

## 9. Birkat HaMazon (Abridged)

Attitude of gratitude! After we finish a meal, it's a mitzvah to thank the One above for our abundant blessings. Below is the first segment.

<b>Baruch</b> Ata Ado-noy,	בְּרוּךְ אַתָּה יי
Elo-hay-nu Meh-lech Ha'Olam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
HaZahn Ess Ha'Olam Kulo B'Tuvo,	הֵנָּה אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ
Be'Chein B'Che-sed U-v'Ra-cha-mim,	בְּחֵן בְּחֶסֶד וּבְרַחֲמִים
Hu Nosein Lechem Le'Chol Basar	הוּא נוֹטֵן לֶחֶם לְכֹל בָּשָׂר
Kee Le'Olam Chas-do.	כִּי לְעוֹלָם חַסְדּוֹ:
U'veTuvo HaGadol Imanu Tamid,	וּבְטוֹבוֹ הַגָּדוֹל עִמָּנוּ תָּמִיד
Lo Cha-seir Lah-nu, VeAl Yech'sar Lanu	לֹא חָסַר לָנוּ וְאֵל יַחְסֵר לָנוּ
Mazon Le'Olam Va'ed.	מְזוֹן לְעוֹלָם וָעֵד:
Ba-avur Shemo HaGadol,	בְּעַבּוּר שְׁמוֹ הַגָּדוֹל
Ki Hu Eil Zahn U'Mefar-neis LaKol,	כִּי הוּא אֵל זֶן וּמְפַרְנֵס לְכֹל
U'May-tiv LaKol U'May-chin Mah-zone	וּמְטִיב לְכֹל וּמְכִין מְזוֹן
LeChol B'rio-sav Asher Bara,	לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא
Ka'amur Po-sei'ach Ess Ya-decha,	כְּאָמַר פּוֹתֵחַ אֶת יָדְךָ
U'Masbia LeChol Chai Ratzon.	וּמְשַׁבֵּיעַ לְכֹל חַי רְצוֹן:
Baruch Ata Ado-noy, HaZahn Ess HaKol.	בְּרוּךְ אַתָּה יי הֵנָּה אֶת הַכֹּל:

Blessed are you, Lord Our God, King of the universe, who in His goodness provides sustenance for the entire world with grace, with kindness, and with mercy. He gives food to all flesh, for His kindness is everlasting. Through His great goodness to us continuously we do not lack [food], and may we never lack food, for the sake of His great Name. For He, benevolent God, provides nourishment and sustenance for all, does good to all, and prepares food for all His creatures whom He has created, as it is said: You open Your hand and satisfy the desire of every living thing. Blessed are You Lord, who provides food for all.

Check us out after Rosh Hashanah!

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Set aside this prayer guide and return it to Chabad to be discarded with proper care.

# Rosh Hashanah Guide

## 1. Candle Lighting

On the first night, candles are lit 18 minutes before sunset. On the second night, the candles should be lit, from a pre-existing flame, after nightfall, and omit the words in parentheses.

- After lighting the candles, circle your hands three times above the flames.
- Cover your eyes while reciting the blessing:  
*Ba-ruch A-tah Ado-nai E-lo-hei-nu me-lech ha-olam asher ki-deshanu be-mitzvo-tav ve-tzvi-vanu le-hadlik ner (shel Shabbat ve) shel Yom Hazikaron.*  
 בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל (שַׁבָּת וְשֶׁל) יוֹם הַזִּכְרוֹן
- When reciting the following blessing on the second night of the holiday, one should have in mind the new fruit which one will subsequently be eating after Kiddush.  
*Ba-ruch A-tah Ado-nai E-lo-hei-nu me-lech ha-olam she-heche-ya-nu ve-ki-yi-ma-nu ve-higi-a-nu liz-man ha-zeh*  
 בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֵחֵינּוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְן הַזֶּה

