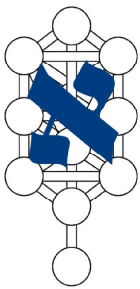


ברכת המזון

BIRKAT HAMAZON

BLESSING AFTER MEALS



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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ברכת המזון

BIRKAT HAMAZON - 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 20.

The following Kabbalistic declaration of intent (Kavanah) may be said before beginning the Birkat HaMazon.

L'shem yichud kudsha

For the sake of the unification of the Holy One

b'rich hu ushchinteh,

blessed be He and His Sh'chinah,

bidchilu urchimu,

in awe and love,

urchimu udchilu, l'yachada

and in love and awe, to unify

shem Yud Hei b'Vav Hei,

the Name Yud Hei with Vav Hei,

b'yichuda sh'lim,

in perfect unity,

b'shem kol Yisra-el.

in the name of all of Israel.

Hineh anachnu va-im l'kayem

Behold we come to fulfill

mitzvat aseh d'Orayta

the positive Torah mitzvah

l'varech Birkat Hamazon,

to recite Birkat HaMazon,

kakatuv ba-Torah:

as is written in Torah:

V'achalta v'savata,

And you shall eat and you shall be satisfied,

uverachta et Adonai Elohecha,

and you shall bless Adonai, your Elohim,

l'taken shorsh mitzvah zo

to establish the root of this mitzvah

b'makom elyon.

in the Supernal Place.

Vihi ratzon mil'fanecha,

May it be the will before You,

Adonai Eloheinu Velohei avoteinu,

Adonai our Elohim and Elohim of our ancestors,

shetih-yeh chashuvah umkubelet

may they be important and acceptable

לְשֵׁם יְחִיד קְדֻשָּׁא

בְּרִיךְ הוּא וְשְׁכִינְתָהּ,

בְּדַחֲלֵנוּ וּרְחִימוּ,

וּרְחִימוּ וּדְחִילוּ, לְיַחְדָּא

שֵׁם יו"ד ה"א בּוֹא"ו ה"א,

בְּיַחְדָּא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הֲרִי אֲנַחְנוּ בְּאִים לְקַיֵּם

מִצְוֹת עֲשֵׂה דְאֹרֵיטָא

לְבִרְךְ בְּרַכַּת הַמְּזֻזָּן,

כַּכְּתוּב בַּתּוֹרָה:

וְאָכַלְתָּ וְשָׂבַעְתָּ,

וּבִרְכַּתְּ אֶת יְהוָה אֱלֹהֶיךָ,

לְתַקֵּן שָׂרֵשׁ מִצְוֵה זֶה

בְּמָקוֹם עֲלִיּוֹן.

וְיִהְיֶה רְצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתִּהְיֶה חֲשׁוּבָה וּמְקַבֵּלָת

urtzuyah l'fanecha b'racha rishonah
and desirable before You the first blessing

uvrachah sh'niyah uvracha sh'lishit
and the second blessing and the third blessing

asher n'varech atah al hamazon,
which we will now recite after the meal,

v'titen lanu ko-ach vicholet v'ezer
and grant us strength and capability and help

v'siyu-a l'ha-alot mayin nukvin
and assistance to raise up Mayin Nukvin

ul-ham'shin arba-ah hamochin
and to draw the four Mochin

I'Yisra-el v'Rachel,
to Israel and to Rachel,

v'gam tih-yeh chashuvah umkubélet
and also be important and acceptable

urtzuyah l'fanecha b'rachah r'vi-it
and desirable before You the fourth blessing

asher nivarech atah,
which we will now recite,

v'titen lanu ko-ach vicholet v'ezer
and grant us strength and capability and help

v'siyu-a l'ha-alot mayin nukvin
and assistance to raise up Mayin Nukvin

ul-ham'shin arba-ah hamochin
and to draw the four Mochin

I'Ya-akov v'Rachel.
to Jacob and to Rachel.

V'ya-aleh l'fanecha k'ilu kivanu
And may they rise up before You as they were intended

b'chol hakavanot har'uyot
with all the proper intentions

I'chaven b'arba b'rachot elu
to direct these four blessings

shel hamazon.
of the meal.

Vihi no-am Adonai Eloheinu aleinu,
May the pleasantness of Adonai our Elohim be upon us,

uma-aseh yadeinu kon'nah aleinu,
and the work of our hands establish for us,

uma-aseh yadeinu kon'nehu.
and the work of our hands establish it.

וְרִצּוּיָהּ לְפָנֶיךָ בְּרָכָה רִשׁוֹנָה

וּבְרָכָה שְׁנִיָּה וּבְרָכָה שְׁלִישִׁית

אֲשֶׁר נְבָרְךָ עַתָּה עַל הַמָּזוֹן,

וְתִתֵּן לָנוּ כֹּחַ וְיִכְלֹת וְעֶזֶר

וְסִיעוּעַ לְהַעֲלוֹת מִיַּיִן נוֹקְבִין

וְלְהַמְשִׁיךְ אַרְבַּעַת הַמוֹחִין

לְיִשְׂרָאֵל וְרַחֵל,

וְגַם תְּהִיָּה חֲשׁוּבָה וּמְקַבֶּלֶת

וְרִצּוּיָהּ לְפָנֶיךָ בְּרָכָה רְבִיעִית

אֲשֶׁר נְבָרְךָ עַתָּה,

וְתִתֵּן לָנוּ כֹּחַ וְיִכְלֹת וְעֶזֶר

וְסִיעוּעַ לְהַעֲלוֹת מִיַּיִן נוֹקְבִין

וְלְהַמְשִׁיךְ אַרְבַּעַת הַמוֹחִין

לְיַעֲקֹב וְרַחֵל.

וְיַעֲלֶה לְפָנֶיךָ כְּאֵלוּ כּוֹנְנוֹ

בְּכֹל הַכּוֹנְנוֹת הָרְאוּיֹת

לְכוּן בְּאַרְבַּע בְּרָכוֹת אֱלֹהֵינוּ

שֶׁל הַמָּזוֹן.

