

**birkat hamazon hebrew text**

**birkat hamazon hebrew text** is a central prayer in Jewish tradition, recited after meals that include bread. Known as the Grace After Meals, it embodies gratitude to God for providing sustenance and is a core component of Jewish daily life. Understanding the Hebrew text of Birkat Hamazon is essential for those seeking to deepen their connection to Jewish rituals, learn the proper recitation, and appreciate its spiritual significance.

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## What is Birkat Hamazon?

Birkat Hamazon, meaning "Blessing of Grace," is a series of blessings recited following the consumption of bread, which is considered the staple food in Jewish culture. The tradition originates from the Torah, where Deuteronomy 8:10 states, "When you eat and are satisfied, you shall bless the Lord your God." Over time, this commandment evolved into a structured prayer that encompasses gratitude for sustenance, the land of Israel, and God's ongoing providence.

## Historical Background

Historically, Birkat Hamazon has been recited for thousands of years, dating back to biblical times. It was formalized in the Talmudic era, with the Talmud (Berachot 48b) discussing its various components and the importance of reciting it with proper intent and sincerity. The prayer has been preserved through centuries, adapted into various liturgical traditions, and remains a vital part of Jewish daily practice.

# The Hebrew Text of Birkat Hamazon

The full Hebrew text of Birkat Hamazon consists of multiple blessing segments, each with its unique focus and wording. Below is the traditional text, along with an explanation of its parts:

## Standard Hebrew Text

The following is the traditional Hebrew version of Birkat Hamazon, as recited in many communities:

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## Components of Birkat Hamazon

The prayer is traditionally divided into four main sections, each with its own themes and Hebrew wording:

### 1. The Opening Blessing

This blessing begins with praise to God for providing sustenance. It acknowledges God's role as the ultimate provider.

### 2. The Blessing for the Land of Israel

A prayer for the land of Israel's prosperity and blessings, expressing hope and gratitude for the Promised Land.

### 3. The Blessing for Jerusalem and the Jewish People

This section prays for Jerusalem's peace and the rebuilding of the Temple, emphasizing national and spiritual aspirations.

### 4. The Conclusion

The closing blessing asks for peace, goodness, and mercy for Israel and all humanity, ending with praise to God as the ultimate source of blessing.

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## Variations in the Hebrew Text

Different Jewish communities may have slight variations in the wording of Birkat Hamazon. For example:

- **Ashkenazi:** Slight differences in phrasing and inclusion of certain phrases.
- **Sefardi:** Variations that reflect regional liturgical traditions.
- **Yemenite and Ethiopian:** Unique melodies and occasional textual differences.

Despite these differences, the core themes and structure remain consistent across traditions.

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## How to Properly Recite Birkat Hamazon

Proper recitation of Birkat Hamazon involves more than just reading the Hebrew text. Key points include:

### Intention (Kavanah)

Focus on the meaning of each blessing, expressing genuine gratitude and recognition of God's role in providing sustenance.

### Timing

Recite Birkat Hamazon after eating a meal that includes bread, with at least a kazayit (roughly a olive's volume) of bread.

### Practice

- Use a siddur (prayer book) with the Hebrew text.
- Practice pronunciation and fluency.
- Incorporate traditional melodies when possible to enhance reverence.

### Common Mistakes to Avoid

- Omitting sections or blessings.
- Reciting too quickly without understanding.
- Forgetting to recite the full blessing after a significant meal.

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## Learning the Hebrew Text of Birkat Hamazon

For those interested in mastering the Hebrew text, consider the following approaches:

- Studying with a knowledgeable teacher or rabbi.
- Using online resources and audio recordings to improve pronunciation.
- Practicing regularly to build familiarity and confidence.

- Learning the meaning of each blessing to enhance kavanah.

Many communities also have classes or study groups dedicated to understanding and perfecting the recitation of Birkat Hamazon.

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## The Significance of the Hebrew Text in Jewish Life

Reciting Birkat Hamazon in Hebrew maintains a connection to Jewish heritage and tradition. Hebrew, as the sacred language, embodies the spiritual essence of the prayer and preserves the integrity of the blessing across generations. It serves as a unifying element among Jews worldwide, reinforcing communal identity and shared faith.

