

<p style="text-align: center;"><b>SHM Religious School</b> <b>5th Grade Prayer Packet with Transliteration</b></p>
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This version of the 5th 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!

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The *Avot V'Imahot* is the first blessing of the *Amidah* (standing prayer) - a group of blessings found at the core of every prayer service, which praises God. The *Avot V'Imahot* begins by identifying God as the God of our patriarchs and matriarchs (Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel and Leah). It asks God to recognize us as descendants of our ancestors and to watch over us, protect us and bless us, just as God watched over our ancestors.

1. בָּרוּךְ אַתָּה, יְיָ, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
2. אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
3. אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.
4. הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן.
5. גּוֹמֵל חֲסִדִּים טוֹבִים, וְקוֹנֵה הַכֹּל,
6. וְזוֹכֵר חֲסִדֵי אָבוֹת וְאִמּוֹת,
7. וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם,
8. לְמַעַן שְׁמוֹ, בְּאַהֲבָה.
9. מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
10. בָּרוּךְ אַתָּה, יְיָ, מֶגֶן אַבְרָהָם וְעִזְרַת שָׂרָה.

1. Blessed are You, Adonai our God, and **God of our fathers and mothers**,
2. **God of** Abraham, God of Isaac, and God of Jacob,
3. God of Sarah, God of Rebekah, God of Rachel and God of Leah.
4. The great God, mighty and awesome, God on high.
5. Who does acts of loving kindness, and creates everything,
6. and remembers the loving acts of fathers and mothers,
7. And brings redemption to the children of their children,
8. For the sake of God's name in love.
9. A Ruler who helps, saves and shields:
10. Blessed are You Adonai, shield of Abraham and helper of Sarah.

Words to Remember

God of - אֱלֹהֵי

Our Fathers - אֲבוֹתֵינוּ

Our Mothers - אִמּוֹתֵינוּ



## Transliteration

1. Baruch Ata, Adonai, Eloheinu, v'Elohei  
avoteinu v'imoteinu
2. Elohei Avraham, Elohei Yitzchak, v'Elohei  
Ya'akov,
3. Elohei Sara, Elohei Rivka, Elohei Rachel,  
v'Elohei Leah.
4. Ha'El hagadol, hagibor v'hanora, El elyon.
5. gomel chasadim tovim, v'konei hakol,
6. v'zochair chasdei avot v'imahot,
7. oomevi g'ula livnai v'naihem,
8. l'ma'an shmo, b'ahava.
9. Melech ozer oomoshi'a oomagain.
10. Baruch Ata, Adonai, magein Avraham  
v'ezrat Sara.

The second blessing in the *Amidah* prayer is the *G'Vurot*. It talks about God being a “*gibor*.” *Gibor* means “mighty.” It is also the Hebrew root used in the word for “hero.” This prayer lists some of the things God does which show “might” and which make God our Hero – a model to imitate. This prayer does not say anything about winning or defeating enemies. Instead it lists “lifting up the fallen,” “healing the sick,” “freeing prisoners,” and “being considerate of the poor.” It shows us that God uses strength to help improve the people’s lives.

1. אֶתָּה גִּבּוֹר לְעוֹלָם אֲדֹנִי,
2. מַחֲיֵה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
3. מְכַלְכֵּל חַיִּים בְּחֶסֶד,
4. מַחֲיֵה הַכֹּל בְּרַחֲמִים רַבִּים.
5. סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
6. וּמַקְיֵם אֲמוֹנָתוֹ לְיֹשְׁנֵי עָפָר.
7. מִי כָמוֹךָ בַּעַל גְּבוּרוֹת, וּמִי דוֹמָה לָךְ,
8. מֶלֶךְ מִמִּית וּמַחֲיֵה וּמַצְמִיחַ יְשׁוּעָה?
9. וְנֶאֱמָן אֶתָּה לְהַחְיֹת הַכֹּל.
10. בָּרוּךְ אַתָּה יְיָ, מַחֲיֵה הַכֹּל.

1. You are eternally **mighty**, Adonai,
2. You **give life to all**, greatly do You save:
3. You maintain **life in loving kindness**,
4. Giving life to all with great **compassion**.
5. You support the fallen, and heal the sick, and set free the captive,
6. And sustain the faith of those who sleep in the dust.
7. Who is like You, master of **might**, and who is equal to You?
8. You rule death and **life**, You cause salvation to blossom:
9. You are faithful in **giving life to all**.
10. Blessed are You Adonai, **who gives life to all**.