וְיִהְיֶה נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עֲלֵינוּ,

וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עֲלֵינוּ,

וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהּ.

תהלים סז

TEHILIM 67

Lam'natze-ach binginot mizmor shir.

For the conductor with the neginot, a psalm, a song.

Elohim y'chanenu vivar'chenu,

May Elohim favor us and bless us,

ya-er panav itanu selah.

may He illuminate His countenance with us, selah.

Lada-at ba-aretz darkecha,

To make known on earth Your way,

b'chol goyim y'shu-atecha.

among all nations Your salvation.

Yoducha amim, Elohim,

Nations will acknowledge You, O Elohim,

yoducha amim kulam.

nations will acknowledge You, all of them.

Yism'chu viran'nu l'umim,

Nations will be glad and sing for joy,

ki tishpot amim mishor,

for You will judge nations fairly,

ulumim ba-aretz tanchem selah.

and the nations of the earth You will guide, Selah.

Yoducha amim, Elohim,

Nations will acknowledge You, O Elohim,

yoducha amim kulam.

nations will acknowledge You, all of them.

Eretz nat'nah y'vulah,

Earth will then have yielded its produce,

y'var'chenu Elohim Eloheinu.

may Elohim bless us, our Elohim.

Y'var'chenu Elohim,

May Elohim bless us,

v'yir'u oto kol afsei aretz.

and may they be in awe of Him, all the ends of the earth.

Avar'chah et Adonai b'chol et,

I shall bless Adonai at all times,

tamid t'hilato b'fi.

His praise shall always be in my mouth.

Sof davar hakol nishma,

The sum of the matter, everything considered,

et ha-Elohim y'ra

Be in awe of Elohim

v'et mitzvotav sh'mor,

and keep His commandments,

לְמַנְצֵחַ בְּנִגִּינוֹת מִזְמוֹר שִׁיר.

אֱלֹהִים יַחַנְנוּ וַיְבָרְכֵנוּ,

יְאֵר פָּנָיו אֶתְנוּ סֵלָה.

לְדַעַת בְּאֶרֶץ דְּרָכְךָ,

בְּכֹל גּוֹיִם יְשׁוּעַתְךָ.

יִזְדוּךָ עַמִּים, אֱלֹהִים,

יִזְדוּךָ עַמִּים כָּלֶם.

יִשְׂמְחוּ וַיִּרְנְנוּ לְאֻמִּים,

כִּי תִשְׁפֹּט עַמִּים מִיֶּשֶׁר,

וּלְאֻמִּים בְּאֶרֶץ תִּנְחֵם סֵלָה.

יִזְדוּךָ עַמִּים, אֱלֹהִים,

יִזְדוּךָ עַמִּים כָּלֶם.

אֶרֶץ נִתְּנָה יְבוּלָהּ,

יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ.

יְבָרְכֵנוּ אֱלֹהִים,

וַיִּירְאוּ אוֹתוֹ כָּל אַפְסֵי אֶרֶץ.

אֲבָרְכָה אֶת יְהוָה בְּכֹל עֵת,

תָּמִיד תְּהִלָּתוֹ בְּפִי.

סוֹף דְּבַר הַכֹּל נִשְׁמַע,

אֶת הָאֱלֹהִים יִרְא

וְאֶת מִצְוֹתָיו שְׁמוֹר,

ki zeh kol ha-adam.

for that is the whole duty of the human being.

T'hilat Adonai y'daber pi,

May my mouth declare the praise of Adonai,

vivarech kol basar shem kodsho,

and may all flesh bless His Holy Name,

l'olam va-ed.

forever and ever.

Va-anachnu n'varech Yah,

We will bless Yah,

me-atah v'ad olam, hal'lu-Yah.

from this time and forever, praise Yah.

Vaydaber elai,

He said to me,

zeh hashulchan asher lifnei Adonai.

This is the table that is before Adonai.

כִּי זֶה כּוֹל הָאָדָם.

תְּהִלַּת יְהוָה יִדְבַר פִּי,

וַיְבָרֵךְ כּוֹל בָּשָׂר שֵׁם קֹדֶשׁוֹ,

לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,

מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

וַיְדַבֵּר אֵלַי,

זֶה הַשֻּׁלְחָן אֲשֶׁר לִפְנֵי יְהוָה.

דִּמּוּן

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 "Amen."*

Leader:

הֵב לָן וְנְבָרֵךְ לְמַלְכָּא עֲלָאָה קְדִישָׁא.

Hav lan v'nivrich l'malka ila-ah kadisha.

Let us bless the Holy Supernal Sovereign.

Group:

שָׁמַיִם.

Shamayim.

(With the permission of) Heaven.

Leader:

בְּרִשׁוּת מַלְכָּא עֲלָאָה קְדִישָׁא.

Bir'shut malka ila-ah kadisha.

With the permission of the Holy Supernal Sovereign.

On Shabbat add:

וּבְרִשׁוֹת שַׁבַּת מַלְכָּתָא.

Uvir'shut Shabat malk'ta.

*And with the permission of the Shabbat Sovereign.**On Festivals add:*

וּבְרִשׁוֹת יוֹמָא טָבָא אוֹשְׁפִיזָא קַדִּישָׁא.

Uvir'shut yoma tava ushpiza kadisha.

*And with the permission of the Festival and the holy guest.**On Sukkot add:*

וּבְרִשׁוֹת שִׁבְעָה אוֹשְׁפִיזִין עֲלָאִין קַדִּישִׁין.

Uvir'shut shivah ushpizin ila-in kadishin.

*And with the permission of the seven supernal holy guests.**Leader:*

בָּרוּךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חֵיֵינוּ.

Baruch Eloheinu she-achalnu mishelo uvtuvo chayinu.

