

BLESSING AFTER THE MEAL

בְּרַכַּת הַמָּזוֹן

Birkat ha-mazon - Blessing of the Food
begin with Psalm 126

שִׁיר הַמַּעֲלוֹת . בְּשׁוּב יי אֶת שְׂבִיבַת

Shir Ha-ma-a-lot' : be-shuv' Adonai et shi-vaṭ'
song of the ascents* on returning Adonai (d.o.) (the) captives of
(the song of ascents) (when G-d would return)

*the priests would chant these "songs of ascents" while going up the steps of the Temple

צִיּוֹן , הֵיִינוּ כְּחֹלְמִים . אֲזַי מְלֵא שְׂחֹק פִּינוּ ,

tzi-on' ha-yi'-nu ke-chol-mim': az yi-ma-le' se-chok' pi'-nu
Zion we were * like dreamers: then will fill laughter mouths our

וְלִשׁוֹנֵינוּ רִנָּה . אֲזַי יִמְרוּ בְּגוֹיִם :

u-le-sho-ne'-nu ri-nah'. Az yom-ru' va-go-yim' :
and tongues our shouts of joy. then they will say in the nations

הִגְדִּיל יי לַעֲשׂוֹת עִם אֱלֹהֵי . הִגְדִּיל יי

hig-dil' Adonai la-a-sot' im e'-leh. Hig-dil' Adonai
made great Adonai to do with them made great Adonai

לַעֲשׂוֹת עִמָּנוּ , הֵיִינוּ שְׂמֵחִים : שׁוּבָה יי

la-a-sot' i-ma'-nu , ha-yi'-nu sme-chim': shu'-vah* Adonai
to do with us, we were happy : return! Adonai

אֶת שְׂבִיתָנוּ כְּאֶפְיָקִים בְּנֶגֶב . הַזְרְעִים

et she-vi-te'-nu ka-a-fi-kim' ba-ne'-gev: ha-zor-im'
(d.o.) captives our like riverbeds in the Negev^{**} the (ones who) sow

בְּדַמְעָה בְּרִנָּה יִקְצְרוּ : הַלֹּחַ יֵלֵךְ

be-dim-ah' be-ri-nah' yik-tso'-ru : ha-loch' *** ye-lech'
with weeping with rejoicing they will reap : walk^{***} (one who) will walk

וּבְכָה , נוֹשֵׂא מִשָּׂדֶה הַזֶּרַע , בֹּא יָבֵא

u-va-choh' no-se' me'-shech ha-za'-ra , bo ya-vo'***
and weep carrying trail of seed sowing , come he will come^{***}

בְּרִנָּה נוֹשֵׂא אֶלְמֹתָיו .

ve-ri-nah' no-se' a-lu-mo-tav'.
with rejoicing carrying sheaves his

*Hebrew has no conditional tense; the past tense is used relative to the previous phrase, assuming that it had happened.

*shuv = singular m. command; ah is added for emphasis. see note #19.

** the wadis (the riverbeds in the desert) are dry channels in summer, and have flash flooding in them in the rainy season, causing torrents of water to rush in.

***repeated for emphasis, the "infinitive absolute" (haloch = walk, bo = come) followed by the word in the appropriate tense (yelech = he will walk, yavo = he will come), see note # 25.

(Begin here on weekdays) Invitation

זְמוּן
zi-mun'

חֲבֵרֵי , נְבָרֵךְ !

Leader: Cha-ve-rai', ne-va-rech !
friends my, we will bless !

יְהִי שֵׁם יי מְבָרֵךְ

Others: Ye-hi' shem Adonai me-vo-rach'
will be name (of) Adonai be blessed

מֵעַתָּה וְעַד עוֹלָם !

me-a-tah' ve-ad' o-lam' !
from now and until eternity !

יְהִי שֵׁם יי מְבָרֵךְ

Leader: Ye-hi' shem Adonai me-vo-rach'
will be name (of) Adonai be blessed

מֵעַתָּה וְעַד עוֹלָם !

me-a-tah' ve-ad' o-lam' !
from now and until eternity !

בְּרִשּׁוֹת חֲבֵרֵי (בְּרִשּׁוֹת מְרַנֵּן

Bi-re-shut' cha-ve-rai' (bi-re-shut' ma-ra-nan'
with permission friends my (with permission masters

וְרַבְּנָן וְרַבּוֹתַי, נְבָרַךְ (אֱלֹהֵינוּ)

ve-ra-ba-nan' ve-ra-bo-tai', ne-va-rech' (e-lo-hei'-nu)*
and sages and gentlemen my), we will bless (G-d our)

נְשַׂאֲכָלְנוּ מִשְּׁלוֹ.

she-a-chal'-nu mi-she-lo'.
that we ate belonging to Him .

בָּרוּךְ (אֱלֹהֵינוּ) נְשַׂאֲכָלְנוּ מִשְּׁלוֹ

Others: Ba-ruch' (e-lo-hei'-nu) she-a-chal'-nu mi-she-lo'
blessed (is) (G-d our) that we ate (food) belonging to Him

וּבְטוֹבוֹ תְּיִיְנוּ. בָּרוּךְ הוּא, וּבָרוּךְ שְׁמוֹ!

uy-tu-vo' cha-yi'-nu . Ba-ruch' Hu , u-va-ruch' she-mo'!
and in goodness His we lived. blessed (is) He, and blessed (is) name His

*Words in parentheses used when 10 or more are present, the minyan.

