

## 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,

הֵייוּנוּ כְּחֹלְמִים.

אֲזַ וַיִּמַּלֵּא שְׂחוֹק פִּינוּ,

וּלְשׁוֹנֵינוּ רִנָּה.

אֲזַ יֵאמְרוּ בְּגוֹיִם:

הֲגִדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי.

הֲגִדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ,

הֵייוּנוּ שְׂמֵי־חַיִּים!

שׁוּבָה יְיָ אֶת שְׁבִיתֵנוּ

כַּאֲפִיקִים בְּנֶגֶב.

הֲזָרְעִים בְּדַמְעָה, בְּרִנָּה יִקְצְרוּ.

הַלֹּחַ יֵלֶךְ וּבָכָה,

נִשָּׂא מִשָּׂךְ הַזָּרַע,

בֹּא יבֹא בְרִנָּה נִשָּׂא 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.