

### Shalom Aleikhem (Welcoming the Angels)

It is customary at the beginning of the Shabbat evening meal to sing this *piyyut* (liturgical poem) welcoming God's angels who are said to be particularly present on Shabbat. There is a *mizrachi* custom of not inviting the angels to leave at the close of the *piyyut*, rather inviting them to stay for Shabbat! The option in parentheses reflects this custom.

*Shalom aleikhem, malekhey  
hasharet, malakhey elyon,  
mimelekh malekhey ham'lakhim,  
hakadosh barukh hu.*

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,  
מַלְאָכֵי עֲלִיוֹן, מִמְלַךְ מַלְכֵי  
הַמַּלְאָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

*Boakhem l'shalom, malekhey  
hashalom, malakhey elyon,  
mimelekh malekhey ham'lakhim,  
hakadosh barukh hu.*

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיוֹן, מִמְלַךְ מַלְכֵי  
הַמַּלְאָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

*Bar'khuni l'shalom, malekhey  
hashalom, malakhey elyon,  
mimelekh malekhey ham'lakhim,  
hakadosh barukh hu.*

בְּרַבּוֹנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיוֹן, מִמְלַךְ מַלְכֵי  
הַמַּלְאָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

*Tzeitkem (B'shiv'tkhem)  
l'shalom, malekhey hashalom,  
malakhey elyon, mimelekh  
malekhey ham'lakhim,  
hakadosh barukh hu.*

צֵאתְכֶם (בְּשִׁיבְתְּכֶם) לְשָׁלוֹם,  
מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן,  
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, הַקָּדוֹשׁ  
בְּרוּךְ הוּא.

Peace upon you, ministering angels, messengers of the Most High, of the supreme King of Kings, the holy blessed One.

Come in peace, messengers of peace, messengers of the Most High, of the supreme King of Kings, the holy blessed One.

Bless me with peace, messengers of peace, messengers of the Most High, of the supreme King of Kings, the holy blessed One.

Take your leave (Dwell with us) in peace, messengers of peace, messengers of the Most High, of the supreme King of Kings, the holy blessed One.

## Blessing of Children

Parents bless their children at the Shabbat evening meal. This rite reminds us that the day cannot be fully sanctified until the holiness of family is honored.

For Sons:

*Yesimcha Elohim Ke Ephrayim*      יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה.  
*Vechi Menashe.*

May God make you like Ephraim and Menashe.

For Daughters:

*Yesimech Elohim Ke Sarah*      יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל  
*Rivka Rachel Ve Leah.*      וְלֵאָה.

May God make you like Sarah, Rebecca, Rachel, and Leah.

For All:

*Yevarechecha Adonai*      יְבָרְכֶךָ יי וַיְשַׁמְרֶךָ:  
*Veyeeshmerecha.*

*Yaer Adonai Panav*      יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנֶּךָ:  
*Eleycha Veechoonecha.*

*Yeesa Adonai Panav*      יֵשֶׁא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם:  
*Eleycha Veyasem Lecha*  
*Shalom.*

May the LORD bless you and keep you.

May the LORD show favor to you and be kind to you.

May the LORD turn His face towards you and establish peace for  
you.

## Eishet Chayil (A Woman of Valor)

Husbands show honor to their wives in the recitation of this selection from Proverbs (31:10-31).

*Eishet chayil mee yimtza,  
verachok mi'pninim michra.  
Batach ba lev baala, veshalal lo  
yechsar. Gemelat'hu tov velo ra,  
kol yemay chayeha. Darsha  
tzemer ufishitim, vatas bechefetz  
kapeha. Hayta ka'aniyot socher,  
memerchak tavee lachma.  
Vatakem be'od layla, vateeten  
teref levayta, vechok lenaroteha.  
Zamema sadeh vatikacheyhu,  
mepree chapeha nata karem.  
Chagra b'oz matneha,  
vateametz zro'oteha. Ta'ama  
kee tov sachra, lo yichbe balayla  
neyra. Yadeha shilcha bekishor,  
vechapeha tamchu falech. Kapa  
parsa le'ani, veyadeha shilcha  
le'evyon. Lo tira levayta  
meshaleg, kee chol vayta lavush  
shanim. Marvadim as'ta la,  
shesh vargaman levusha. Noda  
bashearim ba'la, beshivto im  
ziknei aretz. Sadin as'ta  
vatimkor, vachagor natna  
laknani. Oz vehadar levusha,  
vatischak leyom acharon. Piha  
patcha bechachma, vetorat  
chesed al leshona. Tzofiya  
halichot bayta, velechem atzlut  
lo tocheil. Kamu vaneha  
vay'ashruha, bala vayehal'la.  
Rabot banot asu chayil, v'at alit  
al kulana. Sheker hachen,  
vehevel hayofi, isha yirat  
Adonai, he tit'halal. Tnu la mipri  
yadeha, vi'yhaleluha bashearim  
maseha.*

