

SHM Religious School
7th Grade Prayer Class Packet

Name: _____

The *Haftarah* is a reading from the Prophets or Writings sections from the Tanach (Hebrew Bible). It is read after the *Torah* portion and is thematically related to it in some way. *Haftarah* means conclusion (because it is read at the conclusion of the Torah service). When the Jews were forbidden to read from the *Torah*, they read *Haftarah* instead, since it could be more easily hidden. The blessing before the reading of the *Haftarah* portion affirms that God chose prophets of truth and righteousness.

Blessing Before the Reading of the Haftarah:

1. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,
3. וְרָצָה בְּדְבָרֵיהֶם הַנֶּאֱמָרִים בְּאֵמֶת,
4. בָּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה
5. וּבְמֹשֶׁה עַבְדּוֹ, וּבִישְׂרָאֵל עַמּוֹ,
6. וּבְנְבִיאֵי הָאֱמֶת וְצֶדֶק.

1. Blessed are You, Adonai our God, Ruler of the world,
2. Who selected great **prophets**,
3. And wanted them to speak words of truth.
4. Blessed are You Adonai, for the revelation of Torah,
5. For Moses God's servant, and for God's **people Israel**,
6. And for the prophets of **truth** and **righteousness**.

The themes of the blessings following the reading are: God's truthfulness and faithfulness; the return to Zion (Jerusalem); and thanksgiving for *Torah*, worship, the prophets, and Shabbat. Our tradition teaches that the prophets were learned, righteous people who spread the word of *Torah* to the Jewish people. They were the conscience of the Jews. The truths taught by the prophets are told in the *Haftarah* and help us to better understand important ideas and values found in the *Torah*.

Blessing After the Reading of the Haftarah:

1. בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. צוֹר כָּל הָעוֹלָמִים, צַדִּיק בְּכָל הַדּוֹרוֹת,
3. הָאֵל הַנָּאֵמָן הָאוֹמֵר וְעֹשֶׂה, הַמְדַּבֵּר וּמַקְיֵם,
4. שְׁכָל דְּבָרָיו אֱמֶת וְצֶדֶק.
5. עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה, וְעַל הַנְּבִיאִים,
6. וְעַל יוֹם הַשַּׁבָּת הַזֶּה, שְׁנַתָּ לָנוּ יי אֱלֹהֵינוּ,
7. לְקֹדֶשׁה וּלְמִנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת.
8. עַל הַכֹּל יי אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים לָךְ,
9. וּמְבָרְכִים אוֹתָךְ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל חַי
10. תָּמִיד לְעוֹלָם וָעֶד.
11. בָּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Blessing After the Reading of the Haftarah:

1. Blessed are You, Adonai our God, Ruler of the world,
2. Rock of all creation, the **Righteous** One of all generations,
3. The faithful God whose word is action, whose speech causes things to be,
4. Whose every command is **true** and **righteous**.
5. For the Torah, for worship, and for **the prophets**,
6. And for this day of Shabbat, that You have given us Adonai our God,
7. For holiness and for rest, for honor and for glory.
8. For all of this Adonai our God, we thank You,
9. And bless You, every living being will bless Your name with their mouths
10. Always and forever.
11. Blessed are You Adonai, for Shabbat and its holiness.

Words to Remember

prophets - נְבִיאִים

Israel - יִשְׂרָאֵל

people - עַמּוֹ

truth - אֱמֶת

righteous - צְדִק

The *V'Ahavta* prayer comes after the *Shema* in the prayer service and is actually a continuation of the *Shema*. This prayer reminds us to love God by respecting and following God's commandments. There are mitzvot (commandments from God) that we can do everyday, anywhere and everywhere we go. The *V'Ahavta* lists some these very specific commandments (mezuzah on our houses, wrapping ourselves in t'fillin, teaching your children, etc.). When we do these mitzvot, we are reminded of our love for God and our respect for God's commandments.



