

# She'hecheyanu Prayer

Contributed by [MAZON: A Jewish Response to Hunger](#)

Source:

LEADER We now say the She'hecheyanu prayer, to give thanks for having an opportunity today to reflect on the problem of hunger and commit to action.

ברוך אתה יי אלהינו מלך העולם שהחיינו וקיימנו

והגיענו לזמן הזה

Baruch ata Adonai Elohenu Melech ha'olam she'hecheyanu ve'kiyemanu ve'higianu la'zman ha'zeh.

Blessed are You, Adonai our God, Ruler of the universe, who has granted us life, sustained us, and enabled us to reach this season.