

100 Blessings on Shabbat and Jewish Festivals

On Shabbat and some Jewish festivals, you might want to fulfill some of the quota for making 100 blessings by:

- Eating extra fruit or other foods,
- Hearing and saying amen to the blessings over the:
 - Torah reading,
 - Reader's repetition of the amida for shacharit and musaf, and
 - Haftara by the maftir.