אִשֶׁת חַיִל מִי יִמְצָא, וְרַחֵק מִפְּנִינִים  
מְכַרְהָ. בְּטַח בָּהּ לֵב בְּעֵלָהּ, וְשָׁלַל  
לֹא יַחְסֹר. גִּמְלַתְהוּ טוֹב וְלֹא רָע,  
כָּל יְמֵי חַיֶּיהָ. דָּרְשָׁה צֶמֶר וּפְשֵׁתִים,  
וַתַּעַשׂ בְּחָפְזָן בִּפְיָהּ. הָיְתָה כְּאֵנִיּוֹת  
סוֹחֵר, מִמְּרַחֵק תְּבִיאָה לַחֲמָה. וַתִּקֶּם  
בְּעוֹד לַיְלָה, וַתִּתֵּן מִרְרָף לְבֵיתָהּ,  
וְרַחֵק לְנִעְרֹתֶיהָ. וּזְמָמָה שָׂדֵה  
וַתִּקְחָהּ, מִפְּרֵי כִפְיָהּ גִּמְעָה פָּרִם.  
חֲגָרָה בְּעֹז מַתְנֶיהָ, וַתֵּאֱמֹר  
זְרוּעֹתַיָּהּ. מְעַמָּה כִּי טוֹב סַחֲרָה, לֹא  
יִכְבֶּה בְּלַיְלָה גֵרָה. יָדֶיהָ שְׁלָחָה  
בְּכִישׁוֹר, וּכְפִיָּהּ תִּמְכּוּ פָלֶדֶד. כִּפְיָהּ  
פָּרְשָׁה לְעֵנִי, וַיְדִיחַ שְׁלָחָה לְאֵבִיוֹן.  
לֹא תִירָא לְבֵיתָהּ מִשְׁלָג, כִּי כָל  
בֵּיתָהּ לְבֶשׂ שָׁנִים. מִרְבָּדִים עֲשֵׂתָהּ  
לָהּ, שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁהּ. נוֹדַע  
בְּשַׁעְרִים בְּעֵלָהּ, בְּשַׁבְּתוֹ עִם זְקֵנֵי  
אֶרֶץ. סָדִין עֲשֵׂתָהּ וַתִּמְכַּר, וַחֲגוּר  
נָתְנָה לְפִנְעֵנִי. עֹז וְהִדְר לְבוּשָׁהּ,  
וַתִּשְׁחַק לְיוֹם אַחֲרוֹן. פִּיָּהּ פִּתְחָה  
בְּחִכְמָה, וַתּוֹרֵת חֶסֶד עַל לְשׁוֹנָהּ.  
צוּפִיָּה הִלִּיכּוֹת בֵּיתָהּ, וְלָחֶם עֲצָלוֹת  
לֹא תֹאכַל. קָמוּ בְנֵיהָ וַיֵּאשְׁרוּהָ,  
בְּעֵלָהּ וַיְהַלְלָהּ. רַבּוֹת בְּנוֹת עָשׂוּ  
חַיִל, וְאַתָּה עָלִית עַל כָּלֵנָה. שִׁקְר  
חֲסוּן וְהַבֵּל הַיִּפְּי, אִשָּׁה יִרְאֵת יְיָ הִיא  
תִּתְהַלֵּל. תִּנּוּ לָהּ מִפְּרֵי יָדֶיהָ,  
וַיְהַלְלוּהָ בְּשַׁעְרִים מְעֻשִׂיהָ.

A woman of valor, who can find? Far beyond pearls is her value. Her husband's heart trusts in her and he shall lack nothing. She repays his good, but never his harm, all the days of her life. She seeks out wool and linen, and her hands work willingly...She rises while it is still nighttime, and gives food to her household...She girds her loins with might and strengthens her arms...She spreads out her palm to the poor and extends her hands to the destitute. She fears not snow for her household, for her entire household is clothed with wool... Strength and splendor are her clothing, and smilingly she awaits her last day. She opens her mouth with Wisdom, and the teaching of kindness is on her tongue...Her children rise and celebrate her; and her husband, he praises her: "Many daughters have attained valor, but you have surpassed them all." A God-fearing woman, she should be praised. Give her the fruit of her hands, and she will be praised at the gates by her very own deeds.

## Happy is the Man

Some have the custom for wives to bless their husbands with the recitation of this selection from Psalm 112.

*Ashrei ish yare et Adonai  
b'mitzvotav chafeitz meod.  
Gibor ba'aretz yihyeh zaro dor  
yesharim yevorakh. Hon  
vasher beveito vetzidqato  
omedet la'ad. Zarach  
bachoshekh or laysharim  
chanun verachum vetzadiq.  
tov ish chonen umalveh  
yekhalkel devarav bemishpat.  
Ki leolam lo yimot lezekher  
olam yihyeh tzadiq. Mishmuah  
ra'ah lo yira nakhon libo  
batuach baAdonai. Samukh  
libo lo yira ad asher yireh  
vetzarav. Pizar natan  
laevyonim tzidqato omedet  
la'ad qarno tarum bekhavod.*

אֲשֶׁר־יֵאִישׁ יִרְא אֶת־יְיָ בְּמִצְוֹתָיו  
הַפִּיץ מֵאֹד: גִּבּוֹר בְּאֶרֶץ יִהְיֶה זֶרְעוֹ  
דּוֹר יְשָׁרִים יִבְרָךְ: הוֹן וְעֶשֶׂר  
בְּבֵיתוֹ וְצַדִּיקְתּוֹ עֹמֶדֶת לְעַד: זָרַח  
בַּחֹשֶׁךְ אֹר לְיִשְׁרָיִם חֲנוּן וְרַחוּם  
וְצַדִּיק: טוֹב אִישׁ חוֹנֵן וּמְלֵוֶה  
יִכְלֹל דְּבָרָיו בְּמִשְׁפָּט: כִּי־לְעוֹלָם  
לֹא יִמוּט לְזִכָּר עוֹלָם יִהְיֶה  
צַדִּיק: מִשְׁמוּעָה רָעָה לֹא יִירָא  
נִכּוֹן לִבּוֹ בְּטֶטֶח בְּיָי: סְמוּךְ לִבּוֹ לֹא  
יִירָא עַד אֲשֶׁר־יִרְאֶה בְּצָרָיו: פִּזָּר |  
נָתַן לְאֶבְיוֹנִים צַדִּיקְתּוֹ עֹמֶדֶת לְעַד  
קָרְנוֹ תְרוּם בְּכָבוֹד.

