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Birkat Hamazon Hakatzar
according to Rabbi Yitzchak Abadi
based on the views of the Rambam and the other Rishonim

Baruch atah adonay elohenu melech haolam hazan Kol haolam b'tuvoh b'chen b'chessed uvrachamim U'mefarnes lakol u'mechin mazon lechol briyotav asher bara, Baruch ata adonay hazan et hakol.

Nodeh lecha adonay elohenu shehinchalta la'avotenu eres chemda tova U'rchava brit vetora.

on Purim add:
v'al nisecha she'asita lanu bimey Hapurim
on Chanuka add:
v'al nisecha she'asita lanu bimey Hachanuka

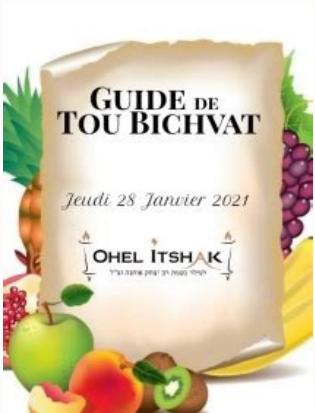
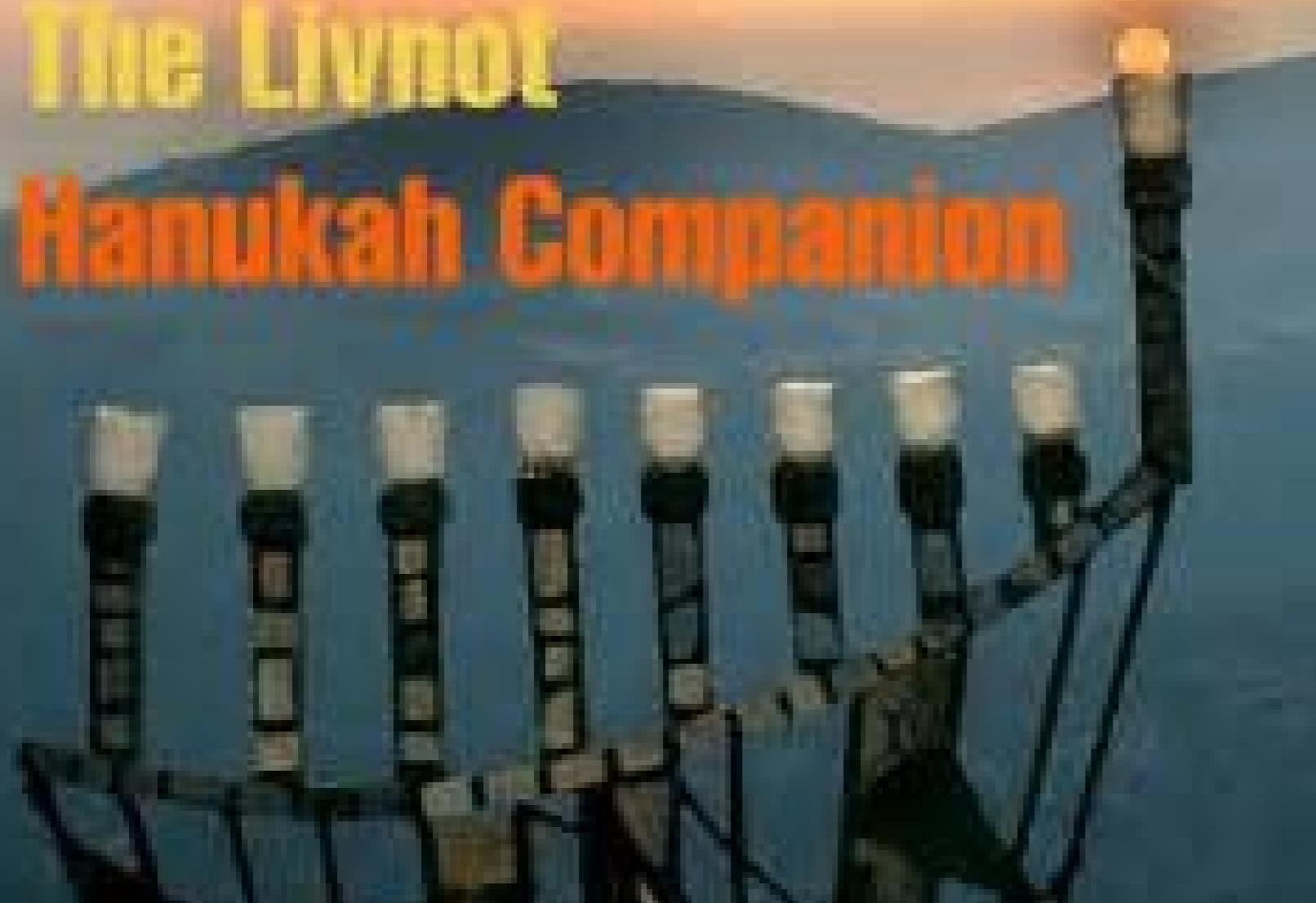
Al hakol anachnu moden lach u'mevorchim shemach, Baruch atah adonay al ha'ares v'al hamazon.

