

ברכת המזון

birkat hamazon

תנועת נוער יהודית ליברלית, ציונית
the liberal jewish and zionist youth movement

L'Shabbat v'Yom Tov: Shir Hama'alot. B'shuv Adonai et shivat Tzion hayinu k'cholmim: Az yimalei s'chok pinu ul'shoneinu rina: az yomru vagoyim higdil Adonai la'asot im eileh: higdil Adonai la'asot imanu hayinu s'maychim: shuvah Adonai et sh'viteinu ka'afikim banegev: hazorim b'dimah b'rinah yik'tzoru: haloch yayleich uvacho nosei meshech hazara bo yavo v'rinah noseh alumotav.

On Shabbat and festivals: A song for going up. When God brought the exiles back to Zion, it was like a dream. Then our mouths were filled with laughter, our tongues with joyful song. Then they said among the nations: "God has done great things for them." God has done great things for us, and we rejoice. Restore our fortune, O God, as streams revive the desert. Then those who have sown in tears shall reap in joy. Those who go forth weeping, carrying bags of seeds, shall come home with shouts of joy, laden with sheaves.

לשבת ויום טוב: שיר המעלות בשוב יי את שיבת ציון היינו כחלמים: אז ימלא שחוק פיננו ולשוננו רנה אז לאמר בגוים הגדיל יי לעשות עם אלה: הגדיל יי לעשות עמנו היינו שמחים: שובה יי את שביטנו כאפיקים בנגב: הורעים בדמעה ברנה יקצרו: הלוד ילד ובכה נשא משך הצרע בא גבא ברנה נשא אלמתינו:

Hamezamen: Chaverai v'Chavrotay n'vareich!

המומן: חברי וחברותי נברך!

Mezuman: Y'hi shem Adonai m'vorach mei'atah v'ad olam.

המסובין: יהי שם יי מברך מעתה ועד עולם.

Hamezamen: (Y'hi shem Adonai m'vorach mei'atah v'ad olam). Birshut chaverai v'chavrotay n'vareich Eloheyinu she'achalnu mishelo.

המומן: (יהי שם יי מברך מעתה ועד עולם). ברשות חברי וחברותי, נברך אלהינו שאכלנו משלו.

Mezuman: Baruch Eloheyinu she'achalnu mishelo uv' tuvo chayinu.

המסובין: ברוך אלהינו שאכלנו משלו ובטובו חיינו.

Hamezamen: (Baruch Eloheyinu she'achalnu mishelo uv' tuvo chayinu). Baruch hu uvarach sh'mo:

המומן: (ברוך אלהינו שאכלנו משלו ובטובו חיינו). ברוך הוא וברוך שמו

Leader: Friends, let us praise God.

All: Blessed be the name of God forever and ever.

Leader: (Blessed be the name of God forever and ever). Let us bless our God whose food we have eaten.

All: Blessed be our God, whose food we have eaten and by whose goodness we live.

Leader: (Blessed be our God, whose food we have eaten and by whose goodness we live).

section 1

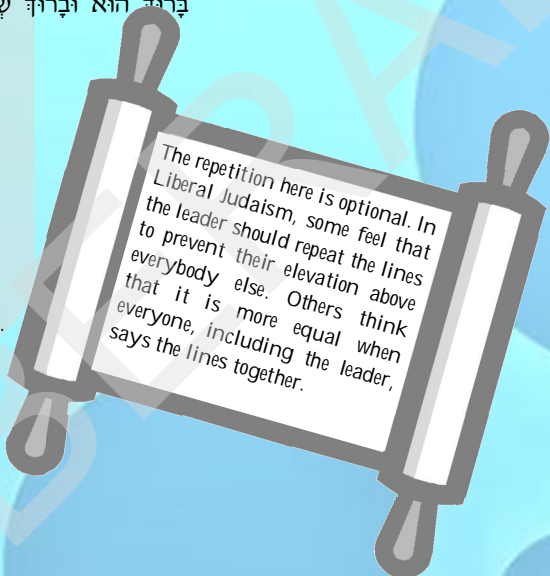
thanks for the food

Baruch Atah Adonai, Eloheyinu Melech ha'olam, hazan et ha'olam kulo b'tuvo b'chen b'chesed uv'rachamim. hu notein lechem l'chol basar ki l'olam chasdo. Uv' tuvo hagadol tamid lo chasar lanu, v'al yechar lanu mazon l'olam va'ed. Ba'avur sh'mo hagadol, ki hu eil zan um'farnes lakol umeitiv lakol, umeichin mazon l'chol briyotav asher barah.