Happy is the man who fears the LORD, who delights in God's commandments. His descendents will be mighty on earth, a generation of the upright; they will be blessed. Wealth and riches will be in his house and his righteousness will endure forever. Light shines for the upright in the darkness, he who is gracious compassionate and just. He has given generously to the poor; he guides his affairs with discretion. Surely, he will never be shaken, the righteous will be an everlasting remembrance.

Evil news does not frighten him because his heart is firm, trusting in the LORD. His heart is established; he will not be afraid because his enemies will be overcome. He has dispersed abroad, he has given to the poor; his righteousness endures forever; his horn is exalted with honor.

## Kiddush for Erev Shabbat

Vy'hi erev vay'hi voker:

וַיְהִי עֶרֶב וַיְהִי בֹקֶר:

Yom hashishi. Vayekhulu  
hashamayim v'ha-aretz v'khol  
tz'va'am. Vay'chal Elohim  
bayom hash'vi'i melachto asher  
asa, vayishbot bayom hash'vi'i  
mikol mlakhto asher asa.  
Veyevarekh Elohim et yom  
hash'vi'i vaykadesh oto, ki vo  
shavat mikol melakhto, asher  
bara Elohim la'asot.

יוֹם הַשְּׁשִׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ  
וְכָל צְבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם  
הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה,  
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל  
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים  
אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ, כִּי בּוֹ  
שָׁבַת מִכָּל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא  
אֱלֹהִים לַעֲשׂוֹת.

Savri chaverai

סַבְרֵי חֲבֵרָי:

Baruch atah, Adonai, Eloheinu  
melech ha-olam, borei p'ri  
hagafen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְרֵי הַגָּפֶן.

Baruch atah, Adonai, Eloheinu,  
melech ha-olam, asher  
kid'shanu b'mitzvotav v'ratsa  
va-nu, v'shabbat kod'sho  
b'ahava uv'ratson hinchilanu,  
zikaron l'ma-asei v'reishit, ki hu  
yom t'chila l'mikra-ei kodesh,  
zecher litziat Mitzrayim. Ki vanu  
vacharta v'otanu kidashta mikol  
ha-amim, v'Shabbat kodsh'cha  
b'ahava uv'ratson hinchaltanu.  
Baruch atah Adonai, m'kadeish  
ha-Shabbat.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,  
וַיִּשְׁבֹּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרַצּוֹן  
הִנְחִילָנוּ וּפְרוֹן לְמַעֲשֵׂה בְרָאשִׁית,  
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרְאֵי קֹדֶשׁ,  
זִכָּר לַיְצִיאַת מִצְרָיִם, כִּי בָנוּ בְּחֵרֶת  
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וַיִּשְׁבֹּת  
קִדְּשָׁךְ בְּאַהֲבָה וּבְרַצּוֹן הִנְחַלְתָּנוּ.  
בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

The sixth day. And the heavens and the earth and all their complements were finished. And God finished by the Seventh Day His work which He had done, and He rested on the seventh day from all His work which He had done. And God blessed the seventh day and made it holy, for on it He rested from all His work, which God had created to do.

Attention Friends!

Blessed are You, Lord our God, King of the universe, who creates the fruit of vine.

Blessed are You, Lord our God, King of the universe, who made us holy with His commandments and favored us, and gave us His holy Shabbat, in love and favor, to be our heritage, as a reminder of the Creation. It is the first of the holy festivals, commemorating the exodus from Egypt. For You have choesen us and sanctified us from among all the nations, and with love and goodwill given us Your holy Shabbat as a heritage. Blessed are You, Lord, who sanctifies Shabbat.



## Kiddush for Shabbat Day

Veshameru venei Yisrael et  
haShabbat, la'asot et  
haShabbat ledoro'tam brit olam.  
Beini uvein benei Yisrael ot hee  
le-olam, ki sheishet yamim asa  
Adonai et ha-shamayim ve-et  
ha-aretz uva-yom ha-shevi'i  
shavat va-yinafash.

Zachor et yom haShabbat  
le-kadesh. Sheishet yamim  
ta'avod ve-asita kol  
melach'techa. Ve-yom ha-shevi'i  
Shabbat la'Adonai Elohecha, lo  
ta'aseh chol melacha ata  
u-vincha u-vitecha avdecha  
va-amasecha vehem'techa  
ve-geirecha asher  
bi-she'arecha. Ki sheishet  
yamim asa Adonai et  
ha-shamayim ve-et ha-aretz et  
ha-yam ve-et kol asher bam,  
va-yanach ba-yom ha-shevi'i. Al  
ken berach Adonai et yom  
haShabbat vay'kadshehu.

