha-shanah hazot l'tovah v'livrachah.

*this year for goodness and for blessing.*

לראש השנה:

הַרְחֵמֵנוּ, הוּא יַחְדֵּשׁ עָלֵינוּ אֶת  
הַשָּׁנָה הַזֹּאת לְטוֹבָה וְלְבִרְכָה.

*On Sukkot Add This Line:*

Harachaman, hu yakim lanu et

*May the Merciful One, 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

*May the Merciful One, enable us to live in the days*

ha-Mashi-ach ul-chayei ha-olam haba.

*of the Messiah 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 high heavens,*

hu ya-aseh shalom aleinu,

*bring this peace upon us,*

v'al kol Yisrael,

*and upon all Israel and upon all the world,*

v'al kol yoshvei teiveil,

*and upon all the inhabitants of the earth,*

v'imru amen.

*and let us say amen.*

עֹשֶׂה שְׁלוֹם בְּמִרְוָמוֹ,  
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 the Eternal's reverent ones.*  
 K'firim rashu v'ra-eivu,  
*Young lions may want and hunger,*  
 v'dor'shei Adonai lo  
*but those who seek Hashem will not*  
 yach-s'ru kol tov.  
*lack any good.*  
 Hodu l'Adonai ki tov,  
*Give thanks to Hashem who is good,*  
 ki l'olam chasdo.  
*whose 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 ha-gever asher  
*Blessed is the one who*  
 yivtach ba-Adonai,  
*trusts in Hashem,*  
 v'hayah Adonai miv-tacho.  
*and then will Hashem be their security.*  
 Na-ar ha-yiti 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 Hashem's people,*  
 Adonai y'vareich et amo vashalom.  
*Hashem will bless Hashem's people with peace.*

יִרְאוּ אֶת יְהוָה קְדוֹשֵׁיוֹ,  
 כִּי אֵין מַחְסוֹר לִירְאָיו.  
 כְּפִירִים רָשׁוּ וְרָעִבוּ,  
 וְדוֹרְשֵׁי יְהוָה לֹא  
 יִחְסְרוּ כֹל טוֹב.  
 הוֹדוּ לַיהוָה כִּי טוֹב,  
 כִּי לְעוֹלָם חַסְדּוֹ.  
 פוֹתַח אֶת יָדְךָ,  
 וּמִשְׂבִּיעַ לְכֹל חַי רְצוֹן.  
 בָּרוּךְ הַגֵּבֶר אֲשֶׁר  
 יִבְטַח בַּיהוָה,  
 וְהָיָה יְהוָה מִבְטָחוֹ.  
 נַעַר הָיִיתִי גַם זָקֵנְתִי,  
 וְלֹא רָאִיתִי צַדִּיק נֶעְזָב,  
 וְזָרְעוֹ מִבְקֵשׁ לֶחֶם.  
 יְהוָה עֹז לְעַמּוֹ יִתֵּן,  
 יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְשָׁלוֹם.

# 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.

Baruch atah Adonai,

*Blessed are You Hashem,*

Eloheinu melech ha-olam,

*our Elohim, Sovereign of the universe,*

*After Grain Products:*

hamich-yah v'al hakal-kalah,

*for the nourishment and for the sustenance,*

*After Wine or Grape Juice:*

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

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

*After Fruits:*

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

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

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 mipir-yah

*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 Yisrael 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,*

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

על א' מחמשת מיני דגן:

הַמְחִיָּה וְעַל הַכֹּלְכָלָה,

על היין:

(וְעַל) הַגֶּפֶן וְעַל פְּרֵי הַגֶּפֶן,

על פירות משבעת המינים:

(וְעַל) הָעֵץ וְעַל פְּרֵי הָעֵץ,

וְעַל תְּנוּבַת הַשָּׂדֶה,

וְעַל אֶרֶץ חֲמֵדָה 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.