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## Resources for Studying Birkat Hamazon Hebrew Text

To deepen your understanding and proficiency, explore these resources:

1. [Chabad.org](https://www.chabad.org) - Birkat Hamazon
2. [Sefaria](https://www.sefaria.org) - Hebrew Text and Translations
3. Jewish prayer books (siddurim) with transliteration and commentary
4. Audio recordings of Birkat Hamazon recitations

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## Conclusion

**birkat hamazon hebrew text** is more than just a series of blessings; it is a profound expression of gratitude, faith, and hope rooted in Jewish tradition. Mastery of its Hebrew recitation enriches spiritual practice and connects individuals to generations of Jews who have recited these blessings for millennia. Whether one is a beginner or seeking to perfect their recitation, understanding the Hebrew text and its significance is a meaningful journey that deepens one's appreciation of Jewish faith and identity.

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Remember: Proper pronunciation, intention, and understanding elevate the

recitation of Birkat Hamazon from mere words to a heartfelt act of gratitude to God for His abundant blessings.

## **Frequently Asked Questions**

### **What is the significance of Birkat Hamazon in Jewish tradition?**

Birkat Hamazon is a series of blessings recited after meals that include bread, expressing gratitude to God for providing sustenance and acknowledging His kindness and bounty.

### **Where can I find the traditional Hebrew text of Birkat Hamazon?**

The traditional Hebrew text of Birkat Hamazon can be found in prayer books (siddurim) and Jewish liturgical texts, such as the siddur and the Artscroll or Koren editions, often accompanied by translations and explanations.

### **Are there variations of Birkat Hamazon in different Jewish communities?**

Yes, different Jewish communities, such as Ashkenazi, Sephardi, and Mizrahi, have slight variations in the wording and order of Birkat Hamazon, though the core blessings remain consistent.

### **Can I recite Birkat Hamazon aloud or silently, and what is the proper practice?**

Birkat Hamazon is traditionally recited aloud, especially in communal settings, but it can also be said silently if necessary. The key is to ensure proper intention and reverence during the recitation.

### **How can I learn the correct pronunciation of the Hebrew text of Birkat Hamazon?**

You can learn the pronunciation by studying with a knowledgeable Rabbi, using audio recordings, or practicing with a siddur that includes phonetic transliteration and commentary to ensure proper recitation.

## **Additional Resources**

[Birkat Hamazon Hebrew Text: An In-Depth Exploration of the Grace After Meals](#)

The Birkat Hamazon, also known as the Grace After Meals, is a central blessing in Jewish tradition that embodies gratitude for sustenance and divine providence. Composed in Hebrew, this prayer is recited after consuming bread, which is considered the staple of Jewish life and a symbol of sustenance. Its profound textual richness, historical significance, and spiritual depth make it a subject of enduring interest among Jews worldwide.

This article aims to explore the Hebrew text of Birkat Hamazon in detail, examining its structure, meaning, variations, and significance within Jewish practice.

## Understanding Birkat Hamazon: An Introduction

Birkat Hamazon is a multi-part blessing rooted in the Torah, specifically in Deuteronomy 8:10, which commands, "And you shall eat and be satisfied, and bless the Lord your God." Over centuries, this commandment was expanded into a formal prayer, capturing themes of gratitude, divine kindness, and communal unity.

### Historical Origins and Development

- Biblical Roots: The biblical commandment to bless after meals forms the foundation of Birkat Hamazon.
- Talmudic Expansion: The Talmud (Berachot 48b-51b) discusses the obligation and details of the blessing, leading to the standardized text.
- Medieval and Modern Variations: Different Jewish communities (Ashkenazi, Sephardi, Mizrahi) have developed their own versions, reflecting linguistic and liturgical traditions.

## Structure and Content of Birkat Hamazon

The standard Birkat Hamazon is composed of four primary blessings, each with its own themes and Hebrew text. Some communities include additional passages or insertions during special occasions.

### 1. The First Blessing: "Al HaMichya" (On the Food)

Text in Hebrew:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצֵא לֶחֶם מִן הָאָרֶץ.

Translation:

> Blessed are You, Lord our God, King of the universe, who brings forth bread from the earth.

Significance:

This blessing acknowledges God's role as the provider of sustenance and sets a tone of gratitude immediately after eating.

