BLESSINGS: HOW MANY TO SAY

100 Blessings on Weekdays

Try to say 100 blessings a day. This is easy on weekdays since *Ashkenazim* say about 89 blessings just in the prayer services.

NOTE Saying 100 blessings each day is a *halacha* drabanan.

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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