Blessings for the Home and Synagogue

Hamotzi and Birchat Hamazon

For Food

Baruch atah, Adonai Eloheinu, Melech ha’olam, hamotzi lechem min haaretz.

Our praise to You, Adonai our God, Sovereign of the universe, who brings forth bread from the earth.

Birkat Hamazon, Blessing After Eating

On Shabbat

Shir hamaalot, b’shuv Adonai et shivat Tzion, hayinu k’cholmim.
Az yimalei s’chok pinu ul’shoneinu rinah.
Az yomru vagoyim, higidl Adonai laasot im eileh.
Higidl Adonai laasot imanu, hayinu s’michim.
Shuvah Adonai et sh’viteinu kaasikim banegev.
Hazorim b’dimah b’rinah yiktzoru.
Haloch yeileich uvachoh nosei meshech hazarah, bo yavo v’rinah, nosei almotav.

A song of ascents. When Adonai restores the fortunes of Zion, we see it as in a dream, our mouths shall be filled with laughter, our tongues, with songs of joy. Then shall they say among the nations, “Adonai has done great things for them!” Adonai will do great things for us and we shall rejoice. Restore our fortunes, Adonai, like watercourses in the Negev. They who sow in tears shall reap with songs of joy. Those who go forth weeping, carrying the seed-bag, shall come back with songs of joy, carrying their sheaves.

All Days

Leader

Chaveirim vachaveirot, n’vareich!

Let us praise God.

Shir hamaalot... A song of ascent... Psalm 126
Group

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

Praised be the name of God, now and forever!

Leader

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

Praised be the name of God, now and forever!

Baruch ha-cherov, nivra echenu Eloheinu she-achalu mishelo.

Praised be our God, of whose abundance we have eaten.

Group

Baruch Eloheinu she-achalu mishelo

Praised be our God, of whose abundance we have eaten,

Leader

Baruch Eloheinu she-achalu mishelo

Praised be our God and praised be God's name.

Group

Baruch atah, Adonai Eloheinu.

Melech ha-dor, ha-dor et ha-dor.

kulo hetuwo, b'ein bi'hesed u'v'irachamim.

Hu notin lechem echu bav(p).

ki Polam chado.

U'v'iru b'agadu tamid lo chasbar lanu.

val yechsar lanu ma'ar Polam va-ed.

Baavor shamo bagadol.

ki hu El zum u'mafanei lakol.

umirin lakol, umirin hin mazon.

echu L'riyyotv v'asher bara.

Baruch atah, Adonai, ha-dor et hakol.