



Shehecheyanu: Blessing for Beginnings

This blessing expresses gratitude for experiencing a new or special occasion, and is said whenever we do something for the first time in a calendar year. It can be recited on calendar milestones (for example: a birthday, the first night of each Jewish holiday) and other “firsts” (for example: tasting a new fruit, eating vegetables from your summer garden, wearing a new item of clothing, starting a new job, and dropping your children off for a new school year).

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

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

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