

BLESSING OVER TAKING THE CHALLAH

Baruch Atah Adonai, Eloheinu Melech Ha'olam,

asher kidshanu b'mitzvotav,

v'tzivanu l'hafreesh challah min ha'eesah.

בָּרוּךְ אַתָּה, יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

וְצִוָּנוּ לְהַפְרִישׁ חֻלָּה מִן הָעֵסָה

Blessed are You, Lord our God, Ruler of the Universe,
who has sanctified us with commandments,
and commanded us to separate challah.

Hold the piece of dough and say "*harei zo challah*" (This is challah)

BLESSING FOR HEALING:

Y'ih ratzon mil'fanecha, Adonai Eloheinu

v'Eilohei avoteinu v'imoteinu,

shetishlach mehaira refuah sh'leimah min hashamayim,

r'fuat hanefesh ur'fuat haguf

lacholah/lacholeh _____

b'toch sh'ar cholei Yisrael.

יְהִי רָצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ

שֶׁתִּשְׁלַח מְהֵרָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם,

רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף

לְחֹלָה/לְחֹלָה _____

בְּתוֹךְ שְׂאֵר חוֹלֵי יִשְׂרָאֵל.

May it be Your will, Adonai our God, and the God of our ancestors,
that You send, quickly, a complete recovery,
healing for the soul, and healing for the body,
for _____
among the ailing of Israel.