### 2. The Second Blessing: "R'tzay" (A Plea for Mercy)

Text in Hebrew:

רְצֵנוּ יְיָ אֱלֹהֵינוּ וְאֵלֵינוּ אֲבוֹתֵינוּ, שֶׁמַּעַתָּה חֲנוּנוֹנוּ, וְקַבֵּל בְּרַחֲמֶיךָ וּבְרַצוֹן אֶת תְּפִלָּתֵנוּ.

Translation:

> Be pleased, Lord our God, and accept our prayer with mercy and favor.

Significance:

This section emphasizes humility and supplication, seeking divine acceptance and compassion.

### 3. The Third Blessing: "Binyan Yerushalayim" (Rebuilding Jerusalem)

Text in Hebrew:

וְשׁוּבָה לְיִשְׂרָאֵל חַטָּאֵינוּ, לְמַעַן שׁוּמוֹ, וְהָשִׁיב בְּיָדְךָ כּוֹתֵל תּוֹכְנוּ, כִּי יִבְרָה.

Translation:

> Rebuild Jerusalem and the holy city quickly in our days, and gather our exiles.

Significance:

This blessing highlights themes of hope, redemption, and national longing.

### 4. The Fourth Blessing: "HaTov V'HaMeitiv" (Thanks for Goodness and Kindness)

Text in Hebrew:

תֵּן לָנוּ הַטּוֹב וְהַמֵּיטִיב, וְהַרְבֵּה לַחַיִּימוֹנוֹ בָּהֶם.

Translation:

> Grant us goodness and kindness, and sustain us in life through them.

Significance:

It concludes with a plea for ongoing divine benevolence and sustenance.

## Variations and Customizations of Hebrew Text

Different Jewish communities have developed their own versions and additional blessings, reflecting linguistic, cultural, and theological nuances.

### Community-Specific Variations

- Ashkenazi Text: Slight differences in wording and melody, with some additional phrases.
- Sephardi and Mizrahi Texts: Often include poetic inserts and unique melodies that enhance the prayer's spiritual atmosphere.
- Chabad and Hasidic Texts: Incorporate mystical Kabbalistic phrases and

additional supplications.

## **Inclusion of Additional Phrases**

- During festivals like Passover or Sukkot, the Birkat Hamazon may include special insertions or themes.
- Some communities add a paragraph for peace or personal intentions.

## **Pronunciation and Recitation**

The Hebrew text of Birkat Hamazon is traditionally recited aloud, with melodies varying by community and occasion. Proper pronunciation and kavana (intention) are considered vital to fulfill the mitzvah properly.

Features:

- **Melody Variations:** Different tunes enhance the spiritual experience.
- **Kavana:** Focusing on meaning and gratitude enhances the prayer's effectiveness.
- **Linguistic Precision:** Accurate pronunciation honors the sacredness of the Hebrew text.

## **Importance of Hebrew Text in Practice**

Reciting Birkat Hamazon in Hebrew is a way to connect with the original divine language, preserving the prayer's authenticity and spiritual power.

Pros of Using the Hebrew Text:

- Maintains the original liturgical integrity.
- Connects practitioners to centuries of tradition.
- Enhances spiritual focus and kavana.

Cons or Challenges:

- Non-fluent Hebrew speakers may find pronunciation difficult.
- Variations in text can cause confusion.
- Some may prefer translations for understanding.

Features:

- Many prayer books include transliterations and translations.
- Audio recordings assist in proper pronunciation.
- Study and learning of the Hebrew text deepen understanding.

## **Modern Resources and Usage**

Today, numerous resources are available to facilitate the study and recitation of Birkat Hamazon Hebrew text:



- Printed Siddurim: Contain the full Hebrew text with transliterations and translations.
- Online Platforms: Offer audio recitations, transliteration tools, and explanations.
- Educational Programs: Teach proper pronunciation and kavana.

## Conclusion: The Significance of the Hebrew Text of Birkat Hamazon

The Hebrew text of Birkat Hamazon embodies a profound expression of gratitude, hope, and spiritual connection. Its structured composition reflects centuries of Jewish thought, theology, and communal practice. While variations exist, the core themes remain universal, reinforcing the importance of acknowledging divine kindness after every meal.

Final Thoughts:

- The Hebrew text is central to authentic Jewish practice.
- Proper recitation enhances spiritual fulfillment.
- Engaging with the original language deepens one's connection to tradition.

