

Birka Hamazon
(Blessing After the Meal)

LEADER

Let us say the blessing for our food.

ALL

Blessed be the name of the Lord from now unto eternity.

LEADER

Let us bless our God of whose gifts we have eaten.

ALL

Blessed be He (our God) of whose bounty we have eaten and through whose goodness we live. Blessed be He and blessed be His name.