

BIRKAT HAMAZON



VALLEY BETH SHALOM

ברכת המזון

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Leader: חַבְרֵי נְבָרָךְ
Haveirai n'vareich. **Let us thank God.**

Community: יְהִי שֵׁם יי מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

Y'hi sheim Adonai m'vorach mei-atah v'ad olam. **Blessed is God's Name now and forever.**

Leader: יְהִי שֵׁם יי מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם. בְּרִשׁוֹת מָרְנָן וְרַבָּנָן
וְרַבּוֹתַי, נְבָרָךְ (אֱלֹהֵינוּ) שֶׁאֲכַלְנוּ מִשְׁלוֹ.

Y'hi sheim Adonai m'vorach mei-atah v'ad olam. Birshut maranan v'rabotai n'vareich (Eloheinu) she-achalnu mishelo. **Blessed is God's Name now and forever.**

With everyone's permission, let us thank our God whose food we have eaten.

Community: בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ חַיֵּינוּ.

Baruch (Eloheinu) she-achalnu mishelo u'v'tuvo chayinu.

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

Everyone: בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ:

Baruch hu u-varuch sh'mo. **Blessed is God and Blessed is God's Name.**

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הִזָּן אֶת הָעוֹלָם כֻּלּוֹ בְּטוּבוֹ בְּחֵן בְּחֶסֶד
וּבְרַחֲמִים הוּא נוֹתֵן לָחֶם לְכָל בֶּשָׂר כִּי לְעוֹלָם חֶסֶד. וּבְטוּבוֹ הַגָּדוֹל תָּמִיד
לֹא חָסַר לָנוּ, וְאֵל יַחְסֹר לָנוּ מִזֶּן לְעוֹלָם וָעֵד. בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא
אֵל זָן וּמְפָרֵס לְכָל וּמְטִיב לְכָל, וּמְכִין מִזֶּן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בָּרוּךְ
אַתָּה יי, הִזָּן אֶת הַכֹּל:

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 chadso. 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.



Blessed is You, O Lord, Our God, Whose Presence fills the universe.

You enjoin us to feed the entire world with goodness, with grace, with kindness and with mercy.

You provide the means for us to give food to all just as Your kindness is eternal.

May sustenance never fail us because of Your great name.

Blessed are You for You sustain and assist all creatures with the means to provide food for all You have created. As You are blessed,

O Lord, so may we who do not lack food, be blessed through You to provide for all.

כַּפְתּוֹב, וְאָכַלְתָּ וְשָׂבַעְתָּ, וּבִרְכָתְךָ אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לָךְ. בָּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמְּזוֹן:

Kakativ: 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. **As it is written in Torah: "When you have eaten your fill, give thanks to the Lord your God for the good land which God has given you."**

Blessed is the Lord for the land and its produce.

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמִהְרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן

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

The soul and the body are one. A people has spiritual and material needs.

A people enjoys as much heaven above as it has land beneath its feet.

We give thanks for the land of Israel and its citizens, our brothers and sisters, who have embraced the sick, the poor, the homeless, and the fragile from the four corners of the earth. We join with them in the upbuilding of the land and in the realization of our prophetic dreams for peace. Amen.

Recite on Shabbat

הַרְחַמְנוּ, הוּא יִנְחִילֵנוּ יוֹם שְׁכָלוּ שֶׁבֶת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

HaRachaman, Hu Yancheelaynu Yom She'Kulo Shabbat, U'Menucha L'Chayei HaOlameem.

Compassionate One, guide us toward realizing a world where the spirit of Shabbat reigns forever.

מִגְדִּיל (מִגְדוֹל) יְשׁוּעוֹת מַלְכוּ, וְעֹשֶׂה חֶסֶד לְמַשִּׁיחוֹ לְדוֹד וּלְזָרְעוֹ עַד עוֹלָם: עֹשֶׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאַמְרוּ אָמֵן:

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. **"Nation shall not lift up sword against nation, neither shall they learn war anymore." (Isaiah, 2:4)**
Grant peace for us, for all Israel, and for all the families of the earth. Amen.