

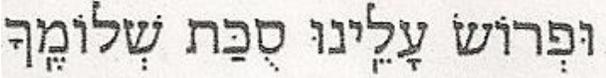
The Four Worlds of Tu B'shevat



Tu B'shevat Seder

On the 15th day of the month of Shevat the Jewish community celebrates the holiday of Tu B'shevat, or what is commonly known as the "New Year for the Trees". While the Tu B'shevat Seder is meant to be a celebration of our relationship with nature, it is also a time of education and reflection; a time to look at our impact on the world around us and change the way to interact with our environment during the coming year.

Ufros Aleinu (song)

Ufros Aleinu sukat, sukat sh'lomecha Lai Lai Lai Lai Lai (clap)	
<p style="text-align: center;"><i>Spread over us the shelter of peace.</i></p>	

TREES (reading)

Winter is still with us. Nature seems asleep.
The trees stand with black and brown branches
against the pale winter sky.
In the Land of Israel
spring is almost here.
Flowers begin to dot the fields,
almond trees begin to blossom.
Heavy winter rains are over.
gentler showers fall;
sap begins to rise in the trees.

*Jews there and here and everywhere
Celebrate Tu B'shevat, a new year for trees.*

On Tu B'shevat our ancestors
looked forward to the pink flowers of spring,
and red and yellow fruit of the summer,
when they would bring gifts to the Temple
and provide for the poor.

*We too rejoice at the renewal of life,
and thank God for the blessings of branch and bud.*

Tu B'shevat Seder

Tu B'shevat Seder (reading)

The Tu B'shevat Seder was created in the 16th century by Isaac Luria and other Kabbalists. The Seder is split into four "spheres", each of which represents a different Kabbalistic relationship that we have with the earth: Assiya (Action), Yetzira (Formation), Beriah (Creation), Atzilut (Spirit). Additionally, the Seder is full of imagery and symbolism meant to mark the four seasons.

Charting the Tu B'Shevat Seder

WORLD	IDEA	ELEMENT	SEASON	WINE	FRUIT
Assiyah	Action	Earth	Winter	all white	hard outside, soft inside
Yetzirah	Formation	Water	Spring	white with a dash of red	soft outside, hard inside
Briyah	Creation	Air	Summer	red with a dash of white	all soft
Atzilut	Spirit	Fire	Fall	all red	none

Israel is one of only two countries in the world that entered the 21st century with a net gain in its number of trees. The Jewish National Fund, since it was established in 1901, has planted more than 250 million trees all over the State of Israel, providing luscious belts of green covering more than 250,000 acres.

Hinei Ma Tov (song)

<p>Hinei ma tov umanaim Shevet achim gam yachad</p>	<p>הִנֵּה מֵה־טוֹב וּמֵה־נְעִים שֵׁבֶת אַחִים גַּם יַחַד:</p>
<p><i>Behold, how good and how pleasant it is for people to be together.</i></p>	

Tu B'shevat Seder

Washing of the Hands (reading)

Benjamin Franklin once wrote, "When the well's dry, only then will we know the worth of water." Water provides sustenance for our stomachs and souls. It is the home for millions of plant and animal species and a regulator of world temperature.



Trees anchor our soil, soak up our rain, and filter our drinking water. In essence, they make our life-force, livable. Our ecosystem as a whole and all that depends on it is completely interconnected. This idea is reflected in the teaching of Rabbi Shimon Bar Yochai who once taught, "three things are of equal importance: earth, humans, and rain. Rabbi Levi ben Hiyata said: ... without earth, there is no rain, and without rain, the earth cannot endure, and without either, humans cannot exist" (Genesis Rabbah, 13:3).

Bracha

Baruch atah Adonai, Eloheinu Melech
haolam, asher kid'shanu b'mitzvotav
v'tzivanu al n'tilat yadayim.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

*Our praise to You, Eternal our God, Sovereign of the universe
You hallow us with Your mitzvot and command us to wash our hands.*

Meditation (reading)

And on the banks, on both sides of the river, there will grow all kinds of trees for food. Their leaves will not wither nor their fruit fail, but they will bear fresh fruit every month, because the water for them flows from the sanctuary. Their fruit will be for food, and their leaves for healing. (Ezekiel 47:12)

Tu B'shevat Seder

The Breaking of Bread (reading)



We break bread together at the start of our Seder as an ancient act of fellowship--individual loaves are shared among many as a symbol of our shared dependence on sustenance from the earth. As we enjoy the taste and texture of bread in our mouths, we reflect on the sweetness of wheat grain, the first and most essential of the seven species of ancient biblical fruits. We lift a loaf of bread at each table as each person places her or his hand on it.

