

# 100 Blessings on Shabbat and Jewish Festivals

On Shabbat and some Jewish festivals, 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.