Leader: Friends, let us praise God.
All: (Blessed be our God, whose food we have eaten and by whose goodness we live).

Leader: 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: Let us bless our God whose food we have eaten and by whose goodness we live.

Leader: The repetition here is optional. In

BU CHAVROTAY "V'NEVEICH" - ON ShABBAT AND FESTIVALS

BU "YOM TOV" - THE MOST HIGH, SOURCE OF PERFECT PEACE

BU "VA'SHELOMAH" - ETERNAL GOD, GRANT STRENGTH TO YOUR PEOPLE, AND BLESS YOUR PEOPLE WITH PEACE.

BU "B'MEZHEVU" - 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.

BU "B'MEZORAH" - "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."
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 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 redemption 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.

Baruch Atah Adonai, bolee She'ahadot Yisra'el, She'ahadot ha'Bruchim, ve'minati ha'revach ha'kadosh, v'lo nevosh v'lo nikalem le'olam va'ed. Kakatuv, v'achalta Adonai Eloheynu, v'achalta el ha'mazon.

Birkat Ha'mazon.