

JEWISH MOVEMENTS

The Third Glass

Contributed by [No More Deaths/No Más Muertes](#)

Source:

Now is a moment to reflect on the food we have just eaten, reminding ourselves that our plates were filled thanks to the often invisible efforts of those growing and cultivating produce. We fill a third glass of wine, and say:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן

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

Drink the third glass of wine