

BERACHA / AMEN PARTY INSTRUCTIONS

In the Jewish religion, the practices that we follow each have a multi-faceted depth behind each action. So too with the berachot we recite. Behind each beracha that we make, besides the fact that we are thanking GD, there is also an intertwined request and plea to ask for material blessing. Each beracha represents a different aspect which can be concentrated on

while reciting the blessing. Furthermore, the blessing reciter can verbally recite or have in mind a person whom he or she would like to bestow a blessing upon. (If it is possible, as an even higher level of bestowing the blessing, the reciter should just look at the person that he wish to bestow with blessing and not recite his name at all).

- To Begin: Each person should set up a plate with foods for each of the four food berachot and a cup of grape juice for Hagefen. Also, if applicable, have the *besamim* items ready on the table. Please note, only a small bite is needed to make a blessing over the food. (You can take a cookie and break it into small pieces if there is not enough for every individual.)
- Each person should take a turn reciting each beracha out loud while everyone simultaneously answers amen. The amen is even more important than the beracha.
- The reciter should say each beracha slowly and loudly and the entire group should follow the order of the berachot listed below (starting with number 1 and ending with 6).
- Each person in the group should individually complete the beracha for each of the available foods and only then move onto the next beracha, where the process is then repeated.

Please save for future use

1 HaGefen- To Find a Soulmate

ברוך אתה ד' אלהינו מלך העולם.
 ha'o'lam me lekh elo heinu Adonai at'ah barukh
 the universe King of our God Lord are You Blessed



בורא פרי הגפן.
 haggafen peri borei
 the wine. fruit of Who creates

2 Mezonot- For Sustenance

ברוך אתה ד' אלהינו מלך העולם.
 ha'o'lam me lekh elo heinu 'Adonai 'at'ah barukh
 the universe King (of) our God Lord are you Blessed



בורא מיני מזונות.
 mezonot minei borei
 different kinds of Creator of nourishment

3 Ha Etz- For Children or aid in raising children

ברוך אתה ד' אלהינו מלך העולם.
 me lekh elo heinu Adonai at'ah barukh
 King of our God LORD are You Blessed



בורא פרי העץ.
 ha'etz peri bore ha'o'lam
 the fruit of the trees Creator of the universe

4 Ha Adamah- Healing a sickness or long life

ברוך אתה ד' אלהינו מלך העולם.
 ha'o'lam me lekh elo heinu Adonai at'ah barukh
 the universe King (of) our God Lord are you Blessed



בורא פרי האדמה.
 ha'a'da mah peri borei
 the fruit of the earth Creator of

5 Shehakol- Open Ended or personal Request

ברוך אתה ד' אלהינו מלך העולם.
 ha'o'lam me lekh elo heinu Adonai at'ah barukh
 the universe King of our God LORD are You Blessed



שהכל נהיה בדברו.
 bid varo ni he yah she ha kol
 who brings about all things by His Word

6 Besamim- Tranquility for the body and soul

ברוך אתה ד' אלהינו מלך העולם.
 ha'o'lam me lekh elo heinu Adonai at'ah barukh
 the universe King of our God LORD are You Blessed



בורא מיני בשמים.
 ve samim minei bore
 different types of Creator of spices

If you do not have all these items, please make blessings on what you do have.

Please make sure to say a *Beracha Acharona* if you have eaten at least a *kezayit* - 1 ounce - at the end of the berachot.

For Refua Shelema :

Yeshua Elimelech Ben Sarah
 Yehudit Elvira bat Rachel Alicia