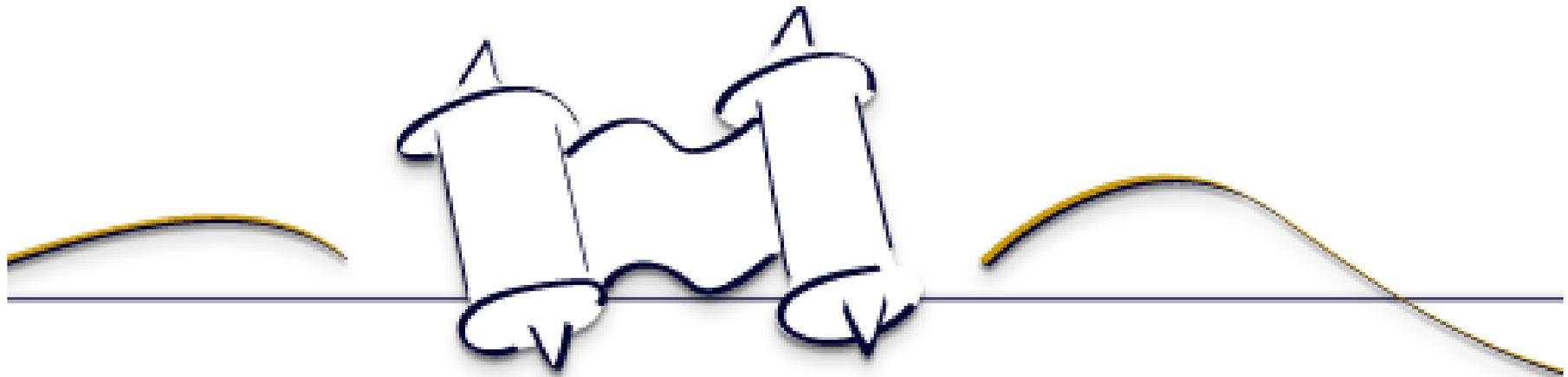


בְּרַכַּת הַמָּזוֹן
BIRKAT HAMAZON
GRACE AFTER MEALS



THE UNITED JEWISH CONGREGATION OF HONG KONG

בְּרַכַּת הַמָּזוֹן

BIRKAT HAMAZON

GRACE AFTER MEALS

The commandment to thank God after a meal is of Scriptural origin: "And you shall eat and you shall be satisfied, and you shall bless Adonai your God in the good land which has been given to you." (Deut. 8:10). As the verse indicates, the Scriptural requirement applies only when one has eaten his/her fill. From earliest times, however, the Jewish people has undertaken to express its gratitude even after a modest meal, provided one had eaten at least as much bread as the volume of an olive. On Shabbat, Birkat Hamazon begins with Psalm 126, an ancient prophetic poem of yearning for return from the Babylonian exile. The blessing continues with an invitation, said only when three or more people are present, wherein the group "comes together" to praise God. After the invitation, there are traditionally four sections: the first thanks God for nourishment, the second for the land of Israel, the third is for Jerusalem, and the fourth section is for God's goodness. The prayer concludes with several additions.

בשבת: On Shabbat:

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יי	Shir Hama-a-lot, b'shuv Adonai
אֶת-שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים.	et shivat Tzion hayinu k'cholmim.
אֲז יִמְלֵא שְׂחֹק פִּינוּ וּלְשׁוֹנֵינוּ רִנָּה,	Az y'malei s'chok pinu ul-shoneinu rina,
אֲז יֹאמְרוּ בַגּוֹיִם: הֲגִדִיל יי לַעֲשׂוֹת עִם אֱלֹהִים.	az yomru vagoyim: Higdil Adonai la-a-sot im eileh.
הֲגִדִיל יי לַעֲשׂוֹת עִמָּנוּ, הָיִינוּ שְׂמֵחִים.	Higdil Adonai la-a-sot imanu, hayinu s'meichim.
שׁוּבָה יי אֶת-שְׁבִיתֵנוּ כַּאֲפִיקִים בַּנֶּגֶב.	Shuva Adonai et sh'viteinu ka-afikim banegev.
הַזֹּרְעִים בְּדִמָּעָה בְּרִנָּה יִקְצְרוּ.	Hazor'im b'dima b'rina yik-tzoru.
הַלֹּחַ יֵלֵךְ וּבָכָה, נִשְׂא מִשָּׁן-הַזֶּרַע.	Haloch yeileich uvacho, nosei meshech hazara.
בֹּא יְבֹא בְרִנָּה נִשְׂא אֲלֻמֹּתָיו.	Bo yavo v'rina nosei alumotav.