Uv-neih Y'rushalayim ir ha-kodesh

*Rebuild Jerusalem the city of holiness*

bim-heirah 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 mipir-yah 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 uv-taharah.

*in holiness and purity.*

*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 ha-chodesh 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 ha-zikaron hazeh.

*of this day of Remembrance.*

וְעַל מִזְבְּחֶךָ, וְעַל הַיְכָלְךָ.

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ

בְּמַהֲרָה בְיָמֵינוּ,

וְהַעֲלֵנוּ לְתוֹכָהּ,

וְשִׂמְחֵנוּ בְּבִנְיָנָהּ,

וְנֹאכַל מִפְרֵיהָ וְנִשְׂבַע מִטוֹבָהּ,

וְנִבְרַכְךָ עָלֶיהָ

בְּקֹדֶשׁהּ וּבְטָהָרָהּ.

לְשַׁבַּת:

וּרְצֵה וְהַחֲלִיצֵנוּ

בְּיוֹם הַשַּׁבָּת הַזֶּה.

לְרֹאשׁ חֹדֶשׁ:

וְזָכְרֵנוּ לְטוֹבָהּ,

בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.

לְפֶסַח:

וְשִׂמְחֵנוּ בְּיוֹם

חַג הַמַּצּוֹת הַזֶּה.

לְשִׁבְעוֹת:

וְשִׂמְחֵנוּ בְּיוֹם

חַג הַשִּׁבְעוֹת הַזֶּה.

לְרֹאשׁ הַשָּׁנָה:

וְזָכְרֵנוּ לְטוֹבָהּ

בְּיוֹם הַזִּכְרוֹן הַזֶּה.

*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.*

**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*

*After Grain Products:*  
**v'al hamich-yah v'al hakal-kalah,**  
*and for the nourishment and for the sustenance.*

*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,*

**Baruch atah Adonai,**  
*Blessed are You Hashem,*  
**al ha-aretz**  
*for the land*

*After Grain Products:*  
**v'al hamich-yah v'al hakal-kalah,**  
*and for the nourishment and for the sustenance,*

*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.*

לְסֻכּוֹת:

וּשְׂמַחְנוּ בְּיוֹם  
 חַג הַסֻּכּוֹת הַזֶּה.

לְשִׁמְיַנִּי עֲצֵרֶת:

וּשְׂמַחְנוּ בְּיוֹם  
 הַשְּׁמִינִי חַג הָעֲצֵרֶת הַזֶּה.

כִּי אַתָּה יְהוָה טוֹב וְיִמְטִיב לְכָל,  
 וְנוֹדֵה לָךְ עַל הָאָרֶץ

עַל א' מַחְמַשֶׁת מִיַּנִּי דָגָן:  
 וְעַל הַמַּחֲיָה וְעַל הַכֹּלְכָלָה.

עַל הַיַּיִן:

(וְעַל) פְּרֵי הַגֶּפֶן,

עַל פִּירוֹת מִשִּׁבְעַת הַמִּינִים:

(וְעַל) פְּרֵי הָעֵץ,

בְּרוּךְ אַתָּה יְהוָה,  
 עַל הָאָרֶץ

עַל א' מַחְמַשֶׁת מִיַּנִּי דָגָן:

וְעַל הַמַּחֲיָה וְעַל הַכֹּלְכָלָה,

עַל הַיַּיִן:

(וְעַל) פְּרֵי הַגֶּפֶן,

עַל פִּירוֹת מִשִּׁבְעַת הַמִּינִים:

(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'ches-ronav,

*Who creates numerous living things with their deficiencies,*

al kol mah shebarata

*for all that You have created*

l'ha-chayot 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 of the worlds.*

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא נִפְשׁוֹת רַבּוֹת וְחִסְרוֹנָן,

עַל כֹּל מַה שֶּׁבָרַאתָ

לְהַחַיֹּת בָּהֶם נֶפֶשׁ כָּל חַי.

בְּרוּךְ חַי הָעוֹלָמִים.