

## Thanksgiving after the Meal

רבותי, נברך!

יהי שם יי מברך מעתה ועד עולם.

ברשות רבותי, נברך אלהינו שְאָכְלָנוּ מְשָלוּ.

ברוך אלהינו שְאָכְלָנוּ מְשָלוּ וּבְטוּבוֹ חִיֵּינוּ.

ברוך אתה יי אלהינו מלך העולם הן את העולם כְּלוּ בְטוּבוֹ בְּחַסֵּד וּבְרַחֲמִים, הוא נתן לָחֶם לְכָל-בֶּשֶׂר כִּי לְעוֹלָם חֲסִדוֹ וּבְטוּבוֹ הַגְּדוֹל תִּמְיֵד לֹא חָסַר לָנוּ וְאֵל יַחְסֹר לָנוּ מְזוֹן תִּמְיֵד לְעוֹלָם וְעַד בְּעִבוּר שְׁמוֹ הַגְּדוֹל כִּי הוּא אֵל זָן וּמְפָרֵס לְכָל וּמְטִיב לְכָל וּמְכִין מְזוֹן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא בְרוּךְ אַתָּה יי הֵן אֵת הַכֹּל.

(Leader:)

*Rabotai nvarekh!*

(Diners then leader:)

*Yhee shem adonai mvorakh may'ata v'ad olahm.*

(Leader:)

*Birshoot havayrai, nvarekh elohaynoo sh'akhalnoo meshelo.*

(Diners then leader:)

*Barookh elohyanoo sh'akhalnoo meshelo oovtoovo hayeenoo.*

(Leader:)

*Barookh hoo oobarookh shmo.*

*Barookh ata adonai elohaynoo melekh ha'olahm, hazahn et ha'olahm koolo btoovo bhen, bhased oovrahamim. Hoo notayn lehem lkhol basahr kee l'olahm hasdoh. Oovtoovo haghadol tamid lo hasar lanoo, v'al yehsar lanoo mazohn tamid l'olahm va'ed ba'avor shmo haghadol. Kee hoo el zahn umpharnes lakol. Oomayteev lakol hoo maykhin mazohn lkhol bree'otahv asher bara. Barookh atta adonai, hazahm et hakol.*

(together:)

We thank you Lord our God and God of our ancestors, for giving a blessed and bountiful land, for delivering from bondage in the Land of Egypt, for sealing Your covenant upon us, for teaching us Your Torah, for informing us of Your laws, for the precious gracious life You have granted us, and letting us partake of the food by which You constantly sustain us, day and night.

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו, ושבת קדשו באהבה וברצון הנחילנו זכרון למעשה בראשית, כי הוא יום תחלה למקראי קדש, זכר ליציאת מצרים, כי בנו בחרת ואותנו קדשת מכל העמים, ושבת קדשך באהבה וברצון הנחלתנו. ברוך אתה יי, מקדש השבת.

*Barookh ata adonai elohaynoo melekh ha'olahm, boray pree hagaphen.*

*Barookh ata adonay elohaynoo melekh ha'olahm, asher qidshanoo bmitsvotav vratsa vanoo, vshabaht qodshoo bahava oovratsohn hinheelanoo, zikarohn lma'asay vraysheet. Kee hoo yom theela lmiqra'ay qodesh, zaykher lytsee'at mitsrayim. Kee vanoo vaharta v'otanoo qeedashta mikol ha'amim, vshabaht qodshekha ba'ahava oovratsohn hinhaltanoo. Barookh ata adonai miqadesh hashabaht.*

Praised are You, Adonai, ruler of the world, creator of the fruit of the vine.

Praised are You, Adonai, ruler of the world, who sanctified us with commandments, desired up, and in love and desire bequeathed us the sacred Sabbath, a memorial to the acts of creation. For it is the first of the sacred festivals, a memorial to the exodus from Egypt. For you have chose and sanctified us from among all the peoples, and in love and desire bequeathed us the sacred Sabbath. Praised are You Adonai, Who sanctifies the Sabbath.

