ON SHABBAT:

Shir Hama-a-lot, b’shuva Adonai et shivat Tzion hayinu k’cholmim. Az y’malei s’chok pinu ul-shoneinu rinah, az yomru v’agoyim: “Higdl Adonai la-a-sot im eileh.”

Higdl Adonai la-asot imanu, hayinu s’meichim. Shuva Adonai et sh’viteinu ka-afikim banegev.

Hazor’im b’dima b’rina yik-tzorah. Haloch yeileich uvacho, nosei meshech hazara. Bo yavo v’rina nosei alumotav.

A song of ascents. When Adoni brought the exiles back to Zion it was like a dream. Then our mouths were filled with laughter and our tongues with song. Then it was 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.

T’hilat Adonai y’dbeir pi ivareich kol basar
Sheim kod’sho l’olam va-ed. Va-anachnu n’vareich ya mei-ata v’ad olam hal’luya. Hodu Ladoni ki tov, ki l’olam chasdo. Mi y’maleil g’vurut Adonai, yashmi-a kol t’hilato.

Now let my mouth declare praise for Adonai, and let the whole human race bless God’s holy name for all time. As for us, we will bless Adonai from now on and forever more: Praise Adonai! Give thanks to Adonai who is good, whose kindness is everlasting! Who can describe the mighty deeds of Adonai, or utter all God’s praise?

LEADER: Chaveirai n’vareich.

GROUP (LEADER REPEATS): Y’hi sheim Adonai m’vorach mei-atah v’ad olam.

LEADER: Birshut chaveirai n’vareich Eloheinu she-achalnu mishelo.

GROUP (LEADER REPEATS): Baruch Eloheinu she-achalnu mishelo uv-tuvo chayinu.

ALL: 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.

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. Through God’s abundant goodness we have not lacked sustenance, and may we not lack sustenance forever, for the sake of God’s great name. God sustains all, does good to all, and provides food for all the creatures whom God has created. Blessed is Adonai, who provides food for all.

We thank Adonai our God for having given a lovely and spacious land to our fathers and mothers; for having liberated us from the land of Egypt and freed us from the house of bondage; for the covenant which God has sealed in our flesh, for the Torah which God has taught us; for the laws which God has made known to us; for the life, grace and loving kindness which God has bestowed upon us, and for the sustenance with which God nourishes and maintains us continually, in every season, every day, every hour.

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 everlasting. Through God’s abundant goodness we have not lacked sustenance, and may we not lack sustenance forever, for the sake of God’s great name. God sustains all, does good to all, and provides food for all the creatures whom God has created. Blessed is Adonai, who provides food for all.


May Adonai our God have mercy on God’s people Israel, God’s city Jerusalem, Zion the abode of God’s glory, the royal house of David, God’s anointed one, and the great and holy Temple that bears God’s name. May our God, our Parent, tend and nourish us, sustain and maintain us, and speedily grant us relief from all our troubles. May Adonai make us dependent not on the alms or loans of others, but rather on God’s full, open and generous hand, so that we may never be humiliated or put to shame.
May it be God’s will to strengthen us in God’s commandments, especially regarding the seventh day, this great and holy Sabbath, for today is great and holy before God—a day on which to rest and repose in love, according to God’s command. May it be God’s will to grant us relief from all care, sorrow and grief on our day of rest, and may God enable us to see Zion comforted, and Jerusalem, the holy city.

Blessed is Adonai our God, Sovereign of the universe, who is our God, our Parent, our Sovereign, our Mighty One, our Creator, our Redeemer, our Maker, the Holy One of Jacob, the Shepherd of Israel, the good Sovereign who does good to all. May God who continually shows us kindness continue offering goodness to us. As God has ever bestowed favors upon us, may God continue to bless us with grace, loving kindness, compassion, deliverance, prosperity, redemption, consolation, sustenance, and mercy: a life of peace and all goodness. May God never withhold goodness from us.

Harachaman, hu yimloch aleinu l’olam va-ed.

May the Merciful One reign over us forever and ever.

Harachaman, hu yitbarach bashamayim u-va-aretz.

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

Harachaman, hu yishbatbach l’dor dorim, v’yitpa-ar banu la-ad u-l’neitzach n’tzachim, v’yit-hadar banu la-ad ul-olmei olamim.

May the Merciful One be praised in all generations, be glorified through us to all eternity, and be honored among us forever.

Harachaman, hu y’far-n’seinu b’chavod.

May the Merciful One grant us an honorable livelihood.

Harachaman, hu yishbor aleinu mei-al tzavareinu v’hu yolicheinu kom’miyut l’artzeinu.
Harachaman, hu yishlach b’rach a m’rubah babayit hazeh v’al shulchan zeh she-achalnu alav.

May the Merciful One break the yoke of our oppression and lead us in dignity to our ancient homeland.

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 to us, and may he bear good tidings of salvation and comfort.

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.


Even as our forefathers: Abraham, Isaac, and Jacob, and our foremothers: Sarah, Rebecca, Rachel, and Leah, were blessed in every way; so may God bless all of us together with a perfect blessing, and let us say: Amen. May our merit and the merit of our ancestors secure enduring peace for all of us. May we receive a blessing from Adonai, and justice from the God of our salvation.

May we find grace and favor in the sight of God and humankind.

Harachaman, hu y’vareich et kol acheinu b’nei Yisrael han’tunim betzarah, v’yotzi-eim mei-afeilah l’orah.

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

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.

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.

Harachaman hu y’chadeish aleinu et hachodesh hazeh l’tova v’livracha.

May the Merciful One grant us this new month for good and blessing.

Harachaman, hu y’zakeinu limot hamashiach, ul-chayei ha-olam haba.

May the Merciful One enable us to live in the Messianic age and in the world to come.
God opens God's hand and satisfies every living thing with favor. Blessed is the one who trusts in Adonai, for Adonai will be
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 descendants forever.

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

Be aware of Adonai, you who are consecrated; those who are aware of Adonai will be sustained. Those who deny God are lacking and hungry. Those who seek God are lacking and hungry. Those who seek Adonai shall not lack anything that is good. Give thanks to Adonai, for God is good; God's mercy endures forever. God opens God's hand 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 been old, but I have not seen a righteous person abandoned, nor that person's seed destitute.

Adonai oz l'amo yitein Adonai y'vareich et amo vashalom.

May Adonai give strength to our people; may Adonai bless our people with peace.