### Words to Remember

**mighty** - גְּבוּרָה

**give life to all** - מַחְיֵה הַכָּל

**life** - חַיִּים

**in loving kindness** - בְּחַסֵּד

**with compassion** - בְּרַחֲמִים



## Transliteration

1. Ata gibor l'olam, Adonai,
2. m'chayai hakol Ata, rav l'hoshi'a.
3. M'chalkeil chayim b'chesed,
4. m'chayei hakol b'rachamim rabim.
5. Someich noflim, v'rofai cholim, oomatir  
asoorim,
6. oom'kayaim emoonato lishainai afar.
7. Mi chamocha ba'al g'vurot, oomi domeh  
lach,
8. Melech meimit oom'cha'yeh oomatzmi'ach  
y'shoo'ah?
9. V'ne'ehman Ata l'hocha'yot hakol.
10. Baruch Ata, Adonai, m'cha'yai hakol.

The *Ma' Ariv Aravim* prayer is said in the evening service after the call to worship prayer (Barchu). It presents the theme of creation and praises God for bringing on the evening, controlling the flow of light and darkness, the seasons, and ordering the stars in heaven. The language of this prayer is very poetic and it, like the sunset it describes, is meant to bring a feeling of calmness and peace to our prayers.

1. בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. אֲשֶׁר בִּדְבָרוֹ מַעְרִיב עֶרְבִים.
3. בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,
4. וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,
5. וּמַחְלִיף אֶת הַזְמַנִּים, וּמַסִּידֵר אֶת הַכּוֹכָבִים,
6. בְּמִשְׁמְרוֹתֵיהֶם בִּרְקִיעַ כְּרִצּוֹנוֹ.
7. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ,
8. וְחֹשֶׁךְ מִפְּנֵי אֹר,
9. וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה,
10. וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,
11. יְיָ צְבָאוֹת שְׁמוֹ.
12. אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
13. בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֶרְבִים.



1. Blessed are You, Adonai our God, Ruler of the universe,
2. Whose word makes **evening fall**,
3. Who **with wisdom** opens gates,
4. With understanding makes ages pass,
5. And changes the seasons, Who orders the stars,
6. In their places in the heavens according to the Divine will.
7. God creates **day and night**, rolls **light** away from **darkness**,
8. and **darkness** away from **light**.
9. God sets **day** aside and brings on **night**,
10. Separating between **day** and **night**,
11. Adonai of Hosts is God's name.
12. God who lives and is eternal, will rule over us forever.
13. Blessed are You, Adonai, who **brings on the evening**.

### Words to Remember

with wisdom - בְּחָכְמָה

day - יוֹם

night - לַיְלָה

light - אֹר

darkness - חֹשֶׁךְ

brings on the evening - הַמַּעְרִיב עֶרְבִים



Transliteration

1. Baruch atah, Adonai Eloheinu, Melech haolam,
2. asher bid'varo maariv aravim,
3. b'chochmah potei-ach sh'arim,
4. uvit'vunah m'shaneh itim
5. umachalif et haz'manim, um'sadeir et  
hakochavim
6. b'mishm'roteihem barakia kirtzono.
7. Borei yom valailah, goleil or mipnei choshech,
8. v'choshech mipnei or.
9. Umaavir yom umeivi lailah,
10. umavdil bein yom uvein lailah,
11. Adonai Tz'vaot sh'mo.
12. El chai v'kayam, tamid yimloch aleinu l'olam  
va-ed.
13. Baruch atah, Adonai, hamaariv aravim

The Yotzer Or is said every morning to praise God for creating the morning light, for giving us renewed energy, and for bringing us the blessing of another day to do good things. Light is used to talk about all of God's creations including the creation of knowledge and the creation of good. According to Midrash (Jewish legend), this prayer was first said by Adam and Eve on the first Shabbat morning.

1. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
3. עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
4. הַמְאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים,
5. וּבְטוֹבוֹ מְחַדֵּשׁ בְּכָל יוֹם,
6. תָּמִיד מַעֲשֵׂה בְּרֵאשִׁית.
7. מֶה רַבּוֹ מַעֲשֵׂיךָ יְיָ.
8. כָּל־ם בְּחִכְמָה עֹשִׂיתָ, מְלֵאָה הָאָרֶץ קִנְיָנְךָ.
9. תִּתְּבָרֶךְ, יְיָ אֱלֹהֵינוּ, עַל שֶׁבַח מַעֲשֵׂה יָדֶיךָ
10. וְעַל מְאֹרֵי אוֹר שֶׁעֹשִׂיתָ, יִפְאָרוּךְ סֶלָה.
11. אוֹר חֹדֶשׁ עַל צִיּוֹן תִּתְּאִיר,
12. וְנִזְכָּה כָּל־נוֹ מִהֶרָה לְאוֹרוֹ.
13. בָּרוּךְ אַתָּה יְיָ, יוֹצֵר הַמְּאֹרוֹת.

