

Bareich

Contributed by [Zak Filler](#)

Source:

Refill everyone's wine glass.

We now say grace after the meal, thanking God for the food we've eaten, but never do they give credit to the cook? (AHEM). So we thank food for being so tasty, instead.

We praise Food, but still not the chef, whose nourishment sustains the world, after it is cooked by an exceptional chef. You are the origin of love and compassion.

As The Good Book says: When you have eaten and are satisfied, give praise to your Food who has given you this good earth. We praise Food for the earth and for its sustenance.

Renew our spiritual center in our time. We praise Food, who centers us.

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

The Third Glass of Wine

The blessing over the meal is immediately followed by another blessing over the wine:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגָּפֶן

Baruch Atah Adonai, Eloheinu Melech ha-olam, borei p'ree hagafen.

Thanks for the wine, dude!

Drink the third glass of wine!