

*Bentsch Gomel* (The Gomel Blessing)

Many people travel during the summer months. Some people wait until the summer to have surgery done. When you survive any kind of dangerous experiences, remember this blessing:

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׂגַמְלֵנִי כֹל טוֹב.**

**Ba-rukh A-tah A-do-nai E-lo-hei-nu Me-lekh Ha-o-lam, she-g'ma-la'ni kol tov**

Blessed are You, A-do-nai our God, Sovereign of the universe,  
Who has bestowed every goodness upon us.

Traditionally, the types of events that would prompt someone to say this Thanksgiving Blessing are gleaned from Psalm 107: completion of a sea journey, completion of a hazardous land journey, recovery from a major illness, release from captivity. It may be recited by one who has survived a life-challenging situation. It is traditionally said as part of the Torah service. Let the Rabbi know if you feel this blessing applies to you, and you would like help with it.