

Transliterated Birkat Hamazon

Ba-ruch a-tah A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam,
Ha-zan et ha-o-lam ku-lo, b'tu-vo,
b'chein b'che-sed uv-ra-cha-mim,
hu no-tein le-chem l'chawl^ba-sar, ki l'o-lam chas-do.
Uv-tu-vo ha-ga-dol i-ma-nu, ta-mid lo cha-seir la-nu,
v'al yech-sar la-nu, ma-zon l'o-lam va-ed.
Ba-a-vur sh'mo ha-ga-dol, ki hu Eil zan um-far-neis la-kol,
u-mei-tiv la-kol, u-mei-chin ma-zon
l'chawl^b'ri-yo-tav a-sher ba-ra.
Ka-a-mur: Po-tei-ach et ya-de-cha, u-mas-bi-a l'chawl^chai ra-tson.
Ba-ruch a-tah A-do-nai, ha-zan et ha-kol. (A-mein.)

The second benediction is traditionally attributed to Joshua. It is said in appreciation for the Land of Israel:

No-deh l'cha

A-do-nai E-lo-hei-nu,
al she-hin-chal-ta la-a-vo-tei-nu
e-rets chem-dah to-vah ur-cha-vah.
V'al she-ho-tsei-ta-nu
A-do-nai E-lo-hei-nu
mei-e-rets mits-ra-yim,
uf-di-ta-nu mi-beit a-va-dim,
v'al b'ri-t'cha she-cha-tam-ta biv-sa-rei-nu,
v'al to-ra-t'cha she-li-mad-ta-nu,
v'al chu-ke-cha she-ho-da-ta-nu,
v'al chai-yim chein va-che-sed she-cho-nan-ta-nu,
v'al a-chi-lat ma-zon sha-a-tah zan um-far-neis o-ta-nu ta-mid,
b'chawl yom uv-chawl eit uv-chawl sha-ah.

On Chanukah and on Purim, an extra paragraph is inserted here.

V'al ha-kol

A-do-nai E-lo-hei-nu a-nach-nu mo-dim lach,
um-va-r'chim o-tach,
yit-ba-reich shim-cha b'fi kawl chai ta-mid l'o-lam va-ed.
Ka-ka-tuv:
v'a-chal-ta v'sa-va-ta,
u-vei-rach-ta
et A-do-nai E-lo-he-cha,
al ha-a-rets ha-to-vah a-sher na-tan lach.
Ba-ruch a-tah A-do-nai,
al ha-a-rets v'al ha-ma-zon. (A-mein.)

The third benediction is traditionally attributed to King David, with later modifications attributed to King Solomon. It is said in appreciation for Jerusalem and the Temple:

Ra-cheim A-do-nai E-lo-hei-nu al Yis-ra-eil a-me-cha,
v'al Y'ru-sha-la-yim i-re-cha,
v'al Tsi-yon mish-kan k'vo-de-cha,

v'al mal-chut beit Da-vid m'shi-che-cha,
v'al ha-ba-yit ha-ga-dol v'ha-ka-dosh she-nik-ra shim-cha a-lav.
E-lo-hei-nu A-vi-nu r'ei-nu (*on Shabbat and festivals substitute: ro-ei-nu*) zo-nei-nu
par-n'sei-nu v'chal-k'lei-nu v'har-vi-chei-nu,
v'har-vach la-nu A-do-nai E-lo-hei-nu
m'hei-rah mi-kawl tsa-ro-tei-nu.
V'na al tats-ri-chei-nu A-do-nai E-lo-hei-nu,
lo li-dei ma-t'nat ba-sar v'dam,
v'lo li-dei hal-va-a-tam,
ki im l'ya-d'cha ha-m'lei-ah ha-p'tu-chah ha-k'do-shah v'ha-r'cha-vah,
she-lo nei-vosh v'lo ni-ka-leim l'o-lam va-ed.

On Shabbat insert:

R'tsei v'ha-cha-li-tsei-nu

A-do-nai E-lo-hei-nu
b'mits-vo-te-cha,
uv-mits-vat yom ha-sh'vi-i
ha-sha-bat ha-ga-dol
v'ha-ka-dosh ha-zeh,
ki yom zeh ga-dol v'ka-dosh hu l'fa-ne-cha,
lish-bawt bo v'la-nu-ach bo
b'a-ha-vah k'mits-vat r'tso-ne-cha,
u-vir-tso-n'cha ha-ni-ach la-nu
A-do-nai E-lo-hei-nu,
she-lo t'hei tsa-rah v'ya-gon va-a-na-chah
b'yom m'nu-cha-tei-nu,
v'har-ei-nu A-do-nai E-lo-hei-nu
b'ne-che-mat Tsi-yon i-re-cha,
uv-vin-yan Y'ru-sha-la-yim ir kawd-she-cha,
ki a-tah hu ba-al ha-y'shu-ot
u-va-al ha-ne-cha-mot.

An extra paragraph is inserted here on Rosh Chodesh, festivals, and Rosh Hashanah.

Uv-nei Y'ru-sha-la-yim ir ha-ko-desh bim-hei-rah v'ya-mei-nu.

Ba-ruch a-tah A-do-nai,
bo-nei b'ra-cha-mav Y'ru-sha-la-yim. A-mein. (A-mein.)

