

בָּרְכוּ אֶת־יְיָ הַמְּבָרֵךְ.

*Bar'chu et-Adonai ham'vorach.*

Praise Adonai, who is to be praised.

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va'ed.

Praised is Adonai, who is to be praised forever and ever.

Helpful Hints

It is easy to confuse *bar'chu*—בָּרְכוּ—with *baruch*—בְּרוּךְ. *Bar'chu*, meaning "bless" or "praise," is the first word and name of the prayer. *Baruch*, meaning "blessed" or "praised," begins the second line of the prayer. Both come from the same root: בֵּרַךְ.

Practice Reading Together

1 אֶת אֶתָּה אָהָב אֵין אָבִיךָ אֶלֶף
et atah ahav ein avicha alef

2 וְהָיוּ וְנָתַן וָו וָעֵד וְאָהָב וְאֶתָּה
v'hayu v'natan vav va'ed v'ahav v'atah

3 לְאוֹת לְבָבְךָ לְטַטַּפֹּת לְעוֹלָם לְהַדְלִיק לְהִתְעַיֵּף
l'ot l'avcha l'totafot l'olam l'hadlik l'hitateif

4 הַמְּבָרֵךְ בֵּרַךְ בָּרְכוּ בֵּת בָּר בֵּר
ham'vorach beirach berech bar'chu bat bar

5 ה' אֲדֹנָי אֲדֹנָי
Adonai Adonai Adonai

6 בְּסֻכָּה כָּמֹכָה כּוֹכָבִים כֶּסֶף כָּלָה כָּבוֹד
basukah kamochah kochavim kesef kalah kavod

Discuss as a Family

Our tradition tells us that "all sacred acts require summoning." The leaders of the service do this with the first line of the *Bar'chu*—בָּרְכוּ; they summon us to prayer. When we respond, it is as if we say, "I am ready!" A person might also be summoned to dinner, to get ready for bed, or to come up and read from the Torah during services. With your child, think of times during the day when *you* are summoned. How are these times different than being summoned to a sacred act?

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר בִּדְבָרוֹ מַעְרִיב
עֶרְבִים.



Baruch atah, Adonai Eloheinu, Melech ha'olam, asher bidvaro ma'ariv aravim.

Praised are You, Adonai our God, Ruler of the world, whose word brings on the evening.

אֵל חַי וְקַיָּם, תָּמִיד יִמְלֹךְ עָלֵינוּ, לְעוֹלָם וָעֶד. בָּרוּךְ אַתָּה, יְיָ,
הַמַּעְרִיב עֶרְבִים.

El hai v'kayam, tamid yimloch aleinu, l'olam va'ed. Baruch atah, Adonai, hama'ariv aravim.

May the living and eternal God rule over us always. Praised are You, Adonai, who brings on the evening.

Good to Think About

In ancient times, especially, night was a time of fear. The thought that God's hand caused night made people less frightened. The *Ma'ariv Aravim*—מַעְרִיב עֶרְבִים—provided additional comfort that can be reassuring even today.

Praised are You, Adonai our God, Ruler of the world, whose word brings on the evening, who opens the gates with wisdom, who alters the times of the year with understanding, who changes the seasons and orders the stars in the sky...God creates day and night, removing light away from darkness and darkness away from light.

Practice Reading Together

1	עֲשֵׂה	עֵץ	צוֹם	עֶרֶב	צִדְקָה	עֲשֵׂה
	asah	eitz	tzom	erev	tz'dakah	oseh
2	אֶת	אֶתֶר	אֶחָד	אֲשֶׁר	אֱמֶת	אָמֵן
	et	atar	eḥad	asher	emet	amein
3	מִי	מָרֹר	מַלְכָּה	מֶלֶךְ	מַחְזֹר	מִצְוֹתֶיךָ
	mi	maror	malkah	Melech	mahzor	mitzvotcha
4	הַמְּבֹרָךְ	יֵבֶרֶךְ	יִבְרָךְ	בָּרוּךְ	בֵּיתְךָ	בָּחַר
	ham'vorach	beirach	berech	baruch	beitecha	bahar
5	מִצִּיל	מַעֲמֵד	מָצָה	מַעְרִיב	מֵירָע	מִצְמִיחַ
	matzil	ma'amad	matzah	ma'ariv	meira	matzmi'ah

Discuss as a Family

The *Ma'ariv Aravim* tells us that God's word "brings on the evening." Our words, too, can have a powerful effect. With your family, think about ways in which your words may affect one another's feelings.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, יוֹצֵר אֹר וּבוֹרֵא חֹשֶׁךְ,
עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת הַכֹּל.



Baruch atah, Adonai Eloheinu, Melech ha'olam, yotzeir or uvorei ḥoshech, oseh shalom uvorei et hakol.

Praised are You, Adonai our God, Ruler of the world, who forms light and creates darkness, who makes peace and creates all things.

בְּרוּךְ אַתָּה, יְיָ, יוֹצֵר הַמְּאוֹרוֹת.

Baruch atah, Adonai, yotzeir ham'orot.

Praised are You, Adonai, who forms the light.

Good to Think About

The *Ma'ariv Aravim* and *Yotzeir Or* may be thought of as “partner prayers.” The *Ma'ariv Aravim* praises God for creating the twilight followed by darkness. The *Yotzeir Or* praises God for creating the morning light and renewed energy.