A song of ascents. When Adonai brought the exiles back to Zion it was like a dream. Then our mouths were filled with laughter and our tongues with song. Then was it said among the nations: "Adonai has done great things for them." Truly, Adonai has done great things for us. And we rejoiced. Bring us from exile, Adonai, as the streams return to the Negev. Those who sow in tears shall reap in joy. Those who go out weeping, bearing sacks of seeds, shall return with joy, bearing their sheaves.

Leader:

חֲבֵרַי נְבָרֵךְ: Chaveirai n'vareich.

Group (Leader Repeats):

יְהִי שֵׁם יי מְבָרָךְ מְעַתָּה וְעַד עוֹלָם: Y'hi sheim Adonai m'vorach mei-atah v'ad olam.

Leader:

בְּרִשׁוֹת חֲבֵרַי נְבָרֵךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ: Birshut chaveirai n'vareich Eloheinu she-achalnu mishelo.

Group (Leader Repeats):

בָּרוּךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ: Baruch Eloheinu she-achalnu mishelo uv-tuvo chayinu.

All:

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ: Baruch hu u-varuch sh'mo.

Let us thank God. Blessed is the name of God now and forever. With your permission, let us thank God whose food we have eaten. Blessed is God whose food we have eaten and through whose goodness we live. Blessed is God and Blessed is God's name.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Baruch atah Adonai Eloheinu melech ha-olam,
הַזֵּן אֶת־הָעוֹלָם כְּלוֹ בְּטוֹבוֹ	hazan et ha-olam kulo b'tuvo
בְּחֵן בְּחֶסֶד וּבְרַחֲמִים,	b'chein b'chesed uv-rachamim,
הוּא נוֹתֵן לָחֶם לְכָל־בָּשָׂר כִּי לְעוֹלָם חֶסֶדּוֹ,	hu notein lechem l'chol-basar, ki l'olam chasdo,
וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ	Uv-tuvo hagadol tamid lo chasar lanu
וְאֵל יַחְסֹר־לָנוּ מִזֶּזֶן לְעוֹלָם וָעֶד:	v'al yechar lanu mazon l'olam va-ed.
בְּעִבוּר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֶן וּמְפָרֵס לְכָל,	Ba-avur sh'mo hagadol, ki hu Eil zan um-farneis lakol,
וּמֵיטִיב לְכָל וּמְכִין מִזֶּזֶן לְכָל־בְּרִיּוֹתָיו אֲשֶׁר בָּרָא:	u-meitiv lakol u-meichin mazon l'chol-b'riyotav asher bara.
בָּרוּךְ אַתָּה יי, הַזֵּן אֶת־הַכֹּל:	Baruch atah Adonai, hazan et hakol.

Blessed is Adonai our God, Sovereign of the universe, who sustains the entire world with goodness, kindness and mercy. God gives food to all creatures, for God's mercy is everlasting. With abundant goodness we have never lacked, and may we never lack sustenance forever in God's great name. God sustains all, does good to all, and provides food for all the creatures created. Blessed is Adonai, who provides food for all.

וְעַל הַכֹּל יי אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לָךְ	V'al hakol Adonai Eloheinu anachnu modim lach
וּמְבָרְכִים אוֹתְךָ: יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל־חַי	um-varchim otach yitbarach shimcha b'fi chol chai
תָּמִיד לְעוֹלָם וָעֶד,	tamid l'olam va-ed,
כַּכָּתוּב: וְאָכַלְתָּ וּשְׂבַעְתָּ וּבִרְכַתָּ אֶת־יי אֱלֹהֶיךָ	kakatuv: V'achalta v'savata uveirachta et Adonai Elohecha
עַל הָאָרֶץ הַטּוֹבָה אֲשֶׁר נָתַן לָךְ:	al ha-aretz hatova asher natan lach.
בָּרוּךְ אַתָּה יי, עַל הָאָרֶץ וְעַל הַמָּזוֹן:	Baruch Atah Adonai, al ha-aretz v'al hamazon.

For all these blessings we thank Adonai our God with praise. May God's name be praised by every living being forever, as it is written: "When you have eaten your fill, give thanks to Adonai your God for the good land which God has given you."

Blessed is Adonai for the land and its produce.

