

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי  
אֲבֹרָהִם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,  
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי  
רַחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
הַגְּבוּר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל  
חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר  
חֲסָדֵי אֲבוֹת וְאֲמָהוֹת, וּמְבִיא גְּאֻלָּה  
לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בְּרוּךְ אַתָּה, יי,

מַגֵּן אֲבֹרָהִם וְעֹזֵר שָׂרָה.

## Vocabulary and Translation

Song – שִׁירָה

New – חֲדָשָׁה

All, Everyone – כֻּלָּם

Thanked – הוֹדוּ

And said - וַאֲמָרוּ

### Past Roots

י - י - ה - Life

כ - ר - ב - Bless

ר - ה - ב - Choose

ל - א - Roots of the names of God

### Translation

Inspired, the redeemed sang a new song for the sake of your name at the shores of the sea.

As one together they gave thanks for your sovereignty and said:

Adonai will rule forever and ever.

# אָבוֹת/אִמָּהוֹת

Root – א–ב / א–מ

Meaning – Father/Mother

Words in the prayer with the same root אָבוֹתֵינוּ אִמָּתֵינוּ

אָבוֹת אִמָּהוֹת

The אָבוֹת is found in the Amidah, the third section of the Shabbat morning service.

The Amidah consists of a number of prayers praising God for various parts of our world and lives. The first three prayers of the Amidah (Avot, Gevurot, and Kedushah) are chanted out loud by the leader and the congregation. The remainder of the prayers are chanted/read silently.

Although many of the prayers of the Amidah are said silently in the Shacharit (morning) service, the first three (3) prayers are said out loud as a community. The אָבוֹת is the first prayer of the Amidah and is said out loud by the community at the Shacharit service. While reciting the אָבוֹת we bend our knees and then bow from the waist at the beginning of the first line and at the beginning of the final line. We do not bow at the end of the Gevurot.

The אָבוֹת connects us with and reminds us of our past. It reminds us that Jews have been trusting and worshipping the same God for over 2,000 years, since the time of our ancestors. It reminds us that our ancestral mothers and fathers are to be honored for the devotion to God that made it possible for us to be the Jews we are today.

## Vocabulary and Translation

Redemption - גְּאוּלָּה

Our Fathers – אֲבוֹתֵינוּ

And our Mothers – וְאִמֵּינוּ

With Love - בְּאַהֲבָה

Kindesses – חֲסָדִים

### Past Roots

ל – א – Root of the names of God

כ – ר – ב - Bless

י – י – ה – life, live

ר – ה – ב - Choose

### Prefixes

ל – to, for

ו – and

### **Prayer Translation**

Blessed are you Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Leah, and God of Rachel.

The Great, Mighty, and Awesome God, God Supreme. The one who bestows lovingkindness, creates everything, and remembers the kindnesses of the fathers and mothers.

And brings redemption to his children's children for the sake of his name in love.

Ruler, Helper, Savior, and Shield.

Blessed are you Adonai, Shield of Abraham and Helper of Sarah.