Blessed is our Elohim, for we have eaten what is His and through His goodness we live.

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 Adonai,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe.

ha-El hazan otanu

the Almighty One Who nourishes us

v'et ha-alom kulo b'tuvo,

and the entire world with His goodness,

b'chen b'chesed b'revach

with grace with kindness with abundance

uvrachamim rabim.

and with great mercy.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

הַאֵל הַזֶּן אוֹתָנוּ

וְאֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ,

בְּחֵן בְּחֶסֶד בְּרוּחַ

וּבְרַחֲמִים רַבִּים.

Noten lechem l'chol basar

He gives bread to all living creatures

ki l'olam chasdo.

for eternal is His kindness.

Uvtuvo hagadol

And through His great goodness

tamid lo chasar lanu,

we continually never lack,

v'al yechsar lanu mazon

and may we never lack nourishment

tamid l'olam va-ed,

continually forever and ever,

ki hu El zan umfarnes lakol,

for He is the Almighty One Who nourishes and sustains all,

v'shulchano aruch lakol,

and His table is set for all,

v'hit-kin mich-yah umazon

and He provides food and nourishment

l'chol b'riyotav asher bara,

for all of His creatures which He created,

b'rachamav uvrov chasadav,

in His mercy and great kindness,

ka-amur:

as it is said:

Open your hands as a sign of receiving the flow of plenty from Above.

Pote-ach et yadecha,

You open Your hand,

umasbiya l'chol chai ratzon.

and satisfy every living thing with its desire.

Baruch atah Adonai,

Blessed are You Adonai,

hazan et hakol. {Amen.}

Who nourishes all. Amen.

נִתֵּן לָחֶם לְכֹל בֶּשָׂר
כִּי לְעוֹלָם חֶסֶדּוֹ.
וּבְטוּבוֹ הַגָּדוֹל
תָּמִיד לֹא חָסַר לָנוּ,
וְאֵל יַחְסֹר לָנוּ מִזֶּן
תָּמִיד לְעוֹלָם וָעֶד,
כִּי הוּא אֵל זֶן וּמְפַרְנֵס לְכֹל,
וְשִׁלְּחָנוּ עֲרוּךְ לְכֹל,
וְהִתְקִין מַחֲיָה וּמִזֶּן
לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא,
בְּרַחֲמָיו וּבְרֹב חֶסֶדּוֹ,
כְּאָמֹר:

פּוֹתַח אֶת יָדְךָ,
וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן.
בָּרוּךְ אַתָּה יְהוָה,
הַזֶּן אֶת הַכֹּל. {אָמֵן.}

הברכה השנייה - ברכת הארץ

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 I'cha Adonai Eloheinu

We thank You Adonai our Elohim

al shehinchalta la-avoteinu,

for having bestowed upon our ancestors,

eretz chemdah tovah urchavah,

a land beautiful, good, and spacious,

b'rit v'Torah, chayim umazon.

a covenant and Torah, life and nourishment.

V'al shehotzetanu

And for taking us out

me-eretz mitzrayim,

from the land of Egypt,

ufditanu mibeit avadim.

and redeeming us from the house of slavery,

V'al b'rit'cha shechatamta bivsarenu,

And for Your covenant which You have sealed in our flesh,

v'al Torat'cha shelimadtanu,

and for Your Torah which You have taught us,

v'al chukei r'tzonach shehodatanu,

and for the laws of Your will which You made known to us,

v'al chayim umazon she-atah

and for the life and food with which You

zan umfarnes otanu.

nourish and sustain us.

נוֹדֶה לְךָ יְהוָה אֱלֹהֵינוּ
עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ,
אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחֲבָה,
בְּרִית וְתוֹרָה, חַיִּים וּמְזוֹן.
וְעַל שֶׁהוֹצַאתָנוּ
מֵאֶרֶץ מִצְרַיִם,
וּפְדִיתָנוּ מִבֵּית עֲבָדִים.
וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ בְּבִשְׂרָנוּ,
וְעַל תּוֹרַתְךָ שֶׁלְמַדְתָּנוּ,
וְעַל חֻקֵי רְצוֹנְךָ שֶׁהוֹדַעְתָּנוּ,
וְעַל חַיִּים וּמְזוֹן שֶׁאַתָּה
זֵן וּמְפַרְנֵס אוֹתָנוּ.

Continue on page 12 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
hat'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 הַנְּסִים, 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
kohen 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 Yisra-el
which was wicked- against your people Israel
l'hash-kicham Toratecha,
to make them forget Your Torah,
ulha-aviram mechukei 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
amadta lahem b'et 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,

בַּיָּמִים מִתִּיָּהוּ בֶן יוֹחָנָן
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנַי וּבָנָיו,
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הָרָשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבַּת אֶת רִיבָם,
 דָּנַת אֶת דִּינָם,
 נִקְמַת אֶת נִקְמָתָם,
 מָסַרְתָּ גְבוּרִים בְּיַד חַלְשִׁים,
 וְרַבִּים בְּיַד מְעַטִּים,

utme-im b'yad t'horim,
 and the pure into the hands of the pure,
 ursha-im b'yad tzadikim,
 and the wicked into the hands of the righteous,
 v'zedim b'yad os'kei Toratecha.
 and the wrongdoers into the hands of the students of Your Torah.
 Ulcha amita shem gadol
 For Yourself you made a name that is great
 v'kadosh b'olamecha,
 and holy in Your world,
 ulam'cha Yisra-el 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 ken ba-u
 Thereafter came
 vanecha lidvir 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 nerot
 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 elu, l'hodot ul-halel
 of Chanukah -these-, to express thanks and praise
 l'shimcha hagadol.
 to Your Name which is great.

