

Nishmat Kol Hai, our souls praise you, our one God

For the soft breeze with which you caress us and cause the feather grass to dance, we praise you

For shadows that shrink and grow with the daily journey of the sun; for purple petals that make heavy the mountain laurel; and for impressions that long-ago sea creatures left us in stone, we thank and praise you

For beloved voices; for thunder and mockingbird; for laughter and silence; for children practicing their scales, we thank and praise you

God who knows us, we praise you for chocolate. For citrus and coffee, nopal and pecan, black olive and blue berry, pinto bean and long rice, and for Shabbat herring and whiskey, we thank and praise you

For the perfume of brand new babies, the arousal of garlic simmering in oil, and notice of coming rain, we thank and praise you. We praise you, too, God, for acrid human odors to keep us humble, and for the early scent of decay that reminds us that we are mortal

You bring us into the world and out of slavery, you give us breath, and you sustain us, for a purpose

You design us to savor both the familiar and the new, that which is sour as well as that which is sweet, for a purpose

For the neurons in our brains that connect us one to another; for each tear we shed at another's pain or joy; for the melodies and habits of kindness that make us a community, we praise you

You plant in us the desire for justice and command us to seek it always. You assign us the sweet labor of gathering together the scattered pieces of the broken world. In these ways we understand that we belong to you.

With full hearts we thank you God, for today.

Composed by: Virginia Raymond  
Blessing theme: The breath of all that lives praises God