1. וְאַהֲבַת אֶת יְהוָה אֱלֹהֶיךָ,
2. בְּכָל-לִבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ.
3. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
4. אֲשֶׁר אָנֹכִי מְצֹוֶה הַיּוֹם, עַל-לִבְּךָ.
5. וְשָׁנַנְתָּם לְבִנְיָךְ, וְדִבַּרְתָּ בָּם
6. בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.
7. וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ,
8. וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
9. וּכְתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.
10. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי,
11. וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
12. אֲנִי יי אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
13. לִהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם.

1. **And you shall love** Adonai your God,
2. **With all your heart**, with all **your soul** and with all **your might**.
3. And set **these words**
4. That **I command you** today, upon **your heart**.
5. And you shall teach them diligently unto your children,
6. Speaking of them when you sit in your house, when you walk along the way, when you lie down, and when you rise up.
7. Bind them as a sign on **your hand**
8. Let them be a symbol between **your eyes**,
9. Write them on the **doorposts** of your house and on your gates.
10. Remember and do all of my commandments,
11. And you will be holy to your God.
12. I am Adonai your God who brought you out from the land of Egypt
13. To be your God, I am Adonai your God.

Words to Remember

you shall love - וְאַהֲבַתְּ

your heart - לְבָבְךָ

your soul - נַפְשְׁךָ

your might - מְאֹדְךָ

the words - הַדְּבָרִים

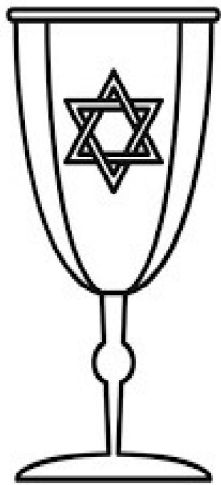
command you - מִצְוָה

your hand - יָדְךָ

your eyes - עֵינֶיךָ

doorposts - מְזוֹזוֹת

Kiddush means “sanctification”-the act of making something holy. The *Kiddush* is one of the blessings we say to welcome and sanctify Shabbat, as well as many other holidays. It separates these occasions from everyday and helps us to make them holy and joyful. The *Kiddush* begins with thanking God for creating the fruit of the vine. It then reminds us that we were chosen by God with love to observe Shabbat and to carry out God’s commandments, as well as remember events in our history that are reasons to celebrate.



1. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. בּוֹרֵא פְּרִי הַגֶּפֶן.
3. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
4. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,
5. וְשַׁבַּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,
6. זְכוֹרֹן לְמַעֲשֵׂה בְּרָאשִׁית.
7. כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ,
8. זְכוֹר לִיציאת מצרים.
9. כִּי בָנוּ בַּחֲרֹת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים,
10. וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִלָתָנוּ.
11. בָּרוּךְ אַתָּה יְיָ, מְקִדֵּשׁ הַשַּׁבָּת.

1. Blessed are You, Adonai our God, Ruler of the Universe,
2. who created the fruit of the vine.
3. Blessed are You, Adonai our God, Ruler of the Universe,
4. who has **made us holy with God's commandments** and takes delight in us,
5. and who has lovingly given us the **holy Shabbat**,
6. as a reminder of the work of creation.
7. Because it is a day of the beginning of **holy** creative moments,
8. a **reminder** of our **Exodus from Egypt**.
9. You have chosen us from others and **made us holy** from other nations,
10. by lovingly giving us **your holy Shabbat**.
11. Blessed are You, **for the holiness of Shabbat**.

Words to Remember

made us holy - קִדְּשָׁנוּ

with God's commandments - בְּמִצְוֹתָיו

Shabbat - שַׁבָּת

holy - קֹדֶשׁ

remembrance - זִכָּר

Exodus from Egypt - יְצִיאַת מִצְרַיִם

Elohai N'Shamah is a beautiful blessing thanking God for allowing us to wake up each morning and literally “for the soul You have given me.” This blessing praises God for all God has created.