1. Blessed are You, Adonai our God, Ruler of the Universe
2. **You form light, and create darkness,**
3. You make **peace** and **create** everything.
4. You give light to the earth and to all who dwell on it with compassion.
5. And in goodness renew every day,
6. Always the work of **creation**.
7. How great are Your works, Adonai!
8. You made them all in wisdom, the earth is full of Your creations.
9. Be blessed Adonai our God for the excellence of the work of Your hands.
10. And for the **glowing lights** that You made, let them praise You, *Sela*.
11. Shine a **new light** upon Zion,
12. That we may swiftly merit its radiance.
13. Blessed are You Adonai, **the One who forms the lights**.

### Words to Remember

form - יוצר

light - אור

creates - בורא

darkness - חשך

peace - שלום

creation - בראשית



## Transliteration

1. Baruch Atah Adonai Eloheinu, Melech ha-olam,
2. yotzeir or uvorei choshech,
3. oseh shalom uvorei et hakol.
4. Hamei-ir la-aretz v'ladarim aleha b'rachamim,
5. uvtuvo m'chadeish b'chol yom
6. tamid ma-asei v'reishit.
7. Mah rabu ma-asecha Adonai,
8. kulam b'chochmah asita, mal-ah ha-aretz  
kinyanecha.
9. Titbarach Adonai Eloheinu al shevach ma-asei  
yadecha,
10. v'al m'orei or she-asita y'fa-arucha selah.
11. Or chadash al Tzion ta-ir,
12. v'nizkeh chulanu m'heirah I'oro.
13. Baruch Atah Adonai, yotzer ham'orot.

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 וְהִגִּיעָנוּ לַזְמַן 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** - וְהִגִּיעָנוּ

**to this time** - לַזְמַן הַזֶּה



## Transliteration

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

## Candle Blessing

## נֵרוֹת שֶׁל שַׁבָּת

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 יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

3. לְהַדְלִיק נֵר שֶׁל 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.**

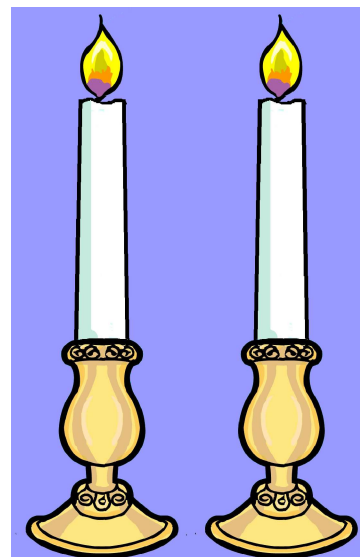
### Words to Remember

**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.

## 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**.

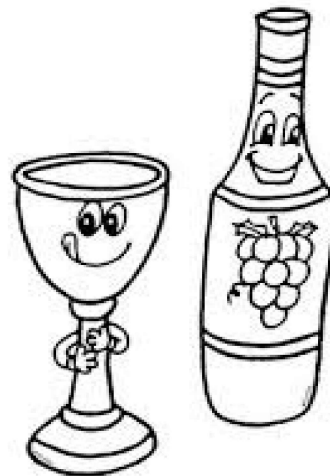
### Words to Remember

**Blessed** - בָּרוּךְ

**Creator** - בּוֹרֵא

**fruit of** - פְּרֵי

**the vine** - הַגָּפֶן



Wine Blessing/Short Kiddush    בּוֹרֵא פְּרִי הַגָּפֶן
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Transliteration

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

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

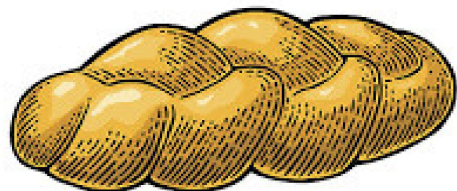
**Blessed** - בָּרוּךְ

**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

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 יי אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
5. וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

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 - וַיִּנָּפֶשׁ



## 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

## Tallit Blessing

## לְהַתְעִיף בְּצִיצִית

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 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. בָּרוּךְ 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



Shema

שְׁמַע

## Transliteration

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

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. בִּרְכוּ אֶת יְיָ הַמְבָרֵךְ.

2. בְּרוּךְ יְיָ הַמְבָרֵךְ 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 - בִּרְכוּ

the One who is to be blessed - הַמְבָרֵךְ

Blessed is - בְּרוּךְ

now and forever - לְעוֹלָם וָעֶד



*Barchu*

בָּרְכוּ

## Transliteration

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