Whether recited in synagogue, at home, or during communal meals, Birkat Hamazon in Hebrew remains a testament to Jewish faith and gratitude. Its enduring presence underscores the perpetual acknowledgment of divine provision and the eternal hope for redemption and peace.

## Birkat Hamazon Hebrew Text

**birkat hamazon hebrew text:** The Hebrew Letters Rabbi Yitzchak Ginsburgh, 1990 Sefer Yetzirah (the Book of Creation), one of the earliest Kabbalistic works, teaches that the letters of the Hebrew alphabet are the building blocks of creation. Each letter has its own significance, spiritual energy, and reason for existing. In this revised version of Rabbi Ginsburgh's best-selling The Alef-Beit, Jewish Thought Revealed Through the Hebrew Letters, he explains how each letter's name, form, and numerical value play a role in the creative process of the cosmos. He draws on the understandings of the well-known mystic, the Baal Shem Tov, in depicting how each letter has nine dimensions, with impact in three worlds--the physical, spiritual, and Divine. In every letter there is the true completion of the soul, a chance to unite consciousness with the code of creation. Includes glossary, footnotes, and index.

**birkat hamazon hebrew text:** Shabbat (2nd Edition) Ron Wolfson, 2012-04-19 Celebrate the joy of "making Shabbat" each week in your home—with rituals, prayers, blessings, food, and song. This expanded, easy-to-use edition of the classic spiritual sourcebook offers updated information, more ideas, and new resources for every aspect of the holy day. An inspiring how-to guide to every aspect of Shabbat, including: History and meaning How to prepare Rituals, prayers, and blessings (step-by-step) The Sabbath day Havdalah Songs and prayers in English, Hebrew, and Yiddish (with clear transliterations) Recipes for traditional and modern foods to spice up the Shabbat menu Family activities to enhance the experience Enriched by real-life voices sharing practical suggestions and advice, this creative resource helps us to reacquaint ourselves with time-tested traditions and discover old and new ways to celebrate Shabbat, including biblically-inspired songs and games, Shabbat-related crafts, and more family-tested ideas.

**birkat hamazon hebrew text:** A Companion to Comparative Theology , 2022-08-22 A

Companion to Comparative Theology offers a unique survey of a rapidly developing field of modern theology in 32 chapters coordinated by five editors. Its first part discusses some of the main historical developments in theology and religious studies before 1985 that are relevant for understanding contemporary approaches in comparative theology. The main part of the companion traces developments in five specific areas of comparative research, starting with classical approaches by Christian comparative theologians, and continuing with responses by scholars from Jewish, Islamic, Hindu, Buddhist and Chinese religious comparative perspectives. The final part of the companion highlights a number of new avenues in comparative theology, discussing new methods, new forms of awareness, new partnerships with other fields of study, and finally some preliminary conclusions. Contributors are: Nadeen Mustafa A Alsulaimi, María Enid Barga, Bede Benjamin Bidlack, André van der Braak, Francis X. Clooney, Catherine Cornille, Jonathan Edelmann, Marianne Farina, James L. Fredericks, Rouyan Gu, Paul Hedges, Holly Hilgardner, Daniel Joslyn-Siemiatkoski, Louis Komjathy, Christian S. Krokus, LAI, Pan-chiu, Kristin Johnston Lergen, John Makransky, Jerry L. Martin, Vahid Mahdavi Mehr, Marianne Moyaert, Emmanuel Nathan, Robert Cummings Neville, Hugh Nicholson, Jerusha Tanner Rhodes, Devorah Schoenfeld, Klaus von Stosch, Axel Marc Oaks Takacs, Pim Valkenberg, Maureen L. Walsh, Kijin James Wu

**birkat hamazon hebrew text:** Jewish Liturgy Ruth Langer, 2015-03-06 How do Jews pray and why? What do the prayers mean? From where did this liturgy come and what challenges does it face today? Such questions and many more, spanning the centuries and continents, have driven the study of Jewish liturgy. But just as the liturgy has changed over time, so too have the questions asked, the people asking them, and the methods used to address them. Jewish Liturgy: A Guide to Research enables the reader to access the rich bibliography now available in English. In this volume, Ruth Langer, an expert on Jewish liturgy, provides an annotated description of the most important books and articles on topics ranging historically from the liturgy of the Second Temple period and the Dead Sea Scrolls to today, addressing the synagogue itself and those gathered in it; the daily, weekly, and festival liturgies and their components; home rituals and the life cycle; as well as questions of liturgical performance and theology. Introductions to every section orient the reader and provide necessary background. Christians seeking to understand Jewish liturgy, either that of Jesus and the early church or that of their Jewish contemporaries, will find this volume invaluable. It's also an important reference for anyone seeking to understand how Jews worship God and how that worship has evolved over time.

