

Introduction

The following Grace After Meals is printed here in its entirety with the traditional text, a transliteration for the Hebrew text to facilitate unison singing and an English translation for the purpose of comprehension borrowed from the Authorized Prayer Book edited by Rabbi J.H. Hertz. A brief text of the Grace will soon be posted. A later edition will appear in which the English will be updated to a more reader-friendly version.

There will soon be posted on this same www.jewishfreeware website the traditional prayers and rituals with which we welcome the Sabbath, Festivals and holy days in this same Hebrew text, transliteration and an English translation. Thanks to Davka corporation for providing the library of texts and granting permission for their use.

Complete Traditional Grace After Meals

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים: אֲזַי מָלֵא שְׂחֹק פִּינוּ
וּלְשׁוֹנֵנוּ רִנָּה אֲזַי אָמְרוּ בְּגוֹיִם הַגְדִּיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי: הַגְדִּיל יְיָ לַעֲשׂוֹת עִמָּנוּ
הָיִינוּ שְׂמֵחִים: שׁוּבָה יְיָ אֶת שְׁבִיתֵנוּ כְּאַפִּיקִים בְּנֶגֶב: הַזְרַעִם בְּדַמְעָה בְּרִנָּה
יִקְצְרוּ: הַלֹּחֶף יֵלֵךְ וּבָכָה נִשְׂא מִשֶּׁךְ הַזֶּרַע כֹּא יָבֵא בְרִנָּה נִשְׂא אֲלֻמָּתָיו: [Psalm 126]

Shir ha-ma'alot b'shuv Adonai et sheevat Tziyon hayinu keholmim. As y'malel sehok pinu ul'shonenu rina. As yomru vagoyim higdil Adonai la-asot im eileh, higdil Adonai la-asot imanu hayinu semeihim. Shuva Adonai et sheviteinu ka-afikim baNegev. Hazorim bedimah berinah yiktzoru. Halokh yelech uvakho, nosei meshekh hazarah, bo yavo v'rinah nosei alumatah. [Psalm 126]

A Pilgrim Psalm

When the Lord restored the prosperity of Zion, we were like unto them that dream. Then was our mouth filled with laughter, and our tongue with exultation: then said they among the nations, The Lord hath done great things for them. The Lord hath done great things for us: whereat we rejoiced. Turn our fortunes, O Lord, as the streams in the south. They that sow in tears shall reap in joy. Though he goeth on his way weeping, bearing the store of seed, he shall come back with joy, bearing his sheaves. [Psalm 126]

הַמְזוּמִין: רַבּוֹתַי נְבָרֵךְ

LEADER: *Rabotai n'varekh.*

Let us say grace.

הַמְסוּבִין הַמְזוּמִין: יְהִי שֵׁם יְיָ מְבָרֵךְ מֵעַתָּה וְעַד עוֹלָם.

EVERYONE then LEADER: *Y'hi sheim Adonai m'vorakh mei-ata v'ad olam.*

Blessed be the Name of the Lord from this time forth and for ever.

הַמִּזְמוֹן: בְּרִשְׁוֹת מָרַנְךָ וְרַבָּנְךָ וְרַבּוֹתַי, נְבָרְךָ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלֹךְ.

LEADER: *Birshut maran v'raban v'rabotai n'vareikh (Eloheinu) she-akhalnu mee-shelo.*

With the sanction of the master of the house and of those present,
We will bless (our God) him of whose bounty we have partaken.

הַמְסֻבִּין הַמִּזְמוֹן: בְּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלֹךְ וּבְטוֹבוֹ חַיֵּינוּ.

EVERYONE then LEADER: *Barukh (Eloheinu) she-akhalnu mee-shelo uv'tuvo hayeenu.*

We will bless (our God) him of whose bounty we have partaken.

הַמִּזְמוֹן: בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:

LEADER: *Barukh hu uvarukh sh'mo.*

Blessed be he, and blessed be his Name.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הִזַּן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד
וּבְרַחֲמִים הוּא נוֹתֵן לֶחֶם לְכָל בֶּשָׂר כִּי לְעוֹלָם חֲסִדוֹ. וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא
חָסַר לָנוּ, וְאֵל יַחְסֵר לָנוּ מִזֶּזֶן לְעוֹלָם וָעֶד. בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֶן
וּמְפָרְנֵס לְכָל וּמְטִיב לְכָל, וּמְכִיז מִזֶּזֶן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יי, הִזַּן
אֶת הַכֹּל:

*Barukh ata Adonai Eloheinu melekh haolam, hazal et haolam kulo b'tuvo b'hein b'hesed
uv'rahamim, hu notein lehem l'khol vasar kee l'olam hasdo. uv'tuvo hagadol, tamid lo
hasar lanu, v'al yehsar lanu mazol l'olam vaed. Ba'avur sh'mo hagadol, kee hu
eilzanum'farnei lakol umei-tiv lakol, umeikhin mazon k'khol b'riyotav asher bara, Barukh
atah Adonai, hazan et hakol.*

Blessed art thou, O Lord our God, King of the universe, who feedest the whole world with thy goodness, with grace, with lovingkindness and tender mercy; thou givest food to all flesh, for thy lovingkindness endureth for ever. Through thy great goodness food hath never failed us: O may it not fail us for ever and ever for thy great Name's sake, since thou nourishest and sustainest all beings, and doest good unto all, and providest food for all thy creatures whom thou hast created. Blessed art thou, O Lord, who givest food unto all.

