

# Birchat hamazon

Contributed by [Irene Kay](#)

Source:

Ve'achalta, v'savarta, u'verachta

We ate when we were hungry and now we're satisfied.  
We thank the source of blessing for all that she provides

Oseh Shalom bimromav, hu ya'asey shalom aleynu  
V'al kol Yisrael, v'al kol Yashvey Tevel

Ya'asey shalom, ya'sey shalom, shalom aleynu v'al kol Yisrael  
Ya'asey shalom, ya'sey shalom, shalom aleynu v'al kol Yashvey Tevel

(May the one who makes peace in the highest, make peace for, for all Israel and for all who live on Earth).