



*Barukh atah Adonai, Eloheinu Melekh haolam,
shehehehyanu, v'kiymanu, v'higianu lazman hazeh.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֵחַיְנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לַזְמַן הַזֶּה.

Our praise to You, Eternal our God, Sovereign of all, for giving us life, sustaining us, and enabling us to reach this moment.



WHAT IT'S USED FOR

To express gratitude for something significant that you're doing for the first time



WHEN TO USE IT

The first time you do any Jewish ritual the first time that year, such as:

- going to the *mikveh*
- each time you taste a specific kind of fruit for the first time
- eating *matzah* for the first time
- acquiring a new home
- not seeing a friend in over 30 days
- lighting Hanukkah candles for the first time
- hearing a *shofar* for the first time that year

Other special first-time moments, such as:

- the first *hallah* you bake
- the first time you play an F chord
- a child's first steps



DISCUSSION QUESTIONS

How might you use the *shehehyanu* blessing in your home/community?

Why is it important to be thankful for first-time events/things?

Is this a particularly Jewish practice? Why/why not?