נוֹדָה לְךָ יְיָ אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ, אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחֲבָה, וְעַל שֶׁהוֹצַאתָנוּ יְיָ אֱלֹהֵינוּ מֵאֶרֶץ מִצְרַיִם, וּפְדִיתָנוּ, מִבֵּית עֲבָדִים, וְעַל בְּרִיתְךָ שֶׁחֲתַמְתָּ בְּבִשְׁרָנוּ, וְעַל תּוֹרַתְךָ שֶׁלְמַדְתָּנוּ, וְעַל חֻקֶּיךָ שֶׁהוֹדַעְתָּנוּ וְעַל חַיִּים חֵן וְחֶסֶד שֶׁחֻנַּנְתָּנוּ, וְעַל אֲכִילַת מַזוֹן שֶׁאַתָּה זָן וּמְפָרֵס אוֹתָנוּ תָּמִיד, בְּכָל יוֹם וּבְכָל עֵת וּבְכָל שָׁעָה:

Nodeh l'kha Adonai Eloheinu al she-hinhalta la-avoteinu, eretz hemdah tovah u-r'havah, v'al she-hotzetanu Adonai Eloheinu me-eretz Mitzrayim, u-f'ditanu mi-beit avadim, v'al b'rit'kha she-hatamta bi-v'sarenu, v'al Torat'kha she-limadtanu, v'al hukekha she-hoda-tanu, v'al hayim hen va-hesed she-honantanu, v'al akhilat mazon she-atah zan u-m'farnes otanu tamid, b'khol yom u-v'khol et u-v'khol sha-ah.

We thank thee, O Lord our God, because thou didst give as an heritage unto our fathers a desirable, good and ample land, and because thou didst bring us forth, O Lord our God, from the land of Egypt, and didst deliver us from the house of bondage; as well as for thy covenant which thou hast sealed in our flesh, thy Torah which thou hast taught us, thy statutes which thou hast made known unto us, the life, grace and lovingkindness which thou hast bestowed upon us, and for the food wherewith thou dost constantly feed and sustain us on every day, in every season, at every hour.

On Chanukah and Purim the following is added

עַל הַנְּסִים, וְעַל הַפְּרָקָן, וְעַל הַגְּבוּרוֹת, וְעַל הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת, שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזִמַּן הַזֶּה.

Al hanisim v'al hapurkan v'al hag'vurot v'al hat'shuot v'al hamilchamot she-asita la-avoteinu bayamim haheim baz'man hazeh.

We thank thee also for the miracles, for the redemption, for the mighty deeds and saving acts, wrought by thee, as well as for the wars which thou didst wage for our fathers in days of old, at this season.

On Chanukah

בַּיָּמִים מִתְתַּיְהוּ בֶּן יוֹחָנָן כֹּהֵן גָּדוֹל, חֲשֵׁמוֹנָאִי וּבְנָיו, כְּשֶׁעָמְדָה מְלָכוֹת יוֹן הַרְשָׁעָה עַל עַמֶּךָ יִשְׂרָאֵל לְהַשְׁפִּיחֵם תּוֹרַתְךָ, וּלְהַעֲבִירֵם מִחֻקֵּי רְצוֹנְךָ, וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים עָמַדְתָּ לָהֶם בְּעַת צָרָתָם, רַבַּת אֶת רִיבָם, דָּנַת אֶת דִּינָם, נִקְמַתְּ אֶת נִקְמָתָם, מִסַּרְתָּ גְבוּרִים בְּיַד חֲלָשִׁים, וְרַבִּים בְּיַד מְעֻטִּים, וּטְמֵאִים בְּיַד טְהוֹרִים, וְרָשָׁעִים בְּיַד צַדִּיקִים, וְזוּדִים בְּיַד עוֹסְקֵי תּוֹרַתְךָ. וְלֵךְ עָשִׂיתָ שֵׁם גָּדוֹל וְקָדוֹשׁ בְּעוֹלָמְךָ, וּלְעַמֶּךָ יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה גְדוֹלָה וּפְרָקָן כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ בְנֵיךָ לְדַבֵּיר בִּיתְךָ, וּפָנּוּ אֶת הַיְכָלְךָ, וּטְהַרוּ אֶת מִקְדָּשְׁךָ, וְהִדְלִיקוּ נְרוֹת בְּחֻצוֹת קְדָשְׁךָ, וְקִבְעוּ שְׁמוֹנֵת יָמֵי חֲנֻכָּה אֵלּוּ, לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ הַגָּדוֹל.

