100 Blessings on Shabbat and Jewish Festivals

On <u>Shabbat</u> and some <u>Jewish festivals</u>, you might want to fulfill some of the quota for making 100 blessings by:

- Eating extra fruit or other foods,
- Hearing and saying *amen* to the blessings over the:
 - Torah reading,
 - Reader's repetition of the amida for shacharit and musaf, and
 - Haftara by the maftir.

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