

מִמִּצְרַיִם גָּאֲלָתָנוּ
מִבֵּית עֲבָדִים פְּדִיתָנוּ

Mi Mitzrayim g'altanu
Mi beyt avadim p'ditanu

From Mitzrayim (Egypt/The Place of Constriction) You rescued us,
From the house of bondage You redeemed us!