Grace after the meal. Begin here only on Shabbat.

Shir hama-a-lot
b’shuv Adonai et shivat Tziyon hayinu k’hol-mim.
Az yimalei s’hok pinu u-l’shoneinu rinah.
Az yom-ru va-goyim
hig-dil Adonai la-asot im eleh.
Hig-dil Adonai la-asot imanu hayinu s’mehim.
Shuva Adonai et sh’viteinu ka-afkim ba-negev.
Ha-zorim b’dim-ah b’rinah yik-tzoru.
Halokh yelekh u-vakhoh nosei meshechk ha-zara.
Bo yavo v’rinah nosei almotav.

A song for ascending: When Adonai redeems the captivity of Zion, we will awake from dreaming. Our mouths will fill with laughter and our tongues with song. The nations will say, “How great is Adonai, who does this for them!” What great things Adonai has done for us; let us be joyous. Redeem our captivity like springs in the desert. He who sowed in tears will reap in joy. She who went out weeping, carrying seed, will return singing, carrying sheaves.

Psalm 126
This invitation is for any time when three or more are present. Insert Eloheinu when ten or more are present.

Leader: Haverai n’varekh.
Diners: Y’hi shem Adonai m’vorah mei-atah
v’ad olam.
Leader: Y’hi shem Adonai m’vorah mei-atah
v’ad olam. Bi-r’shat ha’averai, n’varekh (Eloheinu)
she-akhlanu mi-shelo.
Diners: Barukh (Eloheinu) she-akhlanu mi-shelo
uv-tuvo hayinu.
Leader: Barukh (Eloheinu) she-akhlanu mi-shelo
uv-tuvo hayinu.
All: Barukh hu u-varukh sh’mo.

Leader: My friends, let us bless.
Diners: May the name of the One be blessed now and forever.
Leader: May the name of the One be blessed now and forever.
By your leave, my friends, let us bless the One Who nourishes us and by Whose goodness we live.

Diners: Blessed is the One Who nourishes us and by Whose good-ness we live.
Leader: Blessed is the One Who nourishes us and by Whose good-ness we live.
All: Blessed is the One and blessed be God’s Name.

Barukh atah Adonai Eloheinu melekh ha-olam,
ha-zan et ha-olam kulo b’tuvo b’teyn b’hesed
uv’rahim. Hu notein lehem l’kol basar
ki l’olam hasdo, u-v’tuvo ha-gadol
tamid lo hasar lanu v’al yeshar lanu
mazon l’olam va-ed. Ba-avur sh’mo ha-gadol
ki hu el zan u-m’farnes lakol umetiv lakol
umekhin mazon l’kol b’ryotav asher bara.
Barukh atah Adoni ha-zan et ha-kol.

Blessed are You, Adonai, Sovereign in all worlds, Who feeds the entire world with grace, love and compassion. Infinitely kind, God gives food to all. By God’s abundant goodness we lack nothing, nor will we ever lack. For the sake of the great Name, God feeds and sustains all, is good to all, and prepares nourishment for all creation. Blessed are You, Adonai, nourishing all.
May we receive blessing from Adonai and justice from our Redeemer, finding grace and understanding in the eyes of humans and God. 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.