

ברכות המשפחה

קדוש, שחרית

המוציא

ברכת המזון

הבדלה

THE WINE OR GRAPE JUICE

The blessing may be said over wine or grape juice.

Lift the goblet but do not drink until after the Blessing of Separation.

BARUCH atah, Adonai

Eloheinu, Melech haolam,

borei p'ri hagafen.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגָּפֶן.

THE SPICES

Lift the spice box.

BARUCH atah, Adonai

Eloheinu, Melech haolam,

borei minei v'samim.

Praise to You, Adonai our God, Sovereign of the universe, Creator of varied spices.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְּנֵי בְשָׁמִים.

Circulate the spice box.

THE LIGHT

Raise the Havdalah candle.

BARUCH atah, Adonai

Eloheinu, Melech haolam,

borei m'orei ha-eish.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the lights of fire.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בוֹרֵא מְאוֹרֵי הָאֵשׁ.

The filled and raised cup is symbolic of the joy felt when expressing gratitude to God. The wine is not sipped until the final blessing.

The spices, coming from the earth, remind us of our duty during our work-week to protect the fragile balance of nature.

הַמוֹצִיא, בִּרְכַּת הַמָּזוֹן

HAMOTZI AND BIRKAT HAMAZON

FOR FOOD

בְּרִכּוֹת הַמִּשְׁפָּחָה

קְדוּשָׁה, שְׁחִירֵית

הַמוֹצִיא

בִּרְכַּת הַמָּזוֹן

הַבְּדֵלָה

Baruch atah, Adonai Eloheinu,

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,

Melech haolam,

מֶלֶךְ הָעוֹלָם,

hamotzi lechem min haaretz.

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,
who brings forth bread from the earth.

BIRKAT HAMAZON, BLESSING AFTER EATING

ON SHABBAT

Shir hamaalot, b'shuv Adonai

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יְיָ

et shivat Tziyon, hayinu k'cholmim.

אֶת-שִׁיבַת צִיּוֹן, הָיִינוּ כְּחֹלְמִים.

Az yimalei s'chok,

אֲזַ וַיִּמָּלֵא שְׂחֹק,

pinu ul'shoneinu rinah.

פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה.

Az yomru vagoyim,

אֲזַ יֹאמְרוּ בְּגוֹיִם,

higdil Adonai laasot im eileh.

הִגְדִּיל יְיָ לַעֲשׂוֹת עִם-אֵלֶּה.

Higdil Adonai laasot imanu,

הִגְדִּיל יְיָ לַעֲשׂוֹת עִמָּנוּ,

hayinu s'meichim.

הָיִינוּ שְׂמֵחִים.

Shuvah Adonai et sh'viteinu

שׁוּבָה יְיָ אֶת-שְׁבִיתֵנוּ

kaafikim banegev.

כַּאֲפִיקִים בְּנֶגֶב.

Hazorim b'dimah b'rinah yiktzoru.

הֲזֹרִעִים בְּדִמָּעָה בְּרִנָּה יִקְצְרוּ.

Haloch yeileich uvachoh

הָלוֹךְ יֵלֵךְ וּבָכָה

nosei meshech hazarah,

נֹשֵׂא מִשְׁךְ-הַזָּרָע,

bo yavo v'rinah, nosei alumotav.

בֹּא-יָבוֹא בְּרִנָּה נֹשֵׂא אֲלֻמֹּתָיו.

A song of ascents. When Adonai restores the fortunes of Zion, we see it as in a dream, our mouths shall be filled with laughter, our tongues, with songs of joy. Then shall they say among the nations, "Adonai has done great things for them!" Adonai will do great things for us and we shall rejoice. Restore our fortunes, Adonai, like watercourses in the Negev. They who sow in tears shall reap with songs of joy. Those who go forth weeping, carrying the seed-bag, shall come back with songs of joy, carrying their sheaves.

ALL DAYS

Leader

Chaveirim vachaveirot, n'vareich!

חֲבֵרִים וְחֲבֵרוֹת, נְבָרֵךְ!

Let us praise God.