We bless now Eternal One the power and majesty in all.
You gave use this food, you sustain our lives through your grace, your love, your compassion
You provide all the food that comes to us, guiding and nourishing our lives.
Now we hope and we pray for a wondrous and great day when no one in our world will lack food to eat.
We will work to bring time when all who hunger will eat and be filled.
Every human being will know that your s is the power sustaining all life and doing good for all.
We bless you now Eternal One for sustaining us all

וּבְנֵי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְיָמֵינוּ: Uv-nei Y'rushalayim ir hakodesh bimheira v'yameinu.
בְּרוּךְ אַתָּה יְיָ בּוֹנֵה בְרַחֲמָיו יְרוּשָׁלַיִם: אָמֵן: Baruch atah Adonai, boneh v'rachaman Y'rushalayim. Amen.

May God rebuild Jerusalem, the holy city, speedily in our lifetime.
Blessed is Adonai, who restores Jerusalem with mercy. Amen

הַרְחֵמֵנוּ, הוּא יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד Harachaman, hu yimloch aleinu l'olam va'ed

May the Merciful One Rule over us forever and ever.

הַרְחֵמֵנוּ, הוּא יִתְבָּרַךְ בַּשָּׁמַיִם וּבָאָרֶץ Harachaman, hu yitbarach bashamayim uva'aretz

May the Merciful One be blessed in heaven and on earth.

הַרְחֵמֵנוּ, הוּא יִשְׁלַח בְּרָכָה מְרֻבָּה בְּבַיִת הַזֶּה וְעַל שֻׁלְחָן זֶה שֶׁאֲכַלְנוּ עָלָיו Harachaman, hu yishlach b'racha m'ruba babayit hazeh v'al shulchan zeh she-achalnu alav.

May the Merciful One send abundant blessing upon this dwelling and the table at which we have eaten.

הַרְחֵמֵנוּ, הוּא יְבָרֵךְ אֶת כָּל אֲחֵינוּ בֵּית יִשְׂרָאֵל הַנְּתוּנִים בְּצָרָה וְיוֹצִיאֵם מֵאֲפֵלָה לְאוֹרָה: Harachaman, hu y'variech et kol acheinu beit Yisrael han'tunim betzarah, v'yotzi-eim mei-afeilah l'orah.

May the Merciful One bless all of our brothers and sisters of the house of Israel who are now oppressed
and bring them from darkness into light.

הַרְחֵמֵן הוּא יְבָרֵךְ אֶת־כָּל־הַמְּסֻבִּים כָּאֵן,
אוֹתָנוּ וְאֶת־כָּל־אֲשֶׁר לָנוּ:
Harachaman hu y'vareich et-kol-ham'subim kan,
otanu-v'et-kol asher lanu.

May the Merciful One bless all who are gathered here and all their families, as well as all dear to us.

הַרְחֵמֵן הוּא יִתֵּן אַחֻוּה בֵּין בְּנֵי שָׂרָה
וּבֵין בְּנֵי הָגָר:
Harachaman, hu yitein achavah bein b'nei Sarah
u'vein b'nei Hagar.

May the Merciful One create a caring bond between the children of Sarah and the children of Hagar.

הַרְחֵמֵן הוּא יִשְׁלַח לָנוּ אֶת־אֱלִיָּהוּ הַנָּבִיא, זְכוּר לְטוֹב,
וַיִּבְשֹׁר־לָנוּ בְּשׂוֹרוֹת טוֹבוֹת יְשׁוּעוֹת וְנִחְמוֹת:
Harachaman, hu yishlach lanu et-Eliyahu Hanavi, zachur
latov, vivaser-lanu b'sorot tovot y'shu-ot v'nechamot.

May the Merciful One send Elijah the Prophet, who is remembered for good,
and may he bear good tidings of salvation and comfort.

בשבת: On Shabbat:

הַרְחֵמֵן הוּא יִנְחִילֵנוּ יוֹם שְׁכָלוֹ שַׁבָּת וּמְנוּחָה
לְחַיֵּי הָעוֹלָמִים:
Harachaman, hu yan-chileinu yom shekulo Shabbat umnucha
l'chayei ha-olamim.

May the Merciful One grant us a world that shall be entirely Shabbat and eternal rest.

מִגְדִּיל (בשבת ובראש חודש: מגדול) יְשׁוּעוֹת מְלִכּוֹ
וְעוֹשֶׂה חֶסֶד לְמִשְׁיְׁחוֹ, לְדָוִד וּלְזַרְעוֹ עַד עוֹלָם:
Magdil (on Shabbat and Rosh Chodesh: Migdol) y'shu-ot malko
v'oseh chesed lim-shicho, l'David ul'zar-o ad olam.

God grants deliverance (on Shabbat and Rosh Chodesh: God is a tower of deliverance) to God's chosen sovereign, and shows kindness to God's anointed one, to David, and his descendents forever.

