

## Traditional Jewish Blessings, Appropriate for this Moment:

*Shehechyanu* is a blessing that is recited upon occasional events that spark gratitude, thanking God for permitting us to reach a given milestone:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שְׁהַחַיְנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.

*Baruch atah, Adonai Eloheinu, Melech haolam, shehecheyanu, v'kiy'manu, v'higiyanu laz'man hazeh.*

Blessed are You, Lord our God, Sovereign of all, who has kept us alive, sustained us, and brought us to this season.

*Hatov V'hameitiv* is a blessings, said to mark occasions that are considered to bring pleasure to the entire community, and not only an individual:

בָּרוּךְ אַתָּה אֲדֹנָי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַטּוֹב וְהַמְיֻטִּיב

*Baruch atah, Adonai Eloheinu, Melech haolam, ha-tov v'hameytiv.*

Blessed are You, Lord our God, Sovereign of all, who is good and bestows good.

The traditional blessing that thanks God for the proper functioning of our bodies:

בָּרוּךְ אַתָּה ה', רוֹפֵא כָּל בָּשָׂר וּמַפְּלִיא לַעֲשׂוֹת.

*Baruch atah, Adonai Eloheinu, rofeh kol basar u'mafli la-asot.*

Blessed are You, Lord our God, Who heals all flesh and performs wonders.