



Women's Zimmun

Nusach Ashkenaz - Transliterated

Dedicated by the Maslow family in honor of the bat mitzva of Aderet Emuna and Tehila Tiferet

גְּבִירוֹתַי/חַבְרוֹתַי/רַבּוֹתַי, בְּבֵרַךְ. *Mezammenet*

Gevirotai/chavrotai/rabbotai nevarach.

(Leader)

My ladies/fellow women/gentlemen, let's recite a beracha.

יְהִי שֵׁם ה' מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם: *Response*

Yehi Shem Adonai Mevorach Mei-'Ata Ve-'Ad Olam:

May God's name be blessed now and forever:

יְהִי שֵׁם ה' מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם: *Mezammenet*

Yehi Shem Adonai Mevorach Mei-'Ata Ve-'Ad Olam:

May God's name be blessed now and forever:

Birshut:

בְּרָשׁוֹת:

(Imi Morati/Avi Mori,

(אִמִּי מוֹרָתִי/אָבִי מוֹרִי,

Ba'alat Ha-bayit/Ba'al Ha-bayit,) **(בַּעֲלַת הַבַּיִת/בַּעַל הַבַּיִת),**

Kol ha-mesubot/mesubin kan, **כָּל הַמְּסֻבּוֹת/הַמְּסֻבִּין *כָּאֵן,**

*With the sanction of: (my mother/father and teacher,
the hostess/host,) all fellow eaters here,*

בְּבֵרַךְ שְׂאֲכָלְנוּ מִשְׁלוֹ.

Nevarech she-achalnu mi-shelo

Let us bless [the One] from Whose [food] we ate.

בָּרוּךְ שְׂאֲכָלְנוּ מִשְׁלוֹ וּבִטְוֹבוֹ חַיִּינוּ. *Response*

Baruch she-achalnu mi-shelo uv-tuvo chayyinu

Blessed is [the One] from Whose [food] we ate,

and through Whose goodness we live.

בָּרוּךְ שְׂאֲכָלְנוּ מִשְׁלוֹ וּבִטְוֹבוֹ חַיִּינוּ. *Mezammenet*

Baruch she-achalnu mi-shelo uv-tuvo chayyinu

Blessed is [the One] from Whose [food] we ate,

and through Whose goodness we live.

The leader should then say the first beracha out loud in order to fulfill the group's obligation. The others recite it quietly and answer amen.

Selected Laws of Zimmun

- A women's zimmun can be said when three or more females above bat mitzva age eat together. Many authorities maintain that women's zimmun is optional (*Shulchan Aruch OC 199:7*) or commendable (*Ben Ish Chai, Korach 13*). Some view it as obligatory (*Bei'ur HaGra OC 199:7*).
- If three men are at a meal, women present are obligated in zimmun (*SA OC 199:7*). They can either participate in the men's zimmun or, if there are three or more women and fewer than ten men, form a separate women's zimmun (*Mishna Berura 199:18, SA Ha-Rav 199:6*).
- If one or two men are present, they may answer a women's zimmun (*Halichot Beitah 12:7, in the name of Rav S. Z. Auerbach*).

* The masculine plural form can refer to all when men are present.

Women's Zimmun

Nusach Edot Hamizrach – Transliterated

הב לן ונברך למלכה עלאה קדישא. *Mezammenet*
Hav lan ve-nivrich le-malka ila'a kadisha (Leader)
Come, and we will bless the exalted, holy King.

שמים. *Response*
Shamayim
[With the sanction of] Heaven.

ברשות מלכה עלאה קדישא *Mezammenet*
Birshut malka ila'a kadisha
With the sanction of the exalted, holy King...
(בשבת: וברשות שבת מלכתא)
(Shabbat: u-virshut Shabbat malketa)
(On Shabbat: and with the sanction of the Shabbat queen)
וברשותכן/וברשותכם*
U-virshutchem/U-virshutchem
And with your sanction

נברך שאכלנו משלו.
Nevarech she-achalnu mi-shelo
Let us bless [the One] from Whose [food] we ate.

ברוך שאכלנו משלו ובטובו חיינו. *Response*
Baruch she-achalnu mi-shelo uv-tuvo chayyinu
*Blessed is [the One] from Whose [food] we ate,
and through Whose goodness we live.*

ברוך שאכלנו משלו ובטובו חיינו. *Mezammenet*
Baruch she-achalnu mishelo uv-tuvo chayyinu
*Blessed is [the One] from Whose [food] we ate,
and through Whose goodness we live.*

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