A Song of Ascents. When God brought Zion out of captivity, we were like people in a dream. At the time, our mouths were filled with laughter and our tongues with cries of joy. At the time it was said among the nations, "God has done great things for them." God had done great things for us; we were happy. Let our captivity, God, be a thing of the past, like dried-up streams in the Negev. Those who sow in tears shall reap in joy. The one who weeps as he trails the seed along, will return carrying his sheaves in joyous song.

Wash the Mayim Acharonim (after-waters).

When three or more men have eaten together, one invites the others to join in Grace After Meals:

Leader: Rabosai nevareich.

Others: Yehi sheim Adonai mevorach mei-ata ve-ad olam.

Leader: Yehi sheim Adonai mevorach mei-ata ve-ad olam.

Bir’eshus, maranan ve-rabanan ve-rabotai, nevareich (If ten men present add: Eloheinu) she-achalnu mishelo

Others: Baruch (Eloheinu) she-achalnu mishelo uvi-tuvo chayinu.

Leader: Baruch (Eloheinu) she-achalnu mishelo uvi-tuvo chayinu.

Baruch hu u’varuch shemo.

Grace After Meals

Psalm 126

Shir ha-ma’alos, beshuv Adonoy
es shivas tziyon hayinu ke-cholmim.

Az yimalei sechok pinu ul’eshoneinu rina
az yomru va goyim higdil Adonai la'asos im eileh.

Higdil Adonoy la'asos imanu hayinu semeichim.

Shuva Adonoy es shivi’seinu ka-afikim ba-negev.

Ha-zorim be-dima be-rina yik’tzoru.

Haloch yeileich u’vacho nosei meshech ha-zara,
bo yavo ve-rina nosei alumosav.

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Grace After Meals

Baruch ata Adonoy, Eloheinu melech ha-olam,
ha-zan es ha-olam kulo be-tuvo
be-chein be-chesed uve-rachamim
hu nosein lechem le-chol basar, ki le-olam chasdo.
Uv-tuvo ha-gadol, tamid lo chasar lanu
ve'al yechsar lanu mazon le-olam va'ed.
Ba'avur shemo ha gadol
ki hu El zan umi-farneis la-kol
u-meitiv la-kol u-meichin mazon
le-chol beriyosav asher bara.
Baruch ata Adonoy, ha-zan es ha-kol.

Blessed are you, Lord our God, Sovereign of the world, who provides food for the entire world in His goodness, with grace, kindness and mercy. He supplies bread for all living beings, for His kindness is everlasting. Because of His great goodness, we have never lacked food, nor will we ever lack it on account of His great name. For He is God who nourishes and sustains all, and is good to all, and who supplies food for all His creatures which He created. Blessed are You, God, who provides food for all.

Nodeh lecha Adonoy Eloheinu al she-hinchalta la-avoseinu eretz chemda tovah u-rechava, ve-al she-hotzeisanu Adonoy Eloheinu mei-eretz mitzrayim u'disanu mi-beis avadim, ve-al beris'cha she-chasamta biv'sareinu, ve-al Toras'cha she-limadetanu, ve-al chukecha she-hodatanu, ve-al achilas mazon sha-ata zan um'farneis osanu tamid be-chol yom uve-chol eis uve-chol sha'ah.

We thank You, Lord our God, for having given an inheritance to our fathers of a lovely, fine and spacious land, and for having brought us out, Lord our God, from Egypt, and for rescuing us from slavery, and also for Your covenant which You sealed in our flesh, as well as for Your Torah which You taught us, and Your laws of which You told us, and for the life, grace and kindness that You have granted us, and for the food which You supply and provide for us constantly, every day, every season, and at every hour.
On Chanukah, add:

על התורה ועַל הַפֶּרֶקֶת וּעַל הַתּוֹרָה וּעַל הַתּוֹרָה וּעַל הַתּוֹרָה
לאמרותיו לְכָל בֵּית בֵּית בֵּית בֵּית בֵּית
יכפתו לְכָל בֵּית בֵּית בֵּית בֵּית
כּוֹפֶרֶת וּכּוֹפֶרֶת וּכּוֹפֶרֶת וּכּוֹפֶרֶת
כּוֹפֶרֶת וּכּוֹפֶרֶת וּכּוֹפֶרֶת וּכּוֹפֶרֶת
כּוֹפֶרֶת וּכּוֹפֶרֶת וּכּוֹפֶרֶת וּכּוֹפֶרֶת

On Purim, add:

On all days, continue:

On Chanukah, add:

On Purim, add:

On all days, continue:

On Chanukah, add:

On Purim, add:

On all days, continue:

On Chanukah, add:

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On Chanukah, add:

On Purim, add:

On all days, continue:

On Chanukah, add:

On Purim, add:

On all days, continue:

On Chanukah, add:

On Purim, add:

On all days, continue:

Vi-al ha-kol Adonoy Eloheinu
anachnu modim lach umi-var-echim osach
yis‘barach shimcha bi-fee kol chai tamid li-olam va-ed.
Ka-kasuv, ve-achalta ve-savata u-veirachta
es Adonoy Elohecha al ha-aretz ha-tova asher nasan lach.
Baruch ata Adonoy, al ha-aretz vi-al ha-mazon.