**birkat hamazon hebrew text:** הגדה של פסח Herbert Bronstein, 1975 The revolutionary Haggadah is written in gender-inclusive contemporary language and has sold over 900,000 copies since its introduction.

**birkat hamazon hebrew text:** Contemporary Humanistic Judaism Adam Chalom, Jodi Kornfeld, 2025 Contemporary Humanistic Judaism opens up multidimensional ideas, values, and practices of Humanistic Judaism and tells the history and growth of the movement through its most important texts, collected here for the first time.

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**birkat hamazon hebrew text:** Birkat Hamazon For Weekdays In Hebrew With English Instructions R' Israel Itshakov, 2022-12-19 The Birkat Hamazon - Grace after Meals, among the most ancient prayers in the Jewish liturgy, is provided here to assist in learning, understanding and reciting the prayer.

**birkat hamazon hebrew text:** Journey Through Grief Yamin Levy, 2003

**birkat hamazon hebrew text:** The Language of Judaism Simon Glustrom, 2000-08-01 This ebook is now available from Bloomsbury Academic. Bloomsbury Academic publish acclaimed resources for undergraduate and postgraduate courses, as well as the general reader, across a broad range of subjects including Archaeology, Art & Visual Culture, Biblical Studies, Business & Management, Drama & Performance Studies, Economics, Education, Film & Media, History, Linguistics, Literary Studies, Music & Sound Studies, Philosophy, Politics & International Relations,

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**birkat hamazon hebrew text: The Garland Handbook of African Music** Ruth M. Stone, 2010-04-02 The Garland Handbook of African Music is comprised of essays from The Garland Encyclopedia of World Music: Volume 1, Africa, (1997). Revised and updated, the essays offer detailed, regional studies of the different musical cultures of Africa and examine the ways in which music helps to define the identity of this particular area. Part One provides an in-depth introduction to Africa. Part Two focuses on issues and processes, such as notation and oral tradition, dance in communal life, and intellectual property. Part Three focuses on the different regions, countries, and cultures of Africa with selected regional case studies. The second edition has been expanded to include exciting new scholarship that has been conducted since the first edition was published. Questions for Critical Thinking at the end of each major section guide and focus attention on what musical and cultural issues arise when one studies the music of Africa -- issues that might not occur in the study of other musics of the world. An accompanying audio compact disc offers musical examples of some of the music of Africa.

**birkat hamazon hebrew text: The Sacred Exchange** Mary L. Zamore, 2019-05-21 The newest addition to the CCAR Press Challenge and Change series, this anthology creates a rich and varied discussion about ethics and money. Our use of and relationship with money must reflect our religious values—this book aims to start a comprehensive conversation about how Judaism can guide us in this multi-faceted relationship.

**birkat hamazon hebrew text: Jewish and Christian Liturgy and Worship** Albert Gerhards, Clemens Leonhard, 2007 Jewish and Christian Liturgy and Worship presents the reworked results of the discussions at an interdisciplinary symposium held in Aachen, Germany, on recent trends in the study of Jewish and Christian liturgies. It introduces diverse subjects pertaining to its topic and shows their interrelationship.

**birkat hamazon hebrew text: The Peter Myth** Karl L. Oakes, 2020-10-20 After the close of the New Testament era AD 70, Christianity entered a literary dark age which lasted until the middle of the second century. This period is filled with Christian pseudepigrapha, pious fiction, misleading forgeries, and genuine writings which have been misdated. The Peter Myth shines a ray of light into the darkness. The most explosive issue confronting the young church was whether gentiles needed to be circumcised and keep the Law. The apostles struggled with the terms of admission for twenty years and, in Acts 15, finally reached a consensus. We are saved by faith in Christ. There was a handful of believing Pharisees who refused to accept their decision, and insisted that gentiles were also bound by Torah. These men won over the churches of Galatia, where a hybrid form of Christianity began to unfold. They wrote their own Scriptures—which are still extant—and in an unrecorded schism, separated from the apostles. The Peter Myth connects the Galatian heresy with those Scriptures—the earliest writings of historic Christianity—to reconstruct an authentic history of the first and second century church.

