

## Birkat Hamazon: Blessing After Meals **ברכת המזון**

*(On Shabbat and holidays, begin here:)*

*Shir ha-ma-a-lot.*

*B'shuv Adonai et shi-vat Tzi-yon,*

*ha-yi-nu k'chol-mim.*

*Az yi-ma-lei s'chok pi-nu,*

*ul-sho-nei-nu ri-na.*

*Az yom-ru va-go-yim:*

*Hig-dil Adonai la-a-sot im ei-leh.*

*Hig-dil Adonai la-a-sot i-ma-nu,*

*ha-yi-nu s'mei-chim!*

*Shu-va Adonai et sh'vi-tei-nu*

*ka-a-fi-kim ba-ne-gev.*

*Ha-zor-im b'dim-a, b'ri-na yik-tzo-ru.*

*Ha-loch yei-lech u-va-cho,*

*No-sei me-shech ha-za-ra,*

*Bo ya-vo v'ri-na no-sei a-lu-mo-tav.*

לשבת ויום טוב:

שִׁיר הַמַּעֲלוֹת.

בְּשׁוּב יְיָ אֶת שִׁיבַת צִיּוֹן,

הָיִינוּ כְּחֻלְמִים.

אֲזַיִמְלֵא שְׂחוֹק פִּינוּ,

וּלְשׁוֹנֵנוּ רִנָּה.

אֲזַיִמְרוּ בְּגוֹיִם:

הַגְּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי.

הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ,

הָיִינוּ שְׂמֵחִים!

שׁוּבָה יְיָ אֶת שְׁבִיתֵנוּ

כְּאֶפִיקִים בְּנֶגֶב.

הַזֹּרְעִים בְּדִמְעָה, בְּרִנָּה יִקְצְרוּ.

הַלֹּדֵף יִלֵּךְ וּבִכָּה,

לִשְׂא מִשֶּׁדֶף הַזָּרַע,

בָּא יְבֹא בְּרִנָּה נִשְׂא אֲלֻמֹּתָיו.

When God restored the exiles to Zion, it seemed like a dream. Our mouths were filled with laughter, our tongues with joyful song. Then they said among the nations: God has done great things for them. Yes, God is doing great things for us, and we are joyful. Restore our fortunes, O God, as streams revive the desert. Then those who have sown in tears shall reap in joy. Those who go forth weeping, carrying bags of seeds, shall come home with shouts of joy, bearing their sheaves.

*(On weekdays, begin here:)*

*(Leader)*

*Cha-vei-rai n'va-reich!*

Friends, let us praise God!

(המזמן)

חֲבֵרֵי נְבָרֵךְ!

*(Community)*

*Y'hi sheim Adonai m'vo-rach*

*mei-a-ta v'ad o-lam!*

Praised be the name of God, now and for ever!

(המסובין)

יְהִי שֵׁם יְיָ מְבָרֵךְ

מֵעַתָּה וְעַד עוֹלָם!

*(Leader)*

*Y'hi sheim Adonai m'vo-rach*

*mei-a-ta v'ad o-lam!*

*Bir-shut cha-vei-rai,*

*N'va-reich Eloheinu she-a-chal-nu mi-she-lo.*

Friends, let us praise our God, of whose abundance we have eaten.

(המזמן)

יְהִי שֵׁם יְיָ מְבָרֵךְ

מֵעַתָּה וְעַד עוֹלָם!

בְּרִשׁוֹת חֲבֵרֵי,

נְבָרֵךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְּׁלוֹ.