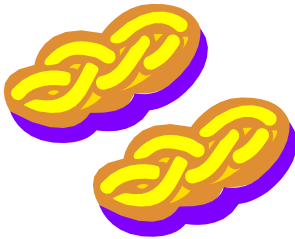


## BLESSING FOR HALLAH

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

*Baruch atah Adonai elohenu melech haolam  
hamozti lechem min ha-aretz.*

Blessed are You Eternal, our  
God Sovereign of the Universe,  
Who brings forth bread from the ground.



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## EATING THE HALLAH

1. Traditionally there are two *hallot* used on the *Shabbat* table. This represents the *manna* that the Israelites received in the desert from God as well as the sacrifices that were brought to the Temple in Jerusalem.
2. Hold the *hallot* in the air while saying the *bracha*.
3. After saying the *bracha*, it is traditional to sprinkle salt over the *hallah* or on the High Holy Days, dip the *hallah* into honey. The salt reminds us again of the Temple sacrifices and the honey is to wish us a good and sweet year.
4. Tear pieces of the *hallah* to give to each member of the meal and enjoy!

