Torah Blessing

Baruch ata yah

Elo-hay-nu

Melech ha-olam

A-sher keed-shan-nu

B’mitz-vo-tav

Y’tsvi-va-nu

La-a-soak

B’deev’ray torah

Source of blessing,

your presence fills creation,

helping us become holy

with your commandments,

and commanding us to

engage, struggle, soak ourselves

in words of Torah

Blessing After the Meal

Let us acknowledge the source of life,

source of all nourishment.

May we protect the bountiful earth

that it may continue to sustain us,

and let us seek sustenance

for all who dwell in the world.

Kaddish D’rabbanan

For all Israel,

and for our teachers,

and for their students,

and for all the students of their students,

and to all who study Torah,

here and everywhere,

we wish for them,

and for you,

abundant peace, grace, lovingkindness,

mercy, long life, ample sustenance,

and salvation from G-d who is in heaven,

and we say

Amen.

Birkat Hamazon

Nodeh l’eyn hahayim

hazanah et hakol

Nodeh l’eyn hahayim

hazanah et hakol.

Al ha’aretz hatovah v’har’havah

nishmor na, nishmor na,

v’hi’ t’kay’meynu,

unvakeysh mazon l’hasbi’a bo

kol yosh’vey teyveyl.