



InterfaithFamily.com's mission is to empower people in interfaith relationships – individuals, couples, families and their children – to make Jewish choices, and to encourage Jewish communities to welcome them.

InterfaithFamily.com offers consultation and resources for synagogues, agencies and schools of all affiliations to assist them in their welcome and engagement of interfaith families and all those who are interested in exploring Judaism.

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The Blessings that Surround Us



Blessings are Jewish wake-up calls to wonder, reminding us that we are not the center of the universe and that it is good to be alive.

Anita Diamant

THE SHEHECHEYANU

The *Shehecheyanu* is a kind of ‘all-purpose’ blessing, remembering how good it is to be alive, seeing the world anew.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהַחַיְנוּ וְקִיַּמְנוּ וְהִגִּיעְנוּ
לְזִמְנוּ הַזֶּה.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, shecheyanu v'kiymanu v'higyanu lazman hazeh.

Holy One of blessing, Your presence fills creation, You have kept us alive, You have sustained us and have enabled us to reach this season.¹

HAND WASHING

Stopping to wash your hands and recite the blessing is a way to recall that the sacred can be found in even the most mundane acts.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי וְצִוֵּנוּ
עַל נְטִילַת יָדַיִם.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, asher kid'shanu b'mitzvotav vitsivanu al netilat yadayim.

Holy One of blessing, Your presence fills creation, You make us holy with your commandments and call us to wash our hands.



¹ Some may prefer the traditional translation: Blessed art Thou, Lord our God, King of the Universe

Bless all that I do. Let me receive Your divine grace and mercy. Let me also be the recipient of the loving acts of kindness of all those I meet. Listen to the voice of my appeal, for You are a God who responds to pleas and prayers. Praised are You, *Adonai*, who hearkens to prayer.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שׁוֹמֵר הַנוֹסְעִים.

Baruch atah Adonai, shomer hanohsim.

We praise You, O God, Protector of wayfarers.

This brochure is brought to you by The Jewish Welcome Network with thanks to:

Central Conference of American Rabbis, On the Doorposts of Your House. New York, 1994.

Anita Diamant and Karen Kushner, How to Raise a Jewish Child, Schocken Books, New York, 2008.





UPON EXPERIENCING A WONDER, AN EXCEPTIONAL JOY, OR DELIVERANCE

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעָשָׂה לִי נִס בְּמָקוֹם הַזֶּה.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, she'asah li nes ba'makom hazeh.

Holy One of blessing, Your presence fills creation, You make wonders for me in this place.

THE TRAVELER'S PRAYER

May it be Your will, *Adonai*, my God and God of my ancestors, to lead me, to direct my steps, and to support me along the way. Lead me throughout my life, tranquil and serene, until I arrive where I am going. Deliver me from every enemy, conflict, and hurt that I might encounter along the way, and from all painful afflictions that trouble the world.



BEFORE EATING

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, hamotzi lechem min ha'aretz.

Holy One of blessing, Your presence fills creation, You cause bread to come forth from the earth.

AFTER EATING

Traditionally, Jews recite the *Birkat Hamazon* (blessings for food) to give thanks after a meal. The briefest version of this blessing is:

בְּרוּךְ אַתָּה יי הֵזַן אֶת־הַכֹּל.

Baruch Ata Adonai, Hazan et Ha-kol.

Holy One of Blessing, You sustain all there is.

THANKS FOR GOOD NEWS

ברוך אתה יי אלהינו מלך העולם, הטוב והמיטיב.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, ha-tov ve-ha-maytiv.

Holy One of blessing, Your presence fills creation, You are the source of all that is good.

UPON SEEING BEAUTY IN NATURE

ברוך אתה יי אלהינו מלך העולם, שפכה לו בעולמו.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, shekacha lo baolamo.

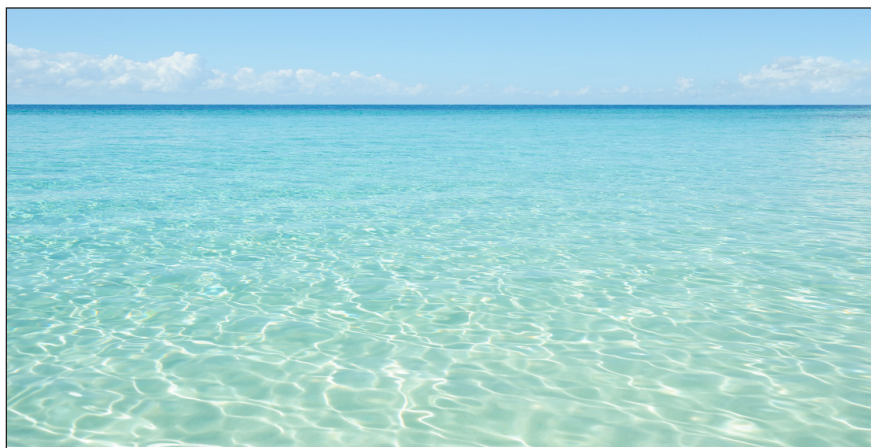
Holy One of blessing, Your presence fills creation, You make beauty such as this in this world.

FOR THE SEAS AND OCEANS

ברוך אתה יי אלהינו מלך העולם, שעשה את הים הגדול.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, sheb-a-sah et ha-yam ha-gadol.

Holy One of blessing, Your presence fills creation, You create the life-giving waters of the sea.



UPON SEEING A RAINBOW

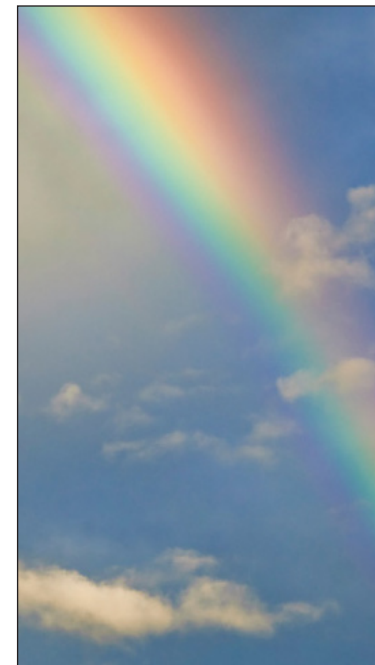
ברוך אתה יי אלהינו מלך

העולם, זוכר הברית, ונאמן

בבריתו וקיים במאמרו.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, zocher habrit, v'ne'eman bivritoh, v'kayam b'ma'amroh.

Holy One of blessing, Your presence fills creation, You remember your covenant with all that you created.



DELIVERANCE, RECOVERY FROM DANGER OR ILLNESS

ברוך אתה יי אלהינו מלך העולם, שגמלני כל-טוב.

Baruch Ata Adonai, Eloheynu Melech Ha-olam, she-gamalani kol-tov.

Holy One of blessing, Your presence fills creation, You give me all that is good.

ACKNOWLEDGING SUBLIME OR MYSTERIOUS EVENTS

ברוך אתה יי אלהינו מלך העולם, חכם הרזים.

Baruch Ata Adonai, Eloheinu Melech Ha-olam, chacham harazim.

Holy One of blessing, Your presence fills creation, You are the wise one of secrets.