וּטְמֵאִים בְּיַד טְהוֹרִים,
 וְרָשָׁעִים בְּיַד צַדִּיקִים,
 וְזֵדִים בְּיַד עוֹסְקֵי תוֹרַתְךָ.
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ,
 וְלַעֲמֶךָ יִשְׂרָאֵל עָשִׂיתָ
 תְּשׁוּעָה גְדוֹלָה וּפְרִקָן
 כְּהַיּוֹם הַזֶּה.
 וְאַחַר כֵּן בָּאוּ
 בְנֵיךָ לְדַבֵּיר בֵּיתְךָ,
 וּפְנּוּ אֶת הַיְכָלְךָ,
 וטְהַרוּ אֶת מִקְדָּשְׁךָ,
 וְהִדְלִיקוּ נֵרוֹת
 בְּחִצְרוֹת קֹדֶשְׁךָ,
 וקִבְּעוּ שְׁמוֹנַת יָמֵי
 חֲנֻכָּה אֵלֶיךָ, לְהוֹדוֹת וּלְהַלְלֵךְ
 לְשִׁמְךָ הַגָּדוֹל.

PURIM

Bimei Mord'chai v'Ester

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,

bikesh l'hashmid laharog ul-abad

and he sought to destroy, slay, and exterminate

et kol hay'hudim,

all the Jews,

mina-ar v'ad zaken, taf v'nashim,

from young to old, infants and women,

b'yom echad, bishloshah 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

hefarta et atzato,

nullified his counsel,

v'kilkalta et machashavto,

and frustrated his intention,

vahashevota 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 ha-etz.

at the gallows.

בִּימֵי מֶרְדֵּכַי וְאֶסְתֵּר
בְּשׁוּשַׁן הַבִּירָה,
כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,
בְּקֶשׁ לְהַשְׁמִיד לְהָרוֹג וּלְאַבֵּד
אֶת כָּל הַיְּהוּדִים,
מִנְעַר וְעַד זָקֵן, טַף וְנָשִׁים,
בְּיוֹם אֶחָד, בְּשָׁלוֹשָׁה עָשָׂר
לְחֹדֶשׁ שְׁנַיִם עָשָׂר,
הוּא חֹדֶשׁ אָדָר,
וּשְׁלָלָם לְבוֹז.
וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים
הִפַּרְתָּ אֶת עֲצָתוֹ,
וְקִלְקַלְתָּ אֶת מַחְשַׁבְתּוֹ,
וְהִשְׁבֹּתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,
וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו
עַל הָעֵץ.

On all days continue here:

V'al hakol Adonai Eloheinu

And for all, Adonai our Elohim,

anachnu modim lach,

we give You thanks,

umvar'chim et sh'mach.

and bless Your Name.

Ka-amur: V'achalta v'savata,

As it says: after you have eaten and are satisfied,

uverachta et Adonai Elohecha

you shall bless Adonai your Elohim

וְעַל הַכֹּל יְהוָה אֱלֹהֵינוּ
אֲנַחְנוּ מוֹדִים לָךְ,
וּמְבָרְכִים אֶת שְׁמֶךָ.
כְּאָמֹר, וְאַכַּלְתָּ וּשְׂבַעְתָּ,
וּבֵרַכְתָּ 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 Adonai,

al ha-aretz v'al hamazon. {Amen.}

for the land and for the food. Amen.

עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר

נָתַן לָךְ.

בָּרוּךְ אַתָּה יְהוָה,

עַל הָאָרֶץ וְעַל הַמָּזוֹן. {אָמֵן.}

הברכה השלישית - בזיך ירושלים

THE THIRD BLESSING: FOR JERUSALEM

This is the final blessing prescribed by Torah. It was composed by David and Solomon.

Rachem Adonai Eloheinu aleinu,

Have mercy, Adonai our Elohim, upon us,

v'al Yisra-el amach,

and upon Israel Your people,

v'al Y'rushalayim irach,

and on Jerusalem Your city,

v'al har Tziyon mishkan k'vodach,

and on Zion the dwelling place of Your glory,

v'al heichalach, v'al m'onach,

and upon Your Temple, and upon Your dwelling place,

v'al d'virach,

and upon Your Sanctuary,

v'al habayit hagadol v'hakadosh

and upon the great and holy House

shenikra shimcha alav.

upon which Your Name is called.

Avinu, r'enu, zunenu,

Our Father, tend us, nourish us,

parn'senu, kal-k'lenu,

sustain us, and support us,

harvichenu harvach lanu

and relieve us, and grant relief to us

m'herah mikol tzaroteinu.

quickly from all of our troubles.

V'nah al tatzrichenu,

Please do not make us dependent,

Adonai Eloheinu,

Adonai our Elohim,

lidei mat'nat basar vadam,

the gifts of human hands nor flesh and blood,

רַחֵם יְהוָה אֱלֹהֵינוּ עָלֵינוּ,

וְעַל יִשְׂרָאֵל עַמְךָ,

וְעַל יְרוּשָׁלַיִם עִירְךָ,

וְעַל הַר צִיּוֹן מִשְׁכַּן כְּבוֹדְךָ,

וְעַל הַיְכָלְךָ, וְעַל מְעוֹנֶךָ,

וְעַל דְּבִירְךָ,

וְעַל הַבַּיִת הַגָּדוֹל וְהַקָּדוֹשׁ

שֶׁנִּקְרָא שִׁמְךָ עָלָיו.

אָבֵינוּ, רַעֲנוּ, זוֹנְנוּ,

פִּרְנֹסֵנוּ, כִּלְכְּלֵנוּ,

הַרְוִיחֵנוּ הַרוּחַ לָנוּ

מִהֲרָה מְכֹל צָרוֹתֵינוּ.

