

The World Needs More _____

A Thanksgiving Discussion

With all that we have experienced in 2020, before we share gratitude, let's reflect on the middot/Jewish virtues we believe we need most at this time.

Which of the 10 middot listed do you feel is most important to embody at this time, and why? Which middah do you hope to see more of in our society?

Listening ears

Sh'miat Ha-Ozen

Justice

Tzedek

Strength

G'vurah

Compassion

Rachamim

Forgiveness

Slichah

Understanding heart

Binat Ha-Lev

Courage

Ometz Lev

Accepting hardship

Kabbalat Ha-Yishurun

Patience

Savlanut

Judging others favorably

L'chaf Zechut

Now, Gratitude: Shehehiyatenu/Shehehiyatnu/Shehechiyanu

Even in this difficult year, may we fulfill the teaching,
"Be thankful for every year that you live." Kohelet/Ecclesiastes 11:8

In Jewish tradition, we recite a prayer of gratitude at moments of joy and celebration. Hebrew is a gendered language; consider experimenting with the two nontraditional forms below.

Non-Gendered Prayer Language

Created with the Nonbinary Hebrew Project

נְבָרֵךְ אֶת עֵין הַחַיִּים שֶׁהֵחֵימְנוּ וְקִימְתָנוּ וְהִגִּיעְתָנוּ לְזָמַן הַזֶּה

Nevarech et eyn ha'chaim shehecheyatenu, v'kiye'matenu, v'higi'etnu lazman hazeh

Feminine Prayer Language

בְּרוּכָה אַתְּ יְהוָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם, שֶׁהֵחֵימְנוּ וְקִימְתָנוּ וְהִגִּיעְתָנוּ לְזָמַן הַזֶּה

B'rucha at ya elohaynu ruach ha'olam, shehecheyatnu, v'kiyimatnu, v'higiyatnu lazman hazeh

Traditional Masculine Prayer Language

בָּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֵחֵימְנוּ וְקִימְנוּ וְהִגִּיעְנוּ לְזָמַן הַזֶּה

Baruch atah adonai elohaynu melech ha'olam, shehecheyanu, v'kiyimanu, v'higiyanu lazman hazeh

Blessed are You, our God, Source of all life, for giving us life,
sustaining us, and enabling us to reach this season