

## Chesed Lachem

[English text in normal font is read by the Leader; English text in italics is recited by the entire group.]  
Songs of praise may be sung before Chesed Lachem

Grace to you and peace from God our Father and the Lord Yeshua the Messiah

חֶסֶד לָכֶם וְשָׁלוֹם מֵאֵת אֱלֹהִים אֲבִינוּ  
וְהָאָדוֹן יֵשׁוּעַ הַמָּשִׁיחַ *Chesed lachem ve-shalom me-et Elohim Avinu  
Ve-Ha-Adon Yeshua Ha-Mashiach*

## Psalm 23

Adonai is my shepherd, I shall not want; He makes me lie down in green pastures.  
He leads me beside still waters; He restores my soul.

*He leads me in paths of righteousness for his name's sake.*

Even though I walk through the valley of the shadow of death, I fear no evil;  
for You are with me; Your rod and Your staff, they comfort me.  
You prepare a table before me in the presence of my enemies;  
You anoint my head with oil, my cup overflows.

*Surely goodness and mercy shall follow me all the days of my life;  
and I shall dwell in the house of Adonai for ever.*

מִזְמוֹר לְדָוִד יִי רֹעִי לֹא אֶחְסָר׃  
בְּנִאוֹת דָּשָׁא יִרְבִּיצֵנִי עַל־מֵי מְנַחֹת יִנְהַלֵּנִי׃  
*Miz-mor le-David Adonai Ro'i lo ech-sar  
bin-ot de-she yar-bi-tzay-ni  
al may me-nu-chot ye-na-ha-lay-ni*

נַפְשִׁי יִשׁוּבֵב׃  
יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן שְׁמוֹ׃  
*naf-shi ye-sho-vayv  
yan-chay-ni ve-ma-ge-lay tze-dek  
le-ma'an she-mo*

גַּם כִּי־אֵלֶךְ בְּגַיַּא צַלְמוֹת  
לֹא־אִירָא רָע כִּי־אַתָּה עִמָּדִי  
שִׁבְטְךָ וּמִשְׁעַנְתְּךָ  
הִמָּה יִנְחַמֵּנִי׃  
*gam ki ay-laych be-gay tzal-ma-vet  
lo i-ra ra ki atah i-ma-di  
shiv-te-cha u-mish-an-te-cha  
hay-mah ye-na-cha-mu-ni*

תַּעֲרֹךְ לִפְנֵי | שְׁלֹחַן נֶגַד צִרְרֵי  
דְּשִׁנְתָּ בְּשִׁמּוֹן רֹאשִׁי כּוֹסֵי רִוְיָה׃  
*ta'a-roch le-fa-nai shul-chan ne-ged tzo-re-rai  
di-shan-ta va-she-men ro-shi ko-si re-va-ya*

אֶךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי  
וְשָׁבְתִי בְּבַיִת יי לְאֶרֶץ יְקִים׃  
*ach tov va-che-sed  
yar-de-fu-ni kol ye-may cha-yai  
ve-shav-ti be-vayt Adonai le-orech ya-mim*

## The Bread of Life (Yochanan 6:31-35, 49-51)

The crowd said to Yeshua,

*"Our ancestors ate the manna in the wilderness;  
as it is written, 'He gave them bread from heaven to eat.'"*

Then Yeshua said to them, "Very truly, I tell you, it was not Moshe who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven.

For the bread of God is that which comes down from heaven and gives life to the world."

*They said to him, "Lord, give us this bread always."*

Yeshua said to them, "I am the bread of life.

Whoever comes to me will never be hungry,  
and whoever believes in me will never be thirsty."

"Your ancestors ate the manna in the wilderness, and they died.

This is the bread that comes down from heaven, so that one may eat of it and not die.

I am the living bread that came down from heaven.

Whoever eats of this bread will live forever;

and the bread that I will give for the life of the world is my flesh."

