

Kehillat Israel Board of Trustees
Retreat 2008/5769

May You Be Blessed
"One Hundred times a day"

1

on celebrating reaching a special occasion:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

Baruh atah adonay eloheynu meleh ha'olam
sheheheyanu vekiyemanu vehigi'anu lazeman hazeh.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who gave us life, and kept us strong, and brought us to this time.

2

recited before putting on a tallit:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Baruh atah adonay eloheynu meleh ha'olam
asher kideshanu bemitzvotav vetzivanu lehitatef batzitzit.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who has taught us the way of holiness through mitzvot,
and teaches us to wrap ourselves in the fringed tallit.

3

one of the morning blessings, recited upon awakening:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים
הַמַּעֲבִיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי:

Baruh atah adonay eloheynu hey ha'olamim
hama'avir shenah me'eynay utnumah me'afapay

Blessed are you, Awakener, our God, life of all the worlds,
who removes sleep from my eyes, and slumber from my eyelids.

4

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים
הַנוֹתֵן לְשֶׁכֶׁוֹי בִּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה:

Baruh atah adonay eloheynu hey ha'olamim
hanoten lasehvi vinah lehavhin beyn yom uveyn laylah.

Blessed are you, The Provident, our God, life of all the worlds,
who gives the bird of dawn discernment to tell day from night.

5

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

Baruh atah adonay eloheynu hey ha'olamim
roka ha'aretz al hamayim.

Blessed are you, The Fashioner, our God, life of all the worlds,
who stretches forth the earth upon the waters.

6

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים פּוֹקֵחַ עֵוְרִים.

Baruh atah adonay eloheynu hey ha'olamim poke'ah ivrim.

Blessed are you, The Lamp, our God, life of all the worlds,
who makes the blind to see.

7

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הָעוֹלָמִים מְלַבֵּשׁ עֲרֻמִּים.

Baruh atah adonay eloheynu hey ha'olamim malbish arumim.

Blessed are you, The Compassionate, our God, life of all the worlds,
who clothes the naked.

8

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
מִתִּיר אֲסוּרִים.

Baruh atah adonay eloheynu hey ha'olamim
matir asurim

Blessed are you, Redeeming One, our God, life of all the worlds,
who makes the captive free.

9

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים זוֹקֵף כְּפוּפִים.
Baruh atah adonay eloheynu hey ha'olamim zokef kefufim.

Blessed are you, The Helping Hand, our God, life of all the worlds,
who raised the humble.

10

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים הַמְכִּין מִצְעָדֵי גִבּוֹר.

Baruh atah adonay eloheynu hey ha'olamim
hamehin mitzadey gaver.

Blessed are you, The Way, our God, life of all the worlds,
who makes firm a person's steps.

11

one of the morning blessings:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים שֶׁעָשָׂה לִי כָּל צְרָכָי.
Baruh atah adonay eloheynu hey ha'olamim she'asah li kol tzorki.

Blessed are you, The Generous, our God, life of all the worlds,
who acts for all my needs.

12

one of the morning blessings:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה.
Baruh atah adonay eloheynu hey ha'olamim ozer yisra'el bigvurah.

Blessed are you, *The Mighty One*, our God, life of all the worlds,
who girds Israel with strength.

13

one of the morning blessings:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים שֶׁעָשִׂינִי בְּצַלְמוֹ:
Baruh atah adonay eloheynu hey ha'olamim she'asani betzalmo.

Blessed are you, *The Imageless*, our God, life of all the worlds,
who made me in your image.

14

one of the morning blessings:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים
שֶׁעָשִׂינִי בֶן/בַּת חוֹרִין:

Baruh atah adonay eloheynu hey ha'olamim
she'asani ben/bat horin.

Blessed are you, *The Free*, our God, life of all the worlds,
who made me free.

15

one of the morning blessings:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים שֶׁעָשִׂינִי יִשְׂרָאֵל:
Baruh atah adonay eloheynu hey ha'olamim she'asani yisra'el.