Ba-ruch a-tah A-do-nai,

E-lo-hei-nu Me-lech Ha-o-lam,
ha-Eil a-vi-nu mal-kei-nu a-di-rei-nu bor-ei-nu go-a-lei-nu yots-rei-nu k'do-shei-nu
k'dosh Ya-a-kov,
ro-ei-nu, ro-ei Yis-ra-eil,
ha-me-lech ha-tov v'ha-mei-tiv la-kol,
b'chawl yom va-yom hu hei-tiv la-nu,
hu mei-tiv la-nu, hu yei-tiv la-nu.
Hu g'ma-la-nu, hu gom-lei-nu, hu yig-m'lei-nu la-ad,
l'chein ul-che-sed ul-ra-cha-mim ul-re-vach,
ha-tsa-lah v'hats-la-chah,
b'ra-cha vi-shu-ah, ne-cha-mah par-na-sah v'chal-ka-lah,
v'ra-cha-mim v'chai-yim v'sha-lom v'chawl tov,

u-mi-kawl tuv l'o-lam al y'chas-rei-nu.

Ha-ra-cha-man,
hu yim-loch a-lei-nu l'o-lam va-ed.

Ha-ra-cha-man,
hu yit-ba-reich ba-sha-ma-yim u-va-a-rets.

Ha-ra-cha-man, hu yish-ta-bach l'dor do-rim,
v'yit-pa-eir ba-nu la-ad ul-nei-tsach n'tsa-chim,
v'yit-ha-dar ba-nu la-ad ul-ol-mei o-la-mim.

Ha-ra-cha-man,
hu y'far-n'sei-nu b'cha-vod.

Ha-ra-cha-man,
hu yish-bor ol hago-yim mei-al tsa-va-rei-nu,
v'hu yo-li-chei-nu ko-m'mi-yut l'ar-tsei-nu.

Ha-ra-cha-man,
hu yish-lach b'ra-chah m'ru-bah b'-va-yit zeh,
v'al shul-chan zeh she-a-chal-nu a-lav.

Ha-ra-cha-man,
hu yish-lach la-nu et Ei-li-ya-hu ha-na-vi,
za-chur la-tov, vi-va-ser^la-nu b'so-rot to-vot,
y'shu-ot v'ne-cha-mot.

Ha-ra-cha-man,
hu y'va-reich
et a-vi mo-ri
ba-al ha-ba-yit ha-zeh,
v'et i-mi mo-ra-ti
ba-a-lat ha-ba-yit ha-zeh,
o-tam v'et bei-tam v'et zar-am
v'et kawl a-sher la-hem,
o-ta-nu v'et^kawl^a-sher la-nu,
k'mo she-berach et a-vo-tei-nu
Av-ra-ham Yits-chak v'Ya-a-kov
ba-kol mi-kol kol,
kein y'va-reich o-ta-nu,
ku-la-nu ya-chad,
biv-ra-chah sh'lei-mah, v'no-mar a-mein.

Mi-ma-rom y'lam-du a-lav v'-a-lei-nu
z'chut, shet-hei l'mish-me-ret sha-lom.
V'ni-sa v'ra-chah mei-eit A-do-nai,
uts-da-kah mei-E-lo-hei yish-ei-nu,
v'nim-tsa chein v'sei-chel tov
b'ei-nei E-lo-him v'a-dam.

On Shabbat:

Ha-ra-cha-man, hu yan-chi-lei-nu l'yom she-ku-lo Sha-bat
um-nu-chah l'chai-yei ha-o-la-mim.

On Rosh Chodesh:

Ha-ra-cha-man, hu y'cha-deish a-lei-nu et ha-cho-desh ha-zeh
l'to-vah v'liv-ra-chah.

On festivals:

Ha-ra-cha-man, hu yan-chi-lei-nu l'yom she-ku-lo tov.

On Rosh Hashanah:

Ha-ra-cha-man, hu y'cha-deish a-lei-nu et ha-sha-nah ha-zot
l'to-vah v'liv-ra-chah.

On Sukkot:

Ha-ra-cha-man, hu ya-kim la-nu
et su-kat Da-vid ha-no-fe-let.

Ha-ra-cha-man, hu y'za-kei-nu li-mot ha-ma-shi-ach
ul-chai-yei ha-o-lam ha-ba.

On ordinary days: Mag-dil

On Shabbat, festivals, and days we don't say Tachanun: Mig-dol

y'shu-ot mal-ko

v'o-seh che-sed lim-shi-cho,

l'Da-vid ul-zar-o ad o-lam.

O-seh sha-lom bim-ro-mav,

hu ya-a-seh sha-lom a-lei-nu

v'al kawl Yis-ra-eil,

v'im-ru a-mein.

Y'ru et A-do-nai, k'do-shav,

ki ein mach-sor li-rei-av.

K'fi-rim ra-shu v'ra-ei-vu,

v'dor-shei A-do-nai lo yach-s'ru chawl tov.

Ho-du La-do-nai ki tov,

ki l'o-lam chas-do.

Po-tei-ach et ya-de-cha,

u-mas-bi-a l'chawl^chai ra-tson.

Ba-ruch ha-ge-ver a-sher yiv-tach ba-do-nai,

v'ha-yah A-do-nai miv-ta-cho.