

כל הנשמה

Kol Haneshamah

שירים וברכות

Songs, Blessings and Rituals
For the Home

The Reconstructionist Press
Wyncote, Pennsylvania
1998

בְּרָכוֹת

וְאֹכֵלֶת וְשִׁבְעַת

On eating bread:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמּוֹצִיא לָחֶם מִן הָאָרֶץ:
Baruḥ atah adonay eloheynu meleḥ ha'olam
hamotzi leḥem min ha'aretz.

On eating other grain products:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיַּי מְזוֹנוֹת:
Baruḥ atah adonay eloheynu meleḥ ha'olam
borey minēy mezonot.

On eating the fruit of trees:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ:
Baruḥ atah adonay eloheynu meleḥ ha'olam borey peri ha'etz.

On drinking wine or grape juice:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן:
Baruḥ atah adonay eloheynu meleḥ ha'olam
borey peri hagafen.

On eating fruits and vegetables that grow in the soil:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאָדָמָה:
Baruḥ atah adonay eloheynu meleḥ ha'olam
borey peri ha'adamah.

On eating other food and drink:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַכֹּל נִהְיָ בְּדַבְּרוֹ:
Baruḥ atah adonay eloheynu meleḥ ha'olam
shehakol nihyeh bidvaro.

עַל עוֹלָם וּמְלוֹאוֹ

On seeing the wonders of nature:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עֹשֶׂה מַעֲשֵׂה בְּרָאשִׁית:
Baruḥ atah adonay eloheynu meleḥ ha'olam
oseh ma'asey vereshit.

ואכלת ושבעת (Deuteronomy 11:15).

BERAHOT / BLESSINGS

VE'AHALTA VESAVATA / FOOD

On eating bread:

Blessed are you, BOUNTIFUL, the sovereign of all worlds, who brings forth bread from the earth.

On eating other grain products:

Blessed are you, NURTURING ONE our God, the sovereign of all worlds, who creates various kinds of food.

On eating the fruit of trees:

Blessed are you, THE LIVING ONE our God, the sovereign of all worlds, who creates the fruit of the tree.

On drinking wine or grape juice:

Blessed are you, THE BOUNDLESS ONE our God, sovereign of all worlds, who creates the fruit of the vine.

On eating fruits and vegetables that grow in the soil:

Blessed are you, THE SOURCE our God, the sovereign of all worlds, who creates the fruit of the earth.

On eating other food and drink:

Blessed are you, THE BOUNTIFUL our God, the sovereign of all worlds, whose word shapes what can be.

AL OLAM UMLO'O / NATURE

On seeing the wonders of nature:

Blessed are you, SOURCE OF WONDER our God, the sovereign of all worlds, author of creation.

NOTE. The traditional form of blessing, "Blessed are you, Adonay our God, sovereign of all worlds," feels hierarchical to some. They wish to emphasize the indwelling aspect of divinity and use such formulas as: נברך את יה עין החיים / Nevareḥ et yah eyn haḥayim / "We bless YAH, the well-spring of life."

Those who wish to do so can substitute this formula anywhere that the traditional blessing formula appears in the text.

On seeing the ocean:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה אֶת הַיָּם הַגָּדוֹל:

Baruḥ atah adonay eloheynu meleḥ ha'olam
she'asah et hayam hagadol.

On seeing a rainbow:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
זוֹכֵר הַבְּרִית וְנֹאמֵן בְּבְרִיתוֹ וְקִיָּם בְּמֵאמְרוֹ:

Baruḥ atah adonay eloheynu meleḥ ha'olam
zoḥer haberit vene'eman bivrito vekayam bema'amaro.

On seeing lightning or shooting stars, or hearing thunder:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁפָּחַו וּגְבוּרָתוֹ מְלֵא
עוֹלָם:

Baruḥ atah adonay eloheynu meleḥ ha'olam
shekoḥo ugvurato maley olam.

On seeing something beautiful:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁפָּכַח לּוֹ בְּעוֹלָמוֹ:

Baruḥ atah adonay eloheynu meleḥ ha'olam
shekahah lo be'olamo.

