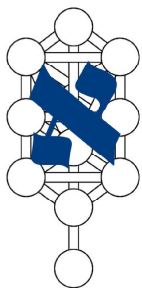


ברכות קודם אכילה ושתייה

B'RACHOT KODEM ACHILAH USHTIYAH

BLESSINGS BEFORE EATING OR DRINKING



Kabbalah4All Siddur

About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddur.

מֵלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.
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Edited by David Aharon L. Curtis.

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ברכות קודם אכילה ושתייה

B'RACHOT KODEM ACHILAH USHTIYAH

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.

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 ידיים.

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,
hamotzi lechem min ha-aretz.
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,
bore minei m'zonot.
Who creates species of nourishment.

ברוך אתה יהוה,
אלהינו מלך העולם,
בורא מיני מזונות.

BLESSING OVER GRAPE WINE OR GRAPE JUICE

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

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

BLESSING OVER TREE-GROWN FRUITS

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

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 בּוֹרֵא פְרֵי 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,
 bore p'ri ha-adamah.
Who creates the fruit of the ground.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 בּוֹרֵא פְרֵי 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 בְדְבָרוֹ.