Baruch Atah Adonai, hazan et hakol:

We praise You, O God, Sovereign of the universe, whose goodness sustains the world. With grace, love and compassion You provide enough food for all, for Your love is everlasting. Through Your great goodness we have never lacked our daily bread; may we always have enough, for Your great name's sake. Your goodness is the source of sustenance for all who live. We praise You O God, Provider of food for all.

ברוך אתה יי, אלהינו מלך העולם, הזן את העולם כולו בטובו בחנו בחסד וברחמים הוא נותן לחם לכל בשר כי לעולם חסדו. ובטובו הגדול תמיד לא חסר לנו, ואל יחסר לנו מזון לעולם ועד. בעבור שמו הגדול, כי הוא אל זן ומפרנס לכל ומטיב לכל, ומכין מזון לכל בריותיו אשר ברא. ברוך אתה יי, הזן את הכל:



May the Merciful One bless this house and this table at which we have eaten. Amen.

Harachaman, hu yish'lach lanu b'rachah m'rubah babayit hazeh, v'al shulchan zeh she'achalnu alav. Amen.

May the Merciful One send us Elijah, the prophet of blessed memory, who will bring us good news of salvation and comfort. Amen.

Harachaman, hu yish'lach lanu et Eliyahu hanavi zachur latov, viyvaser lanu b'sorot tovo y'shu'ot v'nechamot. Amen.

Merciful One, bless us and all our dear ones as You blessed our ancestors Abraham and Sarah, Isaac and Rebecca, Jacob, Leah and Rachel, in every way, so bless us all. And let us say: Amen.

Harachaman, hu y'vareich otanu v'et kol asher lanu, k'mo shenit'bar'chu avoteynu v'imoteynu, Avraham v'Sarah, Yitzhak v'Rivkah, Ya'akov, Leah v'Rachel : bakol, mikol, kol. Ken y'vareich otanu kulanu yachad. Biv'rachah sh'leimah, v'nomar Amen.

Bamarom y'lam'du aleyhem v'aleynu z'chut, shet'hei l'mish'meret shalom, v'nissa v'rachah me'et Adonai utz'dakah me'elohey yish'einu, v'nimtza chen v'seichel tov b'eyney Elohim v'adam.

On high may they plead for them and for us, so that we merit a lasting peace, and may we gain a blessing from God and justice from the God of our salvation. May we find grace and understanding in the sight of God and humanity.

L'Shabbat: Harachaman, hu yanchilaynu yom shekulo Shabbat um'nuchah l'chayey ha'olamim. Amen.

לשבת: הרחמן, הוא ינחילנו יום שכלו שבת ומנוחה לחיי העולמים. אמן.

For Shabbat: May the Merciful One let us inherit a day that is all Shabbat and rest forever. Amen.

B'Yom Tov: Harachaman, hu yanchilaynu yom shekulo tov. Amen.

ביום טוב: הרחמן, הוא ינחילנו יום שכלו טוב. אמן.

On a festival: May the Merciful One let us inherit a time that is all good. Amen.

Harachaman, hu y'zakeinu liymot hag'ulah ul'chayey ha'olam haba. Magdil (Migdal) y'shu'ot malko, v'oseh chesed l'amo l'ohavo ul'zar'o ad olam.

הרחמן, הוא יזכנו לימות הגאולה ולחיי העולם הבא. מגדיל (מגדול) ישועות מלכו, ועשה חסד לעמו לאוהבו ולזרעו עד עולם.