Savri chaverai:

Baruch atah, Adonai, Eloheinu  
melech ha-olam, borei p'ri  
hagafen.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתֵם בְּרִית  
עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת  
הַיּוֹם לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יי  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם  
הַשְּׁבִיעִי שָׁבַת וַיִּנְפַשׁ.

זְכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ. שֵׁשֶׁת  
יָמִים תַּעֲבֹד וְעָשִׂיתָ כָּל מְלָאכְתְּךָ.  
וַיּוֹם הַשְּׁבִיעִי שָׁבַת לַיי אֱלֹהֶיךָ, לֹא  
תַעֲשֶׂה כָּל מְלָאכָה, אַתָּה וּבְנֶךָ  
וּבִתְךָ עַבְדְּךָ וְאַמְתְּךָ וּבְהֵמְתְךָ,  
וְגֵרְךָ אֲשֶׁר בְּשַׁעְרֶיךָ. כִּי שֵׁשֶׁת יָמִים  
עָשָׂה יי אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ אֶת  
הַיָּם וְאֶת כָּל אֲשֶׁר בָּם, וַיִּנַּח בַּיּוֹם  
הַשְּׁבִיעִי –  
עַל כֵּן בָּרַךְ יי אֶת יוֹם הַשַּׁבָּת  
וַיְקַדְּשֶׁהוּ.

סְבָרֵי חֲבֵרַי:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְרֵי הַגָּפֶן.

And the Children of Israel shall observe the Shabbat, by establishing the Shabbat for their generations as an eternal covenant. Between Me and the Children of Israel it is an eternal sign, that in six days the LORD made the heavens and the earth, and on the seventh day He ceased from work and rested.

Remember the Shabbat day to sanctify it. Six days you shall labor and do all your work, but the seventh day is Shabbat for the LORD your God; you shall not do any work — you, your son and your daughter, your manservant and your maidservant, and your cattle, and the stranger who is in your gates. For in six days the LORD made the heavens, the earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Shabbat day and made it holy.

Attention, friends!

Blessed are You, LORD our God, King of the universe, who creates the fruit of the vine.

## Blessing Before Meals

The following blessing is said over the ritual washing of hands:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ  
עַל נְטִילַת יָדַיִם.

*Barukh atah Adonai, Elohenu melekh haolam, asher kiddeshanu  
b'mitzvotav, v'tzivanu al netilat yadayim.*

Blessed are you, Lord our God, King of the universe, who adds holiness to our lives through his commandments and has commanded us concerning the elevation of hands.

The following blessing is recited over bread before a meal:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

*Barukh atah Adonai, Elohenu melekh haolam, hamotzi lechem  
min ha-aretz.*

Blessed are you, Lord our God, King of the universe, who brings forth bread from the earth.

## Birkat HaMazon - Blessings After Meals

On Shabbat and Rosh Chodesh, sing:

*Shir Hama-a-lot, b'shuv  
Adonai et shivat Tzion hayinu  
k'cholmim. Az y'malei s'chok  
pinu ul-shoneinu rina, az  
yomru vagoyim: "Higdil Adonai  
la-asot im eileh." Higdil Adonai  
la-asot imanu, hayinu  
s'meichim. Shuva Adonai et  
sh'viteinu ka-afikim banegev.  
Hazor'im b'dima b'rina  
yik-tzoru. Haloch yeileich  
uvacho nosei meshech  
hazara. Bo yavo v'rina nosei  
alumotav.*

*[T'hilat Adonai y'dabeir pi vivareich  
kol basar, she im kodsho l'olam va-ed  
Va-anachnu n'vareich Yah mei-ata  
v'ad olam hal'luya. Hodu LAdonai ki  
tov, ki l'olam chasdo. Mi y'maleil  
g'vurot Adonai, yashmi-a kol t'hilato].*

שיר המעלות, בשוב יי את  
שיבת ציון, היינו כחלמים. אז  
ימלא שחוק פינו ולשוננו רנה,  
אז יאמרו בגוים, הגדיל יי  
לעשות עם אלה. הגדיל יי  
לעשות עמנו, היינו שמהים.  
שובה יי את שביתנו, כאפיקים  
בנגב. הזרעים בדמעה, ברנה  
יקצרו. הלוח ילך ובכה נשא  
משך הזרע, בא יבא ברנה נשא  
אלמתיו.

תהלת יי ידבר פי, ויברך כל בשר שם  
קדשו לעולם ועד. ואנחנו נברך יה,  
מעתה ועד עולם, הללויה. הודו ליי כי  
טוב, כי לעולם חסדו. מי ימלא גבורות  
יי, ישמיע כל תהלתו.]

A Song of Ascents. When the Lord brings the exiles back to Zion we will have been like dreamers. Then our mouths will be filled with laughter and our tongues with song. Then it will be said among the nations: "the Lord has done great things for them." Truly the Lord has done great things for us, and we rejoiced. Bring us from exile, Lord, 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.

[Let my mouth offer praise of the Lord, and let all beings offer blessing of God's holy name forever. We will bless the Lord from now on and forever more: Praise God! Give thanks to God who is good; whose kindness is enduring. Who can tell the mightiness of the Lord, or announce all of God's praise?]

When three or more are gathered for a meal, recite the following.

## Zimun - Invitation

LEADER: *Chaveirai n'vareich.*

הַמְזֻמֵּן: חֲבֵירַי, נְבָרֵךְ.

