

Grace After Meals

On Shabbat and Festivals:

שִׁיר הַמַּעֲלוֹת: בְּשׁוֹב יְיָ אֶת שִׁיבַת צִיּוֹן הֵינּוּ כְּחֹלְמִים: אִזּוּ יִמְלֵא שְׂחוֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה:
אִזּוּ יֹאמְרוּ בְּגוֹיִם הַגְּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי: הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ הֵינּוּ שְׂמֵחִים:
שׁוֹבָה יְיָ אֶת שְׁבִיתֵנוּ כְּאֶפְיָקִים בְּנִיב: הַזְרַעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ:
הַלֹּדֶף יִלְךְ וּבִכְהָ נִשְׂא מִשָּׁךְ הַזְרַע בָּא יִבֵּא בְרִנָּה נִשְׂא אֶלְמַתֵּינוּ:

Shir ha-ma-alot be-shuv Ado-nai et shi-vat Tzi-yon ha-yi-nu ke-chol-mim. Az yi-ma-ley se-chok pi-nu ul-sha-ney-nu ri-nah. Az yom-ru va-go-yim hig-dil Adonai la-a-sot im ey-leh, hig-dil Adonai la-a-sot ima-nu ha-yi-nu se-mey-chim. Shu-vah Adonai et shvi-tey-nu ka-a-fi-kim ba-ne-gev. Ha-zor-im be-dim-ah be-ri-nah yik-tzo-ru. Ha-loch yey-leych u-va-cho, no-sey me-shech ha-za-ra. Bo ya-vo ve-ri-nah no-sey alu-mo-tav.

Leader: רְבוּתֵי נְבָרְךָ!

Group: הִי שֵׁם יְיָ מְבָרְךָ מַעֲתָה וְעַד עוֹלָם.

Ye-hi Shem Adonai me-vo-rach mey-atah ve-ad olam.

Leader: הִי שֵׁם יְיָ מְבָרְךָ מַעֲתָה וְעַד עוֹלָם. בְּרִשׁוֹת מְרַנֵּן וּרְבִנֵּן וְרַבּוּתֵי, נְבָרְךָ (אֶלְהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ.

Group: בְּרוּךְ (אֶלְהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ וּבִטְוֹבוֹ חֵינּוּ

Ba-ruch (Elo-hey-nu) she-a-chal-nu mi-she-lo uv-tu-vo cha-yi-nu.

Leader: בְּרוּךְ (אֶלְהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ וּבִטְוֹבוֹ חֵינּוּ. בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:

[Note: 'Elo-hey-nu' is inserted when ten or more are reciting the Grace after Meals.]

Group

(1) בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הֲזֵן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּתוֹן בְּחֶסֶד וּבְרַחֲמִים הוּא נוֹתֵן
לְחֵם לְכָל בָּשָׂר כִּי לְעוֹלָם חֶסֶד. וּבִטְוֹבוֹ הַגְּדוֹל תִּמְיֵד לֹא חָסַר לָנוּ, וְאֵל יַחֲסֵר לָנוּ מִזֶּן לְעוֹלָם וְעַד.
בְּעִבּוֹר שְׂמוֹ הַגְּדוֹל, כִּי הוּא אֵל זֶן וּמַפְרִיֵּס לְכָל וּמַטִּיב לְכָל, וּמְכִיֵּן מִזֶּן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בְּרָא.
בְּרוּךְ אַתָּה יְיָ, הֲזֵן אֶת הַכֹּל:

Ba-ruch ata Adonai, Elo-hay-nu me-lech ha-olam, ha-zan et ha-olam ku-lo be-tu-vo be-cheyn be-che-sed uv-ra-cha-mim. Hu no-teyn le-chem le-chol ba-sar ki le-olam chas-do. Uv-tu-vo ha-ga-dol ta-mid lo cha-sar la-nu ve-al yech-sar la-nu ma-zon le-olam va-ed ba-a-vur she-mo ha-ga-dol ki hu El zan um-far-neys la-kol u-mey-tiv la-kol u-mey-chin ma-zon le-chol be-ri-yo-tav asher ba-ra. Ba-ruch atah Adonai, ha-zan et ha-kol.

When the LORD brought back our captives to Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, 'The LORD has done great things for them.' The LORD has done great things for us, and we rejoiced. Bring back our captives, O LORD, like the watercourses in the Negev. May those who sow in tears reap with shouts of joy. Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.

Let us bless Him!

May the Name of the LORD be blessed now and forever.

With the permission of all present, let us bless our God of whose bounty we have eaten.

Blessed be our God of whose bounty we have eaten and through whose goodness we live.

Blessed be He, and blessed be His Name.

1. Blessed are You, LORD our God, King of the universe, who feeds the whole world in His goodness, grace, steadfast love, and compassion. He gives food to all flesh, for His steadfast love endures for ever. In His great goodness food has never failed us; may it not fail us for ever and ever for His great Name's sake, since He feeds and sustains all beings and does good to all, and provides food for all His creatures which He has created. Blessed are You, O LORD, who provides food for all.