

---

O let us bless the Lord most  
High, the God whom we adore,  
Give thanks unto His holy  
Name, and praise Him  
Evermore.

O praise and glorify His name,  
Our rock, our shield, our  
Guide, whose constant love  
And mercy will always  
Remain with us.

O Bless the Lord, whose  
Gracious power has saved from  
All disgrace and led His  
Chosen people in their  
Glorious mission.

O praise the Lord who gives us  
Each day our daily bread. Let  
Praises always ascend to Him  
Whose kind hand feeds us.

O blessed be this home  
Where songs ascend on high,  
Where feasts and blessings  
Never will fail with His blest  
Presence nigh.

O praise and glorify His name,  
Our rock, our shield, our  
Guide, whose love and mercy  
Ever the same shall with us  
Ever abide.

Bendigamos al Altisimo,  
Al Senor que nos crio,  
Demosle agradecimiento  
Por los bienes que nos dio.

Alabado sea su Santo Nombre,  
Porque siempre nos apiado.  
Load al Senor que es bueno,  
Que para siempre su merced.  
Bendigamos al Altisimo, Por  
Su Ley Primeramente,  
Que liga a nuestra raza  
Con el cielo continuamente.  
Alabado....

Bendigamos al Altisimo,  
Por el pan segundamente,  
Y tambien por los manjares  
Que comimos juntamente.  
Pues comimos y bebimos  
Alegremente,  
Su merced nunca nos falto.  
Load al Senor que es bueno,  
Que para siempre su merced.  
Bendita sea la casa esta,  
El hogar de su presencia,  
Donde guardamos su fiesta  
Con alegria y permanencia.  
Alabado.....



# BENDIGAMOS

**BENDIGAMOS**, a Spanish table hymn, was first discovered in Bordeaux, France where a Sephardic Marrano community existed in the 17th century. It is sung in Amsterdam and the West Indies and was introduced to the New York community by Reverend Joseph Corcos, *Hazzan* of Congregation Shearith Israel from 1919 until 1922. A Moroccan native, Corcos brought Bendigamos from Curacao to Jamaica and then to New York. The song is sung to the *Shirah*, the Song of the Red Sea (see page 21 ). A French version, *Benissons la Toute Puissance*, was sung in Paris, Bordeaux, and Bayonne, France to the same melody since the middle of the 19th century.

Allegro moderato

The musical score is written in treble clef with a key signature of one flat (Bb) and a 3/4 time signature. The melody consists of quarter and eighth notes, with some notes beamed together. Chord markings (F, Gm, C, C7, Bb) are placed above the staff to indicate accompaniment. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes.

Ben - di - ga - mos al al - ti - si - mo Al sen -  
 or que nos cri - o De - mos -  
 le a - gra - de - ci - mien - to por los  
 bien es que nos Di - o