May the Merciful One make us worthy to witness the messianic era and the life of the world to come. God is a tower of salvation to the King and is a source of mercy to the people, to those who love God and all their children forever.

Oseh shalom bimromav, hu ya'aseh shalom, aleynu v'al kol Yisra'el v'al kol b'nei adam. Amen.

עשה שלום במרומו, הוא יעשה שלום, עלינו ועל כל ישראל, ועל כל בני אדם. אמן.

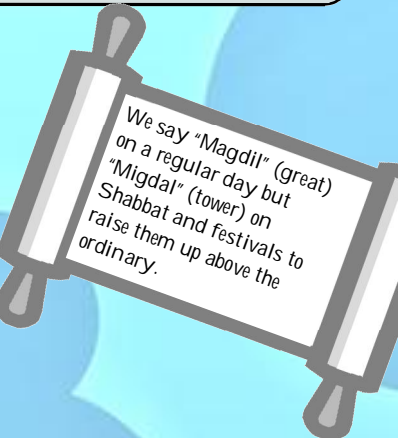
May the Most High, Source of perfect peace, grant peace to us, to all Israel, to all humanity. Amen.

We have eaten and been satisfied. Help us to be responsive to the needs of others, and to listen to their cry for food. Open our eyes, hearts and hands so that we may share your gifts, and help to remove hunger and want from our world.

Adonai oz l'amo yiten, Adonai y'vareich et amo vashalom. יי עז לעמו יתן, יי יברך את עמו בשלום.

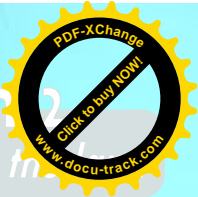
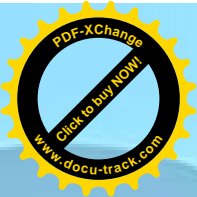
Eternal God, grant strength to Your people, and bless your people with peace.

Alternative Birkat Hamazon	ברוך הרחמן מלך העולם ומלואו. מלך יהי דהאי פיתא.	Brich rachamana malka di'alma marey dehay pita.	Bless the merciful, sovereign of the universe, master of this bread.	את מקור חיים ואם כל חי ומקור הברכה.	At mekor chayim v'em kol chay umimech hab'racha	You are the source of life to all there is and the blessing comes from you.	ואכלת וישבעת, וברכת את יי ו'achalta, v'savata u'verachta et Adonai.	When you have eaten and are satisfied, praise God.
----------------------------	---	---	--	-------------------------------------	---	---	---	--



the end





ביום טוב: אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ,
 יְעֲלֶה וְיָבֵא וְיַזְכֵּר וְיַזְכֵּרנוּ וְיַזְכֵּרנוּ כָּל־עַמּוֹד בֵּית
 יִשְׂרָאֵל לְפָנֶיךָ לטוֹבָה וְלִבְרָכָה, לְחַיִּים
 וְלִשְׁלוֹם בְּיוֹם --

B'Yom Tov: Eloheyenu v'elohey avoteynu v'imoteynu,
 ya'aleh v'yavo v'yizaker zik'roneinu v'zik'ron kol
 am'cha yis'rael l'tovah v'livrachah, l'chayim ul'shalom b'yom...

- חג המצות
- חג השבועות
- חג הסוכות
- השמיני חג העצרת

- chag hamatzah
- chag hashavuot
- chag hasukat
- hash'meini chag ha'atzeret

...hazeh.

Zok'reinu, Adonai Eloheyenu, bo l'tovah. *Amen.*
 Ufak'deinu vo liv'rachah. *Amen.*
 V'hoshiyeinu vo l'chayim. *Amen.*

On a festival: Our God and God of our ancestors, be mindful of us and of all Your people of the House of Israel. Grant us well-being and blessing, life and peace, on this

- Festival of Pesach
- Festival of Shavuot
- Festival of Sukkot
- Festival of Simchat Torah

Remember us this day for well-being. *Amen.*
 Bless us this day with your presence. *Amen.*
 Grant us this day continued life. *Amen.*

--הַזֶּה.

זָכְרֵנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לטוֹבָה. **אָמֵן.**
 וּפְקֹדֵנוּ בּוֹ לִבְרָכָה. **אָמֵן.**
 וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. **אָמֵן.**

Uv'neih Yerushalayim ir hakodesh bim'heira
 v'yameynu. Baruch Atah Adonai, boneh
 b'rachamav Yerushalayim. *Amen.*

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ.
 בְּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. **אָמֵן.**

And let the vision of Jerusalem, the holy
 City, be fulfilled in our time. We praise You,
 compassionate God, Builder of Jerusalem.
Amen

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל אֲבִינֵנוּ, מִלְכֵנוּ, אֲדִירֵנוּ
 בּוֹרְאֵנוּ, גּוֹאֲלֵנוּ, יוֹצֵרֵנוּ, קְדוֹשׁנוּ קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל.
 הַמְלֹךְ הַטּוֹב, וְהַמְּטִיב לְכָל, שֶׁבְּכָל יוֹם וְיוֹם הוּא הַטִּיב, הוּא
 מְטִיב, הוּא יִטִּיב לָנוּ. הוּא גִמְלָנוּ, הוּא גּוֹמְלָנוּ, הוּא יְגַמְלָנוּ לְעַד
 לְחַן וְלַחֲסֵד וְלִרְחֻמִּים וְלִרְנוּחַ הַצֵּלָה וְהַצִּלָּה בְּרָכָה וְיִשׁוּעָה,
 נְחָמָה, פְּרִנְסָה וְכִלְכִּלָה, וְנַחֲמִים, וְחַיִּים וְשְׁלוֹם, וְכָל טוֹב, וּמְכַל
 טוֹב לְעוֹלָם אֵל יְחַסְרָנוּ.

Baruch Atah Adonai Eloheynu Melech ha'olam, Ha'el
 Avinu, Malkenu, Adireinu Bor'einu, Go'aleinu,
 Yotzreinu, K'dosheinu K'dosh Ya'akov, Ro'einu Ro'eh
 Yisra'el. Hamelech hatov, v'hameytiv lakol,
 sheb'chol yom vayom hu heitiv, hu meitiv, hu
 yeytiv lanu. Hu g'malanu, hu gom'leinu, hu
 yig'm'leinu la'ad l'chein ul'chesed ul'rachamim
 ul'revach hatzalah v'hatz'lachah b'rachah viyshu'ah,
 nechamah, par'nasah v'chalkalah, vrachamim,
 v'chayim v'shalom v'chol tov, umikol tov l'olam al
 y'chasrenu.

We praise you, Eternal God, Sovereign of the universe, our Creator and Redeemer, the Holy One of Jacob and the Shepherd of Israel, good and generous to all. You have always shown us love and kindness; day-by-day You grant grace and compassion, deliverance and freedom, prosperity and blessing, life and peace. May we never lack what we need for our good.

הַרְחֵמוּ, הוּא יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעַד. **אָמֵן.**

May the Merciful One rule over us forever. *Amen.*
 Harachaman, hu yimlochaleyenu l'olam va'ed. *Amen.*

הַרְחֵמוּ, הוּא יִתְבָּרַךְ בְּשָׁמַיִם וּבְאָרֶץ. **אָמֵן.**

May the Merciful One be praised in heaven and on earth. *Amen*
 Harachaman, hu yitbarach bashamayim uva'aretz. *Amen.*

הַרְחֵמוּ, הוּא יִשְׁתַּבַּח לְדוֹר דּוֹרִים, וְיִתְפָּאֵר בְּנוֹ
 לְנֶצַח נְצָחִים, וְיִתְהַדָּר בְּנוֹ לְעַד וּלְעוֹלָמֵי עוֹלָמִים. **אָמֵן.**

May the Merciful One be praised by every generation,
 celebrated and glorified forever. *Amen.*

Harachaman, hu yishtabach l'dor dorim, v'yitpa'ar
 banu l'netzach n'tzachim, v'yit'hadar banu la'ad ul'mey
 olamim. *Amen.*

