

SHM Religious School
4th Grade Prayer Packet with Transliteration

This version of the 4th Grade Prayer Packet is meant for parents to help support their children in their practice. Students are taught the Alef-Bet (Hebrew alphabet) and have been working on decoding (sounding out) each word in every prayer. The goal is not for any prayer to be memorized, but rather for students to be comfortable and confident in their ability to read fluently. This fluency equates to mastering a prayer.

Your students' teacher is a great ally in this path to mastering their prayer packet. They know all sorts of tips and tricks for remembering the Alef-Bet, vowels, and even the full prayers themselves. The Hebrew Coordinator is here to provide even more support. They have years of teaching experience and a 'big picture' view of the whole, years-long path towards mastering the full curriculum before preparing for B'nai Mitzvah ceremonies. Additionally, the Director of Youth Education is always here to assist families in every aspect of their Religious Education. Please do not hesitate to reach out to any of these people for ideas to make practicing both engaging and effective.

On behalf of all of us, b'chatzlecha (good luck) and have fun!

Rachel Bickford
Hebrew Coordinator
rachel@shmtemple.org

Heather Rosenthal
Director of Youth Education
hrosenthal@shmtemple.org

As Jews we often remember and celebrate things that happened a long time ago; we also celebrate things that are happening for the first time with a special blessing called the *Shehecheyanu*. This blessing is said whenever something happens for the first time (birth, Bar/Bat Mitzvah, wedding, etc.). According to tradition, it should be recited on a variety of other occasions as well. These include: When one hears good news, when one builds or buys a house or purchases new garments, when one eats fruit for the first time in a season, and when one sees a friend one hasn't seen in 30 days or more. It is recognition of the role that God plays in the joys and success for our lives.

1. בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2. שְׁהַחֵינּוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזִמַּן הַזֶּה.

1. **Blessed** are You, Adonai our God, Ruler of the world,
2. **Who has given us life, sustained us, and brought us to this time.**

Words to Remember

Blessed - בָּרוּךְ

Who has given us life - שְׁהַחֵינּוּ

sustained us - וְקִיַּמְנוּ

brought us - וְהִגִּיעַנוּ

to this time - לְזִמַּן הַזֶּה

Transliteration

1. Baruch Atah Adonai Eloheinu, melech ha-olam,
2. shehecheyanu, vikiyemanu vehigiyanu lazman hazeh.

Shabbat is a time of peace, a time for family. There are several special blessings we use to welcome Shabbat into our homes. The first of these blessings is the blessing over our Shabbat candles. Lighting Shabbat candles helps us usher in Shabbat with brightness and joy. We light at least two candles because in the Bible there are two versions of the commandment to keep the Shabbat; “Remember the Shabbat” (Exodus 20:8) and “Observe the Shabbat” (Deuteronomy 5:12). Some families light a candle for every member of the family. There is no limit to the number of candles you can light. Once the candles have been lit and the blessing has been said, Shabbat has begun.

1. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

3. לְהַדְלִיק נֵר שַׁבָּת.

1. **Blessed** are You, Adonai our God, Ruler of the universe,
2. who has made us holy with the commandments and commands us
3. **to light the Shabbat candles.**

Words to Remember

Blessed - בָּרוּךְ -

to light - לְהַדְלִיק -

candle - נֵר -

Shabbat - שַׁבָּת -

Transliteration

1. Baruch atah, Adonai Eloheinu, Melech haolam,
2. asher kid'shanu b'mitzvotav v'tzivanu
3. l'hadlik ner shel Shabbat.

On Shabbat, we say *HaMotzi*, the blessing over the bread, over the specially braided challah, to praise and thank God for giving us food to eat. This prayer is not only said on Shabbat. Eating is something we do every day so each time we eat we can recite *Motzi*. We could easily forget how wonderful it is that we do have food. We could begin to take food for granted. We thank God for food by saying *Hamotzi* anytime we eat bread.

1. בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2. הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

1. **Blessed** are You, Adonai our God, Ruler of the world,
2. **who brings forth bread from the earth.**

Words to Remember

Blessed - בָּרוּךְ

Who brings forth - הַמוֹצִיא

bread - לֶחֶם

from - מִן

the earth - הָאָרֶץ

Transliteration

1. Baruch atah, Adonai Eloheinu, Melech haolam,
2. hamotzi lechem min ha'aretz

Wine Blessing/Short Kiddush בּוֹרֵא פְּרֵי הַגָּפֶן

The *Kiddush* is one of the blessings we say to welcome and sanctify Shabbat. We also say it on many holidays, including Rosh Hashanah, Sukkot, and Passover. The blessing over the wine thanks God for creating the fruit of the vine, the grapes, from which we make wine and helps us sanctify Shabbat and make it holy. The cup of wine used for the wine blessing is usually filled right to the top. This is to show that our happiness is brimming over as we bless God. We hope that our lives will overflow with good things.

1. בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2. בּוֹרֵא פְּרֵי הַגָּפֶן.

1. **Blessed** are You, Adonai our God, Ruler of the universe,
2. **Creator** of the **fruit of the vine**.

Words to Remember

Blessed - בָּרוּךְ -

Creator - בּוֹרֵא -

fruit of - פְּרֵי -

the vine - הַגָּפֶן -

Wine Blessing/Short Kiddush

בּוֹרֵא פְּרִי הַגָּפֶן

Transliteration

1. Baruch atah, Adonai Eloheinu, Melech haolam,
2. borei peri hagafen

The *V'Shamru*, is a small piece of biblical text that comes from Exodus 31:16-17. It is used in a number of places in Jewish liturgy. It talks about the special connection the Jewish people have with observing Shabbat and how that act connects us to God.

1. וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
2. לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם:
3. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעוֹלָם,
4. כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
5. וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

1. The **children of Israel will observe the Shabbat**,
2. To make the Shabbat an **eternal covenant** for all their generations.
3. It is an **eternal** sign between Me and the children of Israel,
4. Because in six days Adonai created the heavens and the earth,
5. And on the seventh day God rested and **was refreshed**.

Words to Remember

will observe - שָׁמְרוּ

children of Israel - בְּנֵי יִשְׂרָאֵל

Shabbat - שַׁבָּת

covenant - בְּרִית

eternal - עוֹלָם

was refreshed - יִנָּפֵשׁ

Transliteration

1. V'shamru v'nei Yisrael et HaShabbat,
2. laasot et HaShabbat l'dorotam b'rit olam.
3. Beini u'vein b'nei Yisrael ot hi l'olam,
4. ki sheishet yamim asah Adonai et
hashamayim v'et haaretz,
5. u'vayom hashvi-i shavat vayinafash

The Tallit blessing is recited before one puts on his/her tallit. It literally means “wrapping the fringes.” We wear a tallit when we read from the Torah. The *tzitzit* (fringes) on the corners of the tallit are tied in such a way to symbolize our responsibility to observe the 613 mitzvot. When we say the blessing we are praising God for the commandment to wrap ourselves in the *tzitzit* of the tallit.

1. בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

3. לְהַתְעִיף בְּצִיצִית.

1. Blessed are You, Adonai our God, Ruler of the universe,
2. Who has made us holy with the commandments and commands us
3. **to wrap ourselves in the fringed tallit.**

Words to Remember

to wrap ourselves - לְהַתְעִיף

in fringes - בְּצִיצִית

Transliteration

1. Baruch atah, Adonai Eloheinu, Melech
haolam,
2. asher kid'shanu b'mitzvotav v'tzivanu
3. l'hitateif batzitzit.

The *Barchu* prayer is a signal - it calls the congregation together, announcing that the main part of the service is about to start. It is almost like an invitation, to which the congregation responds. *Baruch*, means blessing, and bending of the knees. In many congregations the leader of the service says the first line of the *Barchu* while bowing as a sign of respect to God. The congregation recites the second line of the prayer in response while bowing, too.

1. בְּרָכוּ אֶת יְיָ הַמְּבָרָךְ.

2. בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

1. **Bless Adonai, the One who is to be blessed!**
2. **Blessed is Adonai, the One who is to be blessed, now and forever!**

Words to Remember

Bless - בְּרָכוּ

the One who is to be blessed - הַמְּבָרָךְ

Blessed is - בְּרוּךְ

now and forever - לְעוֹלָם וָעֶד

Transliteration

1. Bar'chu et Adonai ham'vorach
2. Baruch Adonai ham'vorach l'olam va-ed

The words of the Shema are among the most cherished phrases by Jews. This prayer is our pledge of loyalty to God. The first two lines actually comes directly from the Torah, from the book of Deuteronomy. When we say it we are expressing our belief in only one God. It is the very core of our faith. It is such an important prayer that many people recite it with their eyes closed so they can concentrate completely on this pledge.

1. שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.
2. בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

1. **Hear O Israel, Adonai is our God, Adonai is one.**
2. **Blessed be the Name of God's glorious kingdom forever and ever.**

Words to Remember

hear o Israel - שְׁמַע יִשְׂרָאֵל

our God - אֱלֹהֵינוּ

one - אֶחָד

glorious kingdom - כְּבוֹד מַלְכוּתוֹ

Transliteration

1. Shema Yisrael Adonai Eloheinu Adonai echad.
2. Baruch shem kevod malchuto leolam vaed