## Tefillat HaAdon (Matthew 6:9-13)

אָבִינוּ שֶׁבַשְׁמַיִם, יִתְקַדֵּשׁ שְׁמֶךָ,	Avinu she-ba-shamayim,
תְּבָא מַלְכוּתְךָ, יַעֲשֵׂה רְצוֹנְךָ,	yit-kadesh shim-cha,
כִּבְשָׁמַיִם כֹּן בְּאָרֶץ.	tavo malchut-cha, yey-aseh re-tzon-cha
אֶת-לֶחֶם חֻקֵּנוּ תֵן-לָנוּ הַיּוֹם,	ke-va-shamayim ken ba-aretz.
וְסִלַּח-לָנוּ אֶת-חַטָּאֵינוּ	Et lechem chukaynu ten la-nu hayom
כִּי כַּיִּשְׁוֹלֵי חַיִּים גַּם-אֲנַחְנוּ לְחוּטָאִים לָנוּ.	u-s' b lach-lanu et cha-ta-aynu
וְאַל-תִּבְיָאֵנוּ לַיְדֵי נְסִיוֹן,	ke-fi she-sol-chim gam anachnu
כִּי אִם-חַלְצָנוּ מִן-הָרָע.	la-chot'im lanu.
כִּי לֶךָ הַמַּמְלָכָה וְהַגְּבוּרָה	Ve-al te-vi-aynu li-day ni-sa-yon
וְהַתְּפָאֶרֶת לְעוֹלָמֵי עוֹלָמִים.	ki im chal-tzaynu min ha-ra.
	Ki lecha ha-mam-la-cha ve-ha-ge-vurah
	ve-ha-tiferet le-olmay ola-mim.

*Our Father, our Father in heaven   Hallow-ed and sanctified be Thy holy name  
Thy kingdom come and Thy will be done   As in heaven, so here on earth.*

*And give us this day our daily bread   And forgive us as we forgive our debtors  
And lead us not into temptation   But deliver us from evil.*

*For Thine is the kingdom, the power, and the glory   Forever. Amen.*

## Netilat Yada'im (Washing the Hands)

The procedure for handwashing is as follows: Fill a cup of water, take the cup in your left hand, and pour it over your right hand. Next, take the cup in your right hand and pour it over the left hand. This is repeated until each hand has water poured over it twice. After this has been completed, say the following blessing before drying your hands and do not talk until Hamotzi has been recited.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל נְטִילַת יָדַיִם:

*Ba-ruch atah Adonai Elo-hay-nu melech ha-olam  
asher ki-de-sha-nu be-mitz-vo-tav  
ve-tzi-va-nu al ne-ti-lat ya-da-im*

[Blessed are You, Adonai our God, King of the universe,  
who has sanctified by His commandments  
and commanded us concerning the washing of hands.]

## Yeshua's Memorial (1 Cor 11:23-24)

On the night He was delivered up Yeshua took bread, and when He had said the berachah He broke it and said, 'This is My body which is for you; do this in remembrance of Me.'

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְזָכוֹר אֶת-מְשִׁיחוֹ.

*Baruch atah Adonai Elohaynu melech ha-olam  
asher ki-de-shanu be-mitz-vo-tav  
ve-tzi-vanu liz-kor et Me-shi-cho*

Blessed are You, Adonai our God, King of the Universe,  
Who has sanctified us by His commandments, and commanded us to Remember His Messiah.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

*Baruch atah Adonai Elohaynu melech ha'olam  
Ha-motzi le-chem min ha-aretz*

[Blessed are You, Adonai our God, King of the Universe,  
who brings forth bread from the earth.]

The one presiding breaks the bread, and the bread is distributed. The following is sung during the distribution.

זֶה גּוֹפֵי הַנֶּתֶן בְּעֵדְכֶם  
זֹאת עָשׂוּ לְזִכְרוֹנִי.

*Ze gu-fi ha-ni-tan ba-ad-chem  
zot a-su le-zich-ro-ni*

*This is My body which is given for you; Remember Me when this you do.  
This is My body, given for you; Remember Me, when this you do.*

The one presiding reads the following.

We have received the bread of life --  
may we eat this bread, and share now in the life of the world to come.

