

B'ruchot Habaot

Contributed by [Joseph Slifka Center](#)

Source: The Journey Continues: The Ma'yan Passover Haggadah

We'll introduce ourselves to each other by tracing our matriarchal lineage using the following formulation:

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### **for those who identify as female:**

I am \_\_\_\_\_ *bat* (daughter of) \_\_\_\_\_ *bat* \_\_\_\_\_ *bat* \_\_\_\_\_

### **for those who identify as male:**

I am \_\_\_\_\_ *ben* (son of) \_\_\_\_\_ *ben* \_\_\_\_\_ *ben* \_\_\_\_\_

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Use your English, Hebrew, Yiddish and/or Ladino names. Go back as many generations as you can. You may choose to invoke the names of women who have been like mothers and grandmothers for you regardless of biological ties.