

## Barech: Blessing the Meal

Deuteronomy 8:10

When you have eaten and are satisfied, give thanks to Hashem your God for the good land that God has given you.	וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ אֶת־ה' אֱ-לֹהֶיךָ עַל־הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן־לְךָ:
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**Of all the blessings that we say over food, this is the only one that is directly commanded in Torah. Do you have any ideas why this might be a special mitzvah?**

Full text of Birkat Hamazon; the blessing after meals, can be found in any traditional Haggadah and at

[https://www.jewishvirtuallibrary.org/jsource/Judaism/birkat\\_hamazon.pdf](https://www.jewishvirtuallibrary.org/jsource/Judaism/birkat_hamazon.pdf).

Round by Rabbi Shefa Gold (based on the Babylonian Talmud, page 40b) (sung in the video):

You are the source of life for all that is And your blessing flows through me.	בְּרִיךְ רַחֲמָנָא מַלְכָּא דְעֵלְמָא מְרִיבָה דְהַאי פִּיתָא
Actual translation: Blessed is the Compassionate One, Ruler of the Universe, Master of this Bread.	<i>Brich Rachamana, Malka d'alma marei d'hai pita.</i>

**Assignment for JEWL: After eating an actual meal, record your whole family singing this round (or another form of Birkat Hamazon).**