After all have eaten of the bread, sing the following:

אֲדוֹן הַכְּבוֹד מֶלֶךְ הַמְּלָכִים  
שִׁמְשׁ צְדָקָה וּמְרַפָּא בְּכַנְפֵיהָ

*Adon ha-kavod melech ham-la-chim  
Shemesh tz'dakah u-mar-pay bich-na-fe-hah*

*You are the Lord of Glory, You are the King of Kings,  
You are the sun of righteousness, with healing in Your wings.*

All eat of the bread, and then begin the meal.

### **Birkat HaMazon (Grace After Meals)**

שִׁיר הַמַּעֲלוֹת: בְּשׁוּב יְיָ	<i>Shir ha-ma-alot be-shuv Ado-nai</i>
אֶת שִׁיבַת צִיּוֹן הֵינּוּ כְּחֹלְמִים:	<i>et shi-vat Tzi-yon ha-yi-nu ke-chol-mim.</i>
אֲזַ יִמְלֵא שְׂחֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה	<i>Az yi-ma-ley se-chok pi-nu ul-sha-ney-nu ri-nah.</i>
אֲזַ יֹאמְרוּ בְּגוֹיִם	<i>Az yom-ru va-go-yim</i>
הַגְּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי:	<i>hig-dil Adonai la-a-sot im ey-leh,</i>
הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ הֵינּוּ שְׂמֵחִים:	<i>hig-dil Adonai la-a-sot ima-nu ha-yi-nu se-mey-chim.</i>
שׁוּבָה יְיָ אֶת שְׁבִיתֵנוּ כְּאֶפְיָקִים בְּנֶגֶב:	<i>Shu-vah Adonai et shvi-tey-nu ka-a-fi-kim ba-ne-gev.</i>
הַזְרְעִים בְּדִמְעָה בְּרִנָּה יִקְצְרוּ:	<i>Ha-zor-im be-dim-ah be-ri-nah yik-tzo-ru.</i>
הַלֹּחַ יִלְחַךְ וּבָכָה נִשְׂא מִשֶּׁשׁ הַזֶּרַע	<i>Ha-loch yey-leych u-va-cho, no-sey me-shech ha-za-ra.</i>
בָּא יָבֹא בְרִנָּה נִשְׂא אֶלְמֹתָיו:	<i>Bo ya-vo ve-ri-nah no-sey alu-mo-tav.</i>

When Adonai brought back our captives to Zion, we were like those who dream.  
Then our mouth was filled with laughter, and our tongue with shouts of joy.

*Then it was said among the nations, 'Adonai has done great things for them.'  
Adonai has done great things for us, and we rejoiced.*

Bring back our captives, Adonai, like the watercourses in the Negev.

*May those who sow in tears, reap with shouts of joy.*

Those who go out weeping, bearing the seed for sowing,  
shall come home with shouts of joy, carrying their sheaves.

[Note: 'Elo-hey-nu' is inserted below when ten or more are reciting the Grace after Meals.]

רְבוּתֵי נְבָרְךָ! [Let us bless Him!]

יְהִי שֵׁם יְיָ מְבֹרָךְ מְעַתָּה וְעַד עוֹלָם. *Ye-hi Shem Adonai me-vo-rach  
mey-atah ve-ad olam.*

יְהִי שֵׁם יְיָ מְבֹרָךְ מְעַתָּה וְעַד עוֹלָם. [May the Name of Adonai be blessed now and forever.]

בְּרִשׁוֹת מְרַנֵּנוּ וְרַבֵּנוּ וְרְבוּתֵי, [May the Name of Adonai be blessed now and forever. With  
נְבָרְךָ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְּׁלוֹ. the permission of all present, let us bless our God of whose  
bounty we have eaten.]

בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאָכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חֵיֵינוּ. *Ba-ruch (Elo-hey-nu) she-a-chal-nu mi-she-lo uv-tu-vo cha-yi-nu.*

בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאָכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חֵיֵינוּ. [Blessed be our God of whose bounty we have eaten and through whose goodness we live.]

בָּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:

### First Blessing

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, *Ba-ruch ata Adonai, Elo-hay-nu me-lech ha-olam,*  
הֵזֵן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים *ha-zan et ha-olam ku-lo be-tu-vo be-cheyn*  
הוּא נוֹתֵן לֶחֶם לְכֹל בֶּשֶׂר כִּי לְעוֹלָם חֶסֶד. *be-che-sed uv-ra-cha-mim. Hu no-teyn le-chem*  
וּבְטוֹבוֹ הַגְּדוֹל תָּמִיד לֹא חָסַר לָנוּ, וְאֵל יַחְסֵר לָנוּ *le-chol ba-sar ki le-olam chas-do. Uv-tu-vo*  
מִזֶּן לְעוֹלָם וָעֶד. בְּעִבוּר שְׁמוֹ הַגְּדוֹל, *ha-ga-dol ta-mid lo cha-sar la-nu ve-al yech-sar*  
כִּי הוּא אֵל יָן וּמִפְרִיָס לְכֹל *la-nu ma-zon le-olam va-ed ba-a-vur she-mo*  
וּמְטִיב לְכֹל, וּמְכִין מִזֶּן לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. *ha-ga-dol ki hu El zan um-far-neys la-kol*  
בָּרוּךְ אַתָּה יְיָ, הֵזֵן אֶת הַכֹּל: *u-mey-tiv la-kol u-mey-chin ma-zon le-chol*  
*Ba-ruch atah Adonai, ha-zan et ha-kol.*

Blessed are You, Adonai our God, King of the universe  
who feeds the whole world in His goodness, grace, steadfast love, and compassion.  
Blessed are You, Adonai, who provides food for all.

### Second Blessing

נוֹדָה לְךָ יְיָ אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לָאֲבוֹתֵינוּ, *No-deh le-cha Adonai Elo-heynu*  
אֶרֶץ חֶמְדָּה טוֹבָה וּרְחֻבָה, *al she-hin-chal-ta la-a-vo-teynu,*  
וְעַל שֶׁהוֹצֵאתָנוּ, יְיָ אֱלֹהֵינוּ, מֵאֶרֶץ מִצְרַיִם, *eretz chem-dah to-vah ur-cha-vah,*  
וּפְדִיתָנוּ מִבֵּית עֲבָדִים, *Ve-al she-hotzay-tanu, Adonai Eloheynu,*  
וְעַל בְּרִיתְךָ שֶׁחֲתַמְתָּ בְּבִשְׂרֵנוּ, *mey-eretz mitz-ra'im*  
וְעַל תּוֹרַתְךָ שֶׁלַמְדָתָנוּ, *uf-di-tanu mi-beyt avadim*  
וְעַל חֻקֶיךָ שֶׁהוֹדַעְתָנוּ, *Ve-al be-rit-cha she-cha-tam-ta biv-sa-rey-nu,*  
וְעַל מְשִׁיחַ יֵשׁוּעַ בֶּן-דָּוִד *Ve-al tora-techa she-li-mad-tanu*  
שֶׁמָסַרְתָּ בְּאֵהָבָה רַבָּה בְּעַד כּוֹלָנוּ, *Ve-al chu-kecha she-hoda-tanu*  
וְעַל רוּחְךָ שֶׁנָתַתָּ לָנוּ, *Ve-al Mashiach Yeshua ben David*  
וְעַל חַיִּים חֵן וְחֶסֶד שֶׁחוֹנְנֵתָנוּ *she-masar-ta be-ad ku-lanu*  
דְרָךְ יֵשׁוּעַ הַמְשִׁיחַ אֲדוֹנֵינוּ *Ve-al ru-cha-cha she-na-ta-ta lanu*  
וְעַל אֲכִילַת מִזֶּן שֶׁאַתָּה יָן וּמִפְרִיָס אוֹתָנוּ תָּמִיד *Ve-al chayim cheyn va-chesed she-cho-nan-tanu*  
בְּכֹל יוֹם וּבְכֹל עֵת וּבְכֹל שְׁעָה. *derech Yeshua HaMashiach Adoneynu*  
וְעַל הַכֹּל, יְיָ אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים לְךָ, *Ve-al achilat mazon she-ata zan um-far-neys*  
וּמְבָרְכִים אוֹתְךָ, *otanu tamid,*  
יְתַבְרַךְ שְׁמֶךָ בְּכֹל חַי תָּמִיד לְעוֹלָם וָעֶד. *be-chol yom uv-chol eyt uv-chol sha'a*  
*Ve-al ha-kol, Adonai Eloheynu,*  
*anachnu modim lach, um-var-chim otach.*  
*yit-barach shim-cha*  
*be-fi kol chai tamid le-olam va-ed*