**birkat hamazon hebrew text: The Jewish Wedding Now** Anita Diamant, 2017-06-06 Now completely revised, this definitive guide provides a wealth of options for creating a Jewish wedding--whether totally traditional or cutting-edge contemporary--that combines spiritual meaning and joyous celebration.

**birkat hamazon hebrew text: A History of the Mishnaic Law of Appointed Times, Part Three** Jacob Neusner, 2023-11-27 The history of Jews from the period of the Second Temple to the rise of Islam.

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**birkat hamazon hebrew text:** Hebrew Typography in the Northern Netherlands, 1585-1815, 2 Fuks, Fuks-Mansfeld, 2023-09-20

**birkat hamazon hebrew text:** *Minhagim* Joseph Isaac Lifshitz, Naomi Feuchtwanger-Sarig, Simha Goldin, Jean Baumgarten, Hasia Diner, 2019-12-16 Parallel to the Halakhic laws, the minhagim (customs) are dependent on local practices and the regional schools of sages and rabbis. The minhagim played a decisive role in the history of the Jewish communities and in the formation of traditions of religious rulings. They gave stability, continuity, and authority to the local institutions. The impact of Jewish custom on daily life cannot be overestimated. Evolving spontaneously as an ascending process, it presents undercurrents that emanate from the folk, gradually bringing about changes that eventually become part of the legislative code. It further reflects influences of social, cultural, and mythological tendencies and local historical elements of every-day life of the period. The aim of this volume is to examine the concept of minhag in the broadest sense of the word. Focusing on the relationship between various types of customs and their impact on every aspect of Jewish life, the volume studies the historical, anthropological, religious, and cultural development and function of rites and rituals in establishing the Jewish self-definition and the identity of the local communities that adhered to them. The volume's articles cover the subject of custom from three perspectives: an analysis of the theoretical and legal definition of custom, an analysis of the social and historical aspects of custom, and an anecdotal study of several particular customs. Customs are a wonderful historical prism by which to examine fluctuations and changes in Jewish life.

**birkat hamazon hebrew text:** My People's Prayer Book Lawrence A. Hoffman, 1997 The prayer book is our Jewish diary of the centuries, a collection of prayers composed by generations of those who came before us, as they endeavored to express the meaning of their lives and their relationship to God. The prayer book is the essence of the Jewish soul. This stunning work, an empowering entryway to the spiritual revival of our times, enables all of us to claim our connection to the heritage of the traditional Jewish prayer book. It helps rejuvenate Jewish worship in today's world, and makes its power accessible to all. The sixth volume probes the theological complexities of human nature as presented in Tachanun, the prayers that acknowledge human sin and petition divine pardon. It also illuminates the prayers that conclude the standard Jewish service: Kaddish, Alenu, and K'dushah D'Sidra; and provides a detailed treatment of Maimonides' thirteen principles of faith. The personal call for judgment combined with hope for the universal reign of God define Judaism as a religion for individuals and the world, with a liturgy that affirms both. Vol. 6--Tachanun and Concluding Prayers features the traditional Hebrew text with a new translation that lets people know exactly what the prayers say. Introductions explain what to look for in the prayer service, and how to truly use the commentaries to find meaning in the prayer book. Commentaries from eminent scholars and teachers from all movements of Judaism examine Tachanun and Concluding Prayers from the viewpoints of ancient Rabbis and modern theologians, as well as a myriad of other perspectives. Even those not yet familiar with the prayer book can appreciate the spiritual richness of Tachanun and Concluding Prayers. My People's Prayer Book enables all worshipers, of any denomination, to create their own connection to 3,000 years of Jewish experience with the world and with God. Contributors include: Marc Brettler \* Elliot N. Dorff \* David Ellenson \* Ellen Frankel \* Alyssa Gray \* Joel M. Hoffman \* Lawrence A. Hoffman \* Lawrence Kushner \* Daniel Landes \* Nehemia Polen

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