The Blessing for Food

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ

Ba-ruch' A-tah', Adonai El-o-hei'-nu, Me'-lech
blessed (are) You, Adonai G-d our, King (of)

הָעוֹלָם, הַיּוֹן אֶת הָעוֹלָם

ha-o-lam', Ha-zan' et ha-o-lam'
the universe, the (One Who) feeds, nourishes (d.o.) the world

כָּלוֹ, בְּטוּבוֹ, בְּחֵן, בְּחֶסֶד

ku-lo' be-tu-vo', be-chen' be-che'-sed
all of it with goodness His, with grace, favor with kindness, goodness, mercy

וּבְרַחֲמִים, הוּא נוֹתֵן לֶחֶם

u-ve-ra-cha-mim', Hu no-ten' le'-chem
and with compassion He gives bread

לְכֹל בָּשָׂר, כִּי לְעוֹלָם חֶסֶדּוֹ.

le-chol' ba-sar', ki le-o-lam' chas-do'.
to all flesh, because to eternity (is) lovingkindness His

וּבְטוּבוֹ הַגָּדוֹל, תָּמִיד לֹא חָסַר לָנוּ,

Uv-tu-vo' ha-ga-dol' ta-mid' lo cha'-sar la'-nu ,
and in goodness His the great always not was lacking to us

וְאֵל יִחְסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד,

ve - al' yech-sar' la'-nu ma-zon' le-o-lam' va-ed',
and not will be lacking to us food to eternity and forever
(do not let it be lacking*)

* "lo yechsar" would mean *it will not lack*; "al yechsar" is the negative command form, *do not let it lack*.

בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל,

ba-a-vur' she-mo' ha-ga-dol' ,
for the sake of name His the great

כִּי הוּא אֵל זֶן וּמְפָרֵס לְכֹל ,

ki Hu El zan u-me-far-nes' la-kol'
for He (is) G-d (Who) feeds and sustains, for all, everyone
supports, provides for

וּמְטִיב לְכֹל וּמְכִין מְזוֹן

u-me-tiv' la-kol' u-me-chin' ma-zon'
and does good to all and prepares food

לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא .

le-chol' be-ri-yo-tav'* a-sher' ba-ra'.
for all creatures His which He created .

*-av means *his* for a plural noun, -o is *his* for a singular noun, e.g. she-mo' (His name)

בָּרוּךְ אַתָּה יי , הֵזֵן אֶת הַכֹּל .

Ba-ruch' A-tah' Adonai , Ha-zan' et ha-kol'.
blessed (are) You Adonai , the (One Who) feeds, (d.o.) the all.
nourishes (everything)

Blessing for the Land

כְּכַתוּב , וְאַכַּלְתָּ וּשְׂבַעְתָּ וּבֵרַכְתָּ אֶת יי

Ka-ka-tuv', ve-a-chal'-ta ve-sa-va'-e-ta u-ve-rach'-ta et Adonai
as it is written, and you ate and you were and you blessed (d.o.) Adonai
satisfied

אֱלֹהֶיךָ , עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לָךְ .

E-lo-hei'-cha , al ha-a'-rets ha-to-va' a-sher' na-tan' lach.
G-d Your for the land the good which He gave to you.

בְּרוּךְ אַתָּה יי עַל הָאָרֶץ וְעַל הַמָּזוֹן .

Ba-ruch' A-tah' Adonai al ha-a'-rets ve-al' ha-ma-zon'.
blessed (are) You Adonai about the land and about the food

Blessing for Jerusalem

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה

U-ve-neh' ye-ru-sha-la'-yim ir ha-ko'-desh bim-he-rah'
and build Jerusalem city the holy with speed
(the holy city)

בְּיָמֵינוּ . בְּרוּךְ אַתָּה , יי , בּוֹנֵה

ve-ya-mei'-nu . Ba-ruch' A-tah' , Adonai , bo-neh'
in days our . blessed (are) You Adonai He builds

בְּרַחֲמָיו יְרוּשָׁלַיִם . אָמֵן .

be-ra-cha-mav' yi-ru-sha-la'-yim . A-men'.
in mercies His Jerusalem Amen

Eternal Sabbath

הַרְחֵם , הוּא יִנְחִילֵנוּ יוֹם שְׁכָלוֹ

Ha-ra-cha-man'* , Hu yan-chi-le'-nu yom she-ku-lo'
the Merciful (One*), He will bestow on us a day that all of it

*the suffix -n (ך-) makes an abstract noun of an adjective .

שַׁבָּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים .

Sha-bat' u-me-nu-chah'** le-chai-ye' ha-o-la-mim'.
(is) Sabbath and a place of rest for life of the eternities .
(eternal life)

**The prefix m- (מ-) makes an abstract noun or designates place of -, usually of a verb.

Blessing for Peace

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו

O-seh' sha-lom' bi m-ro-mav',
(He) makes peace in heavens His ,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ ,

Hu ya-a-seh' sha-lom' a-lei'-nu ,
He will make peace upon us ,

וְעַל כָּל יִשְׂרָאֵל , וְאָמְרוּ אָמֵן .

ve-al' kol yis-ra-el', ve-im-ru': A-men'.
and upon all Israel , and say : Amen

יְיָ עֲזָרְנוּ וְיִתֵּן , יְיָ יְבָרֵךְ .

Adonai oz le-a-mo' yi-ten', Adonai ye-va-rech'
Adonai strength to people His will give Adonai will bless

אֵת עַמּוֹ בְּשְׁלוֹם .

et a-mo' va-sha-lom' .
(d.o.) people His with the peace .

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