כַּפְתוּב, וְאֶבְרַחְתָּ, וְיִבְרַכְתָּ אֶת יְיָ אֱלֹהֵינוּ  
 על הארץ הטובה אשר נתן לך.  
 בְּרוּךְ אַתָּה יְיָ, על הארץ ועל המזון:  
*ka-ka-tuv ve-a-chal-ta ve-sa-va-ta u-vey-rach-ta et  
 Adonai Elo-he-cha  
 al ha-aretz ha-to-vah asher na-tan lach.  
 Ba-ruch ata Adonai, al ha-aretz ve-al ha-ma-zon.*

We thank You, Adonai our God,  
 for the pleasant land which You bestowed on our ancestors as a heritage;  
 for delivering us from Egypt, the house of bondage;  
 for Your covenant which You sealed in our flesh;  
 for Your Torah which You taught us;  
 for Messiah Yeshua the Son of David whom You delivered up in love for us all;  
 for Your Spirit whom you gave us;  
 for the life, grace, and kindness that You have granted us through Yeshua the Messiah our Master;  
 and for the nourishment which is daily with us.  
 For all this, Adonai our God, we give you thanks;  
 may Your Name be blessed by every living thing, constantly and for ever.

*just as it is written, 'You shall eat and be satisfied,  
 and shall bless Adonai your God for the good land which He gave you.'*

Blessed are You, Adonai, for the land and for food.

### Third Blessing

רַחֵם נָא יְיָ אֱלֹהֵינוּ, עַל יִשְׂרָאֵל עַמְּךָ,  
 וְעַל יְרוּשָׁלַיִם עִירְךָ,  
 וְעַל מַלְכוּת יֵשׁוּעַ בֶּן דָּוִד מְשִׁיחֲךָ,  
*Ra-chem-na Adonai Elo-hey-nu  
 al Yis-ra-el a-me-cha  
 ve-al Ye-ru-sha-la-yim i-re-cha  
 ve-al mal-chut Yeshua ben David Me-shi-che-cha*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וְיָבֵא, וְיַגִּיעַ, וְיִרְאֶה, וְיִרְצֶה, וְיִשְׁמַע, וְיִפְקֹד, וְיִזְכֹּר  
 זְכוֹרוֹן מְשִׁיחַ יֵשׁוּעָה בֶּן דָּוִד עַבְדְּךָ, וְגַם בּוֹ זְכוֹרוֹנוֹ וּפְקוּדוֹנוֹ, וְזְכוֹרוֹן אֲבוֹתֵינוּ,  
 וְזְכוֹרוֹן יְרוּשָׁלַיִם עִיר קְדֻשָׁה, וְזְכוֹרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ,  
 לְפָלִיטָה, לְטוֹבָה, לְחַן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם.  
 זְכַרְנוּ, יְיָ, אֱלֹהֵינוּ, בּוֹ לְטוֹבָה, וּפְקוּדָנוּ בּוֹ לְבִרְכָה, וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקְּדוֹשׁ בְּמַהְרָה בְּיָמֵינוּ. בְּרוּךְ  
 אַתָּה יְיָ, בּוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.  
*U-ve-ney Ye-ru-sha-la-yim ir ha-ko-desh  
 bim-hey-rah ve-ya-mey-nu. Ba-ruch atah Adonai,  
 Bo-ney be-ra-cha-mav Ye-ru-sha-la-yim Amen.*

Have compassion, Adonai our God, on Israel Your people, on Jerusalem Your city,  
 and on the Kingdom of Yeshua, the son of David, your Anointed One.  
 Our God and God of our ancestors,  
 may the remembrance of Messiah Yeshua ascend and come before You,  
 and may we also be remembered in Him,  
 along with our ancestors, Jerusalem Your holy city, and all Your people, the house of Israel.  
 May we all be accepted in Your presence as You remember Messiah Yeshua,  
 who was delivered over to death because of our transgressions  
 and raised to life that we might be established in righteousness,  
 who ascended to Your right hand, and now makes intercession for us.