וְנֹא, אַל תִּצְרִיכֵנוּ

יְהוָה אֱלֹהֵינוּ,

לְיַד מַתָּנוֹת בָּשָׂר וְדָם,

v'lo lidei halva-adam,
nor upon their loans,
ela l'yad'cha ham'lei-ah v'har'chavah,
but only from Your hand which is full and generous,
 ha-ashirah v'hap'tuchah.
wealthy and open.
 Y'hi ratzon shelo nevosh
May it be Your will that we are not shamed
 ba-olam hazeh,
in this world,
 v'lo nikalem l'olam haba,
nor be humiliated in the world to come,
 umalchut beit David
and the kingdom of the House of David,
 m'shichach tachazirenah limkomah,
Your anointed, may You return to its place,
 bimherah v'yameinu.
very soon and in our days.

וְלֹא לַיָּדֵי הַלְוָאֲתָם,
 אֲלֵא לַיָּדְךָ הַמְּלֵאָה וְהַרְחֵבָה,
 הַעֲשִׂירָה וְהַפְּתוּחָה.
 יְהִי רָצוֹן שְׁלֹא נִבוֹשׁ
 בְּעוֹלָם הַזֶּה,
 וְלֹא נִכְלָם לְעוֹלָם הַבָּא,
 וּמַלְכוּת בֵּית דָּוִד
 מְשִׁיחְךָ תַּחְזִירֵנָה לְמְקוֹמָהּ,
 בְּמַהֲרָה בְּיָמֵינוּ.

On a day other than Shabbat, Rosh Chodesh or a Festival, continue 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'tzeh v'hachalitzenu
May it be pleasing to You to give us rest
 Adonai Eloheinu
Adonai our Elohim
 b'mitzvotcha uvmitzvat
through Your commandments and through the commandment
 yom hash'vi-i
of the Seventh Day,
 haShabbat hagadol v'hakadosh hazeh.
this great and holy Shabbat.
 Ki yom gadol v'kadosh
For it is a great and holy day
 hu mil'fanecha,
before You,
 nishbot bo v'nanu-ach bo v'nitaneg
may we rest on it and be content on it and be pleased
 bo k'mitzvat chukei r'tzonach,
on it with Your mitzvot and the decrees of Your will,
 v'al t'hi tzarah v'yagon
and may there be no trouble nor sorrow

רְצֵה וְהַחֲלִיצֵנוּ
 יְהוָה אֱלֹהֵינוּ
 בְּמִצְוֹתֶיךָ וּבְמִצְוֹת
 יוֹם הַשְּׁבִיעִי,
 הַשַּׁבָּת הַגָּדוֹל וְהַקָּדוֹשׁ הַזֶּה.
 כִּי יוֹם גָּדוֹל וְקָדוֹשׁ
 הוּא מִלְּפָנֶיךָ,
 נִשְׁבּוֹת בּוֹ וְנָנוּחַ בּוֹ וְנִתְעַנֵּג
 בּוֹ כְּמִצְוֹת חֻקֵי רְצוֹנְךָ,
 וְאֵל תְּהִי צָרָה וַיָּגוֹן

b'jom m'nuchatenu,
on this day of our rest,
v'harenu b'nechamat Tziyon
and show us the consolation of Zion,
bimherah v'yamenu,
very soon and in our days,
ki atah hu ba-al hanechamot.
for You are the Ruler of consolations.
V'hagam she-achalnu v'shatinu,
And although we have eaten and drank,
chorban beit'cha hagadol v'hakadosh
the destruction of Your great and holy House
lo shachachnu.
we have not forgotten.
Al tishkachenu lanetzach,
Do not forget us for eternity,
v'al tiznachenu la-ad,
and do not abandon us forever,
ki El melech gadol
for Almighty One, a Sovereign great
v'kadosh atah.
and holy are You.

בְּיוֹם מְנוּחָתֵנוּ,
 וְהִרְאֵנוּ בְּנֶחֱמַת צִיּוֹן
 בְּמִהְרָה בְּיָמֵינוּ,
 כִּי אַתָּה הוּא בֹּעֵל הַנְּחָמוֹת.
 וְהִגַּם שְׂאֵכְלָנוּ וְשָׁתִינוּ,
 חֶרֶב בֶּן בֵּיתְךָ הַגָּדוֹל וְהַקָּדוֹשׁ
 לֹא שָׁחַחֵנוּ.
 אַל תִּשְׁכַּחֵנוּ לְנֶצַח,
 וְאַל תִּזְנַחֵנוּ לְעַד,
 כִּי אֵל מֶלֶךְ גָּדוֹל
 וְקָדוֹשׁ אַתָּה.

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 Velohei avoteinu,
Our Elohim and Elohim of our ancestors,
ya-aleh v'yavo, v'yagi-a, v'yera-eh,
may there rise and come, and reach, and be noted,
v'yeratze, v'yishama, v'yipaked,
and be favored, and be heard, and be considered,
v'yizacher zichronenu
and be remembered the remembrance
v'zichron avoteinu,
and the remembrance of our ancestors,
v'zichron Y'rushalayim irach,
and the remembrance of Jerusalem, Your city,
v'zichron Mashi-ach
and the remembrance of Mashiach,
ben David avdach,
son of David Your servant,
v'zichron kol am'cha beit Yisra-el,
and the remembrance of Your entire people, the House of Israel,

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 יַעֲלֶה וַיָּבֹא, וַיַּגִּיעַ, וַיִּרְאֶה,
 וַיִּרְצֶה, וַיִּשְׁמַע, וַיִּפְקֹד,
 וַיִּזְכֹּר זְכוֹרֹנָנוּ
 וְזְכוֹרֹן אֲבוֹתֵינוּ,
 וְזְכוֹרֹן יְרוּשָׁלַיִם עִירְךָ,
 וְזְכוֹרֹן מָשִׁיחַ
 בֶּן דָּוִד עַבְדְּךָ,
 וְזְכוֹרֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל,

l'fanecha, lifleitah, l'tovah,
before You, for deliverance, for goodness,
l'chen 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: Hazikaron hazeh.
the Remembrance.

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.

L'rachem bo aleinu ulhoshi-enu.
To have mercy upon us on it and to save us.

