

# *A Blessing After Meals*

ברוך רחמנא, מלכא דעלמא מריה דהאי פיתא

....

*Brich rachamana malka d'alma ma'arey d'hai pita*

....

Blessed is the merciful One,  
ruler of the world, creator of this bread.

....

O Lord prepare me / To be a sanctuary / Pure and simple / Tried and true / And with thanksgiving / I'll be a living / Sanctuary for You.