GROUP (then Leader): *Y'hi  
shem Adonai m'vorach me'ata  
v'ad olam.*

הַמְסֻבִּין וְהַמְזֻמֵּן: יְהִי שֵׁם יי  
מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

LEADER: *Birshut chaveirai  
n'vareich  
(Eloheinu)she-achalnu  
mishelo.*

הַמְזֻמֵּן: בְּרִשְׁוֹת חֲבֵירַי, נְבָרֵךְ  
אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ.

GROUP (then Leader): *Baruch  
(Eloheinu) she-achalnu  
mishelo uv-tuvo chayinu.*

הַמְסֻבִּין וְהַמְזֻמֵּן: בְּרוּךְ אֱלֹהֵינוּ  
שֶׁאֲכַלְנוּ מִשְׁלוֹ וּבְטוּבוֹ חָיִינוּ.

*Barukh Hu Uv'rukh Sh'mo.*

בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

Friends, let us bless God...Blessed is the name of the Lord now and for all time...Remove sickness and anger, then even the mute will sing joyfully. Guide us in the path of righteousness. Accept the blessing of the children of Aaron. With your permission, friends, let us bless God whose food we have eaten...Blessed is God whose food we have eaten and through whose goodness we live...Blessed is he, and blessed is his name.

## Blessing for Provision

*Baruch Atah Adonai, Eloheinu  
melech ha-olam, hazan et  
ha-olam kulo b'tuvo b'chein  
b'chesed uv-ra chamim, hu  
notein lechem l'chol-basar, ki  
l'olam chasdo, uv-tuvo  
hagadol tamid lo chasar lanu  
v'al yechar lanu mazon  
l'olam va-ed ba-avur sh'mo  
hagadol, ki hu El zan  
um-farneis lakol, u-meitiv lakol  
u-meichin mazon  
l'chol-briyotav asher bara.  
Baruch Atah Adonai, hazan et  
hakol.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם כֻּלּוֹ  
בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים, הוּא  
נוֹתֵן לֶחֶם לְכָל בְּשָׂר כִּי לְעוֹלָם  
חֶסֶדּוֹ. וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא  
חָסַר לָנוּ, וְאֵל יַחֲסֵר לָנוּ מִזֶּן,  
לְעוֹלָם וָעֶד. בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל,  
כִּי הוּא אֵל זֶן וּמְפַרְנֵם לְכָל  
וּמְטִיב לְכָל, וּמְכִין מִזֶּן לְכָל  
בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בָּרוּךְ אַתָּה  
יְיָ, הַזֵּן אֶת הַכֹּל.

Blessed are You, Lord our God, Ruler of the universe, who, in goodness, provides sustenance for the entire world with grace, with kindness, and with mercy. Giving food to all flesh, God's kindness is everlasting. Through great goodness to us continuously we do not lack [food], and may we never lack food, for the sake of God's great Name. For God, in benevolence, provides nourishment and sustenance for all, does good to all, and prepares food for all creatures whom God has created. Blessed are You, Lord, who provides food for all.

## Blessing for Sustenance and Land

*Nodeh l'cha Adonai Eloheinu  
al she-hinchalta la-avoteinu.  
Eretz chemda tovah ur-chava,  
v'al britcha she-chatamta  
bivsareinu, v'al toratcha  
she-limad-tanu, v'al Mashiach  
Yeshua ben-David she-natan  
lanu,*

נוֹדֶה לְךָ, יְיָ אֱלֹהֵינוּ, עַל שֶׁהִנְחַלְתָּ  
לְאַבוֹתֵינוּ אֶרֶץ חֲמֻדָּה טוֹבָה  
וּרְחֻבָּה, וְעַל בְּרִיתְךָ שֶׁחָתַמְתָּ  
בְּבִשְׂרֵנוּ, וְעַל מְשִׁיחַ יֵשׁוּעַ בֶּן דָּוִד  
שֶׁנָּתַן לָנוּ,

We offer thanks to You, Lord our God, for having given as a heritage to our ancestors a precious, good and spacious land; for Your covenant which You have sealed in our flesh; for Messiah Yeshua, Son of David whom you have given us,

kakativ: "V'achalta v'savata  
 uveirachta et Adonai Elohecha  
 al ha-aretz hatova asher natan  
 lach." Baruch Atah Adonai, al  
 ha-aretz v'al hamazon.

בְּכַתּוּב, וְאַכְלִיתָ וְשָׂבַעְתָּ, וּבְרַכְתָּ  
 אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ הַטּוֹבָה  
 אֲשֶׁר נָתַן לְךָ. בְּרוּךְ אַתָּה יְיָ, עַל  
 הָאָרֶץ וְעַל הַמְּזוּן.

As it is written: When you have eaten and are satiated, you shall bless  
 the Lord your God for the good land which God has given you.

Blessed are You, Lord, for the land and for the sustenance.

### Blessing for Jerusalem

Racheim Adonai Eloheinu al  
 Yisrael amecha, v'al  
 Y'rushalayim irecha, v'al  
 Tzion mishkan k'vodecha, v'al  
 malchut beit David  
 m'shichecha,

רַחֵם, יְיָ אֱלֹהֵינוּ, עַל יִשְׂרָאֵל עַמְּךָ,  
 וְעַל יְרוּשָׁלַיִם עִירְךָ, וְעַל צִיּוֹן  
 מִשְׁכַּן כְּבוֹדְךָ, וְעַל מַלְכוּת בֵּית  
 דָּוִד מְשִׁיחֶךָ,

Have mercy, Lord our God, upon Israel Your people, upon Jerusalem  
 Your city, upon Zion the abode of Your glory, upon the kingship of  
 the house of David Your anointed,

On Shabbat, recite the following (otherwise, continue on page 17).

