

וְאַכְלֵתָּ וְשָׂבֵעַתָּ וְבֵרַכְתָּ:
 וְאַכְלֵתָּ וְשָׂבֵעַתָּ וְבֵרַכְתָּ:
 וְאַכְלֵתָּ וְשָׂבֵעַתָּ וְבֵרַכְתָּ:
 We ate when we were hungry, and now we're satisfied.
 We thank the Source of Blessing, for all that God provides.

בָּרוּךְ אַתָּה יְיָ הַקֹּדֶם:
 בָּרוּךְ אַתָּה יְיָ הַקֹּדֶם.
 בָּרוּךְ אַתָּה יְיָ הַקֹּדֶם.
 Blessed are You God,
 providing food for all.
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 providing food for all.

בְּרִיךְ הַמְּמַנְּה
 מַלְכָּא דְעָלְמָא
 מְרִיבָא דְרְרָא פְּרִיטָא:
 Blessed be the Merciful One,
 Sovereign of the universe,
 the owner of this bread.

פְּרִיטָא דְרְרָא פְּרִיטָא

Birkat Ha-mazon B'kitsu'r

Shorter Thanksgiving After Meals

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We have eaten and drunk. Let us thank the Holy Blessed One who gives us bread to eat, clothes to wear, (Shabbatot to rest) and years to live. May things always get better, never worse, and may the Creator's goodness towards us never cease.

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 You shall eat and be satisfied and then bless.
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