

- .7 **צִהְרִים** **בָּא** **לְבִרְכָּה.**
tsah ha'rahyeem *bah* *Leev'rah cha*
 Mid-day comes Blessing
Mid-day comes for blessing.
- .8 **צִהְרִים** **בָּא** **לְאָכִילָה.**
tsah ha'rahyeem *bah* *Lah acheelah*
 Mid-day comes eating
Mid-day comes for eating.
- .9 **לְבִרְכָּה** **וְלְאָכִילָה,**
Leev'rah cha *V'Lah acheelah*
 Blessing eating
A Blessing for eating.
- .10 **צִהְרִים,** **צִהְרִים** **בָּא.**
tsah ha'rahyeem *tsah ha'rahyeem* *bah*
 Mid-day Mid-day comes
Mid-day mid-day comes.
- .11 **עַל** **נְטִילַת** **יָדַיִם**
ahl *n'tee laht* *yah dah yeem*
 upon taking hands
To wash our hands.
- .12 **בְּרוּךְ** **אַתָּה** **יְיָ,**
Baruch *ahtah* *Adonai*
 Blessed art Thou Oh Lord
Blessed art Thou, Oh Lord,
- .13 **אֱלֹהֵינוּ** **מֶלֶךְ** **הָעוֹלָם.**
Ehlohaynu *mehlech* *ha olahm*
 our God King the world
Our God, ruler of the world,
- .14 **אֲשֶׁר** **קִדְּשָׁנוּ** **בְּמִצְוֹתָיו,**
ah sher *keed'shanu* *b'meets'vo tahv*
 Who sanctified us by His commandments
Who has made us holy by His commandments,

15. יְדָיִם. נְטִילַת עַל וְצִוָּנוּ.
yah dah yeem n'teelaht ahl vtsee vahnu
 our hands to wash us and commanded
And commanded us to wash our hands.

16. הָאָרֶץ מִן לֶחֶם הַמּוֹצִיא.
ha arets meen leh chehm ham motsi
 the earth from bread Who brings forth
Who brings forth bread from the earth.

17. בָּרוּךְ אַתָּה יְיָ,
Adonai ahtah baruch
 Oh Lord art Thou Blessed
Blessed art Thou, Oh Lord,

18. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
ha olahm mehlech Ehlohaynu
 the world King our God
Our God, Ruler of the world,

19. הָאָרֶץ מִן לֶחֶם הַמּוֹצִיא.
ha arets meen leh chehm ham motsi
 the earth from bread Who brings forth
Who brings forth bread from the earth.