

Blessings for Life's Moments

For a festive occasion, washing hands, eating bread, and lighting a memorial candle.

Shehecheyanu - Celebrating a Festive Occasion

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזִמְן הַזֶּה.

*Baruch atah Adonai, Eloheinu Melech haolam,
shehecheyanu, v'kiymanu, v'higianu laz'man hazeh.*

*We praise You, Adonai our God, Sovereign of the universe, for giving us life,
for sustaining us, and for enabling us to reach this season.*

Washing Hands

It is customary to remove all jewelry from the hands before washing. Fill a cup of water and pour it over your right hand. (Note: If your dominant hand is your left hand, reverse these instructions.) Next, take the cup in your right hand and pour it over the left hand. This is repeated two or three times. Then say the following blessing before drying your hands. Some do not speak between the hand-washing blessing and the blessing over food.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

*Baruch atah Adonai, Eloheinu Melech haolam,
asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.*

*Our praise to You, Eternal our God, Sovereign of the universe:
You hallow us with Your mitzvot and command us to lift up our hands.*

Eating Bread

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

*Baruch atah Adonai, Eloheinu Melech haolam,
hamotzi lechem min haaretz.*

Our praise to You, Eternal our God, Sovereign of the universe, who brings forth bread from the earth.

Lighting a Yahrzeit (Memorial) Candle

Before lighting a yahrzeit candle, take a moment to bring to mind the relative you are remembering. You might choose to read the following prayer.

O God, grant us the strength as we mourn the loss of _____.

We will always have cherished memories of him/her.

Bless our family with light and peace. May _____'s memory continue to serve as a blessing and an inspiration to all who knew and loved him/her.

זְכוּרוֹנוֹ/זְכוּרוֹנָהּ לְבִרְכָה.

*Zichrono/zichronah livrachah
His/her memory is a blessing.*

Mourner's Kaddish may be recited at this time.

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