

BLESSINGS OVER APPLE AND HONEY

Pick up a slice of apple, dip it in honey,
and say:

Then add:

בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ.
הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

TRANSLATION

Baruch atah Adonai, Eloheinu
melech ha-olam, borei p'ri ha-eitz.

TRANSLATION

We praise You, Eternal God,
Sovereign of the Universe, Creator of
the fruit of the tree.

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱ-לֹהֵינוּ
וְאֵ-לֹהֵי אֲבוֹתֵינוּ שֶׁתְּחַדֵּשׁ
עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה

TRANSLATION

Y'hi ratzon milfanecha, Adonai
Eloheinu v'Elohei
avoteinu v'imoteinu, shetchadesh
aleinu shanah tovah um'tukah.

TRANSLATION

May it be Your will, Eternal our God,
that this be a good and sweet year
for us.
Eat the apple dipped in honey.

Your family may also want to enjoy challah dipped in honey. Some families include a pomegranate as a treat before the meal. It is said that the number of seeds in the pomegranate reflects the number of good deeds that you will do in the coming year.

Enjoy your sweet meal!