Food Meditation

Reflect on the fruits on the table in front of you. Focus on their shapes, colors and smells. Consider for a moment all of the people involved in getting these fruits onto the table. Where were they grown, and by whom? Imagine how hard farmers, truck drivers and storekeepers are working to support themselves and their families. Now consider all the ways in which God has supported the creation of these fruits by creating fertile soil, clouds, rainwater and energy from sunshine.

Finally, think about the trees or plants from which these fruits grew. Think of the trees' roots reaching down into the soil, think of the strong trunks and rough bark, and think of the branches that stretch to the sky.

Tu B'shevat Seder

Bracha

<p>Baruch Atah Adonai, Eloheinu melech ha'olam, ha-motzi lechem min ha-aretz.</p>	<p>בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ</p>
<p><i>Blessed are you, Adonai our God, Sovereign of the universe, who brings forth bread from the earth.</i></p>	

ASSIYAH

Charting the Tu B'Shevat Seder

WORLD	IDEA	ELEMENT	SEASON	WINE	FRUIT
Assiyah	Action	Earth	Winter	all white	hard outside, soft inside

1st Cup: White Wine – The Renewal of Trees

Leader: No one pours their own glass of wine, we pour our neighbor's glass of wine – symbol of connectivity

The white wine symbolizes the barrenness of winter that descends upon nature when the sun's rays weaken. In winter the earth is covered with snow and we blanket ourselves in layers to keep out the cold.

In Israel, the almond tree שקדיה (shkeidiah), now blooms. Its white blossoms tinged with pink, brighten the countryside after the bleak colorless days of winter.



Story (reading)

Rabbi Wolf Zitomirer was an innkeeper in a village. A Jewish wagon driver entered and asked for a glass of wine. When he was about to drink it without saying a blessing, the Rabbi stopped him and said, "Do you realize all that God had to do so that the grapes would grow and people could make wine?" The man then said the blessing, and the Rabbi answered, "Amen!" (Attributed to Meorot HaGedolim)

Tu B'shevat Seder

Wine Bracha (1st)

Baruch Atah Adonai Eloheinu Melech Ha'olam borei p'ri hagafen	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְּרֵי הַגָּפֶן
<i>Blessed are you, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.</i>	

Shehecheyanu - Celebrating a Festive Occasion

Baruch Atah Adonai Eloheinu Melech Ha'olam, shehecheyanu, v'kiy'manu, v'higianu laz'man hazeh.	בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחַיֵּינוּ וְקִיּמָנוּ וְהַגִּיעָנוּ לְזִמְנֵי הַזֶּה.
<i>Blessed are You, Adonai our God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.</i>	

1st Fruit Group – Outer Inedible Shell - Almonds, Mandarins, Satsumas

Leader: The first kind of fruit we eat has an inedible outer shell to remind us to remove our own shells to reach the sweetness inside. These foods represent the human tendency to judge others on their outer appearance because of their hard shells. Judaism teaches us that people are so much more than they appear, and eating these fruits reminds us that despite our size, shape, or color, we all carry a divine spark within, because each of us is created B'tzelem Elohim, in the image of God.

Rabbi Tarfon likened the people of Israel to a pile of walnuts. If one walnut is removed, each and every walnut in the pile will be shaken. When a single Jew is in trouble, every other Jew is shaken and affected. (Avot DeRabbi Natan 18.1)

Fruit Bracha (1st)

Baruch Atah Adonai Eloheinu Melech Ha'olam borei p'ri ha-eitz	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְּרֵי הָעֵץ
<i>Blessed are you, Adonai our God, Sovereign of the universe, Creator of the fruit of the tree</i>	

Tu B'shevat Seder

YETZIRAH

Charting the Tu B'Shevat Seder

WORLD	IDEA	ELEMENT	SEASON	WINE	FRUIT
Yetzirah	Formation	Water	Spring	white with a dash of red	soft outside, hard inside

2nd Cup: White Wine with a Dash of Red – Spring and Awakening

Leader: Please pour your neighbor's glass of wine

White wine with a dash of red parallels the gradual reawakening and first glimpse of color in nature as spring arrives. The frozen earth begins to thaw and the first blush of new plant life emerges on the hillsides. In spring, we too begin to stir again from our winter inertia and head outside to feel the sun on our faces and warm breezes on our skin.