Bimei Matityahu ben Yochanan kohein gadol chashmonai uvanav, k'she-am'dah malchut yavan har'sha-ah al am'cha yisra-eil, l'hashkicham toratecha, ul'ha-aviram meichukei r'tzonecha. v'atah b'rachamecha harabim, amadta lahem b'eit tzaratam, ravta et rivam, danta et dinam, nakamta et nikmatam. masarta giborim b'yad chalashim, v'rabim b'yad m'atim, ut'meiim b'yad t'horim, ursha'im b'yad tzadikim, v'zeidim b'yad os'kei toratecha, ul'cha asita sheim gadol v'kadosh b'olamecha, ul'am'cha yisra-eil asita t'shuah g'dolah ufurkan k'hayom hazeh. v'achar kein bau vanecha lidvir veitecha, ufinu et heichalecha, v'tiharu et mikdashecha, v'hidliku neiroi b'chatzrot kod'shecha, v'kav'u sh'monat y'mei chanukah eilu, l'hodot ul'haleil l'shimcha hagadol.

In the days of the Hasmonean, Mattathias son of Johanan, the High Priest, and his sons, when the iniquitous power of Greece rose up against thy people Israel to make them forgetful of thy Torah, and to force them to transgress the statutes of thy will, then didst thou in thine abundant mercy rise up for them in the time of their trouble; thou didst plead their cause, thou didst judge their suit, thou didst avenge their wrong; thou deliveredst the strong into the hands of the weak, the many into the hands of the few, the impure into the hands of the pure, the wicked into the hands of the righteous, and the arrogant into the hands of them that occupied themselves with thy Torah: for thyself thou didst make a great and holy name in thy world, and for thy people Israel thou didst work a great deliverance and redemption as at this day. And thereupon thy children came into the inner sanctuary of thy house, cleansed thy temple, purified thy holy place, kindled lights in thy sacred courts, and appointed these eight days of Chanukah in order to give thanks and praises unto thy great Name.

On Purim

בִּימֵי מֶרְדֵּכַי וְאֶסְתֵּר בְּשׁוֹשַׁן הַבֵּיָרָה, כְּשֶׁעָמַד עֲלֵיהֶם הַמֶּן הָרָשָׁע, בִּקֵּשׁ לְהַשְׁמִיד לְהַרְגׁוֹ וּלְאַבֵּד אֶת כָּל הַיְהוּדִים, מִנְעֵר וְעַד זָקֵן, טַף וְנָשִׁים, בְּיוֹם אֶחָד, בְּשִׁלּוֹשָׁה עָשָׂר לְחֹדֶשׁ שְׁנַיִם עָשָׂר, הוּא חֹדֶשׁ אָדָר, וּשְׁלָלָם לְבוֹז. וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים הִפְרַת אֶת עֲצָתוֹ, וְקִלְקַלְתָּ אֶת מַחֲשַׁבְתּוֹ, וְהִשְׁבֹּתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ, וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו עַל הָעֵץ.

Bimei Mord'chai v'Esteir b'shushan habirah, k'she-amad aleihem Haman harasha, bikesh l'hashmid laharog ul'abeid et kol hayhudim, mina-ar v'ad zakein, taf v'nashim b'yom echad, bishloshah asar l'chodesh sh'neim asar, hu chodesh adar, ush'lalam lavoz. v'atah b'rachamecha harabim heifarta et atzato, v'killalta et machashavto, vahashevota lo g'mulo b'rosho, v'talu oto v'et banav al ha-eitz.

In the days of Mordecai and Esther, in Sushan the capital, when the wicked Haman rose up against them, and sought to destroy, to slay and cause to perish all the Jews, both young and old, women and little children, on one day, on the thirteenth day of the twelfth month, which is the month Adar, and to take the spoil of them for a prey,—then didst thou in thine abundant mercy bring his counsel to nought, didst frustrate his design, and return his recompense upon his own head; and they hanged him and his sons upon the gallows.

וְעַל הַכֹּל יְיָ אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לְךָ, וּמְבָרְכִים אוֹתְךָ, יִתְבָּרַךְ שִׁמְךָ בְּפִי כָּל חַי תָּמִיד לְעוֹלָם וָעֶד. כְּכֹתוֹב, וְאָכַלְתָּ וְשִׂבַּעְתָּ, וּבְרַכְתָּ אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לְךָ. בְּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמַּזוֹן:

V'al ha-kol Adonai Eloheinu, anahnu modim lakh u-m'varkhim otakh, yitbarakh shim'kha b'fi khol hai tamid l'olam va-ed. Ka-katuv v'akhalta v'sava-ta, u-verakhta et Adonai Elohekha al ha-aretz ha-tovah asher natan lakh. Barukh atah Adonai, al ha-aretz v'al ha-mazon.

For all this, O Lord our God, we thank and bless thee, blessed be thy Name by the mouth of all living continually and for ever, even as it is written, And thou shalt eat and be satisfied, and thou shalt bless the Lord thy God for the good land which he hath given thee. Blessed art thou, O Lord, for the land and for the food.

