

Barech

Contributed by [Julian Picard](#)

Source:

Pour the third glass of wine.

We now say grace after the meal, being thankful for the food we've eaten. On Passover, this becomes something like an extended toast to God, culminating with drinking our third glass of wine for the evening

May the source of peace grant peace to us, to the Jewish people, and to the entire world. Amen.

Birkat Hamazon

שִׁיר הַמַּעֲלוֹת:

בְּשׁוּב יִהְיֶה אֶת־שִׁיבַת צִיּוֹן הַיְיִנוּ כְּחֹלְמִים. אֲזַי מִלֵּא שְׁחֹק פִּינוּ וּלְשׁוֹנֵנוּ רְנָה, אֲזַי יִאֲמְרוּ בְּגוֹיִם, הַגְּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי. הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ, הַיְיִנוּ שְׂמֵחִים. שׁוּבָה יְיָ אֶת שְׁבִיתֵנוּ, כְּאֶפְיָקִים בְּנֶגֶב. הַזְרְעִים בְּדִמְעָה בְּרֶנָּה יִקְצְרוּ. הַלֹּחַךְ יִלֵּךְ וּבִכָּה נִשְׂא מִשְׁךְ הַזֶּרַע, בָּא יָבֵא בְרֶנָּה נִשְׂא אֶל־מִתּוֹ.

תְּהִלַּת יְיָ יִדְבַּר פִּי, וּיְבָרֵךְ כָּל בְּשָׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד. וְאַנְחֵנוּ נְבָרֵךְ יְהוָה מֵעַתָּה וְעַד עוֹלָם הַלְלוּיָהּ. הוֹדוּ לֵי יְיָ כִּי טוֹב כִּי לְעוֹלָם חֲסִדוֹ. מִי יִמְלֵל גְּבוּרוֹת יְיָ יִשְׁמִיעַ 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-yeenu 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.

All together:

בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

Baruch hu u-varuch sh'mo.

Blessed be He and blessed be His name.