## 2. Shalom Aleichem

- Sing quietly on the first night of Rosh Hashana which coincides with Shabbat  
*Sha-lom a-lei-chem, mal-a-chei ha-sha-reit, mal-a-chei el-yon, mi-me-lech ma-l' chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.*  
*Bo-a-chem l' sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon, mi-me-lech ma-l' chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.*  
*Bar-chu-ni l' sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon, mi-me-lech ma-l' chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.*  
*T-sei-t' chem l' sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon, mi-me-lech ma-l' chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.*

## 3. Kiddush

- Fill your cup with grape juice.
- On the first night, add the first paragraph & the words in parentheses .
- Say the blessing (continued on next page)

יוֹם הַשְּׁשִׁי: וְיִכְלוּ הַשְּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם: וְיִכַּל אֱלֹהִים בְּיוֹם הַשְּׁבִיעִי מִלֵּאכְתּוֹ אֲשֶׁר עָשָׂה, וְיִשְׁבֹּת בְּיוֹם הַשְּׁבִיעִי מִכָּל מִלֵּאכְתּוֹ אֲשֶׁר עָשָׂה: וְיִבְרַךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וְיִקְדֹּשׁ אֹתוֹ, כִּי בּוֹ שַׁבָּת מִכָּל מִלֵּאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת

## Kiddush (continued)

Start here on the first night, add the words in parentheses:  
The sixth day. And the heavens and the earth and all their hosts were completed. And G-d finished by the Seventh Day His work which He had done, and He rested on the Seventh Day from all His work which He had done. And G-d blessed the Seventh Day and made it holy, for on it He rested from all His work which G-d created to function.

Start here on the second night:  
Attention, Gentlemen!  
Blessed are You, L-rd our G-d, King of the universe, who creates the fruit of the vine. Blessed are You, L-rd our G-d, King of the universe, who has chosen us from among all nations, raised us above all tongues, and made us holy through His commandments. And You, L-rd our G-d, have given us in love this Shabbat day and this Day of Remembrance, the festival of holy assembly, a day for (the remembrance of) sounding the shofar, (in love,) a holy assembly, commemorating the Exodus from Egypt. For You have chosen us and sanctified us from among all the nations, and Your word, our King, is true and enduring forever. Blessed are You L-rd, King over all the earth, who sanctifies (the Shabbat and) Israel and the Day of Remembrance.

Recite on the second night:  
Blessed are You ,Lord our God, King of the universe, who created the lights of fire.  
Blessed are You, Lord our God, King of the universe, who makes a distinction between sacred and profane, between light and darkness, between Israel and the nations, between the Seventh day and the six work days; between the Holiness of the Shabbat and the holiness of the festival You have made a distinction, and have sanctified the Seventh day above the six work days. You have set apart and made holy Your people Israel with your Holiness Blessed are You Lord, who makes a distinction between holy and holy.  
Both nights, If you didn't light candles, recite:  
Blessed are You, L-rd our G-d, King of the Universe, who has granted us life, sustained us and enabled us to reach this occasion.

## 4. New Fruit

- On the second night of Rosh Hashanah, a "new fruit," i.e., a seasonal fruit which we have not yet tasted since its season began, should be present on the table when the holiday candles are kindled and during the kiddush. While reciting the Shehecheyanu blessing after candle-lighting and after the kiddush, one should have the new fruit in mind.
- This fruit is eaten following the kiddush, before washing for bread. Before partaking of the fruit we say the following blessing:  
*Ba-ruch a-tah Ado-nai E-lo-hei-nu me-lech ha-olam bo-re pri ha-etz.*

ברוך אתה יהוה אלהינו מלך העולם, בורא פרי העץ

## 5. Hand Washing

Before eating bread, the hands are purified by pouring water over them three times.