Zochrenu Adonai Eloheinu,
Remember us Adonai our Elohim,

bo l'tovah, ufokdenu vo
for goodness on it, and consider us on it

livrachah, v'hoshi-enu vo
for blessing, and save us on it

l'chayim tovim.
for good life.

Bidvar y'shu-ah v'rachamim,
In the matter of salvation and compassion,

chus v'chonenu vachamol,
have pity and be gracious to us and have mercy,

v'rachem aleinu v'hoshi-enu,
and be compassionate with us and save us,

ki elecha eineinu,
for to You our eyes are turned,

ki El melech chanun
for Almighty One, a Sovereign gracious

v'rachum atah.
and compassionate are You.

לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה,
לְחַן וְלַחֲסֵד וְלִרְחָמִים,
לְחַיִּים וְלְשָׁלוֹם,
בְּיוֹם

לְרֹאשׁ חֹדֶשׁ: רֹאשׁ הַחֹדֶשׁ הַזֶּה.

לְפֶסַח: חַג הַמַּצּוֹת הַזֶּה.

לְשִׁבְעוֹת: חַג הַשְּׁבִעוֹת הַזֶּה.

לְרֹאשׁ הַשָּׁנָה: הַזְכָּרוֹן הַזֶּה.

לְסֻכּוֹת: חַג הַסֻּכּוֹת הַזֶּה.

לְשִׁמְיֵי עֲצֵרֶת: הַשְּׁמִינִי חַג

הָעֲצֵרֶת הַזֶּה.

לְרַחֵם בּוֹ עָלֵינוּ וְלְהוֹשִׁיעֵנוּ.

זְכֹרְנוּ יְהוָה אֱלֹהֵינוּ,

בּוֹ לְטוֹבָה, וּפְקֹדְנוּ בּוֹ

לְבָרָכָה, וְהוֹשִׁיעֵנוּ בּוֹ

לְחַיִּים טוֹבִים.

בְּדַבַּר יְשׁוּעָה וְרַחֲמִים,

חֶסֶד וְחַנּוּן וְחַמֶּל,

וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ,

כִּי אֵלֶיךָ עֵינֵינוּ,

כִּי אֵל מֶלֶךְ חַנּוּן

וְרַחוּם אַתָּה.

V'tivneh Y'rushalayim irach
 And may You rebuild Jerusalem, Your City,
 bimherah v'yamenu.
 very soon and in our days.
 Baruch atah Adonai,
 Blessed are You Adonai,
 boneh Y'rushalayim. {Amen.}
 Who rebuilds Jerusalem. Amen.

וְתִבְנֶה יְרוּשָׁלַיִם עִירְךָ
 בְּמַהֲרָה בְיָמֵינוּ.
 בָּרוּךְ אַתָּה יְהוָה,
 בּוֹנֵה יְרוּשָׁלַיִם. {אָמֵן.}

הברכה הרביעית - הנוב והמטיב

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 Adonai our Elohim
 melech ha-olam, ha-El, Avinu,
 Sovereign of the universe, the Almighty, our Father,
 malkenu, adirenu, bor'enu,
 our Sovereign, our Ruler, our Creator,
 go-alenu, yotz'renu,
 our Redeemer, our Maker,
 k'doshenu k'dosh Ya-akov,
 our Holy One, Holy One of Jacob,
 ro-enu ro-eh Yisra-el,
 our Shepherd, Shepherd of Israel,
 hamelech hatov v'hametiv lakol,
 the Sovereign Who is good and does good for all,
 sheb'chol yom vayom hu hetiv lanu,
 for every day and day after He did good to us,
 hu metiv lanu, hu yetiv lanu,
 He does good to us, and He will do good to us.
 hu g'malanu, hu gom'lenu,
 He was bountiful with us, He is bountiful with us,
 hu yigm'lenu la-ad,
 and He will be bountiful with us,
 chen vacheshed v'rachamim
 grace and lovingkindness and compassion
 v'revach v'hatzalah,
 and relief and salvation,
 v'chol tov. {Amen.}
 and all good. Amen.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
 מֶלֶךְ הָעוֹלָם, הָאֵל, אָבִינוּ,
 מַלְכֵנוּ, אֲדִירֵנוּ, בּוֹרְאֵנוּ,
 גּוֹאֲלֵנוּ, יוֹצְרֵנוּ,
 קְדוֹשֵׁנוּ קְדוֹשׁ יַעֲקֹב,
 רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל,
 הַמֶּלֶךְ הַטוֹב וְהַמְטִיב לְכֹל,
 שֶׁבְּכֹל יוֹם וַיּוֹם הוּא הֵטִיב לָנוּ,
 הוּא מְטִיב לָנוּ, הוּא יֵטִיב לָנוּ,
 הוּא גִמְלָנוּ, הוּא גּוֹמְלָנוּ,
 הוּא יִגְמְלָנוּ לְעַד,
 לְחֵן וְחֶסֶד וְרַחֲמִים
 וְרוּחַ וְהַצְלָה וְהַצְלָחָה,
 וְכֹל טוֹב. {אָמֵן.}

הַרְחַמֵּן הוּא יִשְׁתַּבַּח עַל כְּסֵא כְבוֹדוֹ.

Harachaman, hu yishtabach al kise ch'vodo.
The Compassionate One, may He be praised on His Throne of Splendor.

הַרְחַמֵּן הוּא יִשְׁתַּבַּח בַּשָּׁמַיִם וּבָאָרֶץ.

Harachaman hu yishtabach hashamayim uva-aretz.
The Compassionate One, may He be praised in heaven and on earth.

הַרְחַמֵּן הוּא יִשְׁתַּבַּח בְּנוֹ לְדוֹר דּוֹרִים.

Harachaman hu yishtabach banu l'dor dorim.
The Compassionate One, may He be praised by us in each and every generation.

הַרְחַמֵּן הוּא קָרַן לְעַמּוֹ יְרִים.