(Special Blessings, then:)

ברוך אתה יי אלהינו מלך העולם, המוציא לחם מן הארץ.

*Barookh ata adonai elohaynoo melekh ha'olahm, hamotsee lehem min ha'arets.*

Praised are You, Lord our God, Who gives us bread from the earth.

# AT THE SABBATH EVE TABLE

(Light the Candles)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוּנוּ לְהַדְלִיק  
נֵר שֶׁל שַׁבָּת.

*Barookh ata adonai elohaynoo melekh ha'olahm, asher qidshanoo  
bmitsvotahv vtseevanoo lhadliq ner shel shabbat.*

Praised are You, Lord our God, ruler of the world, Who sanctified us with command-  
ments, commanding us to kindle the Sabbath lights.

(Psalm 23)

A Psalm of David: The LORD is my shepherd; I shall not want. He makes  
me lie down in green pastures; He leads me beside still waters. He re-  
stores my soul; He leads me in straight paths for His name's sake. Even  
though I walk through the valley of the shadow of death, I will fear no  
evil for You are with me; Your rod and Your staff, they comfort me. You  
prepare a table before me in the presence of my enemies; You anoint  
my head with oil, my cup runs over. Surely goodness and mercy shall  
follow me all the days of my life, and I will dwell in the house of the  
LORD forever.

(Genesis 2:1-3)

יוֹם הַשְּׁבִיעִי

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר  
עָשָׂה: וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת  
יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ, כִּי בּו שְׁבִת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים  
לַעֲשׂוֹת:

*Vaykhoodoo hashamayim vecha'arets vkhoh tsva'am vaykhal elohim bayom hash-  
vee'ee mlakhtoh asher asah. Vayishboht bayom hashvee'ee meekol mlakhtoh  
asher asah. Vayvarekh elohim et yom hashvee'ee vayqadesh otoh, kee vo shavat  
meekol mlakhtoh asher bara elohim la'asoht.*

Heaven and Earth with all their array was completed. The work which God had accom-  
plished was completed on the seventh day, thus God paused on the seventh day from  
all that was accomplished. Then God blessed the seventh day and set it apart, for on  
that day God paused from the work of creation that had been accomplished.

For all these things we thank and praise You. May Your name be praised  
forever without end. As it is written: "When you eat and are satisfied,  
praise Adonai your God for the good land given to you. Praised are You,  
Adonai, for the land and for the food.

כְּפָתוּב: וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ אֶת יי אֱלֹהֶיךָ עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לְךָ.  
בְּרוּךְ אַתָּה יי, עַל הָאָרֶץ וְעַל הַמָּזוֹן.

*Kakatoov v'akhlata oosavahta oovayrakhta et adonai elohekha ahl  
ha'arets hatova asher natahn lakh. Barookh ata adonai ahl ha'arets  
v'ahl hamazohn.*

(special benedictions)

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

*Oseh shalom bmromayv, hoo ya'aseh shalom alaynoo v'al kol yisrael,  
v'imroo: Amen.*

The maker of peace on high will make peace on us on all of Israel, and say you: Amen

יי עֹז לְעַמּוֹ יִתֵּן, יי יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

Adonai will give strength to this people; Adonai will bless this people  
with peace.

My friends, let us offer praise!

May the Lord's name be praised forever.

Praised be our God of Whose bounty we have partaken and by Whose goodness we  
are sustained.

Praised be God and praised be God's name!

Praised are You Adonai our God, ruler of the world, Who by grace, goodness and com-  
passion sustains the world. God gives sustenance to all flesh, for God's grace is for-  
ever. And in God's great goodness we do not want, and may we never want food, for  
the sake of God's great name. For God is the one who feeds and sustains all. God does  
good for all by preparing food for all God's creatures. Praised are You, Adonai, who  
gives food to all! For all these things we thank and praise You. May Your name be  
praised forever without end. As it is written: "When you eat and are satisfied, praise  
Adonai your God for the good land given to you." Praised are You, Adonai, for the land  
and for the food.