

L'chu N'ran'nah is an egalitarian traditional *bencher* (booklet of songs and blessings recited before and after meals, on Shabbat, festivals, and other occasions) with an alternative edge: It is true to traditional Hebrew texts but ready to adjust language when necessary to address the diversity of contemporary Jewish life in matters of gender and belief. The book is fully egalitarian, with a gender-neutral translation and equal ritual status for men and women. It is rich in explanations, insightful commentary, and inclusive liturgical alternatives for celebration, thanks, and prayer.

The title phrase (Let Us Sing!) taken from the first of the Kabbalat Shabbat psalms invites us to honor and celebrate Shabbat with song and blessing.

Two Editions: Birkat HaMazon Only or a Complete Bencher

L'chu N'ran'nah: Birkat HaMazon is a 32 page booklet containing the complete and abbreviated traditional forms of the Blessings after the Meal, and Sheva Brachot. It sells for \$1.69.

The complete bencher (contents above) has 160 pages and sells for \$3.95.

Custom imprints and bulk pricing are available.

Let Us Sing לְכוּ נְרַנְנָה



יום זה מְכַבֵּד Yom Zeh M'chubad

The author's name, Yis-ra-eil, is spelled out by the acrostic formed by the first letters of the first five verses.

<i>Yom zeh m'chu-bad mi-kol ya-mim, ki vo sha-vat Tzur O-la-mim.</i>	יום זה מְכַבֵּד מְכֹל יָמִים, כִּי בּו שְׁבַת צוּר עוֹלָמִים.	This day is most honored of all days, ¹ because on it, the Eternal Rock ceased from work. ²
<i>Shei-shet ya-mim a-seih m'lach-te-cha, v'yom ha-sh'vi-i l'Ei-lo-he-cha.</i>	שֵׁשֶׁת יָמִים עָשָׂה מְלֹאכְתְּךָ, וְיוֹם הַשְּׁבִיעִי לְאֱלֹהֶיךָ.	Six days perform your work, but the seventh day is for Your God.
<i>Shab-bat lo ta-a-seh vo m'la-chah, ki chol a-sah shei-shet ya-mim.</i>	שְׁבַת לֹא תַעֲשֶׂה בּו מְלֹאכָה. כִּי כֹל עָשָׂה שֵׁשֶׁת יָמִים.	On the Sabbath day you shall not perform work for God created all in six days. ³
CHORUS <i>Yom zeh m'chu-bad ...</i>	... יוֹם זֶה מְכַבֵּד CHORUS	
<i>Ri-shon hu l'mik-ra-ei ko-desh, Yom Shab-ba-ton, yom Shab-bat ko-desh.</i>	רִאשׁוֹן הוּא לְמִקְרָאֵי קֹדֶשׁ, יוֹם שְׁבַתוֹן, יוֹם שְׁבַת קֹדֶשׁ.	It is foremost among the days proclaimed holy, ⁴ a day of rest, the holy Sabbath. ⁵
<i>Al kein kol ish b'yei-no y'ka-deish.</i>	עַל כֵּן כָּל אִישׁ בְּיַמֵּינוּ יִקְדֹּשׁ.	Hence let each recite Kiddush over wine.
<i>Al sh'tei le-chem yivtz'u l'mi-mim.</i>	עַל שְׁתֵּי לֶחֶם יִבְצְעוּ תַמְיָמִים.	With two loaves, ⁶ let the blameless break bread.
CHORUS <i>Yom zeh m'chu-bad ...</i>	... יוֹם זֶה מְכַבֵּד CHORUS	

1. From Isaiah 58:13, "... call God's holy day 'honored' ..."
2. From Genesis 2:3, "And God blessed the seventh day, because on it, God ceased from all the work ..."
3. From Exodus 31:17, 20:9-11, "For in six days Adonai made heaven and earth;" "Six days shall you labor ... but the seventh day is the Sabbath of Adonai your God ..."
4. From Leviticus 23:2-3, "The feasts of Adonai, which you shall proclaim to be holy gatherings ... the seventh day is the Sabbath of rest, a holy gathering ..."
5. From Exodus 16:23, "Tomorrow is ... Adonai's holy Sabbath"
6. A reminder of the double portion of manna which was provided for Shabbat.

Notes provide citations for Biblical references.

Contents

- Traditional Blessings after the Meal
- Abbreviated and Contemporary Alternatives
- B'rachah Acharonah
- Candle Lighting Blessings
- Songs for the Shabbat Table
- Blessing One's Family
- Kiddush and HaMotzi
- Rosh Hashanah Customs
- Ushpizin
- Z'mirot for Shabbat
- Songs for the Third Meal
- Havdalah
- Additional Songs
- Short Songs

"This bencher is just lovely!
The page layout works,
the English is graceful, and
the comments are enlightening."

Features

- Attractive, User-Friendly, Easy-To-Use format
- Contemporary, Faithful, Gender-Neutral, Linear English Translation
- Complete Transliteration
- Egalitarian and Inclusive: Women and men have equal status in all aspects of the liturgy and ritual.
- Scholarly text with notes to biblical and rabbinic sources
- 15 favorite Shabbat Z'mirot and over 100 short songs, with sources
- Popular English Alternatives and Abbreviated Traditional Alternatives for Blessings after Meals
- Alternative Texts for Exchanging Family Blessings
- Explanations of Rituals and Customs

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For sample pages and additional information, or to order, see www.birkat.org.

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