*Look upon the face of Your Messiah, and unite us to him by Your Spirit.  
For His sake grant us forgiveness of sin and deliverance from its power,  
faith, hope, and love,  
health, strength, wisdom, and peace,  
eternal life and a place among the Holy Ones who forever sanctify Your Name.*

Have mercy on Israel Your people,  
on the assembly of the nations who were far off and have been drawn near,  
on Zion the dwelling place of Your glory,  
and on Your entire creation which yearns to be free from its bondage to decay.

*Remember us this day, Adonai our God, for well-being,  
be mindful of us for blessing, and save us for life.*

May we be filled with Your Spirit,  
the pledge and first-fruits of the World to Come,  
and may Messiah return, speedily and soon.

*Maran atha. Come Lord Yeshua.*

Rebuild Jerusalem Your holy city speedily and in our days.  
Blessed are You, Adonai, who in His compassion rebuilds Jerusalem.

#### **Fourth Blessing**

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל אֲבֵינוּ,  
מִלְכֵנוּ, אֲדִירֵנוּ בּוֹרְאֵנוּ, גּוֹאֲלֵנוּ, יוֹצְרֵנוּ, קְדוֹשֵׁנוּ,  
קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל. הַמֶּלֶךְ הַטּוֹב,  
וְהַמְּטִיב לְכֹל,  
שֶׁבְּכֹל יוֹם וַיּוֹם הוּא הַטֵּיב, הוּא מְטִיב, הוּא  
יֵיטִיב לָנוּ.  
*Ba-ruch atah Adonai Elo-hey-nu  
me-lech ha-olam, ha-El  
a-vi-nu, mal-key-nu, a-di-rey-nu bor-ey-nu  
go-a-ley-nu, yotz-rey-nu, ke-do-shey-nu,  
ke-dosh Ya-a-kov, ro-ey-nu, ro-ey Yis-ra-el,  
ha-me-lech ha-tov ve-ha-mey-tiv la-kol,  
she-be-chol yom va-yom,  
hu hey-tiv, hu mey-tiv, hu yey-tiv la-nu.*

[Blessed are You, Adonai our God, King of the universe,  
our Shepherd -- the Shepherd of Israel,  
the good King who deals kindly with all --  
day by day you have dealt kindly, do deal kindly, and will deal  
kindly with us.]

הַרְחֵמוּ, הוּא יְנַחֵלֵנוּ יוֹם שְׂכָלוֹ שַׁבָּת וּמְנוּחָה  
לְחַיֵּי הָעוֹלָמִים.  
הַרְחֵמוּ, הוּא יַצְנֵנוּ לַיְמֹת הַמְּשִׁיחַ  
וְלַחַיֵּי הָעוֹלָם הַבָּא.  
*Ha-ra-cha-man, hu yan-chi-ley-nu  
yom she-ku-lo Shabbat  
um-nu-chah le-cha-yey ha-o-la-mim.  
Ha-ra-cha-man, hu ye-za-key-nu  
li-mot ha-Ma-shi-ach  
ul-cha-yey ha-olam ha-ba.*

May the Compassionate One grant that we inherit that Day  
which will be all Sabbath and Rest in life everlasting.

*May the Compassionate One grant  
that we be worthy of the days of the Messiah and the life of the World to Come.*

## The Cup of the Renewed Covenant (1 Corinthians 11:25; Luke 22:18)

The one presiding lifts a cup of wine and a cup of grape juice, and reads the following.

After the meal Yeshua took the cup and said, “This cup is the Renewed Covenant in My blood; do this, as often as you drink it, in remembrance of Me.”