Adonai brings you into a good land of brooks, of water, of fountains and springs flourishing in valleys and hills; a land of wheat and barley, and vines and fig-trees and pomegranates; a land of olive trees and honey. (Deuteronomy 8:6-8)

Eretz Zavot Chalav - Milk & Honey (song)

Eretz zavot chalav, chalav u-d'vash Eretz zavot chalav, zavot chalav u-d'vash	אֶרֶץ זָבֹת חֵלֶב xx חֵלֶב וְדָבָשׁ אֶרֶץ זָבֹת חֵלֶב, זָבֹת חֵלֶב וְדָבָשׁ
A land flowing with milk and honey	

Wine Bracha (2nd)

Baruch Atah Adonai Eloheinu Melech Ha'olam borei p'ri hagafen	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְרִי הַגָּפֶן
<i>Blessed are you, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.</i>	

Tu B'shevat Seder

2nd Fruit Group – Edible Shell with Inedible Pits - Dates, Cherries, Olives, Plums, Apricots, Avocados

Leader: We now bite into Seder fruits with edible peels and sweet flesh that cover hard inner cores or pits. Fruits like dates and peaches. Although their pits are inedible, we must remember that they are the seeds, the means to rebirth. We eat these fruits to remind us that every flowering tree was once barren, every budding field once bare, and that the means to growth can sometimes come from the most overlooked places.

Fruit Bracha (2nd)

Baruch Atah Adonai Eloheinu Melech Ha'olam borei p'ri ha-eitz	בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְּרִי הָעֵץ
<i>Blessed are you, Adonai our God, Sovereign of the universe, Creator of the fruit of the tree</i>	

BRIYAH

Charting the Tu B'Shevat Seder

WORLD	IDEA	ELEMENT	SEASON	WINE	FRUIT
Briyah	Creation	Air	Summer	red with a dash of white	all soft

Torah – The Tree of Life (reading)

Trees live a long, long time. Some trees live for five hundred or even two thousand years.

The Torah is like a tree because it lives a very, very long time.

Trees give us shade to sit in and fruit to eat.

Torah helps us live a good life. It keeps our people alive.

Torah tells of the land of Israel, where our kings and queens and prophets lived;
the land which Jews have rebuilt today.

That is why the Torah is called the Tree of Life.

Tu B'shevat Seder

Eitz Chayim hi (song)

<p>Eits cha-yim hi la-ma-cha-zi-kim ba, ve-to-me-che-ha me-u-shar. De-ra-che-ha dar-chei no-am, ve-chol ne-ti-vo-te-ha sha-lom.</p>	<p>עֵץ-חַיִּים הַיָּא לַמְחַזְקִים בָּהּ, וְתַמְכֶיהָ מֵאֲשֶׁר. דְּרָכֶיהָ דְרָכֵי-נֵעַם, וְכָל-נְתִיבוֹתֶיהָ שְׁלוֹם.</p>
<p>It is a tree of life to those who grasp it, and whoever holds on to it is happy. Its ways are pleasant ways, and all its paths, peaceful. (Proverbs 3.17-18)</p>	

3rd Cup: Red Wine with a Dash of White – Summer and Greater Openness Toward Others

<p>Leader: Please pour your neighbor's glass of wine</p> <p>We drink red wine with a splash of white, reminding us that, as the land becomes warmer, the days grow longer and fruit becomes ripe and ready to eat. It is the time to relish the grapes, the juicy berries we can eat whole, by the handful, with gusto! By spending more days and evenings outdoors, we too, in a sense, completely unfold, open up, relax and become warmer, friendlier. We have more time to enjoy the company of old friends and a greater capacity to make new ones. We get together at picnics, street festivals, and beach or summer camps.</p>	
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Tu B'shevat Seder

Mayim, Mayim (song)

WATER, WATER

Joyfully shall you draw water
From the fountains of triumph
Joyfully shall you draw water
From the fountains of triumph

Chorus:

Water - water - water – water
Hey, water in joy
Water - water - water – water
Hey, water in joy

Hey, hey, hey, hey
Water - water
Water - water
Water - water - in joy

Water – water
Water - water
Water - water - in joy



MAYIM, MAYIM

Ushavtem mayim b'sason
mimainei hayeshua .
Ushavtem mayim b'sason
mimainei hayeshua

Chorus:

Mayim - Mayim - Mayim - Mayim
Hey, mayim b'sason
Mayim - Mayim - Mayim - Mayim
Hey, mayim b'sason

Hey, hey, hey, hey
Mayim - Mayim
Mayim - Mayim
Mayim - Mayim - b'sason

Mayim - Mayim
Mayim – Mayim
Mayim - Mayim - b'sason

Tsadik Katamar (song)

Tsa-dik ka-ta-rnar yif-rach,
ke-e-rers ba-Le-va-non yis-geh.
She-ru-lim be-veit A-do-nai,
be-chats-rot Elo-hei-nu yaf-ri-chu.
od ye-nu-vun be-sei-va,
de-shei-nirn ve-ra-a-na-nirn yih-yu,
le-ha-gid ki ya-shar A-do-nai,
tsu-ri ve-lo av-la-ta boo

צדיק כַּתָּמַר יִפְרַח
כְּאַרְז בְּלְבָנוֹן יִשְׁגָּה:
שְׁתוּלִים בְּבֵית יְהוָה
בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ:
עוֹד יִנּוּבּוֹן בְּשֶׁבֶה
דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ:
לְהַגִּיד כִּי יֵשֶׁר יְהוָה
צוּרֵי וְלֹא־עוֹלָתָהּ בּוֹ:

Those who are just and fair shall bloom like a date palm;
they shall grow like a cedar in Lebanon;
planted in the house of the Holy One,
they will be close to God.

Tu B'shevat Seder

Wine Bracha (3rd)

Baruch Atah Adonai Eloheinu Melech Ha'olam borei p'ri hagafen	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְּרֵי הַגָּפֶן
<i>Blessed are you, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.</i>	

Story

Once, while the sage Honi was walking along a road, he saw a man planting a carob tree. Honi asked him: "How many years will it require for this tree to give fruit?" The man answered that it would require seventy years. Honi asked, "Are you so healthy a man that you expect to live that length of time and eat of its fruit?" The man answered, "I found a fruitful world because my ancestors planted for me. So will I do for my children." (Ta'anit 23)

3rd Fruit Group – Entirely Edible Fruit – Figs, Raisins, Strawberries, Apples, Pears, Carob

Leader: We eat entirely edible fruits to remind us of the wholeness of the world, that after each day of creation, God paused, looking at all of his work, and remarking that it was good. As we partake in these fruits we remember that although our lives may feel rushed, we too must pause to look at the wholeness of God's creations and learn to love and appreciate them, as well.

Fruit Bracha (3rd)

Baruch Atah Adonai Eloheinu Melech Ha'olam borei p'ri ha-eitz	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְּרֵי הָעֵץ
<i>Blessed are you, Adonai our God, Sovereign of the universe, Creator of the fruit of the tree</i>	

Tu B'shevat Seder

ATZILUT

Charting the Tu B'Shevat Seder

WORLD	IDEA	ELEMENT	SEASON	WINE	FRUIT
Atzilut	Spirit	Fire	Fall	all red	none

4th Cup: Red Wine – Autumn & Praising Nature and Creation's Cycles of Renewal

<p>Leader: Please pour your neighbor's glass of wine</p> <p>A cup filled to the brim with red wine is a symbol of nature at its glorious peak. In autumn nature expends its last bit of energy in one glorious burst before the final harvest. A full circle of seasons is completed.</p> <p>Now comes a season of reflection and gratitude. We take stock of our small part of the Whole.</p> <ul style="list-style-type: none"> ➤ Do we take what we need or more than our share? ➤ Do we replace what we take for our own needs? ➤ Do we repair what we damage from thoughtlessness? <p>What will future generations say about how we lived our full circle of seasons?</p> <p>"Everyone must have two pockets so they can reach into one or the other according to what is needed at the time. In the right pocket should be the words: "For my sake was the world created" and in the left should be "I am but dust and ashes." (Rabbi Simcha Banim of Peschischa)</p>	
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Story

Once when Rav Kook was walking in the fields, lost deep in thought, the young student with him absentmindedly plucked a leaf off of a branch. Rav Kook was visibly shaken by this act and, turning to his companion he said gently, "Believe me when I tell you that I never simply pluck a leaf or a blade of grass or any living thing unless I have to. Every part of the vegetable world is singing a song and breathing forth a secret of divine mystery of the creation."