R'tzei v'hachalitzeinu Adonai  
 Eloheinu b'mitzvotcha,  
 uv-mitzvat yom hash'vi'i  
 haShabbat hagadol v'hakadosh  
 hazeh Ki yom zeh gadol v'kadosh  
 hu l'fanecha, lishbot-bo v'lanuach  
 bo b'ahavah k'mitzvat r'tzonecha.  
 Uvirtzon'cha haniach lanu Adonai  
 Eloheinu shelo t'hei tzara v'yagon  
 va-anacha b'yom m'nuchateinu  
 V'har-einu Adonai Eloheinu  
 b'nechamat Tzion irecha,  
 uv'vinyan Y'rushalayim ir  
 kodshecha, ki atah hu ba'al  
 ha-y'shuot u-va'al hanechamot.

רְצֵה וְהַחֲלִיצֵנוּ יְיָ אֱלֹהֵינוּ בְּמִצְוֹתֶיךָ  
 וּבְמִצְוֹת יוֹם הַשְּׁבִיעִי הַשַּׁבָּת הַגָּדוֹל  
 וְהַקָּדוֹשׁ הַזֶּה. כִּי יוֹם זֶה גָּדוֹל וְקָדוֹשׁ  
 הוּא לְפָנֶיךָ, לְשַׁבָּת בּוֹ וְלַנּוּחַ בּוֹ  
 בְּאַהֲבָה בְּמִצְוֹת רְצוֹנָךָ, וּבְרַצוֹנְךָ  
 הִנִּיחַ לָנוּ יְיָ אֱלֹהֵינוּ, שְׁלֹא תִהְיֶה צָרָה  
 וַיָּגוֹן וְאַנְחָה בְּיוֹם מְנוּחָתֵנוּ. וְהָרַאנוּ  
 יְיָ אֱלֹהֵינוּ בְּנֶחֱמַת צִיּוֹן עִירְךָ, וּבְבִנְיַן  
 יְרוּשָׁלַיִם עִיר קִדְשֶׁךָ, כִּי אַתָּה הוּא  
 בֹּעֵל הַיְשׁוּעוֹת וּבֹעֵל הַנְּחָמוֹת.

May it please You, Lord our God, to strengthen us through Your mitzvot, and through the mitzvah of the seventh day, this great and holy Shabbat. For this day is great and holy before You, to refrain from work and to rest thereon with love, in accordance with the commandment of Your will. In Your good will, Lord our God, bestow upon us tranquility, that there shall be no distress, sadness, or sorrow on the day of our rest. Lord our God, let us see the consolation of Zion Your city, and the rebuilding of Jerusalem Your holy city, for You are the Master of deliverance and the Master of consolation.

*On Rosh Chodesh, recite the following (On other days, continue on page 17).*

*Eloheinu v'Elohei avoteinu,  
ya'aleh v'yavo v'yagia v'yeiraeih  
v'yeiratzeih v'yishama v'yipakeid  
v'yizacheir zichroneinu  
ufikdoneinu  
v'zichron avoteinu, v'zichron  
Mashiach ben David avdecha,  
v'zichron Y'rushalayim ir  
kodshecha, v'zich'ron kol-am'cha  
beit yis'rael l'fanecha,  
lifleitah l'tovah l'chein ul'chesed  
ul'rachamim, l'chayim ul'shalom  
b'yom ... Rosh HaChodesh  
Zoch'reinu, Adonai Eloheinu, bo  
l'tovah ufok'deinu  
vo liv'rachah. V'hoshiyeinu vo  
l'chayim. Uvidvar y'shua  
v'rachamim, chus v'choneinu  
v'rachem aleinu v'hoshi'einu. Ki  
eilecha eineinu ki El chanun  
v'rachum Atah.*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וְיָבֹא,  
וְיִגִיעַ, וְיִרְאֶה, וְיִרְצֶה, וְיִשְׁמַע, וְיִפְקֹד,  
וְיִזְכֹּר זְכוֹרֹתֵינוּ וּפְקוּדוֹתֵינוּ, וְזִכְרוֹן  
אֲבוֹתֵינוּ, וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד  
עַבְדְּךָ, וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קְדְשְׁךָ,  
וְזִכְרוֹן כָּל עַמּוּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ,  
לְפִלְיָתָהּ, לְטוֹבָהּ, לְחַן וּלְחֶסֶד  
וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם  
רֵאשִׁי הַחֹדֶשׁ. יְיָ אֱלֹהֵינוּ, בּוֹ  
לְטוֹבָהּ, וּפְקוּדָנוּ בּוֹ לְבָרְכָהּ,  
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. וּבְדַבַּר יְשׁוּעָה  
וּרְחָמִים, חוּס וְחַנּוּן, וְרַחֵם עָלֵינוּ  
וְהוֹשִׁיעֵנוּ, כִּי אֱלֹהֵי עֵינֵינוּ, כִּי אֵל  
מְלַךְ חַנּוּן וְרַחוּם אַתָּה.

