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*

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*

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'ra'amav*

Y'rushalayim. Amen

Blessed are You, Adonai, Who rebuilds Jerusalem.

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

*Ha-rahan hu yan-hilenu yom she-kulo Shabbat*

u-m'nuha l'hayei ha-olamim

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

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

Adonai oz l'amo yiten

Adonai y'varekh et amo va-shalom

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.