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, *Baruch atah Adonai Elohaynu melech ha-olam*  
בוֹרֵא פְּרִי הַגֶּפֶן. *Bo-ray peri ha-gafen*

The wine and grape juice from the two cups are poured into pitchers, which are taken to the tables, where the wine and grape juice are poured into the individual cups of the participants. The following is sung as this is done.

הַכּוֹס הַזֹּאת הִיא הַבְּרִית הַחֲדָשָׁה *Ha-kos ha-zot*  
בְּדָמֵי הַנִּישְׁפָּךְ בְּעַדְכֶם *hi ha-be-rit ha-cha-da-shah*  
זֶה דָּמִי זֹאת עָשׂוּ לְזִכְרוֹנִי *be-da-mi ha-nish-pach ba-ad-chem*  
*ze da-mi zot a-su le-zich-ro-ni*

*This is the cup of the renewed Covenant; When this you drink remember Me  
This is My blood, poured out for you; Remember Me, when this you do.*

We have received the cup of the covenant renewed in Messiah’s blood.  
May we drink from this cup, and share now in the life of the world to come.

All drink from their cups.

מִגְדוֹל יְשׁוּעוֹת מַלְכוּ, וְעֵשָׂה חֶסֶד לְמַשִּׁיחוֹ לְדָוִד *Mig-dol ye-shu-ot mal-ko*  
וּלְזָרְעוֹ עַד עוֹלָם: *ve-oseh che-sed lim-shi-cho,*  
עֵשָׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם, עָלֵינוּ *le-Da-vid ul-zar-o ad olam.*  
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן: *Oseh shalom bim-ro-mav, hu ya-a-seh shalom*  
*a-ley-nu ve-al kol Yis-ra-el, ve-im-ru Amen.*

He is a tower of salvation for His King, and He shows steadfast love to His Anointed One, to David and his seed for ever.

*He who makes peace in his high places,  
may He make peace for us and for all Israel, and say, Amen.*

יְיָ עַז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם: *Adonai oz le-amu yi-teyn,*  
*Adonai ye-va-reych et amo va-shalom.*

Adonai will give strength to His people; Adonai will bless His people with peace.

עֵשָׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם, עָלֵינוּ *Oseh shalom bim-ro-mav, hu ya-a-seh shalom*  
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן: *a-ley-nu ve-al kol Yis-ra-el, ve-im-ru Amen.*



## Havdalah

הִנֵּה אֵל יִשׁוּעָתִי, אֲבִטַח וְלֹא אֶפְחָד,  
כִּי עָזִי וְזִמְרַת יְהוָה יְיָ, וַיְהִי לִי לִישׁוּעָה:  
וּשְׂאֲבָתָם מִיָּם בְּשִׁשׁוֹן מִמַּעַיְנֵי הַיִּשׁוּעָה:  
*Hi-ney El ye-shu-a-ti ev-tach ve-lo ef-chad.  
Ki o-zi ve-zim-rat Ya Adonai va-ye-hi li li-shu-ah.  
U-shav-tem ma-yim be-sa-son  
mi-ma-ai-ney ha-ye-shu-ah.*

לַיְי הַיִּשׁוּעָה עַל עֲמֻד בְּרִכְתּוֹתָ סֵלָה: יְיָ צְבָאוֹת עֲמָנוּ מִשְׁגֵּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה:  
יְיָ צְבָאוֹת אֲשֶׁרִי אָדָם בְּטַח בָּךְ: יְיָ הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בַיּוֹם קְרָאֵנוּ:

Read by Group, repeated by Leader:

לַיהוּדִים הַיְיָתָה אוֹרָה וְשִׂמְחָה וְשִׁשׁוֹן וִיקָר:  
כֵּן תַּהֲיֶיהָ לָנוּ,  
*La-ye-hu-dim ha-ye-tah o-rah  
ve-sim-chah ve-sa-son vi-kar keyn ti-yeh la-nu.*

כּוֹס יִשׁוּעוֹת אֲשָׂא. וּבְשֵׁם יְיָ אֶקְרָא:

[Behold, God is my salvation; I will trust and not be afraid.  
For Adonai is my strength and my song, and He has become my salvation.  
With joy you will draw water from the wells of salvation.  
Salvation belongs to Adonai; Your blessing be upon Your people.  
Adonai Tzeva'ot is with us; the God of Jacob is our refuge.  
Adonai Tzeva'ot, happy the person who trusts in You!  
Adonai, save us; may the King answer us in the day we call.  
The Jews had light and joy and gladness and honor; So be it with us.  
I will the lift the cup of salvation and call upon the Name of Adonai.]

