

A Short blessing After Our Meal
If you wish, sing the English too!

From You I receive; to you I give. Together we share and by this we live.

Barukh atah Adonai ha-zan et ha-kol

בָּרוּךְ אַתָּה יְיָ הַזֵּן אֶת הַכֹּל:

Blessed are You, Adonai, nourishing all.

From You I receive; to you I give. Together we share and by this we live.

Barukh atah Adonai al ha-aretz v'al ha-mazon

בָּרוּךְ אַתָּה יְיָ עַל הָאָרֶץ וְעַל הַמַּזּוֹן:

Blessed are You, Adonai, for the land and for food.

From You I receive; to you I give. Together we share and by this we live.

Barukh atah Adonai boneh b'rah_{am}av

בָּרוּךְ אַתָּה יְיָ בּוֹנֵה בְּרַחֲמָיו

Y'rushalayim. Amen

יְרוּשָׁלַיִם. אָמֵן

Blessed are You, Adonai, Who rebuilds Jerusalem.

From You I receive; to you I give. Together we share and by this we live.

Ha-rah_{aman} hu yan-hilenu yom she-kulo Shabbat

הַרְחָמֵן הוּא יַנְחִילֵנוּ יוֹם שְׁכָלוֹ שַׁבָּת

u-m'nu_{ha} l'h_{ayei} ha-olamim

וּמְנוּחָה לַחַיֵי הָעוֹלָמִים:

Oseh shalom bi-m'romav hu ya-aseh shalom

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם

aleinu v'al kol Yis-ra-el v'im-ru Amen

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן:

Adonai oz l'amo yiten

יְיָ עֵז לְעַמּוֹ יִתֵּן

Adonai y'varekh et amo va-shalom

יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשְׁלוֹם:

Merciful One, grant us days that are all Shabbat and rest, days of eternal life.

May the One who makes high realms whole establish wholeness for us and for all Israel,
and let us say: Amen.

May Adonai give us strength; may Adonai bless us with peace.