

## GRACE AFTER MEALS

*Sung in the same melody from the Hebrew version; transliteration appears in italics.*

FIRST BLESSING: FOR THE NOURISHMENT<sup>1</sup>

**Blessed are You O LORD our God, King of the universe,**

*Baruch ata Adonai, Eloheynu, Melech ha'olam,*

**Who nourishes the entire world**

*Hazan et ha'olam*

ברוך אתה יי אֱ-הינו מֶלֶךְ הָעוֹלָם.

תִּזְן אֶת-הָעוֹלָם כֻּלּוֹ

**with goodness, grace, devotion and compassion.**

*kulo, b'tuvo, b'chein, b'chesed, uv'rach'amim.*

בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים.

הוּא נוֹתֵן לֶחֶם לְכָל-בֶּשֶׂר.

**He gives bread to all flesh, for His devotion is eternal.**

*Hu notein lechem l'chol basar, ki le'olam chas'do.*

כִּי לְעוֹלָם חֶסֶדּוֹ.

וּבְטוֹבוֹ הַגָּדוֹל

**Because of His great goodness,**

*Uv' tuvo ha'gadol,*

תָּמִיד לֹא חָסַר לָנוּ וְאֵל יִחְסַר-לָנוּ

מִזֹּון לְעוֹלָם וָעֶד:

בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל.

**We have never lacked, and we shall never lack**

*Tamid lo chasar lanu, ve'al yech'sar lanu,*

כִּי הוּא אֵל זֶן וּמְפָרֵנֶס לְכָל.

וּמְטִיב לְכָל וּמְכִין מִזֹּון

**Nourishment for ever and ever.**

*Mazon le'olam va'ed.*

לְכָל- בְּרִיּוֹתָיו אֲשֶׁר בָּרָא:

בְּרוּךְ אַתָּה יי תִּזְן אֶת-הַכֹּל:

**For the sake of His great name,**

*Ba' avur sh'mo ha'gadol,*

**For God provides for and nourishes all;**

*Ki hu Eil zan um'far'neis lakol,*

**And does good to all, and prepares nourishment, for all of His creatures,**

*Umeitiv lakol, umeichin mazon, le'chol b'ri'otav,*

**Which He has made.**

*Asher bara.*

**Blessed are You O LORD, Who nourishes all.**

*Baruch ata Adonai, hazan et ha'kol.*

**(Amen.)**

<sup>1</sup> English translation from *First Fruits of Zion's* mealtime prayer book, **We Thank You: Blessings of Thanks Before and After Meals**. To purchase, visit [www.ffoz.org/store](http://www.ffoz.org/store).