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*.

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