

Barukh ata Adonaí Eloheinu Melech Ha-Olam Ha-Motzee Lechem mín Ha-Aretz

Blessed are you, Lord our God, King of the Universe, Who has brought forth bread from the earth.

Have you ever thought about how strange this blessing really is? How many times have you seen bread growing from the earth? If anything, bread is earned through the sweat of our brow!

Maybe our tradition is trying to teach us a fundamental lesson. In making the blessing, we express gratitude that God has equipped us with the tools and the ability to transform a seedling into bread, to actualize the latent potential which resides in all existence.

May we ask God that he give us the ability to help unlock the great spiritual, moral, and human potential of our wonderful Jewish community.