Harachaman hu keren l'amo yarim.
The Compassionate One, may He lift the horn of His people.

הַרְחַמֵּן הוּא יִתְפָּאֵר בְּנוֹ לְנֵצַח נְצָחִים.

Harachaman hu yitpa-ar banu l'netzach n'tzachim.
The Compassionate One, may He be glorified by us for eternity.

הַרְחַמֵּן הוּא יִפְרֹנְסֵנוּ בְּכְבוֹד וְלֹא בְּבִזּוּי בְּנִחַת וְלֹא בְּצַעַר.

Harachaman hu y'farn'senu b'chavod v'lo b'vizuy b'nachat v'lo v'tza-ar.
The Compassionate One, may He sustain us with honor and not with disgrace, with satisfaction, but not with pain.

הַרְחַמֵּן הוּא יִתֵּן שְׁלוֹם בֵּינֵינוּ.

Harachaman hu yiten shalom beineinu.
The Compassionate One, may He grant peace among us.

הַרְחַמֵּן הוּא יִשְׁלַח בְּרָכָה רוּחָה וְהַצְלָחָה,

בְּכֹל מַעֲשֵׂה יָדֵינוּ.

Harachaman hu yishlach b'rachah r'vachah v'hatzlachah,
b'chol ma-aseh yadeinu.

The Compassionate One, may He send us blessing, comfort and success,
in all our handiwork.

הַרְחַמֵּן הוּא יַצְלִיחַ אֶת דְּרָכֵינוּ.

Harachaman hu yatzli-ach et d'racheinu.
The Compassionate One, may He bring success to our ways.

הַרְחֵמֵן הוּא יִשְׁבֹּר עַל גְּלוֹת מְהֵרָה מֵעַל צְוֹאֲרֵנוּ.

Harachaman hu yishbor al galut m'herah me-al tzavarenu.

The Compassionate One, may He quickly break the yoke of exile from our necks.

הַרְחֵמֵן הוּא יוֹלִיכֵנוּ מְהֵרָה קוֹמְמִיּוֹת לְאַרְצֵנוּ.

Harachaman hu yolichenu m'herah kom'miyut l'artzenu.

The Compassionate One, may He quickly guide us to independence in our land.

הַרְחֵמֵן הוּא יְרַפְּאֵנוּ רְפוּאָה שְׁלֵמָה,

רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף.

Harachaman hu yirpa-enu r'fu-ah sh'lemah,
r'fu-at hanefesh urfu-at haguf.

*The Compassionate One, may He heal us with a complete healing,
healing of soul and healing of body.*

הַרְחֵמֵן הוּא יִפְתַּח לָנוּ אֶת יְדוֹ הַרְחֵבָה.

Harachaman hu yiftach lanu et yado har'chavah.

The Compassionate One, may He open for us His generous hand.

הַרְחֵמֵן הוּא יְבָרֵךְ כָּל אֶחָד וְאֶחָד מִמֶּנּוּ בְּשֵׁמוֹ הַגָּדוֹל,

כְּמוֹ שֶׁנִּתְבָּרְכוּ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב,

בְּכֹל מִכֹּל כּוֹל, כֵּן יְבָרֵךְ אוֹתָנוּ יַחַד בְּרַכָּה שְׁלֵמָה,

וְכֵן יְהִי רָצוֹן וְנֹאמַר אָמֵן.

Harachaman hu y'varech kol echad v'echad mimenu bishmo hagadol,
k'mo shenitbar'chu avoteinu Avraham Yitzchak v'Ya-akov,
bakol mikol kol, ken y'varech otanu yachad b'rachah sh'lemah,
v'chen y'hi ratzon v'nomar amen.

*The Compassionate One, may He bless each and everyone of us with His great Name,
just as our ancestors were blessed, Abraham, Isaac, and Jacob,
in everything, from everything, with everything, so He may bless us all together with a full blessing,
and so may it be His will and let us say, Amen.*

הַרְחֵמֵן הוּא יִפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמוֹ.

Harachaman hu yifrosh aleinu sukat sh'lomo.

The Compassionate One, may He spread over us the shelter of His peace.

On Shabbat add:

הַרְחֵמֵן הוּא יִנְחִילֵנוּ עוֹלָם
שְׁכֵלוֹ שַׁבַּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

Harachaman hu yanchilenu olam
shekulo Shabat umnuchah l'chayei ha-olamim.

*The Compassionate One, may He cause us to inherit the world,
which will be completely a Shabbat and rest for life eternal.*

On Rosh Chodesh add:

הַרְחֵמֵן הוּא יַחְדֵּשׁ עֲלֵינוּ
אֶת הַחֹדֶשׁ הַזֶּה לְטוֹבָה וְלְבִרְכָה.

Harachaman hu y'chadesh aleinu
et hachodesh hazeh l'tovah v'livrachah

*The Compassionate One, may He renew for us
this month for goodness and for blessing.*

On Rosh HaShanah add:

הַרְחֵמֵן הוּא יַחְדֵּשׁ עֲלֵינוּ אֶת הַשָּׁנָה הַזֹּאת לְטוֹבָה וְלְבִרְכָה.

Harachaman hu y'chadesh aleinu
et hashanah hazot l'tovah v'livrachah.

*The Compassionate One, may He renew for us
this year for goodness and for blessing.*

On Sukkot add:

הַרְחֵמֵן הוּא יִזְכְּנוּ לֵישֵׁב בְּסִכַּת עוֹרוֹ שֶׁל לוֹיֹטָן.
הַרְחֵמֵן הוּא יִשְׁפִיעַ עֲלֵינוּ שִׁפְעַ קְדֻשָּׁה
וְטַהֲרָה מִשְׁבַּעַ אֲשֵׁפִיזִין עֲלֵאֵין קְדִישִׁין,
זְכוּתָם תְּהֵא מִגֵּן וְצִנָּה עֲלֵינוּ.

