



## Blessing Upon Learning of Pregnancy

*When you learn that you are indeed pregnant, the emotions can be intense - elation, relief and release, amazement, gratitude, often beyond words. The expression can be laughter, tears, a sense of being stunned and numb - disbelief. Once the initial moment has passed there can be a searching for words to express this experience. It may be too soon to share the news with others, yet there can be a desire to express this joy with the Universe. This moment is joyous; this moment is real. Here is a blessing to offer up gratitude and acknowledge the wonder.*

Blessed Creator,  
Sacred Source of the power to create,  
accept my overwhelming gratitude to You.  
Thank You for this miracle of creation!  
Thank You for getting me to *this* moment!  
I am overjoyed and humbled by the immensity  
of what it took to get here  
and what is yet to come.  
With all my being,  
I want this being,  
being created  
in Your image,  
to continue to grow within me.  
May I continue to be blessed  
with experiences of joy.  
Whatever happens,  
may You, God,  
protect and sustain me.  
May I draw on the miracle of this moment  
as a reminder  
that wonders  
and goodness  
exist.

בָּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֵחֵינּוּ וְקִיָּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה

*Barukh ata Adonai, Eleheinu melekh ha'olam, shehekhianu v'keeyamanu,  
v'heegeeyanu lazman ha'zeh*

Blessed are You, HaShem our God, Ruler of the universe, who has granted us life and sustenance and permitted us to reach this moment.