עוֹשֶׂה שְׁלוֹם בְּמִרְוָמָיו הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן:

Oseh shalom bimromav hu ya-aseh shalom
aleinu v'al kol-Yisrael, v'imru: Amein.

May the One who makes peace in the heavens let peace descend on all us and all of Israel, and let us say: Amen.

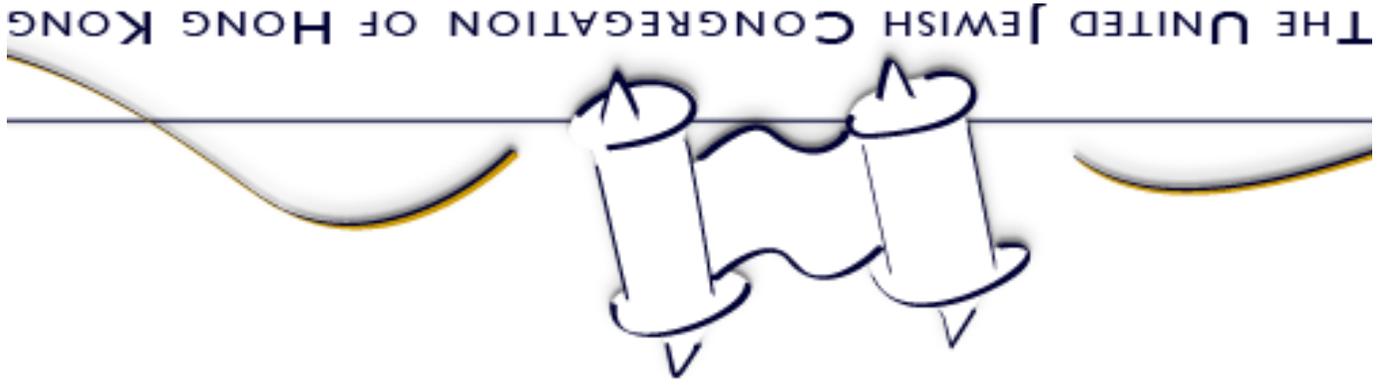
יִרְאוּ אֶת־יְהוָה קְדוֹשָׁיו כִּי אֵין מַחְסוֹר לִירְאָיו:
כְּפִירִים רָשׁוּ וְרָעִיבוּ וְדוֹרְשֵׁי יְהוָה לֹא יַחְסְרוּ כָּל־טוֹב:
הוֹדוּ לַיְי כִּי טוֹב, כִּי לְעוֹלָם חֲסִדוֹ
פּוֹתִיחַ אֶת־יָדָךְ, וּמִשְׁבִּיעַ לְכָל־חַי רָצוֹן:
בָּרוּךְ הַגֹּבֵר אֲשֶׁר יְבִטַח בִּיהוָה,
וְהָיָה יְהוָה מְבִטָּחוֹ:
נֶעַר הָיִיתִי גַם זָקֵנְתִי, וְלֹא רָאִיתִי צַדִּיק נֶעְזֵב
וְזָרְעוֹ מִבְּקֶשׁ־לָחֵם:
יְהוָה עֵז לְעַמּוֹ יִתֵּן יְהוָה יְבָרֶךְ אֶת־עַמּוֹ בְּשְׁלוֹם:

Y'ru et-Adonai k'doshav ki ein machsor lirei-av.
K'firim rashu v'ra-eivu v'dorshei Adonai lo yach-s'ru chol-tov.
Hodu Ladonai ki tov, ki l'olam chasdo.
Potei-ach et-yadecha u-masbia l'chol-chai ratzon.
Baruch hagever asher yivtach b'Adonai,
v'haya Adonai mitvacho.
Na-ar hayiti gam zakanti, v'lo ra'iti tzadik ne-ezav
v'zar-o m'vakesh-lachem.
Adonai oz l'amo yitein; Adonai y'vareich et amo vashalom.

Revere Adonai, you who are Adonai's ones. For those who are aware of Adonai suffer no want. Those who deny Adonai may famish and starve, but who seek Adonai shall not lack anything that is good. Give thanks to Adonai, for Adonai is good; Adonai's mercy endures forever. Adonai opens hands and satisfies every living thing with favor. Blessed is the one who trusts in Adonai, for Adonai will be their protection.

I have been young, and I have grown older, but I have not seen a righteous person forsaken, nor his children begging for bread. May the One who makes peace in the heavens let peace on all us, and let us say Amen. May Adonai give strength to our people; may Adonai bless our people with peace.





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