

TRADITIONAL

Shortened Birkat

Contributed by [Susan Weiner](#)

Source: Modified from traditional

Barech

בָּרַךְ

Pour the third cup of wine and recite Birkat Hamazon (Blessing after the Meal).

כַּחֲלָמִים. אֵז יִמְלֵא שְׂחוֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה, אֵז יֵאָמְרוּ בְּגוֹיִם, הַגְּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי. הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ, הַיְיִנוּ שְׂמֵחִים. שׁוּבָה יְיָ אֶת שְׂבִיתֵנוּ, כְּאֶפְיָקִים בְּנֶגֶב.
הַזִּרְעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ. הַלֹּחַ יִלֵּךְ וּבָכָה נִשְׂאָה מְשֻׁךְ הַזָּרַע, בֵּא יָבֵא בְּרִנָּה נִשְׂאָה אֶלְמָתָיו.

תְּהִלַּת יְיָ יִבָּרַךְ פִּי, וַיְבָרַךְ כָּל בִּשְׂרָ שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד. וַאֲנַחְנוּ נְבָרַךְ יְהוָה מֵעַתָּה וְעַד עוֹלָם הַלְלֵהָ. הוֹדוּ לַיְיָ כִּי טוֹב כִּי לְעוֹלָם חֲסִדוֹ. מִי יִמְלֵל גְּבוּרוֹת יְיָ וַיִּשְׁמִיעַ כָּל
תְּהִלָּתוֹ

Shir Hama'alot, b'shuv Adonai et shee-vat Tzion, ha-yeenu k'chol meem. Az y'ma-lei s'chok pee-nu u'l-sho-nei-nu reena, az yo-m'ru va-goyim, heeg-deel Adonai la-asot eem eleh. Heeg-deel Adonai la-asot eemanu, ha-yee-nu s'mei-cheem. Shuva Adonai et sh'vee-tei-nu, ka-afee-keem ba-negev. Ha-zor-eem b'deem-ah b'reena yeek-tzo-ru. Ha-loch yei-lech u-va-cho no-sei me-shech hazara, bo yavo v'reena, no-sei alu-mo-tav.

T'hilat Adonai y'daber pi, vivareich kol basar shem kod'sho l'olam va'ed. Va-anachnu n'varech ya, mei-ata v'ad olam, hal'luya. Hodu la-Adonai ki tov, ki l'olam chasdo. Mi y'maleil g'vurot Adonai, yashmi'a kol t'hilato.

When the Lord returns us from exile back to Zion, it will be as though in a dream. We will laugh and sing with joy. It shall be said around the world: "The Lord has done great things for them." The Lord did great things for us, and we shall rejoice. God, restore our fortunes. We shall be like streams in the Negev. Those who sow in tears shall reap in joy. Though the farmer bears the measure of seed to the field in sadness, he shall come home with joy, bearing his sheaves.

Include parentheses when there is a minayn present.

Leader:

רַבּוֹתֵי נְבָרַךְ.

Rabotai n'vareich.

Friends, let us say grace.

Participants:

יְהִי שֵׁם יְיָ מְבָרַךְ מֵעַתָּה וְעַד עוֹלָם.

Y'hee sheim Adonai m'vo-rach mei-atah v'ad olam.

Praised be the name of the Lord now and forever.

Leader:

יְהִי שֵׁם יְיָ מְבָרַךְ מֵעַתָּה וְעַד עוֹלָם. בְּרִשׁוֹת מְכַנֵּן וְכַבֵּד וְרַבּוֹתֵי נְבָרַךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ.

Y'hee sheim Adonai m'vorach mei-atah v'ad olam. Beer-shut maranan v'rabanan v'rabotai, n'vareich (Eloheinu) she'achalnu mee-shelo.

Praised be the name of the Lord now and forever. With your permission, let us now bless (our God) whose food we have eaten.

Participants:

בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ.

Baruch (Eloheinu) she'achalnu mishelo uv'tuvo chayinu.

