

שׁוֹשׁ תְּשׁוּשׁ וְתִגַּל הֶעֱקְרָהּ,  
בְּקִבוּץ בְּנֵיהָ לְתוֹכָהּ בְּשִׂמְחָה.  
בְּרוּךְ אַתָּה יי, מְשַׂמֵּחַ  
צִיּוֹן בְּבִנְיָהּ.

May Zion rejoice as her children are restored to her in joy. Praised are You Lord, who causes Zion to rejoice at her children's return.

Sos tasis v'tageil ha-akara  
b'kibutz baneha l'tocha b'simcha.  
4 Baruch atah Adonai, m'samei-ach  
Tzion b'vaneiha.

שְׂמֵיחַ תְּשַׂמַּח רְעִים  
הָאֲהוּבִים, כְּשִׂמְחַךְ יְצִירְךָ  
בְּגַן עֵדֶן מִקֵּדֶם. בְּרוּךְ  
אַתָּה יי, מְשַׂמֵּחַ  
חַתָּן וְכַלָּה.

Grant perfect joy to these loving companions, as You did to the first man and woman in the Garden of Eden. Praised are You, Lord, who grants the joy of bride and groom.

Samei-ach t'samach rei-im  
ha-ahuvim k'samei-cha-cha y'tzircha  
5 b'gan eiden mikedem. Baruch  
atah Adonai, m'samei-ach  
chatan v'chalah.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מְלֶכֶּה הָעוֹלָם,  
אֲשֶׁר בָּרָא שְׁשׁוֹן וְשִׂמְחָה,  
חַתָּן וְכַלָּה,  
גִּילָהּ, רִנָּהּ, דִּיצִיָּה וְחֲדוּהָ,  
אֲהָבָה וְאַחָדָה, וְשָׁלוֹם וְרַעוּת.  
מְהֵרָה, יי אֱלֹהֵינוּ,  
יִשְׁמַע בְּעָרֵי יְהוּדָה  
וּבְחֻצוֹת יְרוּשָׁלַיִם,  
קוֹל שְׁשׁוֹן וְקוֹל שִׂמְחָה,  
קוֹל חַתָּן וְקוֹל כַּלָּה,  
קוֹל מִצְדָּחוֹת חַתָּנִים מְחַפְּתָם  
וּנְעָרִים מִמְשִׁתָּהּ נְגִינָתָם.  
בְּרוּךְ אַתָּה יי, מְשַׂמֵּחַ  
חַתָּן עִם הַכַּלָּה.

Baruch atah Adonai  
Eloheinu melech ha-olam,  
asher bara sason v'simcha  
chatan v'chalah,  
gilah rinah ditzah v'chedvah,  
ahavah v'achavah v'shalom v'rei-ut.  
6 M'heira Adonai Eloheinu  
yishama b'arei Y'hudah  
u-v'chutztot Y'rushalayim  
kol sason v'kol simcha,  
kol chatan v'kol kalah,  
kol mitz-halot chatanim meichupatam  
un-arim mimishteit n'ginatam.  
Baruch atah Adonai, m'samei-ach  
chatan im hakalah.

Blessed is our God in whose presence the celebration is and whose food we have eaten, and through whose goodness we live.

All:

בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ: Baruch hu uvaruch sh'mo.  
May God be blessed and may God's name be blessed.

Grace After Meals continues on page 50.

## SHEVA B'RACHOT שבע ברכות

Immediately following the Grace After Meals at the wedding meal, the first six blessings are recited over the second cup of wine by friends and relatives. This second cup of wine is passed from one to another as the blessings are recited.

1 בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מְלֶכֶה  
הָעוֹלָם, שֶׁהַכֹּל בְּרָא לְכַבּוֹדוֹ.  
Baruch atah Adonai Eloheinu melech  
ha-olam, she-hakol bara lichvodo.

Praised are You, Lord our God, Sovereign of the universe, who created all things for Your glory.

2 בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מְלֶכֶה  
הָעוֹלָם, יוֹצֵר הָאָדָם.  
Baruch atah Adonai Eloheinu melech  
ha-olam, yotzeir ha-adam.

Praised are You, Lord our God, Sovereign of the universe, Creator of human.

3 בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מְלֶכֶה  
הָעוֹלָם, אֲשֶׁר יָצַר אֶת־הָאָדָם  
בְּצַלְמוֹ, בְּצֶלֶם דְּמוּת תְּבִנִיתוֹ,  
וְהִתְקִין לוֹ מִמֶּנּוּ בִּנְיַן אֲדָמָה.  
בְּרוּךְ אַתָּה יי, יוֹצֵר הָאָדָם.  
Baruch atah Adonai, yotzeir ha-adam.

Praised are You, Lord our God, Sovereign of the universe, who created man and woman in Your image, fashioning woman from man as his mate, that together they might perpetuate life. Praised are You, Lord, Creator of human.

# מקוצרת המזון ברכת BIRKAT HAMAZON

## ABRIDGED VERSION

On Shabbat, Shir Hama'alot is said (see page 47)

When three or more have eaten together (Word in parentheses is recited only when there is a minyan present):

Leader:

חֲבֵרֵי נְבָרְךָ Chaverei n'vareich

Friends let us give thanks.

Group, then Leader Repeats:

יְהִי שֵׁם יי מְבָרְךָ Y'hi sheim Adonai m'vorach

מֵעַתָּה וְעַד עוֹלָם. mei-atah v'ad olam.

May the Lord be praised, now and forever.

Leader:

בְּרִשּׁוֹת חֲבֵרֵי נְבָרְךָ (אֱלֹהֵינוּ) Birshut Chaverei, n'vareich (Eloheinu)

שְׂאֲכַלְנוּ מִשְׁלֹךְ. she-achalnu mishelo.

With your consent, friends, let us praise God of whose food we have partaken.

Group, then Leader Repeats:

בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ Baruch (Eloheinu) she-achalnu

מִשְׁלֹךְ וּבִטְבוֹ הִזִּינוּ. mishelo uv'tuvo chayinu.

Praised be our God of whose food we have partaken and by whose goodness we live.

All:

בָּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ: Baruch hu u-varuch sh'mo.

Praised be God and praised be God's name:

Praised are You, Lord our God, Sovereign of the universe, who created joy and gladness, bride and groom, mirth, song, delight and rejoicing, love and harmony, peace and companionship. Speedily, Lord our God, may there ever be heard in the cities of Judah and in the streets of Jerusalem voices of joy and gladness, voices of bride and groom, the jubilant voices of those joined in marriage under the bridal canopy, the voices of young people feasting and singing. Praised are You, Lord, who causes the groom to rejoice with his bride.

The leader of the Grace After Meals lifts the first cup of wine and recites:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ Baruch atah Adonai, Eloheinu  
מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן. melech ha-olam, borei p'ri hagafen.

Praised are You, Lord our God, Sovereign of the universe, Creator of the fruit of the vine.

Wine from each of the two cups is mixed together into a third cup. Some wine from the third cup is then poured back into each of the first two cups. One cup of wine is given to the bride to drink, one is given to the bridegroom to drink and one is given to the leader to drink.

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