



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.

Join the InterfaithFamily.com Network at <http://www.interfaithfamily.com/join>

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InterfaithFamily.com gratefully acknowledges the support of the Richard and Rhoda Goldman Fund and the Walter and Elise Haas Fund.

This booklet is one of a series originally created by Karen Kushner at The Jewish Welcome Network.

90 Oak Street Newton, MA 02464 1190 Green Street San Francisco, CA 94109

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 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.

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.

ברוך אתה יי אלהינו מלך העולם שומר הנוסעים.
Baruch atah Adonai, shomer hanohsim.
We praise You, O God, Protector of wayfarers.



Finding Blessings Everywhere



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BLESSINGS AS YOU GO ON YOUR WAY

THE SHEHECHEYANU

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

ברוך אתה יי אלהינו מלך העולם ששהחיינו וקיימנו והגידנו לזמן הזה.

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.

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.

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו וצונו על נטילת ידים.

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.

BEFORE EATING

ברוך אתה יי אלהינו מלך העולם המוציא לֶחֶם מן האֶרֶץ.

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:

ברוך אתה יי הון את־הכל.

Baruch Ata Adonai, hazan et ha-kol.
Holy One of Blessing, You sustain all there is.

DELIVERANCE, RECOVERY FROM DANGER OR ILLNESS

ברוך אתה יי אלהינו מלך העולם שגמלני כֶּל־טוֹב.

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.

THANKS FOR GOOD NEWS

ברוך אתה יי אלהינו מלך העולם השׁוֹב והמַיִטִיב.

Baruch Ata Adonai, Eloheynu melech ha-olam, hatov 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 שִׁכְּכָה לוֹ בְּעוֹלָמוֹ.

Baruch Ata Adonai, Eloheynu melech ha-olam, shekakha lo baolamo.

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

UPON EXPERIENCING A WONDER, AN EXCEPTIONAL JOY, OR DELIVERANCE

ברוך אתה יי אלהינו מלך העולם שֶׁעָשָׂה לִי נֶס בְּמִקּוּם הַזֶּה.

Baruch Ata Adonai, Eloheynu melech ha-olam she'asah li nes b'makom hazeh.

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FOR THE SEAS AND OCEANS

ברוך אתה יי אלהינו מלך העולם שֶׁעָשָׂה אֶת הַיָּם הַגָּדוֹל.

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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 זוֹכֵר הַבְּרִית, וְנֹאֲמָן בְּבְרִיתוֹ וְקָיָם בְּמִאֲמָרוֹ.

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

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ACKNOWLEDGING SUBLIME OR MYSTERIOUS EVENTS

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