1. אֱלֹהֵי, נִשְׁמָה שְׁנַתָּה בִּי טְהוֹרָה הִיא!
2. אֶתָּה בִּרְאִיתָה, אֶתָּה יִצְרָתָה,
3. אֶתָּה נִפְחָתָה בִּי,
4. וְאֶתָּה מִשְׁמְרָה בְּקִרְבִּי.
5. כָּל-זְמַן שְׁהֵנִשְׁמָה בְּקִרְבִּי,
6. מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ,
7. יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי,
8. רַבּוֹן כָּל-הַמַּעֲשִׂים,
9. אֲדוֹן כָּל-הַנְּשָׁמוֹת.
10. בְּרוּךְ אַתָּה יְיָ, אֲשֶׁר בִּידוֹ נִפֶּשׁ כָּל-חַי,
11. וְרוּחַ כָּל-בֶּשֶׁר-אִישׁ.

1. The **soul** that You have given me, My God, is a pure one!
2. You have created and formed it,
3. Breathed it into me, and within me.
4. You sustain it within me.
5. So long as I have breath within me,
6. therefore, I will give thanks to You,
7. O Adonai my God and God of my ancestors,
8. Source of all creation,
9. God of every human spirit.
10. Blessed is Adonai, **in whose hands** are the souls of all the **living**
11. and the spirits of all flesh.

Words to Remember

soul - נִשְׁמָה

in whose hand - בְּיָדוֹ

life - חַי



The Torah (also called the Five Books of Moses) is divided into 54 portions. It takes exactly one Jewish year to read the whole Torah. Each Torah portion is divided into smaller readings called *aliyot*. The honor of being called up from the congregation to bless the Torah reading is known as an *aliyah*. *Aliyah* means “going up.” When people are called up for an *aliyah*, they say two blessings, one before the reading begins and one after the reading has finished.

Blessing Before the Reading of the Torah:

1. בְּרָכוּ אֶת יְיָ הַמְּבֹרָךְ!

2. בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

(Chanted by congregation, repeated by person saying the blessing)

3. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

4. אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

5. בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

1. **Bless** Adonai, the One who is to be blessed!
2. Blessed is Adonai, the One who is to be blessed, now and forever!
3. Blessed are You, Adonai our God, Ruler of the world,
4. Who **chose** us from all peoples and gave us God's Torah.
5. Blessed are You Adonai, **who gives the Torah.**

Blessing After the Reading of the Torah:



1. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

2. אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

3. וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

4. בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

1. Blessed are You, Adonai our God, Ruler of the universe,
2. Who **gave** us a Torah of **truth**,
3. And planted eternal life within us.
4. Blessed are You Adonai, **who gives** the Torah.

Words to Remember

bless - בָּרַכּוּ

chose - בָּחַר

gave - נָתַן

the Torah - הַתּוֹרָה

truth - אֱמֶת

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 חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,
6. וְזוֹכֵר חֲסִדֵי אָבוֹת וְאִמָּהוֹת,
7. וּמַבִּיא גְּאֻלָּה לְבָנֵי בְנֵיהֶם,
8. לְמַעַן שְׁמוֹ, בְּאַהֲבָה.
9. מִלֶּךְ 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

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 לִישְׁנֵי עָפָר.
7. מִי כָמוֹךָ בַּעַל גְּבוּרוֹת, וּמִי דוֹמָה לָךְ,
8. מֶלֶךְ מִמִּית וּמַחֲיֵה וּמַצְמִיחַ יְשׁוּעָה?
9. וְנֶאֱמַן 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 - בְּחֶסֶד

with compassion - בְּרַחֲמִים

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 פִּוְתַח שְׁעָרִים,
4. וּבִתְבוּנָה מְשַׁנָּה עֵתִים,
5. וּמַחְלִיף אֶת הַזְמַנִּים, וּמַסִּידֵר אֶת הַכּוֹכָבִים,
6. בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרִצּוֹנוֹ.
7. בּוֹרֵא יוֹם וָלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ,
8. וְחֹשֶׁךְ מִפְּנֵי אֹר,
9. וּמַעֲבִיר 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

