



Shehecheyanu



As we begin this New Year together, we say the Shehecheyanu, a blessing for a time that is new, meaningful, and worth pausing for. We say it when we light candles at the start of a holiday. When we taste a fruit we haven't eaten in a long time. When our family comes together to celebrate sacred time, like this Rosh Hashanah. It's a blessing of *Wow*. Of *We made it*. Of *Thank You for bringing us together*. And *Thank you for bringing us to now*.

Let's say or sing together the Shehecheyanu:

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, שֶׁהֵחֵינוּ
וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

*Baruch Atah, Adonai Eloheinu,
Melech Ha'olam, shehecheyanu
v'kiy'manu v'higi'anu laz'man hazeh.*

Blessed are You, Adonai our God, Guide of the Universe, who gives us life, keeps us in life, and brings us to this moment.

Amen.

Adapted by Rabbi Paul Kipnes; Photograph: Michael Kaplan, courtesy of Or Ami, Calabasas, CA