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרִי הַגֶּפֶן.  
*Ba-ruch atah Adonai,  
Elo-hey-nu me-lech ha-olam,  
Bo-rey pe-ri ha-ga-fen.*  
[Blessed are You, Adonai our God, King of the universe,  
Creator of the fruit of the vine.]

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מִיְיָ בְּשִׂמִּים:  
*Ba-ruch atah Adonai,  
Elo-hey-nu me-lech ha-olam,  
Bo-rey mi-ney ve-sa-mim.*  
[Blessed are You, Adonai our God, King of the universe,  
Creator of fragrant spices.]

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מְאוּרֵי הָאֵשׁ:  
*Ba-ruch atah Adonai,  
Elo-hey-nu me-lech ha-olam,  
Bo-rey me-o-rey ha-eysh.*  
[Blessed are You, Adonai our God, King of the universe,  
Creator of the light of the fire.]

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ,  
 בֵּין יִשְׂרָאֵל לְעַמִּים,  
 בֵּין יוֹם הַשְּׁבִיעִי, לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה:  
 בָּרוּךְ אַתָּה יְיָ, הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחֹל:

*Ba-ruch atah Adonai, Elo-hey-nu me-lech  
 ha-olam, ha-mav-dil beyn kodesh le-chol,  
 beyn or le-cho-shech, beyn Yis-ra-el la-a-mim,  
 beyn yom ha-she-vi-i  
 le-shey-shet ye-mey ha-ma-a-seh.  
 Ba-ruch atah Adonai,  
 ha-mav-dil beyn kodesh le-chol.  
 [Blessed are You, Adonai our God, King of the universe,  
 who makes a distinction between holy and profane, between  
 light and darkness,  
 between Israel and the nations, between the seventh day and  
 the other days of the week.  
 Blessed are You, Adonai, who makes a distinction between  
 holy and profane.]*

הַמְבַדֵּיל בֵּין קֹדֶשׁ, בֵּין קֹדֶשׁ לְחֹל  
 חֲטָאֵתֵינוּ הוּא יִמְחוֹל  
 זְרַעֵינוּ וְכֶסֶףֵינוּ יִרְבֶּה כְּחֹל  
 וְכִכּוֹכָבִים בַּלַּיְלָה  
 שְׂבוּעַ טוֹב:

*Ha-Mav-dil bayn kodesh  
 bayn kodesh le-chol  
 cha-to-tay-nu hu yim-chol  
 zar-ay-nu ve-chas-pay-nu  
 yar-beh ka-chol  
 ve-cha-ko-cha-vim ba-lai-lah.*

He who makes a distinction between holy and profane,  
 May He forgive our sins and increase our descendants and our goods  
 like the sand and like the stars at night.  
 May it be a good week!

אֱלֹהֵינוּ הַנְּבִיא אֱלִיָּהוּ הַתִּשְׁבִּי  
 אֱלִיָּהוּ הַגִּלְעָדִי, בְּמַהֲרָה בְּיָמֵינוּ יָבֵא אֱלֵינוּ  
 עִם מְשִׁיחַ בֶּן-דָּוִד עִם מְשִׁיחַ בֶּן-דָּוִד.

*Ay-li-ya-hu ha-na-vi, Ay-li-ya-hu ha-tish-bi  
 Ay-li-ya-hu ha-gil-a-di  
 Bim-hay-rah Be-ya-may-nu ya-vo ay-lay-nu  
 Im Ma-shi-ach ben Da-vid*

Elijah the Prophet, Elijah the Tishbite, Elijah the Gileadite,  
 May he come to us speedily, in our days, with Messiah the Son of David.

*Maran atha; Come, Lord Yeshua.*