Blessed are you, *The Ancient One*, our God, life of all the worlds,
who made me of people Israel.

16

one of the morning blessings:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי הַעוֹלָמִים הַנוֹתֵן לַיַּעַף כֹּחַ:
Baruh atah adonay eloheynu hey ha'olamim hanoten laya'ef ko'ah.
Blessed are you, **Renewing One**, our God, life of all the worlds,
who gives strength to the weary.

17

*this blessing expresses wonder at the simple
but necessary functioning of the human body:*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה וּבָרָא בּוֹ נְקָבִים חֲלוּלִים:
Baruh atah adonay eloheynu meleh ha'olam
asher yatzar et ha'adam behohmah uvara vo nekavim halulim.
Blessed are you, **The Architect**, our God, the sovereign of all worlds,
who shaped the human being with wisdom,
making for us all the opening and vessels of the body.

18

*one of the morning blessings reminding us
that at every moment we are healing:*

בְּרוּךְ אַתָּה יְהוָה רוֹפֵא כָּל בֶּשָׂר וּמַפְּלִיא לַעֲשׂוֹת:
Baruh atah adonay rofey hol basar umafla la'asot
Blessed are you, **Miraculous**, the wondrous healer of all flesh.

19

on God's healing

אֵל נָא רְפָא נָא לָהּ רְפוּאָה שְׂלֵמָה:
El na refa na la refu'ah sheleymah.
You shall have a full and speedy recovery.

20

*one of the morning blessings, reminding us
we are each created in the image of God:*

בְּרוּךְ אַתָּה יְהוָה אֲשֶׁר בְּיָדוֹ נִפְשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר:
Baruh atah adonay asher beyado nefesh kol chay veru'ach kol basar.

Blessed are you, The Holy Spirit,
in whose possession is the breath of every living thing,
the animation of all flesh.

21

blessing we say before we engage ourselves in the words of Torah:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְעַסֵּק בְּדִבְרֵי תוֹרָה:

Baruh atah adonay eloheynu meleḥ ha'olam
asher kedeshanu bemitzvotav vetzivanu la'asok bedivrey torah.

Blessed are you, The One of Sinai, our God, the sovereign of all worlds,
who made us holy with your mitzvot,
and commanded us to occupy ourselves with words of Torah.

22

blessing that praises God as the teacher of Torah:

בְּרוּךְ אַתָּה יְהוָה הַמְּלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל:
Baruh atah adonay eloheynu hamlamed torah le'amo yisra'el.

Blessed are you, The Sage, who teaches Torah to your people Israel.

23

morning blessing - part of Baruh She'amar:

בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם
Baruh she'amar vehayah ha'olam.

Blessed is the one who spoke and all things came to be!

24

morning blessing - part of Baruh She'amar:

בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית

Baruh oseh vereyshit.

Blessed, who created all in the beginning!

25

morning blessing - part of Baruh She'amar:

בְּרוּךְ אוֹמֵר וְעוֹשֶׂה

Baruh omer ve'oseh.

Blessed is the one who speaks and acts!

26

morning blessing - part of Baruh She'amar:

בְּרוּךְ גּוֹזֵר וּמְקַיֵּם

Baruh gozer umkayem.

Blessed, who determines and fulfills!

27

morning blessing - part of Baruh She'amar:

בְּרוּךְ מְרַחֵם עַל הָאָרֶץ

Baruh merahem al ha'aretz.

Blessed, who deals kindly with the world!

28

morning blessing - part of Baruh She'amar:

בְּרוּךְ מְרַחֵם עַל-הַבְּרִיּוֹת

Baruh merahem al haberiyot.

Blessed, who acts kindly toward all creatures!

29

morning blessing - part of Baruh She'amar:

בְּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירְאָיו

Baruh meshalem sahar tov lire'av.

Blessed, who responds with good to those in awe!

