

V'akhalta

Contributed by [jayce koester](#)

Source: Hanna Tiferet Siegel

וְאָכַלְתָּ וְשָׂבַטָה וּבְרַכְתָּ

V'achalta, V'savata, Oo-vay-rach-ta

We ate when we were hungry
And now we're satisfied
We thank the Source of Blessing
for all that She provides

Hunger is a yearning
In body and soul
Earth Air Fire Water
And Spirit makes us whole.

Giving and receiving
We open up our hands
From Seedtime through Harvest
We're partners with the land

We all share a vision
Of wholeness and release
Where every child is nourished
And we all live in peace

Hebrew: Deuteronomy 8:6

English: Hanna Tiferet Siegel, hannatiferet.com