On seeing a blossoming tree:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁלֹּא חָסַר בְּעוֹלָמוֹ דָּבָר
וּבְרָא בוֹ בְּרִיּוֹת טוֹבוֹת וְאֵילָנוֹת טוֹבִים לְהַנּוֹת בָּהֶם בְּנֵי אָדָם:

Baruḥ atah adonay eloheynu meleḥ ha'olam
shelo ḥisar be'olamo davar uvara vo beriyot tovot ve'ilanot
tovim lehanot bahem beney adam.

On smelling spices or fragrances:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְּנֵי בְשָׂמִים:

Baruḥ atah adonay eloheynu meleḥ ha'olam
borey miney vesamim.

On seeing the ocean:

Blessed are you, THE BOUNDLESS ONE our God, the sovereign of all worlds, who made the great sea.

On seeing a rainbow:

Blessed are you, HARMONY our God, the sovereign of all worlds, who remembers the covenant, remains faithful to it, and fulfills its word.

On seeing lightning or shooting stars, or hearing thunder:

Blessed are you THE CELESTIAL our God, the sovereign of all worlds, whose power and might fill the world.

On seeing something beautiful:

Blessed are you, THE RADIANCE our God, the sovereign of all worlds, whose universe holds such things.

On seeing a blossoming tree:

Blessed are you, THE SUBLIME ONE our God, the sovereign of all worlds, who has withheld nothing from your world, and created beautiful creatures and goodly trees for people to enjoy.

On smelling spices or fragrances:

Blessed are you, REVIVER our God, the sovereign of all worlds, who creates various spices.

Reciting at least one hundred blessings a day is an ancient Jewish custom. There are *beraḥot*/blessings for almost every imaginable circumstance. In blessings resides the capacity to transform action into mitzvah and ordinary things into gifts. And is that not the Jewish way: doing mitzvot and appreciating the gift of life? Reciting *beraḥot* draws us into this higher vision and action.

בְּרָכוֹת שׁוֹנוֹת לְעֵת מִצְוָא

On seeing a wise person:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁנָּתַן מַחְכְּמָתוֹ לְבָשָׂר וָדָם:

Baruḥ atah adonay eloheynu meleḥ ha'olam
shenatan meḥoḥmato levasar vadam.

On seeing a Torah scholar:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁחָלַק מַחְכְּמָתוֹ לִירְאָיו:

Baruḥ atah adonay eloheynu meleḥ ha'olam
sheḥalak meḥoḥmato lire'av.

On hearing bad news:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם דִּין הָאֲמֵת:

Baruḥ atah adonay eloheynu meleḥ ha'olam dayan ha'emet.

On hearing good news:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַטוֹב וְהַמְּטִיב:

Baruḥ atah adonay eloheynu meleḥ ha'olam hatov vehametiv.

On wearing new clothes:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
מְלַבֵּשׁ עַרְמִים:

Baruḥ atah adonay eloheynu meleḥ ha'olam
malbish arumim.

In the sukkah:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לֵישֵׁב בַּסֻּכָּה:

Baruḥ atah adonay eloheynu meleḥ ha'olam
asher kideshanu bemitzvotav vetzivanu leyshev basukkah.

BERAḤOT SHONOT LE'ET METZO /
OCCASIONAL BLESSINGS

On seeing a wise person:

Blessed are you, GRACIOUS ONE our God, the sovereign of all
worlds, who bestowed upon mortals some of your glory.

On seeing a Torah scholar:

Blessed are you, BELOVED ONE our God, the sovereign of all
worlds, who has imparted divine wisdom to those who revere
you.

On hearing bad news:

Blessed are you, WISE ONE our God, the sovereign of all
worlds, the true judge.

On hearing good news:

Blessed are you, KIND ONE our God, the sovereign of all
worlds, who is good and does good.

On wearing new clothes:

Blessed are you, KIND ONE our God, the sovereign of all
worlds, who clothes the naked.

