

# Blessing Bank

Contributed by [Custom & Craft](#)

Source: Tamar Fox

Introduce yourself to the people sitting on either side of you. Share a blessing that you received over the past week with them (“I had really great luck with parking spots today” “I got a good grade on a big exam this week” “I made it to exercise class three times this week and it felt wonderful and empowering”). If you can’t think of anything, just say, “I made it through the week to Shabbat!” After you have shared your blessings, give a blessing to each of your neighbors for the next week. It can be very personal, very general, or anywhere in between (“May you get a whole afternoon to relax and unwind tomorrow” “May you pass into the next level in your karate class” “May you be filled with peace in the week that comes”).