

Share - HaMotzi

Contributed by [AJU Miller Intro to Judaism](#)

Source: A Guide to Shabbat at Home

There is no more fundamentally human act than breaking bread together. On Shabbat we use two, complete loaves of rich, braided bread to symbolize abundance and blessing.

When setting the table, set two loaves of challah on plate, cover with a cloth, and place either a shaker of salt or container of honey nearby.

Remove the challah cover.

Touch the challah or touch someone who is touching the challah.

Bless together.

Tear or cut the challah into pieces. Dip it in salt (use honey instead if anyone present is within the first year of marriage).

Pass or throw (yes, throw!) the challah to each person at the table.

**בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמּוֹצֵיא לֶחֶם מִן הָאָרֶץ**

*Barukh ata Adonai Eloheinu melekh ha'olam,
hamotzi lekhem min ha-aretz.*

Blessed are You, Adonai our God, Ruler of the universe,
Who brings forth bread from the earth.