Blessed be (our God) whose food we have eaten.

Leader:

בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ.

Baruch (Eloheinu) she'achalnu mishelo uv'tuvo chayinu.

Blessed be (our God) whose food we have eaten.

All together:

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.

Baruch hu u-varuch sh'mo.

Blessed be He and blessed be His name.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הֵינָן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים הוּא נוֹתֵן לֶחֶם לְכָל בֶּשֶׂר, כִּי לְעוֹלָם חֲסִדוֹ. וּבְטוֹבוֹ הַגָּדוֹל תִּמְיֵד לֹא חָסַר לָנוּ וְאֵל יִחְסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד. בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל כִּי הוּא אֵל זָן וּמְפַרְנֵס לְכָל וּמַטִּיב לְכָל וּמְכִין מִזֶּן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בָּרוּךְ אַתָּה יי הֵינָן אֶת הַכֹּל וְאֵל יִחְסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד.

Baruch atah Adonai, Eloheinu melech ha-olam, hazan et ha-olam kulo b'tuvo, b'chein b'chesed uv-rachamim, hu noten lechem l'chol basar, ki l'olam chasdo, uv-tuvo hagadol, tamid lo chasar lanu v'al yechsar lanu mazon l'olam va'ed. Ba-avur sh'mo hagadol, ki hu Eil zan um'farneis lakol, u-meitiv lakol u-meichin mazon l'chol-b'riyotav asher bara. Baruch atah Adonai, hazan et hakol.

Praised are you, Adonai, Lord our God, Ruler of the universe, who nourishes the whole world. Your kindness endures forever. May we never be in want of sustenance. God sustains us all, doing good to all, and providing food for all creation. Praised are you, Adonai, who sustains all.

Favor us and strengthen us, Lord our God, with your commandments – with the commandment concerning the seventh day, this great and holy Sabbath. This day is great and holy before you to abstain from work and rest on it in love according to your will. In your will, Lord our God, grant us rest so that there be nor sorrow and grief on our day of rest. Let us, Lord our God, live to see Zion your city comforted, Jerusalem your holy city rebuilt, for you art Master of all salvation and consolation.)

הַרְחַמֵּן הוּא יְבָרֵךְ אֶת

Harachaman hu y'vareich et

May the Merciful One bless

בְּעַל הַבַּיִת הַזֶּה וְאֶת בְּעַלְת הַבַּיִת הַזֶּה, אוֹתָם וְאֶת בֵּיתָם וְאֶת זִרְעָם וְאֶת כָּל אֲשֶׁר לָהֶם,

ba'al ha-bayit ha-zeh, v'et ba-alat ha-bayit ha-zeh, otam v'et beitam, v'et zar'am, v'et kol asher lahem,

our host and our hostess, them, and their household, and their children, and everything that is theirs,

וְאֶת כָּל הַמְּסֻבִּין כָּאן,

v'et kol ham'subim kan,

and all who are seated here,

אוֹתָנוּ וְאֶת כָּל אֲשֶׁר לָנוּ, כְּמוֹ שֶׁנִּתְבָּרַכְנוּ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב בְּכָל מְכַל כָּל, כֵּן יְבָרֵךְ אוֹתָנוּ כְּלָנוּ יחד בְּבְרָכָה שְׁלֵמָה, וְנֹאמַר אָמֵן.

otanu v'et kol asher lanu, k'mo she'nitbarchu avoteinu Avraham Yitzchak v'Ya'akov bakol mikol kol, kein y'vareich otanu kulanu yachad bivrachah sh'leima, v'nomar, Amein.

us all together and all our possessions just as He blessed our forefathers Abraham, Isaac, and Jacob, with every blessing. May He bless us all together with a perfect blessing, and let us say, Amen.

The Blessing after the Meal concludes by drinking the Third Cup of wine, while reclining to the left.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן.

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

Praised are you, Adonai, Lord of the universe, who has created the fruit of the vine.