So for everything, Lord our God, we thank You and bless You – may Your name be blessed by the mouth of all living beings, constantly and eternally. As it is written: "And you shall eat, and be satisfied, and bless the Lord your God for the good land that He gave you." Blessed are you, God, for the land and for the food.
Grace After Meals

Racheim Adonoy Eloheinu al Yisrael amecha
ve-al Yerushalayim irecha ve-al Tziyon mishkan kevodecha
ve-al malchus beis Dovid mi-shake-checha
ve-al ha-bayis ha-gadol veha-kadosh she-nikra shimcha alav.

Eloheinu avinu r'einu zuneinu parne'seinu
ve-chalk-ileinu ve-harvicheinu ve-harvach lanu
Adonoy Eloheinu meheira mi-kol tzaro-seinu.

Ve-na al tatz-richeinu Adonoy Eloheinu
Lo lidei matnas basar va-dam ve-lo lidei halva'asam,
ki im le-yadcha ha-meley'ah ha-pesucha ha-kedosha ve-ha-rechava,
shela neivosh ve-lo nikaleim le-olam va-ed.

Have mercy, Lord our God, on Israel Your people, on Jerusalem Your city, on Zion the home of your glory, on the kingdom of the house of David, Your anointed one, and on the great and holy house that is called by Your name. Our God, our Father, look after us and feed us, give us a livelihood and support us, relieve us, and quickly provide a respite from all our troubles, Lord our God. And please, let us not be dependent, Lord our God, on any gift or loan from a human being, but rather on Your hand that is full, open, holy and generous, so that we should never feel embarrassed or ashamed.

On Shabbat, add:

Retzeih ve-hachali'tzeinu Adonai Eloheinu be-mitzvotecha
uve-mitzvas yom ha-shevi'i ha-Shabbos ha-gadol ve-ha-kadosh ha-zeh.

Ki yom zeh gadol ve-kadosh hu lefanecha
lishbos bo ve-lanuach bo be-ahava ke-mitzvas retzonecha.

Uvi-retzoncha haniyach lanu Adonai Eloheinu
she-lo tehei tzara ve-yagon va-anacha be-yom menucha-seinu.

Ve-hareinu Adonoy Eloheinu be-nechamas Tziyon irecha
uve-vinyan Yerushalayim ir kodshecha
ki ata hu ba'al ha-yeshuos u-va'al ha-nechamos.

Be pleased, Lord our God, and strengthen us through Your commandments, [especially] through the commandment of the seventh day, this great and holy Shabbat. For this is indeed a great and holy day for You; to rest and be at ease, with loving concern for the command of Your will. So may it please You to grant us rest, Lord our God, with no trouble, or unhappiness, or distress on our day of rest. And show us, Lord our God, the consolation of Zion, Your city, and the building up of Jerusalem, Your holy city, for you are the Master of redemption and the Master of consolation.
Grace After Meals

On Rosh Chodesh and festivals, add:

El'ehou, ve'El'ehou avoseinu, ya'aleh, veyavo, veyagiah, veyeratzeh, veyishma, veyipaked, veyizachei zikronenu u'rik'doneinu vezichron avoseinu vezichron Mashiah ben David, avdecha, vezichron Yerushalaim ir kodshecha, vezichron kol amcha beis Yisrael lefaneha liftei'ah, letovah, lechein, ulechesed, ulerachamim, lechaim ulehasom beyom:

Rosh haChodesh / Chag haMatzot / Chag haShavuos / Chag haSukkot / Eighth Day of the Azteret Festival / Remembrance (Rosh Hashana)

Remember us on it, Lord our God, for goodness, and consider us on it for a blessing, and redeem us on it for life. And in the nation of the House of Israel before You, for deliverance, goodness, grace, kindness, mercy, life and peace on this day of:

A remembrance and consideration of us and the remembrance of our forefathers, and the remembrance of the Messiah, Our God and God of our forefathers, may there arise, come, arrive, appear, be favored, be heard, be considered, be reminded. Everything that is good. And may He never let us lack anything that is good.

Baruch ata Adonoy, Eloheinu melech ha-olam, ha-Eil avinu malkeinu adireinu boreinu go'aleinu yotzeinu kodeshenu kedosh Yaakov, ro'enu ro'ey Yisrael ha-melech ha-tov veha-meitiv la-kol shebechol yom va-yom hu heitiv hu meitiv hu yeitiv lanu.

Hu gemalanu hu gom'yelehu la-ad lechein le-chesed ule-rahamim ule-hatzlacha beracha viyshuah ve-nechama parnasa ve-ralachah ve-chaim ve-shalom ve-chol tov, umi-kol tov le-olam al yechas'ereinu.

Blessed are you, Lord our God, King of the world, Almighty who is our Father, our King, our Mighty One, 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 -- Who each and every day has been good, is good and will be good to us. He gave, gives, and will always give us kindness, mercy, with relief, deliverance, success, blessing, salvation, comfort, livelihood, sustenance, mercy, life, peace and everything that is good. And may He never let us lack anything that is good.

