

Third Cup

Contributed by [jayce koester](#)

Source: Adapted from the Velveteen Rabbi

Refill everyone's wine glass.

The third cup of juice represents G'd's declaration of redemption: וגא'לתי / *v'go'alti* "I will liberate you with an outstretched arm..."

As we bless the third cup of juice, let yourself fill with gratitude for the meal we've just eaten together. Let us notice the nutrients from the food settling into our body, being processed through our stomachs. May we use this energy to care for one another, to continue our work of building a more whole and repaired world.

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 פְּרֵי הַגָּפֶן

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

We praise God, Ruler of Everything, who creates the fruit of the vine.

Drink the third glass of wine!

Traditionally the third cup of wine is followed by a prayer called *Sh'foch Chametecha*, "Pour Out Your Wrath." Please join us in reading an adaptation, blessing our communal anger and outrage.