רַחֵם נָא יְיָ אֱלֹהֵינוּ, עַל יִשְׂרָאֵל עַמְּךָ, וְעַל יְרוּשָׁלַיִם עִירְךָ, וְעַל צִיּוֹן מְשַׁכֵּן כְּבוֹדְךָ, וְעַל מְלָכוֹת בֵּית דָּוִד מְשִׁיחֶךָ, וְעַל הַבַּיִת הַגָּדוֹל וְהַקְּדוֹשׁ שֶׁנִּקְרָא שִׁמְךָ עָלָיו. אֱלֹהֵינוּ, אָבִינוּ, רַעֲנוּ, זִוְנֵנוּ, פָּרַנְסֵנוּ, וְכַלְכְּלֵנוּ, וְהַרְוִיחֵנוּ, וְהַרְוַח לָנוּ יְיָ אֱלֹהֵינוּ מְהֵרָה מְכַל צְרוּתֵינוּ, וְנָא, אֵל תִּצְרִיכֵנוּ יְיָ אֱלֹהֵינוּ, לֹא לִיְדֵי מַתָּנַת בָּשָׂר וְדָם, וְלֹא לִיְדֵי הַלּוֹאֲתָם. כִּי אִם לִיְדֶיךָ הַמְּלֵאָה, הַפְּתוּחָה, הַקְּדוּשָׁה וְהַרְחֵבָה, שֶׁלֹּא יָבוֹשׁ וְלֹא נִפְלֵם לְעוֹלָם וָעֶד:

Rahem Adonai Eloheinu, al Yisra-el amekha, v'al Y'rushalayim irekha, v'al Tziyon mishkan k'vodekha, v'al malkhut beit David m'shihekha, v'al ha-bayit ha-gadol v'ha-kadosh she-nikra shim'kha alav. Eloheinu, avinu, r'enu, zunenu, parnsenu, v'khal'leni, v'harvihenu, v'harvahu lanu, Adonai Eloheinu m'herah mi-kol tzaroteinu, v'na al tatzrikheni Adonai Eloheinu, lo lidei matnat basar va-dam, v'lo lidei halva-atam. Ki im m'le-ah, ha-p'tuhah, ha-g'dushah v'ha-r'havah, she-lo nevosh v'lo nikalem l'olam va-ed.

Have mercy, O Lord our God, upon Israel thy people, upon Jerusalem thy city, upon Zion the abiding place of thy glory, upon the kingdom of the house of David thine anointed, and upon the great and holy house that was called by thy Name. O our God, our Father, feed us, nourish us, sustain, support and relieve us, and speedily, O Lord our God, grant us relief from all our troubles. We beseech thee, O Lord our God, let us not be in need either of the gifts of mortals or of their loans, but only of thy helping hand, which is full, open, holy and ample, so that we may never be put to shame or humiliated.

On the Sabbath

רְצֵה וְהַחֲלִיצֵנוּ יְיָ אֱלֹהֵינוּ בְּמִצְוֹתֶיךָ וּבְמִצְוֹת יוֹם הַשְּׁבִיעִי הַשְּׁבֶת הַגָּדוֹל וְהַקְּדוֹשׁ הַזֶּה. כִּי יוֹם זֶה גָּדוֹל וְקְדוֹשׁ הוּא לְפָנֶיךָ, לְשֶׁבֶת בּוֹ וְלִנְוַח בּוֹ בְּאַהֲבָה כְּמִצְוֹת רְצוֹנְךָ וּבְרִצּוֹנְךָ הִנִּיחַ לָנוּ יְיָ אֱלֹהֵינוּ, שֶׁלֹּא תִהְיֶה צָרָה וְיִגוֹן וְאִנְחָה בְּיוֹם מְנוּחָתָנוּ.

וְהִרְאֵנוּ יְיָ אֱלֹהֵינוּ בְּנִחְמַת צִיּוֹן עִירָךְ, וּבְכַנִּיז יְרוּשָׁלַיִם עִיר קְדֻשָּׁךְ, כִּי אַתָּה הוּא
בְּעַל הַיְשׁוּעוֹת וּבְעַל הַנְּחֻמוֹת:

R'tzei v'ha-halitzenu Adonai Eloheinu b'mitzvotekha, u-v'mitzvat yom ha-sh'vi-i, ha-Shabbat ha-gadol v'ha-kadosh ha-zeh. Ki yom zeh gadol v'kadosh hu l'fanekha, lishbot bo v'lanu-ah bo, b'ahavah k'mitzvat r'tzonekha, u-virtzon'kha hanah lanu, Adonai Eloheinu, she-lo t'hi tzarah v'yagon va-anahah b'yom m'nuhatenu. V'har-enu Adonai Eloheinu b'nehamat Tziyon irekha, u-v'vinyan Y'rushalayim ir kodshekha, ki atah hu ba-al ha-y'shu-ot u-va-al ha-nehamot.

