

BAR'CHU

1. פִּרְכוּ אֶת-יְיָ הַמְּבַרְדֵּ! (up) (bow) (knees)

2. בְּרוּךְ הַמְּבַרְדֵּ! (up) (bow) (knees)

2. הַמְּבַרְדֵּ (הַמְּבַרְדֵּ) לְעוֹלָם וָעֶד!

3. הַמְּבַרְדֵּ (הַמְּבַרְדֵּ) לְעוֹלָם וָעֶד!

Praised be the One to whom praise is due!
Praised be the One to whom praise is due, now and for ever!