



While Thanksgiving is, in many ways, the quintessential American holiday, the central theme of “gratitude” is deeply Jewish as well. In fact, there’s a case to be made that all of Jewish tradition has a single, overarching goal--- to help us cultivate gratitude and live each moment of our lives with a grateful heart. These blessings and reflections are offered as a resource for bringing a Jewish perspective to our Thanksgiving experience.

We gather together in love *Hinei Mah Tov*

Imagine for a moment, that everyone at our Thanksgiving table, is here for a reason. Imagine that everyone at this table brings our own unique and irreplaceable gifts, stories, perspectives, and truths. Imagine for a moment that each voice around this Thanksgiving table belongs to a person whose presence literally transforms the world. And now realize that there is no need to imagine, because this is the truest understanding of what it means to gather in love with family, friends, and community.

And so we recite, Psalm 133, better known among the Jewish community as *Hinei Mah Tov*.

*Hinei mah tov, u'mah naim,
shevet achim gam yachad.*

הִנֵּה מֵה-טוֹב, וּמֵה-נָעִים
שֵׁבֶת אֲחִים גַּם-יַחַד

**How grateful we are to gather in love at this Thanksgiving table,
creating and sharing in this experience.**

Our cup overflows *Kosi Revayah*

Each of us has a cup. Whether it’s filled with wine, juice, apple cider, a Manhattan, water (bubbly or still), or some other delicious and refreshing beverage, each of us has a cup. With each sip we take, we can experience refreshment. With each sip we take, we can be mindful of the simple blessing that each of us has a cup. Today, may we fill one another’s cups and may we also fill our own cup as we enjoy this meal together.

Together we say these words from Psalm 23.

Kosi Revayah

כּוֹסֵי רֵוַיָּה

Our Cup Overflows





We break bread together *HaMotzi*

Before digging in, let's take a moment to consider the food we are about to enjoy. First and foremost, this food awakens our senses and in so doing, helps bring us fully into the present moment. Next, it reassures us that we will soon enjoy an abundant feast that will nourish our bodies. We may be hungry now, but in an hour at least one of us will have sworn off carbs until Chanukah! Lastly, it symbolizes the abundance that we might experience in others areas of our lives, but which sometimes goes unnoticed. The abundance of love, the abundance of connection, the abundance of wisdom and humor, of goodwill and generosity. On Thanksgiving, our meal reminds us of all these forms of abundance.

*Baruch Ata Adonai, Eloheinu Melech ha-olam,
Hamotzi lechem min haaretz.*

**בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא
לֶחֶם מִן הָאָרֶץ.**

Blessed are You, Source of Life, for blessing us with great bounty and abundance.

Grace after meals *Birkat Hamazon*

For this table.

Not just any table, but this table.

For this gathering.

Not just any gathering, but this gathering.

For these people.

*Not just for some vague notion of humanity, but for the family,
friends, and community gathered here.*

For love.

*Not just the idea of love, but the undeniable feeling and
expression of love that is shared among family and friends, and in community.*

For food.

*For the beautiful meal that we've shared and all of the thought, effort, and
love that went into preparing this meal.*

For freedom.

*To be who we are. To be where we are. To live our lives to the fullest in relative
ease, comfort, and security.*

*For all these blessings and more we offer an abbreviated
version of Judaism's traditional grace after meals.*

Baruch Atah Adonai, hazan et hakol.

Blessed are you, Source of Life, for nourishing and sustaining all that lives.