Rachem adonay elohenu al yisrael amach v'al verushalayim irach v'al

ברוך אתה ייִשׁוּאָה אֱלֹהִים,
הַנִּזְבֵּחַ בְּחִסְדֶּךָ וּבְרָחְכֶּךָ
לְכֹל בְּשֶׂרֶבְיָה לְעוֹזָךְ
הַגָּדוֹלָה, תָּמִיד לְךָ
יִחְסַר לְנוּ מַזְוֵּן לְךָ
שְׁמוֹ הַגָּדוֹלָה, בְּיַהֲוָה
לְכֹל זָמְטִיב לְפָלָךְ
בְּרִיחָיו אֲשֶׁר בָּרָךְ



The Livnot Hanukah Companion



Barech (12th step)

Birkat Hamazon

Blessings After the Meal

This is a condensed version of the Birkat Hamazon.

A Song of Ascents. When Adonai brings the exiles back to Zion, it will be like a dream. Our mouths will be filled with laughter and our tongues with joyous song. Then it will be said among the nations, "Adonai has done great things for them." Indeed, Adonai has done great things for us, and we will rejoice. Bring us back, Adonai, like streams returning to the Negev. Those who sow in tears shall reap in joyous song. Though he may weep as he carries his measure of seed, he shall return with glad song, bearing sheaves of grain (Psalm 126).

Leader:
Friends, let us give thanks.

Others:
May Adonai be praised, now and forever.

Leader:
May Adonai be praised, now and forever.
With your consent, friends, let us praise (our God,) the One whose food we have eaten.

Others:
Praised be (our God,) the One whose food we have eaten and through whose goodness we live.

Leader:
Praised be (our God,) the One whose food we have eaten and through whose goodness we live.

Together:
Praised be God and praised be God's name.

Praised are You, Adonai our God, Ruler of the universe, who sustains the entire world with kindness and compassion. God provides food for all flesh, for God's lovingkindness endures forever. Through God's great goodness, we have never lacked food; may we never lack sustenance for the sake of God's great name. God sustains all life and is good to all, providing food and sustenance for every creature. Praised are You, Adonai, who sustains all life.

With 10 or more present, add the words in parenthesis.

שָׁדֶר וְפָעֵלֹת בַּשִׂיבִי יְאֵת שִׁיבַת צִיּוֹן
לְגִינוֹן בְּהִלְמִימִסָּא אֲפָלָא שְׁחֹק פִּינָּו וְלִשְׁוֹנוּ רַבָּה
אוֹ יָמְרוּ בְּנָוִים הַגְּרִילִי יְלִיעָשָׂות עַםְנוּ הַיְּנוּ שְׁחוֹמָה שְׁוֹפָה יְנִין
הַגְּרִילִי יְלִיעָשָׂות עַמְנוּ הַיְּנוּ שְׁחוֹמָה שְׁוֹפָה
אֲתָ שְׁבִתָּנוּ כְּפָאִיקִים בְּנָבָבָה: הַזְּעִים בְּדֻקָּעה
בְּרִזְבָּה יְצָרָה: קְלֹךְ יְלָךְ וּכְבָה נְשָׁא מְשָׁרֵךְ וְרַע
בָּאָ בָּאָ בְּרִזְבָּה נְשָׁא אַלְמִתּוֹן:

Leader:

רְבּוֹתִי נְבָרָה.

Others:

יְהִי שָׁם יְיַי קְבָּרָךְ מִשְׁתָּחָה וְעַד עֲולָם

Leader:

יְהִי שָׁם יְיַי קְבָּרָךְ מִשְׁתָּחָה וְעַד עֲולָם

Brachot Koton: נְבָרָךְ (אֱלֹהִינוּ) שְׁאַכְלָנוּ מַשְׁלִיחָו וּבְטוּבוֹ חַיָּנוּ.

Others:

בָּרוּךְ (אֱלֹהִינוּ) שְׁאַכְלָנוּ מַשְׁלִיחָו וּבְטוּבוֹ חַיָּנוּ.

Leader:

בָּרוּךְ (אֱלֹהִינוּ) שְׁאַכְלָנוּ מַשְׁלִיחָו וּבְטוּבוֹ חַיָּנוּ.

Together:

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ:

בָּרוּךְ אָתָּה יְהִי רְבּוֹתִי קְלֹךְ בְּרִזְבָּה אֲשֶׁר בָּרָא

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