

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 stu-
dents,
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 heav-
en,
and we say
Amen.

Birkat Hamazon

Nodeh l'eyn hahayim
hazanah et hakol

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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.