30

morning blessing - part of Baruh She'amar:

בְּרוּךְ מֵעֵבִיר אֶפְלָה וּמְבִיא אוֹרָה

Baruh ma'avir afelah umevi orah.

Blessed, who removes dark and brings the light!

31

morning blessing - part of Baruh She'amar:

בְּרוּךְ חַי לְעַד וְקַיָּם לְנֶצַח

Baruh hay la'ad vekayam lanetzah.

Blessed is the one who lives eternally and lasts forever!

32

morning blessing - part of Baruh She'amar:

בְּרוּךְ פּוֹדֶה וּמַצִּיל

Baruh podeh umatzil.

Blessed, who delivers and redeems!

33

part of morning blessings:

בְּרוּךְ אַתָּה יְהוָה מֶלֶךְ מְהֻלָּל בַּתְּשׁוּבָה:

Baruh atah adonay meleh batishbahot.

Blessed are you, The One, the sovereign hailed in songs of praise.

34

part of morning blessings:

בְּרוּךְ יְהוָה לְעוֹלָם אָמֵן וְאָמֵן:

Baruh adonay le'olam amen amen.

Blessed is The One eternally. Amen! Amen!

35

part of morning blessings:

בְּרוּךְ יְהוָה מְצִיּוֹן שֹׁכֵן יְרוּשָׁלַיִם הַלְלוּיָהּ:

Baruh adonay mitziyon shochen yerushalayim Halleluyah.

Blessed is The Omnipresent, dwelling in Jerusalem, Halleluyah!

36

part of morning blessings:

בְּרוּךְ יְהוָה אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל עֹשֶׂה נִפְלְאוֹת לְבָדּוּ:

וּבְרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם וְיִמְלֵא כְבוֹדוֹ אֶת-כָּל-הָאָרֶץ אָמֵן וְאָמֵן:

Baruh adonay elohim elohey yisra'el oseh nifla'ot levado.

U'varuch shem kevodo le'olam veyimaley hevodo et-kol-ha'aretz amen amen.

*Blessed is The Mighty One divine, The God of Israel
who alone works wonders, and blessed is the glorious name forever.*

May God's glory fill the earth. Amen! Amen!

37

part of Yotzer , praising God for Creation:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

יוֹצֵר אוֹר וּבוֹרֵא חֶשֶׁךְ עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.

Baruh atah adonay eloheynu meleh ha'olam

yotzer or uvorey hosheh oseh shalom uvorey et hakol.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who fashions light and creates darkness, maker of peace and creator of all.*

38

part of Ahavah Rabah, showing God's abounding love for us:

בָּרוּךְ אַתָּה יְהוָה אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

Baruh atah adonay ohev amo yisra'el.

Blessed are you, **Abundant One**, who lovingly cares for your people Israel.

39

part of Tzur Yisra'el, and God's redeeming power:

בָּרוּךְ אַתָּה יְיָ גֹּאֵל יִשְׂרָאֵל:

Baruh atah adonay ga'al yisra'el.

Blessed are you, **Eternal One**, the champion of Israel.

40

part of Avot ve'Imot, acknowledging the strength our ancestors:

בָּרוּךְ אַתָּה יְהוָה מִגֵּן אַבְרָהָם וְעֵזְרַת שָׂרָה:

Baruh atah adonay magen avraham ve'ezrat sarah.

Blessed are you, **Kind One**, the shield of Abraham and help of Sarah.

41

part of Gevurot, acknowledging God as power that sustains life:

בָּרוּךְ אַתָּה יְהוָה מְחַיֶּה כָּל חַי:

Baruh atah adonay mehayey kol hay.

Blessed are you, **The Fount Of Life**, who gives and renews life.

42

part of Kedushat Hayom, acknowledging God's holiness is everywhere:

בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ:

Baruh kevod adonay memekomo.

Blessed is the glory of **The Holy One**, wherever God may dwell.

