



Bentching GomeI

Reciting the *GomeI* Blessing

The person who has been affected recites the following:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַגּוֹמֵל
לְחַיִּיבִים טוֹבוֹת, שְׂגַמְלֵנִי כָּל טוֹב

Blessed are You, YHVH, our G-d, Sovereign of the universe who bestows goodness on the accountable, who has bestowed every goodness on me.

The congregation responds:

For a male:

אָמֵן. מִי שְׂגַמְלֵךְ כָּל טוֹב, הוּא יְגַמְלֵךְ כָּל טוֹב, סְלָה

For a female:

אָמֵן. מִי שְׂגַמְלֵךְ כָּל טוֹב, הוּא יְגַמְלֵךְ כָּל טוֹב, סְלָה

Amen. May the One Who has bestowed goodness on you continue to bestow every goodness upon you, *selah*.