הַרְחֵמוּ, הוּא יְבָרֵךְ אֶת מְדִינַת יִשְׂרָאֵל וְאֶת
 אֲחֵינוּ וְאֲחֵיוֹתֵינוּ בְּרַחֲבֵי הָעוֹלָם. **אָמֵן.**

May the Merciful One bless the State of Israel and
 our brothers and sisters throughout the world.
 Harachaman, hu yivarech et Medinat Yisrael v'et
 achiyenu v'et achiyoteninu birachvey haolam. *Amen.*



section 4
 thanksgiving

נוֹדֶה לְךָ יְיָ אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לְאֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֶרֶץ חֲמֵדָה טוֹבָה
 וְרַחֲבָה, וְעַל שֶׁהוֹצַאתָנוּ יְיָ אֱלֹהֵינוּ מֵאֶרֶץ מִצְרַיִם, וּפְדִיתָנוּ, מִבֵּית
 עַבָדִים, וְעַל בְּרִיתְךָ שֶׁחֲתַמְתָּ בְּלִבֵּנוּ, וְעַל תּוֹרַתְךָ שֶׁלַּמְדַּתָּנוּ,
 וְעַל חֻקֶּיךָ שֶׁהוֹדַעְתָּנוּ וְעַל חַיִּים חַן וְחֶסֶד שֶׁחֻנַּנְתָּנוּ,
 וְעַל אֲכִילַת מִזֵּוֹן שֶׁאַתָּה זָן וּמַפְרִינֵס אוֹתָנוּ תָּמִיד,
 בְּכָל יוֹם וּבְכָל עֵת וּבְכָל שָׁעָה:

Nodeh l'cha Adonai Eloheynu al
 shehin'chalta la'avoteynu
 v'imoteynu, eretz chemdah tovah
 ur'chavah, v'al shehotzeitanu,
 Adonai Eloheynu mei'eretz
 Mitzrayim, uf'diytanu, mibeit avadim,
 v'al brit'cha shechatam'ta b'libenu,
 v'al torat'cha shelimad'tanu, v'al
 chukecha shehoda'tanu v'al chayim
 chen vachesh shechonan'tanu, v'al
 achilat mazon sha'atah zan um'farnes
 otanu tamid, b'chol yom uv'chol et
 uv'chol sha'ah.

We thank You, Eternal God, for the pleasant, good and spacious land You gave our ancestors, for our deliverance from bondage; for the Covenant You have sealed into our hearts; for the Torah You have taught us, and the laws You have made known to us; for Your gracious gifts of life and steadfast love, and for the food that sustains us, each and every day.

"B'libeinu" (our hearts) replaces "Bivsaveinu" (our flesh). "Flesh" refers to the "brit milah" (the covenant of circumcision). In Liberal Judaism we refer to the covenant (contract) within our hearts, which is inclusive of girls as well as boys.

On Chanukah: Long ago, an arrogant tyrant tried to force our ancestors to give up their beliefs and customs. If he had succeeded, our people and our faith would have died out and we would not be here today. But, with amazing courage, first a few, then more, then more still, resisted him. After three years of struggle, the Temple was rededicated; the flame of our faith, so nearly extinguished, was rekindled; and this Festival of Dedication was established. May it be a happy time of thanksgiving and rededication for us and for all our brothers and sisters of the House of Israel.

On Purim: In the days of Mordechai and Esther, the wicked Haman rose up against them on the thirteenth of Adar. He sought to destroy all the Jews and to seize their possessions. We thank you, O God, for in Your great mercy you caused his scheme to fail and punished him for his evil temper.

The phrase "v'achalta v'sava'ta, uveirach'ta et Adonai" (when you have eaten and are satisfied, then praise the Eternal) comes from Deuteronomy 8:10. It is the basis for Birkat Ha'mazon.