43

part of Kedushat Hayom, acknowledging God's holiness:

בָּרוּךְ אַתָּה יְהוָה הָאֵל הַקְּדוֹשׁ:

Baruh atah adonay ha'el hakadosh.

Blessed are you, *The Awesome One*, the holy God.

44

part of Kedushat Hayom, God makes Shabbat holy:

בָּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת.

Baruh atah adonay mekadesh hashabbat.

Blessed are you, *Sacred One*, source of the holiness of Shabbat.

45

*part of Kedushat Hayom,
God makes Shabbat, Israel and the new moon holy:*

בָּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת

וְיִשְׂרָאֵל וְרָאשֵׁי חֳדָשִׁים.

Baruh atah adonay mekadesh hashabbat
veyisra'el verashey hodashim.

Blessed are you, *Wise One*,
who sanctifies Shabbat, Israel, and the renewal of the moon.

46

part of Avodah, God presence shines over Zion:

בָּרוּךְ אַתָּה יְהוָה הַמְּחַזֵּר שְׁכִינָתוֹ לְצִיּוֹן.

Baruh atah adonay hamahazir shehinato letziyon.

Blessed are you, *The Faithful One*,
who brings your presence home to Zion.

part of Birkat Hashalom, acknowledging God as the maker of peace:

בְּרוּךְ אַתָּה יְהוָה עוֹשֵׂה הַשָּׁלוֹם.

Baruh atah adonay oseh hashalom

Blessed are you, Compassionate One, maker of peace.

part of Hoda'ah, giving thanks to God:

בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמִיךָ וְלִךָ נָאָה לְהוֹדוֹת.

Baruh atah adonay hatov shimha ulha na'eh lehodot.

*Blessed are you, The Gracious One,
whose name is good, and to whom all thanks are due.*

blessing for dwelling in the sukkah:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לֵישֵׁב בַּסֻּכָּה.

Baruh atah adonay eloheynu meleh ha'olam
asher kideshanu bemitzvotav leishhev basukah.

*Blessed are you, Abundant One, our God, the sovereign of all worlds,
who has made us holy with your mitzvot, and commanded us to dwell in the sukkah.*

blessing for the lulav:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת לולָב.

Baruh atah adonay eloheynu meleh ha'olam
asher kideshanu bemitzvotav vetzivanu al netilat lulav.

*Blessed are you, Abundant One, our God, the sovereign of all worlds,
who has made us holy with your mitzvot, and commanded us to take and wave the lulav.*

part of Torah service, praising God for giving the Torah to our people:

בְּרוּךְ שְׁנַתַּן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ:

Baruh shenatan torah le'amo yisra'el bikdushato.

Blessed is God who has given us Torah, to Israel, our people, with holy intent.

part of Birkat Hagomel, praises God for all that God does for us:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַגּוֹמֵל לְחַיִּיבִים טוֹבוֹת שְׂגֵמָלָנִי כֹל טוֹב.

Baruh atah adonay eloheynu meleh ha'olam
hagomel lehayavim tovot, shegemalani kol tov.

**Blessed are you, Abundant One, our God, the sovereign of all worlds,
who bestows good things on one in debt to you, and who has granted me all good.**

on washing hands:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם:

Baruh atah adonay eloheynu meleh ha'olam
asher kideshanu bemitzvotav vetzivanu al netilat yadayim.

**Blessed is God, Ruler of the universe, who has taught us the way of holiness
through mitzvot and instructs us to wash our hands.**

*on eating foods other than bread prepared from wheat,
barley, rye, oats, or spelt (such as cakes and cookies):*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְּנֵי מְזוֹנוֹת:

Baruh atah adonay eloheynu meleh ha'olam borey miney mezonot.

**Blessed are you, Eternal One, our God, the sovereign of all worlds,
who creates different kinds of nourishment.**

55

on eating fruits:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ:

Baruh atah adonay eloheynu meleh ha'olam borey peri ha'eytz.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who creates the fruit of the tree.

