Leader: Haveirai n'vareich. Let us thank God.

Community: Y'hi sheim Adonai m'vorach mei-atah v'ad olam. Blessed is God's Name now and forever.

Leader: Y'hi sheim Adonai m'vorach mei-atah v'ad olam. Birshut maranan v'rabotai n'vareich (Eloheinu) she-achalnu mishelo.

Community: Y'hi sheim Adonai m'vorach mei-atah v'ad olam. Birshut maranan v'rabotai n'vareich (Eloheinu) she-achalnu mishelo. Blessed is God's Name now and forever.

With everyone's permission, let us thank our God whose food we have eaten.

Everyone: Baruch (Eloheinu) she-achalnu mishelo u'v'tuvo chayinu.

Blessed is our God whose food we have eaten and through whose goodness we live.

Leader: Baruch hu u-varuch sh'mo. Blessed is God and Blessed is God's Name.

Everyone: Baruch atah Adonai Eloheinu melech ha-olam, hazan et ha-olam kulo b'tuvo b'chein b'chesed uv-rachamim, hu notein lechem l'chol basar, ki l'olam chadso. Uv-tuvo hagadol tamid lo chasar lanu v'al yechsar lanu mazon l'olam va-ed. Ba-avur sh'mo hagadol ki hu zan um-farneis lakol u-meitiv lakol u-meichin mazon l'cholb'riyotav asher bara. Baruch atah Adonai, hazan et hakol.
Blessed is You, O Lord, Our God, Whose Presence fills the universe.

You enjoin us to feed the entire world with goodness, with grace, with kindness and with mercy. You provide the means for us to give food to all just as Your kindness is eternal.

May sustenance never fail us because of Your great name.

Blessed are You for You sustain and assist all creatures with the means to provide food for all You have created. As You are blessed, O Lord, so may we who do not lack food, be blessed through You to provide for all.


As it is written in Torah: “When you have eaten your fill, give thanks to the Lord your God for the good land which God has given you.”

Blessed is the Lord for the land and its produce.


The soul and the body are one. A people has spiritual and material needs. A people enjoys as much heaven above as it has land beneath its feet.

We give thanks for the land of Israel and its citizens, our brothers and sisters, who have embraced the sick, the poor, the homeless, and the fragile from the four corners of the earth. We join with them in the upbuilding of the land and in the realization of our prophetic dreams for peace. Amen.

Recite on Shabbat

HaRachaman, Hu Yancheelaynu Yom She’Kulo Shabbat, U’Menucha L’Chayei HaOlameem. Compassionate One, guide us toward realizing a world where the spirit of Shabbat reigns forever.


“Nation shall not lift up sword against nation, neither shall they learn war anymore.” (Isaiah, 2:4) Grant peace for us, for all Israel, and for all the families of the earth. Amen.