# HAGOMEL

## HAGOMEL: FOR WHICH EVENTS

### After What To Say HaGomel

Say *ha'gomel* after:

- Crossing the ocean (far enough away that you cannot see the shore);
- Crossing a desert by any means except flying;
- Getting out of jail; or
- Recovering from a serious illness.

In addition, say *ha'gomel* anytime a catastrophe has been avoided, such as a vehicle crash. Consult a competent *halachic* authority in these cases.

## HAGOMEL: WHEN TO SAY

### Saying HaGomel within 30 Days

Say *ha'gomel* within three days of the event; *b'di'avad*, it is OK to say it within 30 days.

### Say HaGomel When You Can Walk Normally

You may say *ha'gomel* after recovering from a serious illness once you are able to walk around normally.

## HAGOMEL: FOR WHOM TO SAY

### For Whom To Say HaGomel

Don't say *ha'gomel* for anyone other than yourself (not even for your spouse or children). Likewise, one person may not exempt the entire congregation for *ha'gomel* except *b'di'avad*. But when an entire *congregation* says *ha'gomel*, use "*gemalanu*."

## HAGOMEL: WOMEN

### Women and HaGomel

Women customarily do not say *ha'gomel*. A woman does not say *ha'gomel* after childbirth.

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