Baruch ata Adonoy, Eloheinu, bo letova, ufak'deineu vo livrachah, vehoshi'einu vo lechaim. Uvidevar yeshuah ve-rahamim chus vechanueinu, verachem aleineu vehoshi'einu ki leichu einenu ki El (melech) chanun verahamim ata.

U-veneih Yerushalayim ir ha-kodesh bim'heira ve-yameinu.

And may You build up Jerusalem, the holy city, speedily in our lifetimes.

Blessed are you, God, who in His mercy builds up Jerusalem. Amen.

Grace After Meals

On Rosh Chodesh and festivals, add:

Blessed are you, Lord our God, King of the world, Almighty who is our Father, our King, our Mighty One, 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 -- Who each and every day has been good, is good and will be good to us. He gave, gives, and will always give us kindness, mercy, with relief, deliverance, success, blessing, salvation, comfort, livelihood, sustenance, mercy, life, peace and everything that is good. And may He never let us lack anything that is good.

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Grace After Meals

Ha-rachaman hu yimloch aleinu le-olam va'ed.
Ha-rachaman hu yisbarach ba-shamayim uva-aretz.
Ha-rachaman hu yishtabach le-dor dorim ve-yispa'ei banu la'ad u'le-neitzach netzachim.
Ha-rachaman hu yishvor uleinu mei'al tzavareinu ve-hu yolcheinu komemiyus le-artzeinu.
Ha-rachaman hu yishlad banu la'ad ule-neitzach netzachim.
Ha-rachaman hu yfar'nesinu be-chavod.
Ha-rachaman hu yishbor uleinu mei'al tzavareinu ve-hu yolcheinu komemiyus le-artzeinu.
Ha-rachaman hu yshlach beracha meruba ba-bayis ha-zeh ve-al shulchan zeh she-achalnu alav.
Ha-rachaman hu yishlach lanu es Eiliyahu ha-navi zachur la-tov vee-vasser lanu besoros tovos yeshuos venechamos.

May the Merciful One rule over us forever.
May the Merciful One be blessed in heaven and on earth.
May the Merciful One be praised for all generations, and may He be glorified through us forever and ever, and may He be honored through us eternally.
May the Merciful One grant us an honorable livelihood.
May the Merciful One break the yoke from our neck and lead us upright to our land.
May the Merciful One send a plentiful blessing to this house and this table at which we have eaten.
May the Merciful One send us Elijah the prophet, who is remembered for good, who will bring us good tidings of salvation and comfort.
Guests say (at one’s parents’ table add parentheses):

Harachaman, Hu yevarech es (avi mori) ba’al habayis hazeh, ve’es (imi morasi) balas habayis hazeh, osam ve’es beisman ve’es zar’am ve’es kol asher lahem.

At one’s own table:

Harachaman, Hu yevarech osi (ve’es ishti / ba’alli), ve’es zar’i ve’es kol asher li.

All continue:

Osanu ve’es kol asher lanu, kemo shenisbarchu avoseinu, Avraham, Yitzchak, veYa’akov: bakol, mikol, kol, ken yevarech osanu kulanu yachad bivrachah sheleima venomar amen.

Guests say (at one’s parents’ table add parentheses): May the Merciful One bless (my father, my teacher) the master of this house, and (my mother, my teacher) the lady of this house, them and their household, and their offspring and all that is theirs.

At one’s own table: May the Merciful One bless me (and my wife/husband, and children), and all that is mine.

All continue: [May He bless] us and all that is ours, like our forefathers Abraham, Isaac and Jacob were blessed “in everything,” “from everything,” and “with everything” — so may He bless us, all together, with a complete blessing. And let us say, “Amen.”

On Shabbos:

May the Merciful One grant us a day which will be a Shabbos in its entirety, and rest for eternal life.

On Rosh Chodesh:

May the Merciful One inaugurate for us this month for goodness and for a blessing.

On Festivals:

May the Merciful One grant us a day which is good in its entirety.

On Sukkos

May the Merciful One raise up for us the fallen sukkah of David.

On Rosh Hashana:

May the Merciful One inaugurate for us this year for goodness and for a blessing.

On Sukkos May the Merciful One grant us a day which will be a Sukkos in its entirety, and rest for eternal life.

On Sukkos May the Merciful One inaugurate for us this year for goodness and for a blessing.
May the Merciful One make us worthy of the days of the Messiah and the life of the world to come.

He brings about great victories for His king and shows kindness to His anointed one, to David and to his descendants forever. He who makes peace in His high places, may He bring about peace for us and for all Israel. And say, Amen.

Have awe of the Lord, you who are His holy ones, for there is nothing lacking to those who stand in awe of Him. Young lions may suffer want and hunger, but those who seek God will not lack any good thing. Give thanks to God, for He is good, for His kindness is everlasting. You open Your hand and satisfy the desire of all that lives. Blessed is the one who trusts in God, then God will be his security. I was young and I have become old, and yet I never seen a deserving man who was destitute, with his children begging for bread. May God give strength to His people. May God bless His people with peace.