Be pleased, O Lord our God, to strengthen us by thy commandments, and especially by the commandment of the seventh day, this great and holy Sabbath, since this day is great and holy before thee, that we may rest and repose thereon in love in accordance with the precept of thy will. In thy favour, O Lord our God, grant us such repose that there be no trouble, grief or lamenting on the day of our rest. Let us, O Lord our God, behold the consolation of Zion thy city, and the rebuilding of Jerusalem thy holy city, for thou art the Lord of salvation and of consolation.

On Rosh Chodesh and Festivals

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וְיָבֵא, וְיַגִּיעַ, וְיִרְאֶה, וְיִרְצֶה, וְיִשְׁמַע, וְיִפְקֹד, וְיִזְכֹּר
זְכוּרֵנוּ וּפְקֻדוֹנֵנוּ, וְזִכְרוֹן אֲבוֹתֵינוּ, וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד עֲבֹדְךָ, וְזִכְרוֹן
יְרוּשָׁלַיִם עִיר קְדֻשָּׁךְ, וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה, לְחַן
וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם

Our God and God of our Fathers! May our remembrance rise and come and be accepted before thee, with the remembrance of our fathers, of Messiah the son of David thy servant, of Jerusalem thy holy city, and of all thy people the house of Israel, bringing deliverance and well-being, grace, lovingkindness and mercy, life and peace on this day of—

רֵאשׁ הַחֹדֶשׁ *On Rosh Chodesh*

חַג הַמַּצּוֹת *On Pesach*

חַג הַשְּׁבֻעוֹת *On Shavuot*

חַג הַסּוּכּוֹת *On Succot*

הַשְּׁמִינִי חַג הָעֵצָרֹת *On Shemini Atzeres and Simchat Torah*

הַזְּכוּרֹן *On Rosh Hashanah*

הַזֶּה. זְכוּרֵנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה, וּפְקֻדָנוּ בּוֹ לְבִרְכָה, וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.
וּבְדָבָר יְשׁוּעָה וְרַחֲמִים, חוּס וְחַנּוּן, וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ, כִּי אֱלֹהֶיךָ עֵינֵינוּ, כִּי
אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

Remember us, O Lord our God, thereon for our well-being; be mindful of us for blessing, and save us unto life: by thy promise of salvation and mercy, spare us and be gracious unto us; have mercy upon us and save us; for our eyes are bent upon thee, because thou art a gracious and merciful God and King.

Add at Passover Seder

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וַיָּבֵא וַיַּגִּיעַ, וַיִּרְאֶה, וַיִּרְצֶה, וַיִּשְׁמַע, וַיִּפְקֵד, וַיִּזְכֹּר זְכוּרֹנָנוּ וּפְקֻדוֹנָנוּ, וְזִכְרוֹן אֲבוֹתֵינוּ, וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד עֲבָדְךָ, וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ, וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לְפִלִּיטָה לְטוֹבָה לְחַן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם בְּיוֹם חַג הַמַּצּוֹת הַזֶּה. זְכַרְנוּ יְיָ אֱלֹהֵינוּ בּוֹ לְטוֹבָה. וּפְקַדְנוּ בּוֹ לְבִרְכָה. וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים, וּבְדָבַר יְשׁוּעָה וּרְחֻמִּים, חוּס וְחַנּוּן, וּרְחַם עָלֵינוּ וְהוֹשִׁיעֵנוּ, כִּי אֵלֶיךָ עֵינֵינוּ, כִּי אֵל מֶלֶךְ חַנּוּן וּרְחוּם אַתָּה:

Eloheinu veilohei avoteinu, yaleh v'yavo v'yagiah, v'yei-ra-eh, v'yei-ratzeh, v'yishma, v'yipakeid, v'yizakheir zikhronenu ufik-doneinu, v'zikhron avoteinu, v'zikhron mashiah be david avdekha, v'zikhron y'rushalayim ir kod-shekha, v'zikhron kol amkha beit yisrael l'fanekha, lifleita l'tova l'hein ul'hesed ul'rahamim, l'hayim ul'shalom b'yom hag ha-matzot hazeh. zokhreinu Adonai Eloheinu bo l'tova, ufokdeinu vo livrakha v'hoshi-einu vo l'hayim, uv'd-var y'shu-ah v'rahamim, hus v'ha-neinu, v'raheim aleinu v'hoshi-einu ki ei-lekha eineinu, ki eil melekh hanun vrahum ata.

וּבִנְה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְּרַחֲמֶיךָ יְרוּשָׁלַיִם. אָמֵן

U-v'nei Y'rushalayim ir ha-kodesh bi-m'herah v'yameinu. Barukh atah Adonai, boneh v'rahamav Y'rushalayim. Amen