In the sukkah:

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

תפלת הדרך

יהי רצון מלפניך יהוה אלהינו ואלהי אבותינו ואמותינו
 שתוליכנו לשלום ותציעינו לשלום ותגיענו אל מחוז תפאנו
 לחיים ולשמחה ולשלום: ותצילנו מפף כל אויב ואורב ואסון
 בדרך ותתננו לחן ולחסד ולרחמים בעיניך ובעיני כל רואינו:
 ותשמע קול תחנונו: ברוך אתה יהוה שומע תפלה:

Yehi ratzon milefaneha adonay eloheynu velohey avoteynu
 ve'imoteynu shetoliheynu leshalom vetatzidenu leshalom
 vetagi'eynu el mehoz heftzenu lehayim ulsimhah ulshalom.
 Vetatzilenu mikaf kol oyev ve'orev ve'ason badereh
 vetitenenu lehen ulhesed ulrahamim be'eyneha uv'eyney hol
 ro'eynu. Vetishma kol taḥanuneynu. Baruh atah adonay
 shome'a tefilah.

When holding your newborn child for the first time:

ויברא אלהים את האדם בצלמו בצלם אלהים ברא אתו זכר
 ונקבה ברא אתם: ויברך אתם אלהים ויאמר להם פרו ורבו
 ומלאו את הארץ:

ברוך אתה יהוה אלהינו מלך העולם משמח האם בפרי בטנה
 ומגיל האב ביוצא תלציו:

Vayivra elohim et ha'adam betzalmo betzelem elohim bara oto
 zahar unkevah bara otam. Vayvareh otam elohim vayomer
 lahem elohim peru urvu umilu et ha'aretz.

Baruh atah adonay eloheynu meleh ha'olam mesame'ah ha'em
 bifri vitnah umegil ha'av beyotzey halatzav.

Tefilat Hadereh / Traveler's Prayer

May it be your will COMPANION our God and God of our
 ancestors, to lead us safely, to guide us toward well-being and
 bring us to our destination in life, joy, and peace. Deliver us
 from every enemy, assailant, and danger on the way. Let us
 receive favor, kindness, and mercy from you and from all who
 see us. Hear our pleas. Blessed are you, LISTENER who hears
 prayer.

When holding your newborn child for the first time:

God created the human in the divine image; in that image
 God created the human—male and female, God created them.
 God blessed them and said to them, “Be fruitful, and multiply,
 and fill up the earth!”

Blessed are you, THE INCOMPARABLE our God, the sovereign of
 all worlds, who lets the mother rejoice in the fruit of her
 womb, and the father with his offspring.

ויברא . . . הארץ / God . . . earth! (Genesis 1:27–28).

The blessing for a newborn child appears here for the first time anywhere.
 While it is crafted from biblical verses and rabbinic prayer forms, the
 synthesis that it embodies is something new. It emerges from a recognition
 that, because of our distinct gender roles generally women were excluded
 from the prayer-house and men from the birthing room. Both were short-
 changed. Today we are enriched by the possibility of sharing in both
 experiences. This affords an opportunity for new words of prayer. These
 express the joy and wonder of birth. In the words of Rav Kook, “The old
 becomes new, and the new becomes holy.” The ever-new scroll of
 tradition unrolls in our lives.

On doing something for the first time, such as arriving in Israel or on reaching a great milestone in life:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

שְׂדֵה הַחַיִּים וְזִמְנֵנוּ וְהַגְּדֵנוּ
לְזִמְן הַזֶּה

Baruḥ atah adonay eloheynu meleḥ ha'olam sheheḥeyanu
vekiyemanu vehigi'anu lazeman hazeh.

שְׂדֵה חַיִּים. In the feelings it invokes, *Sheheḥeyanu* is a blessing unlike any other. It acknowledges our gratitude for having been sustained in life to reach a particular moment. With it we mark special occasions in the liturgical calendar (the first day of a holiday, the first time each year for waving the lulav or lighting Ḥanukah candles) as well as personal occasions that we consider milestones in our lives (the birth of a child, a bar/bat mitzvah, moving into a new home, beginning a new job). Because this blessing expresses gratitude for the gift of life, saying it fits many occasions. Each of us chooses the appropriate moments for a *Sheheḥeyanu*. A.G.

On doing something for the first time, such as arriving in Israel, or on reaching a great milestone in life:

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.