וְעַל הַכֹּל יְיָ אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לְךָ, וּמְבָרְכִים אוֹתְךָ, יִתְבָּרַךְ
 שְׁמֶךָ בְּפִי כָל חַי תָּמִיד לְעוֹלָם וָעַד. כְּפָתוּב, וְאֲכַלְתָּ וְשִׂבַּעְתָּ, וּבְרַכְתָּ
 אֶת יְיָ אֱלֹהֶיךָ עַל הָאֶרֶץ הַטּוֹבָה אֲשֶׁר נָתַן לְךָ. בְּרוּךְ אַתָּה יְיָ, עַל
 הָאֶרֶץ וְעַל הַמְּזוֹן:

For all these things we thank and praise You. May Your name be praised continually by every living creature, as it is written, "When you have eaten and are satisfied, then praise the Eternal One your God for the good land God has given you." We praise You, O God, for the land and for the food.

רַחֵם, יְיָ אֱלֹהֵינוּ, עַל יִשְׂרָאֵל עַמְּךָ, וְעַל כָּל־יֹשְׁבֵי תֵבֵל אֶרֶץ.
 אֱלֹהֵינוּ אֲבִינֵנוּ, רַעֲנוּ, זּוֹנֵנוּ, פְּרִנְסָנוּ, וְכִלְכִּלָנוּ, וְהַרְוִיחֵנוּ, וְהַרְנוּחַ לָנוּ
 יְיָ אֱלֹהֵינוּ מִהַרְהָרָה מִכָּל־צָרוֹתֵינוּ. וְנָא אֵל תִּצְרִיכֵנוּ, יְיָ אֱלֹהֵינוּ, לֹא
 לִידֵי מַתָּנָה בְּשֵׁר נָדָם, וְלֹא לִידֵי הַלְנָאתָם, כִּי אִם לְיָדְךָ הַמְּלָאָה,
 הַפְּתוּחָה, הַקְּדוּשָׁה וְהַרְחֵבָה, שֶׁלֹּא נִבּוֹשׁ וְלֹא נִכְלָם לְעוֹלָם וָעַד:

Rachem, Adonai Eloheynu, al Yis'rael amecha, v'al kol
 yosh'vey teivel ar'tzecha. Eloheynu, aviynu, ro'einu,
 zoneinu, far'n'seinu v'chal'k'leinu v'harviचेinu, v'harvach
 lanu Adonai eloheinu m'heirah mikol tz'roteinu. V'nah al
 tatz'richeinu Adonai Eloheynu lo lidei mat'nat basar vadam,
 v'lo lidei hal'va'atam, ki im l'yad'cha ha'm'le'ah, ha'p'tucha,
 ha'k'dosha v'harchavah, shelo nevosh v'lo nikalem le'olam
 va'ed.

Have compassion, Eternal God, on Your people Israel and on all the inhabitants of Your world. Guide and sustain us, grant us success and liberty, and may we soon be freed from all our troubles. Let us not be in need of gifts or loans, but dependent only upon on Your generosity, so that we may never be embarrassed or put to shame.

On Shabbat: Eternal God, strengthen our resolve to observe Your precepts and especially the precept of the seventh day, the great and holy Sabbath, so that we may lovingly rest on it, and be refreshed by it.

לשבת: רַצָּה וְהַחֲלִיצָנוּ, יְיָ אֱלֹהֵינוּ, בְּמִצְוֹתֶיךָ וּבְמִצְוֹת יוֹם הַשַּׁבָּעִי,
 הַשְּׁבִיב הַגְּדוֹל וְהַקְּדוֹשׁ הַזֶּה, לְשַׁבְּתָנוּ וְלָנוּחַ בּוֹ בְּאַהֲבָה כְּמִצְוַת רְצוֹנְךָ.

L'Shabbat: R'tzeh v'hachalitzeinu, Adonai
 Eloheynu, b'mitz'voteycha uv'mitzvat yom
 hash'viy'iy, ha shabbat hagdol v'hakadosh
 hazeh, lish'bot bo v'lanucha bo b'avaha
 k'mitz'vat r'tzonecha.

section 3
 remembering Jerusalem