And rebuild Jerusalem the holy city speedily in our days. Blessed art thou, O Lord, who in thy compassion rebuildest Jerusalem. Amen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל אֲבֵינוּ, מַלְכֵנוּ, אֲדִירֵנוּ בּוֹרְאֵנוּ, גּוֹאֲלֵנוּ, יוֹצְרֵנוּ, קְדוֹשֵׁנוּ קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל. הַמֶּלֶךְ הַטּוֹב, וְהַמְּטִיב לְכָל, שֶׁבְּכָל יוֹם וַיּוֹם הוּא הַטֵּיב, הוּא מְטִיב, הוּא יִיטֵיב לָנוּ. הוּא גִמְלָנוּ, הוּא גּוֹמְלָנוּ, הוּא יְגַמְלָנוּ לְעַד לְחַן וּלְחֶסֶד וּלְרַחֲמִים וּלְרוּחַ הַצְּלָה וְהַצְּלָחָה בְּרַכָּה וַיְשׁוּעָה, נְחֻמָּה, פְּרִנְסָה וְכִלְכָּלָה, וּרְחֻמִּים, וְחַיִּים וְשָׁלוֹם, וְכָל טוֹב, וּמְכַל טוֹב לְעוֹלָם אֵל יַחֲסֵרְנוּ:

Barukh atah Adonai Eloheinu melekh ha-olam, ha-El, avinu, malkenu, adirenu, bor-enu, go-alenu, yotzrenu, k'doshenu, k'dosh Ya-akov, ro-enu, ro-eh Yisra-el, ha-melekh ha-tov v'ha-metiv la-kol, she-b'khol yom va-yom hu hetiv, hu metiv, hu yeitiv lanu. Hu

g'malanu, hu gomlenu, hu yigm'lenu la-ad, l'hen u-l'hesedu-l'rahamim, u-l'revah, ha-tzalah v'hatzlahah, b'rakhah vishu-ah, nehamah parnasah v'khalkalah, v'rahamim v'hayim v'shalom v'khol tov, u-mi-kol tuv l'olam al y'hasrenu.

Blessed art thou, O Lord our God, King of the universe, O God, our Father, our King, our Mighty One, the Holy One of Jacob, our Shepherd, the Shepherd of Israel, O King, who art kind and dealest kindly with all, day by day thou hast dealt kindly, dost deal kindly, and wilt deal kindly with us; thou hast bestowed, thou dost bestow, thou wilt ever bestow benefits upon us, yielding us grace, lovingkindness, mercy and relief, deliverance and prosperity, blessing and salvation, consolation, sustenance and support, mercy, life, peace and all good: of no manner of good let us be in want.

הַרְחֵמֵן, הוּא יְמַלֹּךְ עָלֵינוּ לְעוֹלָם וָעֶד.

Ha-rahaman, hu yimlokh aleinu l'olam va-ed.

The All-merciful shall reign over us for ever and ever.

הַרְחֵמֵן, הוּא יְתַבְרַךְ בְּשָׁמַיִם וּבָאָרֶץ.

Ha-rahaman, hu yitbarakh ba-shamayim u-va-aretz

The All-merciful shall be blessed in heaven and on earth.

הַרְחֵמֵן, הוּא יִשְׁתַּבַּח לְדוֹר דּוֹרִים, וַיִּתְפָּאֵר בָּנוּ לְעֵד וּלְנֵצַח נְצָחִים, וַיִּתְהַדַּר בָּנוּ לְעֵד וּלְעוֹלָמֵי עוֹלָמִים.

Ha-rahaman, hu yishtabah l'dor dorim, v'yitpa-ar banu l'netzah n'tzahim, v'yit-hadar banu la-ad u-l'olmei olamim.

The All-merciful shall be praised throughout all generations, glorified amongst us to all eternity, and honoured amongst us for everlasting.

הַרְחֵמֵן, הוּא יַפְרִינְסֵנוּ בְּכָבוֹד.

Ha-rahaman, hu y'farn'senu b'khavod.

May the All-merciful grant us an honourable livelihood.

הַרְחֵמֵן, הוּא יִשְׁבּוֹר עָלֵנוּ מֵעַל צְוָאֲרָנוּ וְהוּא יוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאַרְצֵנוּ.

Ha-rahaman, hu yishbor ulenu me-al tzavarenu v'hu yolikhenu kom'miyut l'artzenu.

May the All-merciful break the yoke from off our neck, and lead us upright to our land.

הַרְחֵמֵן, הוּא יִשְׁלַח לָנוּ בְּרַכָּה מְרֻבָּה בְּבַיִת הַזֶּה, וְעַל שֻׁלְחָן זֶה שֶׁאֲכַלְנוּ עָלָיו.

Ha-rahaman, hu yishlah b'rakhah m'rubah ba-bayit ha-zeh, v'al shulhan zeh she-akhalnu alav.

May the All-merciful send a plentiful blessing upon this house, and upon this table at which we have eaten.

הַרְחֵמֵן, הוּא יִשְׁלַח לָנוּ אֶת אֱלִיָּהוּ הַנְּבִיא זְכוּר לְטוֹב, וְיַבְשֵׁר לָנוּ בְּשׂוֹרוֹת טוֹבוֹת יְשׁוּעוֹת וְנַחֲמוֹת.

Ha-rahaman, hu yishlah lanu et Eliyahu ha-navi, zakhur la-tov, vivaser lanu b'sorot tovot, y'shu-ot v'nehamot.