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, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
2. יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
3. עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
4. הַמְאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים,
5. וּבִטְוֵבוֹ מִחֲדָשׁ בְּכָל יוֹם,
6. תָּמִיד מַעֲשֶׂה בְּרֵאשִׁית.
7. מִה רַבּוֹ מַעֲשֵׂיךָ יי.
8. כָּל־ם בְּחִכְמָה עֹשִׂית, מְלֵאָה הָאָרֶץ קִנְיָנְךָ.
9. תִּתְבָּרֵךְ, יי אֱלֹהֵינוּ, עַל שֶׁבַח מַעֲשֶׂה יְדִיךָ
10. וְעַל מְאֹרֵי אוֹר שֶׁעֹשִׂית, יִפְאָרוּךְ סֶלָה.
11. אוֹר חֲדָשׁ עַל צִיּוֹן תְּאִיר,
12. וְנִזְכָּה כָּל־נוֹ מִהֲרָה לְאוֹרוֹ.
13. בָּרוּךְ אַתָּה יי, 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

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 אוֹת 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

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 לְזֶמֶן 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 - לְזֶמֶן הַזֶּה



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.**

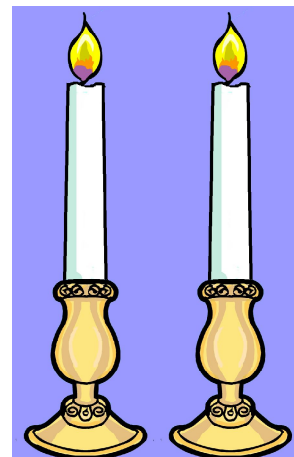
Words to Remember

Blessed - בָּרוּךְ

to light - לְהַדְלִיק

candle - נֵר

Shabbat - שַׁבָּת



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



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

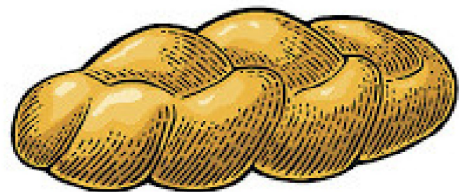
Blessed - בָּרוּךְ

Who brings forth - הַמוֹצִיא

bread - לֶחֶם

from - מִן

the earth - הָאָרֶץ



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. לְהַתְעִיטָּ 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 - לְהַתְעִיטָּ

in fringes - בְּצִיצִית



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 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 - בְּרָכוּ

the One who is to be blessed - הַמְבָרֵךְ

Blessed is - בְּרוּךְ

now and forever - לְעוֹלָם וָעֶד



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



Alef-Bet and Vowels

Gimel *G* ג Vet *V* ב Bet *B* בֿ Alef *Silent* א

Zayin *Z* ז Vav *V* ו Hey *H* ה Dalet *D* ד

Kaf *K* כ Yud *Y* י Tet *T* ט Chet *KH* ח

Mem *M* מ Lamed *L* ל Final Chaf *KH* ך Chaf *KH* כּ

Samech *S* ס Final Nun *N* ן Nun *N* נ Final Mem *M* ם

Final Fay *F* ף Fay *F* פ Pay *P* פּ Ayin *Silent* ע

Resh *R* ר Koof *K* ק Final Tzadee *TZ* ׀ Tzadee *TZ* צ

Tav *T* תֿ Tav *T* ת Sin *S* שֿ Shin *SH* שׁ שׂ ש׃

Ah	Eh	Ee	Oh	Oo
ֿ	ֿ	.	וּ	וּ
-	..		.	ֿ
	:	Aye יְ	Ey יֵ	