

One Hundred Benedictions

There are, say the sages, one hundred benedictions to be recited
throughout the day

Blessings over fruits that grow on trees
And vegetables that grow in the soil, and over fragrant spices
Blessings upon seeing the wonders of nature
A rainbow, an electrical storm, the view from a mountain, the ocean
A blessing over a piece of bread, a blessing called ha-motzi.

Consider this loaf of bread. How has it come upon this table?
A gift of collaboration, a dance between that which is given to me
and that which I make of it

A pas de deux of earth and heaven, of sky and human hands
Seed, soil, water, wind, but not these alone
Sowing, winnowing, threshing, kneading, baking
Possibility transformed into edible reality.

All benedictions bless celestial-terrestrial partnership
Marvel at that which is given
And value what is made with my hands.

Blessed the benedictors, divine and human
Blessed the One who is the Source of all forms of blessing.