Our God and God of our ancestors, may there ascend, come, and reach; be seen, accepted, and heard; recalled and remembered before You the remembrance and recollection of us, the remembrance of our ancestors, the remembrance of Mashiach the son of David Your servant, the remembrance of Jerusalem Your holy city, and the remembrance of all Your people the House of Israel, for deliverance, well-being, grace, kindness, mercy, good life, and peace, on this day of Rosh Chodesh. Remember us on this [day], Lord our God, for good; be mindful of us on this [day] for blessing; help us on this [day] for good life. With the promise of deliverance and compassion, spare us and be gracious to us, and have mercy upon us and deliver us, for our eyes are directed to You; for You, God, are a gracious and merciful King.



Uv'nei Y'rushalayim ir  
hakodesh bimheira v'yameinu.  
Baruch Atah Adonai, boneh  
v'rachamav Y'rushalayim  
Amen.

ובְּנֵי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ  
בְּמַהֲרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ,  
בוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן

And rebuild Jerusalem the holy city speedily in our days. Blessed are  
You, Lord, who in mercy rebuilds Jerusalem. Amen.

### Blessing for Good

Baruch Atah Adonai, E-loheinu  
melech ha-olam, Ha-El Avinu  
malkeinu adireinu bor'einu  
go-aleinu yotzreinu k'dosheinu  
K'dosh Ya'akov, ro-einu ro-ei  
Yisrael, hamelech hatov  
v'hameitiv lakol,  
sheb'chol-yom vayom hu  
heitiv, hu meitiv, hu yeitiv lanu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הָאֵל, אָבִינוּ, מִלְכֵנוּ,  
אֲדִירֵנוּ, בּוֹרְאֵנוּ, גּוֹאֲלֵנוּ, יוֹצְרֵנוּ,  
קֹדֶשׁנוּ קָדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה  
יִשְׂרָאֵל, הַמֶּלֶךְ הַטוֹב וְהַמֵּיטִיב  
לְכָל, שֶׁבְכָל יוֹם וְיוֹם הוּא הַמֵּיטִיב,  
הוּא מְטִיב, הוּא יְמִיטֵב לָנוּ.

Blessed are You, Lord our God, King of the universe, benevolent  
God, our Father, our King, our Strength, our Creator, our Redeemer,  
our Maker, our Holy One, the Holy One of Jacob, our Shepherd, the  
Shepherd of Israel, the King who is good and does good to all, each  
and every day. God has done good for us, does good for us, and will  
do good for us.

On Shabbat and Rosh Chodesh, recite according to the day (On other days, continue on page  
18).

Shabbat: Harachaman, hu  
yan-chileinu yom shekulo Shabbat  
umnuchah l'chayei ha-olamim.

לְשַׁבַּת הַרַחֲמָן, הוּא יַנְחִילֵנוּ יוֹם שְׂבָלוֹ  
שָׁבַת וּמְנוּחָה לְחַיֵי הָעוֹלָמִים.

Rosh Chodesh: Harachaman hu  
y'chadesh aleinu et hachodesh haze  
l'tova v'livracha.

לְרֹ"חַ הַרַחֲמָן, הוּא יַחַדֵּשׁ עֲלֵינוּ אֶת  
הַחֹדֶשׁ הַזֶּה לְטוֹבָה וְלִבְרָכָה.

On Shabbat: May the Merciful One let us inherit that day which will be all Shabbat and rest  
for life everlasting.

On Rosh Chodesh: May the Merciful One renew for us this month for good and for blessing.

Harachaman, hu y'zakeinu  
limot haMashiach, ul-chayei  
ha-olam haba.

הַרְחֵמֵנו, הוּא יִזְכְּנֵנו לַיְמוֹת הַמָּשִׁיחַ  
וְלַחַיֵי הָעוֹלָם הַבָּא.

May the Merciful One grant us the privilege of reaching the days of  
the Messiah and the life of the World to Come.

Magdil (Shabbat/Rosh  
Chodesh: Migdol) yshuot  
malko v'oseh chesed  
lim-shicho, l'David ul'zar-o ad  
olam. Oseh shalom bimromav  
hu ya-aseh shalom aleinu v'al  
kol-Yisrael, v'imru: Amein.

בַּחֹל מְגִדִיל (בַּשַּׁבָּת וּרְ"ח  
מְגִדוֹל) יִשְׁוֹעוֹת מַלְכוֹ, וְעֹשֶׂה  
חֶסֶד לַמָּשִׁיחַו לְדָוִד וּלְיִרְעוֹ עַד  
עוֹלָם. עֹשֶׂה שְׁלוֹם בְּמִרְוָמוֹ, הוּא  
יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

He gives great deliverance (On Shabbat, Rosh Chodesh: He is a tower  
of deliverance) to His king, and bestows kindness upon His anointed,  
to David and his descendants forever. The One who makes peace in  
His heavens, may He make peace for us and for all Israel; and say,  
Amen.

Y'ru et-Adonai k'doshav ki ein  
machsor lirei-av. K'firim rashu  
v'ra-eivu v'dorshei Adonai lo  
yachs'ru chol-tov. Hodu  
L'Adonai ki tov, ki l'olam  
chasdo. Potei-ach et-yadecha  
u-masbia l'chol-chai ratzon.  
Baruch hagever asher yivtach  
bAdonai vhaya Adonai mivtacho  
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.