56

on eating foods that grow in the ground, such as potatoes:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה:

Baruh atah adonay eloheynu meleh ha'olam borey peri ha'adamah.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who creates the fruit of the ground.

57

a general blessing for other food and drink:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַכֹּל נִהְיֶה בְּדַבְּרוֹ:

Baruh atah adonay eloheynu meleh ha'olam shehakol niheyeh bidvaro.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
at whose word all things come into existence.

58

on smelling fragrant spices:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְּנֵי בְּשָׂמִים:

Baruh atah adonay eloheynu meleh ha'olam borey miney vesamim.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who creates different kinds of spices.

59

on smelling the fragrance of shrubs and trees:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא עֵצֵי בְשָׁמִים:

Baruh atah adonay eloheynu meleh ha'olam borey atzey vesamim.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who creates fragrant trees.

60

on smelling the fragrances of plants and herbs:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא עֲשָׂבֵי בְשָׁמִים:

Baruh atah adonay eloheynu meleh ha'olam borey ishvey vesamim.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who creates fragrant plants.

61

on smelling fragrant fruits:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנוֹתֵן רֵיחַ טוֹב בַּפְּרוֹת:

Baruh atah adonay eloheynu meleh ha'olam hanoten reyah tov bapeyrot.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who gives a pleasant fragrance to fruits.

62

on smelling fragrant oils:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא שֶׁמֶן עָרֵב:

Baruh atah adonay eloheynu meleh ha'olam borey shemen arev.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who creates fragrant oil.

on seeing a rainbow:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
זוֹכֵר הַבְּרִית וְנֹאמָן בְּבְרִיתוֹ וְקִיָּם בְּמֵאֲמָרוֹ.

Baruh atah adonay eloheynu meleh ha'olam
zoher habrit vene'eman biv'rit vekayam bema'amaro.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who remembers the covenant and is faithful in keeping promises.*

on seeing trees blossoming for the first time in the year:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁלֹּא חִסַּר בְּעוֹלָמוֹ דָּבָר וּבָרָא בּוֹ בְּרִיּוֹת טוֹבוֹת
וְאֵלֵנוֹת טוֹבִים לְהֵנּוֹת בָּהֶם בְּנֵי אָדָם:

Baruh atah adonay eloheynu meleh ha'olam
shelo hisar be'olamo davar uvara vo beriyot tovot
ve'ilanot tovim lehanot bahem beney adam.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who has withheld nothing from the world
and has created lovely creatures and beautiful trees for people to enjoy.*

on seeing the ocean:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁעָשָׂה אֶת־הַיָּם הַגָּדוֹל:

Baruh atah adonay eloheynu meleh ha'olam
she'asah et-hayam hagadol.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who has made the great sea.*

66

on seeing trees or creatures of unusual beauty:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׂכָחָה לוֹ בְּעוֹלָמוֹ:

Baruh atah adonay eloheynu meleh ha'olam shekaha lo be'olamo.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who has such beauty in the world.

67

on seeing someone of abnormal appearance:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְשַׁנֵּה הַבְּרִיּוֹת:

Baruh atah adonay eloheynu meleh ha'olam meshaneh habriyot.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who makes people different.

68

on seeing lightning shooting stars, mountains, or sunrises:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית:

Baruh atah adonay eloheynu meleh ha'olam oseh ma'asey vereyshit.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
Source of creation.

69

on seeing a person who is really knowledgeable about Torah:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁחָלַק מִחֻכְמָתוֹ לִירְאָיו:

Baruh atah adonay eloheynu meleh ha'olam shehalak meyhohmato lirey'av.

Blessed are you, Eternal One, our God, the sovereign of all worlds,
who has given wisdom to those who revere God.

