

Bareich - Blessings after the meal

Contributed by [Staci Macklin](#)

Source:

When you have eaten and are satisfied, it is a time to be thankful for all you have.

A third cup of wine is filled and we recite the blessing over wine and drink the third cup while reclining.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן

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

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

Now we fill the cup of Elijah and our own cups with wine.