May the All-merciful send us Elijah the prophet (let him be remembered for good), who shall bring us good tidings, salvation and consolation.

Variations appropriate to different circumstances of the meal

At the home of one's parents

הַרְחֵמֵן, הוּא יְבָרֵךְ אֶת (אָבִי מוֹרִי) בְּעַל הַבַּיִת הַזֶּה, וְאֶת (אִמִּי מוֹרָתִי) בַּעֲלַת הַבַּיִת הַזֶּה,

Ha-rahaman, hu y'varekh et (avi mori) ba-al ha-bayit ha-zeh, v'et (imi morati) ba-alat ha-bayit ha-zeh

May the All-merciful bless my honoured father, the master of this house, and my honoured mother, the mistress of this house, them, their household, their children, and all that is theirs:

At a gathering of one's family

הַרְחֵמֵן, הוּא יְבָרֵךְ אוֹתִי (וְאִבִּי וְאִמִּי) (וְאִשְׁתִּי וְזַרְעִי וְאֶת כָּל אֲשֶׁר לִי)

Ha-rahaman, hu y'varekh oti (v'avi v'imme) (v'ishti v'et zar-i v'et kol asher li)

May the All-merciful bless me, (and my wife and my children) and all that is mine;

At another's home

הַרְחֵמֵן, הוּא יְבָרֵךְ אֶת בְּעַל הַבַּיִת הַזֶּה, וְאֶת אִשְׁתּוֹ בַּעֲלַת הַבַּיִת הַזֶּה.

Ha-rahaman, hu y'varekh et ba-al ha-bayit ha-zeh, v'et ba-alat ha-bayit ha-zeh.

May the All-merciful bless the master of this house (and his wife and his children) and all that is his;

אוֹתָם וְאֵת בֵּיתָם וְאֵת זִרְעָם וְאֵת כָּל אֲשֶׁר לָהֶם אוֹתָנוּ וְאֵת כָּל אֲשֶׁר לָנוּ, כְּמוֹ שֶׁנִּתְבָּרְכוּ אֲבוֹתֵינוּ, אֲבָרָהֶם יִצְחָק וְיַעֲקֹב: בְּכָל, מְכַל, כָּל. כֵּן יְבָרֵךְ אוֹתָנוּ כְּלָנוּ יַחַד. בְּבִרְכָה שְׁלֵמָה, וְנֹאמַר אָמֵן:

otam v'et beitam v'et zar-am v'et kol asher lahem, otanu v'et kol asher lanu, k'mo she-nitbarkhu avoteinu, Avraham, Yitzhak, v'Ya-akov: ba-kol, mi-kol, kol. Ken y'varekh otanu kulanu yahad bi-v'rakhah sh'lemah, v'nomar: Amen.

us also and all that is ours, as our fathers Abraham, Isaac and Jacob were blessed each with his own comprehensive blessing; even thus may he bless all of us together with a perfect blessing, and let us say, Amen.

בְּמָרוֹם יִלְמְדוּ עֲלֵיהֶם וְעַלֵּינוּ זְכוּת, שֶׁתְּהֵא לְמִשְׁמֶרֶת שְׁלוֹם, וְנִשָּׂא בְּרַכָּה מֵאֵת יְיָ וְצַדִּיקָה מֵאֱלֹהֵי יִשְׂרָאֵל, וְנִמְצָא חֵן וְשִׂכָּל טוֹב בְּעֵינֵי אֱלֹהִים וְאָדָם:

Ba-marom y'lamdu aleihem v'aleinu z'khut, she-t'hi l'mishmeret shalom, v'nisa v'rakhah me-et Adonai, u-tz'dakah me-Elohei yish-enu, v'nimtza hen v'sekhel tov b'einei Elohim v'adam.

Both on their and our own behalf may there be such advocacy on high as shall lead to enduring peace; and may we receive a blessing from the Lord, and righteousness from the God of our salvation; and may we find grace and good understanding in the sight of God and man.

On Shabbat

הִרְחַמְן, הוּא יִנְחִילָנוּ יוֹם שְׁכָלוֹ שַׁבָּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

Ha-rahaman, hu yanhilenu yom she-kulo Shabbat u-m'nuhah, l'hayei ha-olamim.

May the All-merciful let us inherit the day which shall be wholly a Sabbath and rest in the life everlasting.

On Rosh Chodesh

הִרְחַמְן, הוּא יַחֲדֵשׁ עֲלֵינוּ אֶת הַחֹדֶשׁ הַזֶּה לְטוֹבָה וְלְבִרְכָה.

Harachaman, hu yanchileinu yom shekulo shabat um'nuchah l'chayei ha-olamim.

May the All-merciful renew unto us this month for good and for blessing.

On Yom Tov including inmediate days

הִרְחַמְן, הוּא יִנְחִילָנוּ יוֹם שְׁכָלוֹ טוֹב.

Harachaman, hu yanchileinu yom shekulo tov.

May the All-merciful let us inherit the day which is altogether good.