Tu B'shevat Seder

Wine Bracha (4th)

Baruch Atah Adonai Eloheinu Melech Ha'olam borei p'ri hagafen	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְּרִי הַגָּפֶן
<i>Blessed are you, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.</i>	

Leader: Atzilut has no representative fruits because it is pure spirit and cannot be represented physically. Rather we remind ourselves of the importance of preservation of the planet, for it is often in the pureness of Adonai's creation that it is most possible to experience the Divine.

Turn, Turn, Turn (song)

Chorus

To Everything (Turn, Turn, Turn)
There is a season (Turn, Turn, Turn)
And a time to every purpose, under Heaven

A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep

Chorus

A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones, a time to gather stones together

Chorus

A time of love, a time of hate
A time of war, a time of peace
A time you may embrace, a time to refrain from embracing

Chorus

A time to gain, a time to lose
A time to rend, a time to sew
A time for love, a time for hate
A time for peace, I swear it's not too late

Chorus

(Pete Seeger, based on Ecclesiastes 3.1-8)

Tu B'shevat Seder

APPRECIATION

Birkat Hamazon

V'achalta v'savata u'veirachta,
V'achalta v'savata u'veirachta.
V'achalta v'savata,
u'veirachta et adonai elohecha!
B'rich rachamana
malka d'alma
ma'arey d'hai pita.

וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ.
וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ.
וְאָכַלְתָּ וְשָׂבַעְתָּ.
וּבֵרַכְתָּ אֶת־יְהוָה אֱלֹהֶיךָ!
בְּרִיךְ רַחֲמָנָא
מְלַכָּא דְעָלְמָא
מְרִיבָה דְהַאי פִּיתָא.

*You shall eat and be satisfied and bless Adonai your God. (Deut. 8:10)
Blessed is the merciful one, ruler of the world, who created this
sustenance. (Brakhot 40b)*

DO NOT DESTROY

When God led Adam through the Garden of Eden, God told him, "I made My beautiful and glorious world for your sake. Take care not to hurt or destroy My world, for if you do, there is no one to fix it after you."

CALL TO ACTION

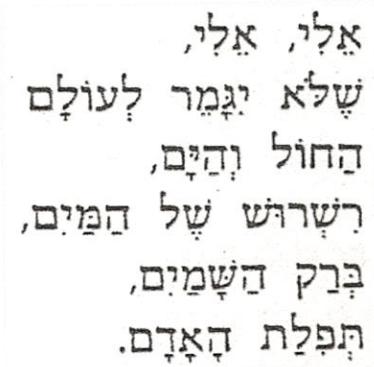
Each person to make one commitment to their table

Tu B'shevat Seder

CONCLUSION

We have now concluded our Tu B'shevat Seder. We have marked the four seasons, and explored how each one is tied to our relationship with God and to the physical world around us. As we finish we remember that we have an obligation to care for the earth, to utilize it while at the same time preserving it for future generations. May the New Year be a year of growth; may it be a year of renewal; and may all our eyes be opened to the wonders of creation. May we come to appreciate everything that is around us and may we learn to build a brighter and better future for our children.

Eili, Eili (song)

<p>Ei-li, Ei-li, She-lo yi-ga-meir le-o-lam: Ha –chol ve-ha-yam, Rish-roosh shel ha-ma-yim, Be-rak ha-sha-mayim, Te-fi-lat ha-a-dam. (2x)</p>	 <p>אֱלֹהֵי אֱלֹהֵי שָׁלָא יִגְמַר לְעוֹלָם הַחֹל וְהַיָּם, רִישׁ רֹאשׁ שֶׁל הַמַּיִם, בְּרַק הַשָּׁמַיִם, תְּפִלַּת הָאָדָם.</p>
<p>Oh God, my God I pray that these things never end: The sand and the sea, The rush of the waters, The crash of the heavens, The prayer of the heart (2x)</p>	

We are indebted to the following sources:

- *A Tu b'shevat Haggadah for the Bay Area Eco Tu b'shevat Seder*
- Adam Fisher published by Central Conference of American Rabbis. *Seder Tu Bishevat, The Festival of Trees*
- Association of Reform Zionists of America (ARZA). *Tu b'shvat – Israeli Style*.
- Adventure Rabbi. *Tu B'shevat Seder*
- Cantor Ilene Keys. Temple Sinai / First Hebrew Congregation of Oakland. *Tu B'shevat Seder*
- Hazon. *Tu B'shvat Hazon's Seder and Source Book*.
- Rabbi Mark Hurvitz. *Haggadah for Tu b'shvat*.
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