70

on seeing a person who knows lot of things about lots of things:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁנָּתַן מִחֲכָמְתוֹ לְבִשָּׂר וְדָם:
Baruh atah adonay eloheynu meleh ha'olam shenatan meyhohmato levasar vadam.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who has given wisdom to human beings.*

71

on hearing thunder:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁכָּחוּ וְגִבּוֹרָתוֹ מְלֵא עוֹלָם:
Baruh atah adonay eloheynu meleh ha'olam shekoho u'gevurato maley olam.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
whose mighty power fills the entire world.*

72

on hearing good news:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַטּוֹב וְהַמְּטִיב:
Baruh atah adonay eloheynu meleh ha'olam hatov vehamativ.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who is good and causes good things to happen.*

73

on hearing tragic news:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם דֵּינָן הָאֵמֶת:
Baruh atah adonay eloheynu meleh ha'olam dayan ha'emet.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who is the true Judge.*

74

blessing over the Havdalah candle:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מְאוּרֵי הָאֵשׁ.
Baruh atah adonay eloheynu meleḥ ha'olam borey me'orey ha'eysh.
Praised are you, Eternal One, our God, sovereign of all worlds,
who creates the light of the fire.

75

reminder of the separation of Shabbat from the rest of the week:

בָּרוּךְ אַתָּה יְהוָה, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.
Baruh atah adonay, eloheynu meleḥ ha'olam,
hamavdil beyn kodesh lehol.
Praised are You, Eternal One,
who makes a distinction between sacred and secular.

76

before putting a mezuzah on your doorpost:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְקַבֹּעַ מְזוּזָה:
Baruh atah adonay eloheynu meleḥ ha'olam
asher kideshanu bemitzvotav vetzivanu likbo'a mezuzah.
Blessed is God, Ruler of the universe, who has taught us the way of holiness
through mitzvot, and instructs us to affix the mezuzah.

77

self acceptance

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי כְּרִצּוֹנוֹ:
Baruh atah adonay eloheynu meleḥ ha'olam she'asani kirtzono.
Blessed are you, Eternal One, our God, the sovereign of all worlds,
who has made me according to Your will.

78

בָּרוּךְ אַתָּה יְהוָה שׁוֹמֵעַ תְּפִלָּה:
Baruh atah adonay shomeya tefilah.

Blessed are You, Eternal One, who hears prayers and supplications.

79

בָּרוּךְ אַתָּה יְהוָה חוֹנֵן הַדַּעַת.
Baruh atah adonay, honen hada'at.

Praised are You, Eternal One, Giver of knowledge.

80

בָּרוּךְ אַתָּה יְהוָה חַנוּן הַמְרַבֵּה לְסִלְחָ.
Baruh atah adonay, hanun hamarbeh lislo'ah.

Praised are You, Gracious One, who forgives abundantly.

81

בָּרוּךְ אַתָּה יְהוָה רוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.
Baruh atah adonay rofey holey amo yisra'el.

Praised are You, Eternal One, who heals the sick of Your people Israel.

82

בָּרוּךְ אַתָּה יְהוָה מְבָרֵךְ הַשָּׁנִים.
Baruh atah adonay mevareh hashanim.

Praised are You, Eternal One, who blesses the years.

83

בָּרוּךְ אַתָּה יְהוָה מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.
Baruh atah adonay meleh ohev tzedakah u' mishpat.

Praised are You, Eternal One, Sovereign, who loves righteousness and judgment.

84

בָּרוּךְ אַתָּה יְהוָה מְשַׁעַן וּמְבִטָּח לְצַדִּיקִים.

Baruh atah adonay meleh mish'an u' mivtah latzadikim.

Praised are You, Eternal One, the support and security of the righteousness.

85

בָּרוּךְ אֵל הַהוֹדָאוֹת.

Baruh el hahoda'ot.

Blessed is the God to whom thanksgivings are due.

86

בָּרוּךְ אַתָּה יְהוָה הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Baruh atah adonay hamevareh et amo yisra'el bashalom.

*Praised are You, Eternal One,
who blesses Your people Israel with peace.*

87

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַכֹּל בְּרָא לְכְבוֹדוֹ.