Begin here on the second night and omit the words in parentheses:  
סכרי מרגן: ברוך אתה יי אלהינו מלך העולם, בורא פרי הנפנן:  
ברוך אתה יי אלהינו מלך העולם, אשר בחר בנו מכל עם, ורוממנו מכל לשון, וקדשנו במצותיו. ותתן לנו יי אלהינו פאהבה את יום (השבת הזה ואת יום) הזכרון הזה, את יום טוב מקרא קדש הזה, יום (זכרון) תרועה (פאהבה) מקרא קדש, וזכר ליציאת מצרים. כי בנו בחרת ואותנו קדשת מכל העמים, ודברך מלפנו אמת וקיים לעד. ברוך אתה יי מלך על כל הארץ, מקדש (השבת) ישראל ויום הזכרון: (אמן)

Recite on the second night:  
ברוך אתה יי אלהינו מלך העולם, בורא מאורי האש:  
ברוך אתה יי אלהינו מלך העולם, המבדיל בין קדש לחול, בין אור לחשך, בין ישראל לעמים, בין יום השביעי לששת ימי המעשה. בין קדשת שבת לקדשת יום טוב הברכה, ואת יום השביעי מששת ימי המעשה קדשת, הברכה וקדשת את עמך ישראל בקדשתך. ברוך אתה יי המבדיל בין קדש לקדש: (אמן)

ברוך אתה יי אלהינו מלך העולם, שהחנינו וקמנו והצנינו לפניך הנה: For You have chosen us and sanctified us from among all the nations, and Your word, our King, is true and enduring forever. Blessed are You L-rd, King over all the earth, who sanctifies (the Shabbat and) Israel and the Day of Remembrance.

## Hand Washing (continued)

- Fill a vessel with water. Pour three times over the right hand.
- The left hand is then washed in the same way.
- Prior to drying the hands, the following blessing is said:  
*Ba-ruch a-tah Ad-onai, E-lo-hei-nu me-lech ha-olam, a-sheer ki-desh-an-u be-mitzvotav ve-tziv-anu al ne-til-at ya-da-yim.*  
ברוך אתה יהוה אלהינו מלך העולם, אשר קדשנו במצוותיו, וצונו על נטילת ידיים

## 6. Hamotzi (Blessing Over Challah)

Immediately following the ritual handwashing, without any interruption, the blessing is recited over the bread.

- Placing both hands on the two challahs, recite the following aloud.  
*Ba-ruch atah A-do-nai, E-lo-hei-nu Melech Ha-Olam, hamotzie le-chem min ha-ar-etz*  
ברוך אתה יהוה אלהינו מלך העולם המוציא לחם מן הארץ
- Cut the challah, dip it in honey, and have a bite.

## 7. Apple Dipped in Honey

On the first night of Rosh Hashanah, after eating the challah with honey, it is customary to dip a piece of sweet apple into honey.

- Before eating from the apple we say:  
*Ba-ruch a-tah Ado-nai E-lo-hei-nu me-lech ha-olam bo-re pri ha-etz.*  
*Ye-hi ratzon she-ti-cha-desh alei-nu shanah tovah u-m'tu-kah.*  
May it be Your will to renew for us a good and sweet year.

ברוך אתה יהוה אלהינו מלך העולם, בורא פרי העץ  
יהי רצון שתחדש עלנו שנה טובה ומתוקה

## 8. Other Symbolisms

On the first night of Rosh Hashanah, after dipping the apple in honey, it is customary to eat several foods which symbolize the type of year we wish to have:

- A head of a fish, or other kosher animal, is served. This symbolizes our desire to be at the "head of the class" this year.
- A pomegranate is eaten, symbolizing our wish to have a year full of mitzvot and good deeds as a pomegranate is filled with luscious seeds.
- Throughout the meal, it is customary to also eat foods whose names in the vernacular allude to blessing and prosperity. For example, many have the custom of eating a carrot dish called tzimmes, because in Yiddish the word for carrots, meren, means to multiply.
- It is customary to eat sweet foods, symbolizing our desire to have a sweet year, blessings and abundance.
- It is customary on the first night of Rosh Hashana to greet one another as follows: May you be inscribed and sealed for a good year!