Harachaman hu y'zakenu leishev b'sukat oro shel livyatan.
Harachaman hu yashpinu aleinu shefa k'dushah
v'taharah mishivah ushpizin ila-in kadishin,
z'chutam t'he magen v'tzinah aleinu.

*The Compassionate One, may He make us worthy to sit in the Sukkah of the skin of the Leviathan.
The Compassionate One, may He bring down upon us the abundance of holiness
and purity from the seven exalted and holy guests,
may their merit protect and shield us.*

On Pesach, Shavuot, and Sukkot add:

הַרְחֵמֵן הוּא יְגִיעֵנוּ לְמוֹעֲדִים אַחֲרִים
הַבָּאִים לְקִרְאָתֵנוּ לְשָׁלוֹם.

Harachaman hu yagi-enu l'mo-adim acherim
haba-im likratenu l'shalom.

*The Compassionate One, may He allow us to reach other Festivals
that are coming towards us with peace.*

On Festival days add:

הַרְחֵמֵן הוּא יִנְחִילֵנוּ יוֹם שְׁכָלוֹ טוֹב.

Harachaman hu yanchilenu yom shekulo tov.

The Compassionate One, may He cause us to inherit the day which is completely good.

הַרְחֵמֵן הוּא יִטַע תּוֹרָתוֹ וְאַהֲבָתוֹ בְּלִבֵּנוּ
וְתִהְיֶה יְרֵאתוֹ עַל פְּנֵינוּ לְבִלְתִּי נַחֲטָא.
וְיִהְיֶה כָּל מַעֲשֵׂינוּ לְשֵׁם שָׁמַיִם.

Harachaman hu yita Torato v'ahavato b'libenu
v'tih-yeh yirato al paneinu l'vilti nechata.
V'yih-yu chol ma-aseinu l'shem shamayim.

*The Compassionate One, may He plant in our hearts His Torah and love of Him,
and may awe of Him be on our faces without any misdeeds.
And may all of our actions be for the sake of heaven.*

הַרְחֵמֵן הוּא יַחֲיֵנוּ וְיִזְכְּנוּ וְיִקְרְבֵנוּ לְיָמֵי הַמָּשִׁיחַ
וְלְבִנְיַן בֵּית הַמִּקְדָּשׁ וְלַחַיֵּי הָעוֹלָם הַבָּא.

Harachaman hu y'chayenu vizakenu vikar'venu limot haMashi-ach
ulvinyan beit hamikdash ulchayei ha-olam haba.

*The Compassionate One, may He grant us life and merit and may we approach the days of the Mashiach,
the rebuilding of the Temple, and the life of the World to Come.*

On weekdays say:

מַגְדִּיל

Magdil

He makes great...

On Shabbat and Festivals say:

מִגְדוֹל

Migdol

He is a tower of...

y'shu-ot malko,

the salvations of His Sovereignty,

v'oseh chesed limshicho

and does lovingkindness to His anointed,

l'David ulzaro ad olam.

to David and his offspring forever.

K'firim rashu v'ra-enu,

Young lions may want and hunger,

v'dor'shei Adonai

but those who seek Adonai,

lo yachs'ru chol tov.

will not lack any good.

Na-ar chayiti gam zakanti,

I was a youth and also I have aged,

v'lo ra-iti tzadik ne-ezav,

and I have not seen a righteous person abandoned,

v'zaro m'vakesh lachem.

and their children asking for bread.

Kol hayom chonen umalveh,

All day they are gracious and lend,

v'zaro livrachah.

and their children are a blessing.

Mah she-achalnu yih-yeh l'savah,

That which we have eaten may it be for satiation,

umah sheshatinu yih-yeh lirfu-ah,

and that which we have drunk may it be for healing,

umah shehotarnu yih-yeh livrachah,

and that which we have left over may it be for a blessing,

k'dichtiv: Vayiten lifneihem,

as it is written: He placed it before them,

vayoch'lu vayotiru kidvar Adonai.

and they ate and left over, according to the word of Adonai.

B'ruchim Atem Ladonai,

You are blessed of Adonai,

oseh shamayim va-aretz.

Maker of heaven and earth.

ישועות מלכו,

ועשה חסד למשיחו

לדוד ולזרעו עד עולם.

כפירים רשו ורעבו,

ודרשי יהוה

לא יחסרו כל טוב.

נער הייתי גם זקנתי,

ולא ראיתי צדיק נעזב,

וזרעו מבקש לחם.

כל היום חונן ומלוה,

וזרעו לברכה.

מה שאכלנו יהיה לשבעה,

ומה ששתינו יהיה לרפואה,

ומה שהותרנו יהיה לברכה,

כדכתיב: ויתן לפניהם,

ולאכלו ויותרו כדבר יהוה.

ברוכים אתם ליהוה,

עושה שמים וארץ.

Baruch hagever asher

Blessed is the one who puts

yivtach Adonai.

their trust in Adonai.

v'hayah Adonai **mivatacho.**

and Adonai will be their trust.

Adonai oz l'amo yiten,

Adonai will give strength to His people,

Adonai y'varech et amo vashalom.

Adonai will bless His people with peace.

Oseh shalom bimromav,

May the One Who makes peace in the heavens,

hu b'rachamav

may He, in His compassion,

ya-aseh shalom aleinu,

make peace upon us,

v'al kol Yisra-el,

and upon all Israel and upon all the world,

v'al kol yosh'vei tevel,

and upon all the inhabitants of the earth,

v'imru amen.

and let us say amen.

בְּרוּךְ הַגֵּבֵר אֲשֶׁר

יְבַטַח בִּיהוָה,

וְהָיָה יְהוָה מִבְּטָחוֹ.

יְהוָה עֹז לְעַמּוֹ יִתֵּן,

יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

עֹשֵׂה שָׁלוֹם בְּמְרוֹמָיו,

הוּא בְּרַחֲמָיו

יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל

וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

וְאָמְרוּ אָמֵן.