On Rosh Hashanah

הֶרַחֲמֵן, הוּא יַחֲדֵשׁ עֲלֵינוּ אֶת הַשָּׁנָה הַזֹּאת לְטוֹבָה וְלְבְרָכָה.

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

May the All-merciful renew unto us this year for good and for blessing.

On Succot

הֶרַחֲמֵן, הוּא יָקִים לָנוּ אֶת סִכַּת דָּוִד הַנוֹפֶלֶת.

Harachaman, hu yakim lanu et sukat david hanofalet.

May the All-merciful raise up for us the fallen Tabernacle of David.

הֶרַחֲמֵן, הוּא יְבָרֵךְ אֶת אֶת־הָאָרֶץ הַזֹּאת וַיִּגֵן עָלֶיהָ.

Ha-rahaman, hu y'varekh et ha-aaretz hazot v'yagein aleha.

May the All-merciful bless this country and watch over it.

הֶרַחֲמֵן, הוּא יְבָרֵךְ אֶת מְדִינַת יִשְׂרָאֵל, רֵאשִׁית צְמִיחַת גְּאֻלָּתָנוּ.

Ha-rahaman, hu y'varekh et medinat Yisrael.

May the All-merciful bless the State of Israel and bring us to redemption.

הֶרַחֲמֵן, הוּא יְבָרֵךְ אֶת חַיְלֵי צְבָא הַגָּנָה לְיִשְׂרָאֵל וַיִּגֵן עֲלֵיהֶם.

Ha-rahaman, hu y'varekh et chayalei tz'va haganah l'yisrael v'yagein aleihem.

May the All-merciful bless those who protect the State of Israel and watch over them.

הֶרַחֲמֵן, הוּא יִזְכְּנוּ לַיָּמֹת הַמְּשִׁיחַ וְלַחַיֵּי הָעוֹלָם הַבָּא.

Ha-rahaman, hu y'zakenu limot ha-mashi-ah u-l'hayei ha-olam ha-ba.

May the All-Merciful make us worthy of the days of the Messiah, and of the life of the world to come.

On Weekdays מַגִּדִּיל

On Sabbath, Yom Tov, and Rosh Chodesh מַגִּדוּל

יְשׁוּעוֹת מַלְכוּ, וְעֲשֵׂה חֶסֶד לְמַשִּׁיחוֹ לְדוֹד וּלְזֶרְעוֹ עַד עוֹלָם: עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם, עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אִמָּן:

Weekdays
Magdil

On Shabbat, Yom Tov and Rosh Chodesh
Migdol

y'shu-ot malko, v'oseh hesed li-m'shiho, l'David u-l'zar-o ad olam. Oseh shalom bi-m'romav, hu ya-aseh shalom aleinu v'al kol Yisra-el, v'imru: Amen.

On Weekdays

Great salvation giveth he to his king

On Sabbaths, Festivals, and New Moons

He is a tower of salvation to his king

and showeth lovingkindness to his anointed, to David and to his seed, for evermore. He who maketh peace in his high places, may he make peace for us and for all Israel, and say ye, Amen.

יִרְאוּ אֶת יְיָ קְדוֹשׁוֹ, כִּי אֵין מַחְסוֹר לִירְאָיו: כְּפִירִים רָשׁוּ וְרַעְבוּ, וְדוֹרְשֵׁי יְיָ לֹא יִחְסְרוּ כָּל טוֹב: הוֹדוּ לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם חֶסֶד־ו: פּוֹתַח אֶת יָדָּךְ, וּמִשְׁבִּיעַ לְכָל חַי רָצוֹן: בְּרוּךְ הַגִּבּוֹר אֲשֶׁר יְבַטַח בְּיָי, וְהָיָה יְיָ מְבַטַחוֹ: נֶעַר הָיִיתִי גַם זְקֵנְתִי וְלֹא רָאִיתִי צַדִּיק נֶעְזָב, וְזָרְעוֹ מְבַקֵּשׁ לֶחֶם: יְיָ עֲזֵ לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם:

Y'ru et Adonai k'doshav, ki ein mahsor lire-av. K'firim rashu v'ra-evu, v'dorshei Adonai lo yahs'ru khol tov. Hodu l'adonai ki tov, ki l'olam hasdo. Pote-ah et yadekha, u-masbi-a l'khol hai ratzon. Barukh ha-gever asher yivtah badonai, v'hayah Adonai mitvaho. Na-ar hayiti gam zakanti, v'lo ra-iti tzadik ne-ezav, v'zar-o m'vakesh lahem. Adonai oz l'amo yiten, Adonai y'varekh et amo va-shalom.

O fear the Lord, ye his holy ones; for there is no want for them that fear him. Young lions do lack and suffer hunger: but they that seek the Lord shall not want any good. O give thanks unto the Lord, for he is good: for his lovingkindness endureth for ever. Thou openest thine hand, and satisfiest every thing with favour. Blessed is the man that trusteth in the Lord, and whose trust the Lord is. I have been young and now I am old; yet have I not seen the righteous forsaken, nor his seed begging for bread. The Lord will give strength unto his people; the Lord will bless his people with peace.