יִרְאוּ אֶת יְיָ קְדוֹשֵׁיו, כִּי אֵין  
מַחְסוֹר לַיְרֵאִיו. כְּפִירִים רָשׁוּ  
וְרַעֲבֹנו, וְדוֹרְשֵׁי יְיָ לֹא יִחְסְרוּ כָּל  
טוֹב. הוֹדוּ לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם  
חֶסֶדוֹ. פּוֹתֵחַ אֶת יָדְךָ, וּמַשְׂבִּיעַ  
לְכָל חַי רָצוֹן. בָּרוּךְ הַגֵּבֵר אֲשֶׁר  
יְבַטַח בֵּינֵי, וְהִיָּה יְיָ מְבַטְחוֹ. גַּעַר  
הִיִּיתִי גַם זָקֵנְתִי, וְלֹא רָאִיתִי  
צַדִּיק נֶעְזָב, וְזָרְעוֹ מְבַקֵּשׁ לָחֶם. יְיָ  
עֲזוּ לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ  
בְּשָׁלוֹם.

Fear the Lord, you God's holy ones, for those who fear God suffer no want. Young  
lions are in need and go hungry, but those who seek the Lord shall not lack any  
good. Give thanks to the Lord for God is good, for God's kindness is everlasting.  
You open Your hand and satisfy the desire of every living thing. Blessed is the one  
who trusts in the Lord, for the Lord will be their protection. I have been young, and  
I have been old, but I have not seen a righteous person abandoned or that person's  
seed destitute. May the Lord give strength to our people; may the Lord bless our  
people with peace.

## Havdala-Separation

*Hine El yeshu'ati, evtach velo  
efchad, ki ozi vezimrat Yah  
Adonai, vay'hi li lishu'ah.  
Ushavtem mayyim besasson,  
mima'aine hayeshu'ah.  
LaAdonai hayeshua al amkha  
virkhatekha selah. Adonai  
tzevaot imanu misgav lanu  
Elohei Yaakov selah. Adonai  
tzevaot ashrei adam boteach  
bakh. Adonai hoshiya  
hamelekh ya'anenu veyom  
qorenu. LaY'hudim hayta orah  
vesimcha vesason viyqar. Ken  
tiyeh lanu. Kos yeshu'ot esa,  
uveshem Adonai eqra.*

הנה אל ישועתי, אבטח ולא  
אפחד, כי עזי וזמרת יה יי, ויהי  
לי לישועה. ושאתם מים  
בששון, ממעיני הישועה. ליי  
הישועה, על עמך ברכתך סלה.  
יי צבאות עמנו, משגב לנו אלהי  
יעקב סלה. יי צבאות, אשרי  
אדם בטח בך. יי הושיעה, המלך  
יעגנו ביום קראנו. ליהודים היתה  
אורה ושמחה וששון ויקר. בן  
תהיה לנו. בום ישועות אשא,  
ובשם יי אקרא.

Behold! God is my salvation. I am confident and unafraid; for Adonai is my strength and my song, and he has become my salvation. Then you will joyfully draw water from the springs of salvation.<sup>1</sup> Victory comes from OUR PROTECTOR; may your blessing rest on your people.<sup>2</sup> THE LORD of hosts is with us, our fortress, the God of Jacob.<sup>3</sup> LORD of hosts, how happy is the one who trusts in you! LORD, save! May the King answer us on the day we call. For the Jews, all was light, gladness, joy and honor.<sup>4</sup> So may it be for us! I will raise the cup of salvation and call on the name of THE LORD.<sup>5</sup>

*Over the wine:*

ברוך אתה יי, אלהינו מלך העולם, בורא פרי הגפן.  
*Barukh atta Adonai Elohenu melekh ha'olam, bore peri hagafen.*

Blessed are you, O LORD our God, ruler of the universe, who creates the fruit of the vine.

Over the fragrant spices:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְיָ בְּשָׂמִים.

*Barukh atta Adonai Elohenu melek ha'olam, bore mine vesamim.*

Blessed are you, O LORD our God, ruler of the universe, who creates various kinds of spices.

Holding hand out to make use of the flame:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.

*Barukh atta Adonai Elohenu melek ha'olam, bore me'ore ha'esh.*

Blessed are you, O LORD our God, ruler of the universe, who creates the light of fire.

*Barukh atta Adonai Elohenu  
melek ha'olam, hamavdil ben  
qodesh lechol, ben ohr  
lechoshekh, ben Yisra'el  
la'amim, ben yom hashevi'i  
lesheshet yeme hama'ase.  
Barukh atta Adonai, hamavdil  
ben qodesh lechol.*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל,  
בֵּין אוֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל  
לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת  
יָמֵי הַמַּעֲשֶׂה. בְּרוּךְ אַתָּה יְיָ,  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

Blessed are you, O LORD our God, ruler of the universe, who separates between holy and ordinary, between light and darkness, between Israel and the nations, between the seventh day and the six days of work. Blessed are you, O LORD, who separates between holy and ordinary.

אֱלֹהֵינוּ הַנְּבִיא, אֱלֹהֵינוּ הַתִּשְׁבִּי, אֱלֹהֵינוּ הַגִּלְעָדִי, בְּמַהְרָה בְּיָמֵינוּ יָבוֹא אֱלֵינוּ,  
עִם מָשִׁיחַ בֶּן דָּוִד

*Eliyahu hanavi, Eliyahu hatishbi, Eliyahu hagil'adi, Bimhera  
beyamenu yavo elenu, im Mashiach ben David*

Elijah the prophet, Elijah the Tishbite, Elijah the Gil'adite, may he come soon, in our days, with the Messiah, the Son of David.