Baruh atah adonay eloheynu meleh ha'olam shehakol bara lihvodo.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
who created everything for Your glory.*

88

בָּרוּךְ אַתָּה יְהוָה מְשַׂמֵּחַ צִיּוֹן בְּבָנֶיהָ:

Baruh atah adonay eloheynu meleh ha'olam mesameyah tziyon bevaneha.

*Blessed are you, Eternal One,
who causes Zion to rejoice through her children.*

89

בָּרוּךְ אַתָּה יְהוָה הַזֵּן אֶת הַכֹּל:

Baruh atah adonay hazan et hakol.

Blessed are you, Eternal One, who provides food for all.

90

בָּרוּךְ אַתָּה יְהוָה עַל הָאָרֶץ וְעַל הַמָּזוֹן:

Baruh atah adonay al ha'aretz ve'al hamazon.

Blessed are you, Eternal One, for the land and for the food.

91

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעְרִיב עַרְבִים:

Baruh atah adonay eloheynu meleh ha'olam hama'ariv aravim.

Blessed are you, Almighty One, our God, the sovereign of all worlds,
who makes the evenings fall.

92

בָּרוּךְ אַתָּה יְהוָה הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ

וְעַל כָּל-עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם:

Baruh atah adonay hapores sukkat shalom aleynu
ve'al kol amo yisra'el ve'al yerushalayim.

Blessed are you, Compassionate One, who spreads your canopy of peace
over all your people Israel and over Jerusalem.

93

בָּרוּךְ אַתָּה יְהוָה מַצְמִיחַ קֶרֶן יְשׁוּעָה:

Baruh atah adonay matzmi'ah keren yeshu'ah.

Praised are You, Eternal One, who makes the glory of deliverance to flourish.

94

בָּרוּךְ אַתָּה יְהוָה בּוֹנֵה יְרוּשָׁלַיִם:

Baruh atah adonay boneh yerushalayim.

Praised are You, Eternal One, builder of Jerusalem.

95

בָּרוּךְ אַתָּה יְהוָה מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל:

Baruh atah adonay mekabetz nidhey amo yisra'el.

*Praised are You, Eternal One,
who gathers together the disperse of the Eternal's people Israel.*

96

בָּרוּךְ אַתָּה יְהוָה הַרוֹצֵה בְּתִשְׁבּוּבָה.

Baruh atah adonay, harotzeh bi'tshuvah.

Praised are You, Eternal One, who desires repentance.

97

בָּרוּךְ אַתָּה יְהוָה שׁוֹמֵר הַנּוֹסְעִים.

Baruh atah adonay, shomer hanos'im.

Praised are You, Eternal One, Protector of wayfarers.

98

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם חָכֵם הָרְזִים.

Baruh atah adonay meleh ha'olam haham harazim.

*Blessed are you, Eternal One, our God, the sovereign of all worlds,
You see what is hidden from our sight.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שָׁעָשָׂה לִי נֵס בַּמָּקוֹם הַזֶּה.

Baruh atah adonay meleh ha'olam
she'asah li nes bamakom hazeh.

Blessed are you, Eternal One, our God,
the sovereign of all worlds. For the wonder
I have experienced in this place, I give thanks.

From Deuteronomy 28:6

בָּרוּךְ אַתָּה בְּבֹאֶךָ וּבְרוּךְ אַתָּה בְּצֵאתְךָ:
Baruh atah bevo'eha uvaruh atah betzeteha.

Blessed are you in your coming
and blessed are you in your going.

L'chi Lach

L'chi lach, to a land that I will show you
Lech l'cha, to a place you do not know
L'chi lach, on your journey I will bless you
And you shall be a blessing,
you shall be a blessing, l'chi lach

L'chi lach, and I shall make your name great
Lech l'cha, and all shall praise your name
L'chi lach, to the place that I will show you,
l'simchat chayim, l'chi lach

And you shall be a blessing,
you shall be a blessing, l'chi lach