Practice Reading Together

1 יִשְׂרָאֵל יוֹם יוֹצֵא יוֹצֵר יֵין יוֹרֵה
yisra'eil yom yotzei yotzer yayin yoreh

2 הַמְּאוֹרוֹת אֲדוֹן אֲשֶׁר אֹר אֶרֶץ אֶחָד
ham'orot Adon asher or eretz ehad

3 בָּמָה בָּנָה בָּרָא בּוֹרֵא בְּרֹשׁ בְּרוֹב
bameh banah bara borei brosh brov

4 חֲשׂוּבָה חֲנֻכָּה חַי חֹשֶׁךְ חֶסֶד חֲמִיץ
hashuvah hanukah hai ḥoshech ḥesed ḥameitz

5 כָּלֵל כָּבוֹד כָּמוֹכָה כֹּל כֶּפֶה וְכִתְבָתָם
k'lal kavod kamoachah kol kifah uch'tavtam

Discuss as a Family

Even though the *Yotzeir Or*—יוֹצֵר אֹר—teaches us that God makes peace, tradition also tells us that we must seek and pursue peace ourselves. Discuss ways that you can help make peace with someone in your family, in your workplace, and in your classroom.

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

*Sh'ma yisra'el: Adonai Eloheinu, Adonai ehad.*

Hear O Israel: Adonai is our God, Adonai is One.

Helpful Hints

The Hebrew ending *nu* - נו—means “us” or “our.” It can make the word for God *Elohim*—אֱלֹהִים—into “our God,” *Eloheinu*—אֱלֹהֵינוּ.

Good to Think About

The words *Adonai Eloheinu, Adonai ehad*—יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד—are usually translated as “Adonai is our God, Adonai is One,” but can also be translated as “Adonai is our God, *only* Adonai,” or “Adonai is our God, *Adonai alone*.”

Practice Reading Together

1 שְׁבַחוּ שַׁבַּת שָׁם שָׁנָה שׁוֹפָר שִׁמְחָת
shibhu shabat sham shanah shofar simhat

2 מֹשֶׁה נִשְׁמָע שְׁמוֹ שָׁמוֹעַ שָׁמַשׁ שְׁמַע
mosheh nishma shmo shamash sh'ma

3 יָדֶךָ יוֹצֵר יוֹם יִשְׂרָאֵל יְרוּשָׁלַיִם יְצִיאָת
yadecha yotzeir yom yisra'el y'rushalayim y'tzi'at

4 עָרֵב עֵץ אֹר אֶחָד עֶשְׂרֵת
erev eitz or ehad aseret

5 מַלְכֵנוּ מַלְכָּה מַלְכוּת מֶלֶךְ מַלְכוּתוֹ מַלְאָךְ
Malkeinuh Malkah malchut melech malchuto malach

6 אֲנֹכִי אֶתְכֶם כָּמוֹכָה כָּבוֹד זְכוּת זִכְרוֹן
anochi etchem kamochah kavod z'chut zikaron

וְאַהֲבַתָּה אֶת יְיָ אֱלֹהֶיךָ



V'ahavta eit Adonai Elohecha

You shall love Adonai, your God,

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ.

b'chol-l'vavcha uv'chol-nafsh'cha, uv'chol-m'odecha.

with all your heart, and with all your soul, and with all your might.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְבְּךָ.

V'hayu had'varim ha'eileh, asher anochi m'tzavcha hayom, al-l'vavecha.

Set these words, which I command you this day, upon your heart.

Helpful Hints

The Hebrew suffix ךָ means "your." The V'ahavta tells us to love God with all your heart (לִבְבְּךָ), with all your soul (נַפְשְׁךָ), and with all your might (מְאֹדְךָ).

Practice Reading Together

וְאַהֲבַתָּה	אָהַב	לְאַהֲבָה	אֶהְבְּתָנוּ	אֶהְבָּה	אֶהְבֵּת
v'ahavta	ahav	l'ahavah	ahavtanu	ahavah	ahavat
אֱלֹהֶיךָ	אֱלֹהִים	אֱלֹהֵינוּ	אֱלֹהֵיכֶם	לֵאלֹהֵיכֶם	לֵאלֹהִים
Elohecha	Elohim	Eloheinu	Eloheichem	leilohichem	leilohim
מִלְכֵנוּ	מַחְזֹר	מַלְכָּה	מֶלֶךְ	מַלְכוּת	מֶלֶךְ
Malkeinu	mahzor	malkah	Melech	malchut	malach
הַדְּבָרִים	הָיוּ	הַיּוֹם	הָאֵלֶּה	וְהָיָה	הִשְׁמְרוּ
had'varim	hayu	hayom	ha'eileh	v'hayah	hisham'ru
אֲנֹכִי	אֶתְכֶם	אֶהְבֵּת	מִצְוָה	מִצְוָה	מִצְוֹת
anochi	etchem	ahavta	mitzvah	m'tzav'cha	mitzvot

Discuss as a Family

What does it mean to "set these words...upon your heart"? How might setting words on your heart be different than simply saying them? Think of things you say that are important enough to set "upon your heart."

And You Shall Teach

וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבִלְכֹתְךָ בְּדֶרֶךְךָ, 

V'shinantam l'vanecha, v'dibarta bam b'shivt'cha b'veitecha, uvlecht'cha vaderech,

Teach them to your children, and speak of them when you are at home, and when you go on your way,

וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹת עַל־יָדְךָ,

uv'shochb'cha uv'kumecha. Ukshartam l'ot al-yadecha,

and when you lie down, and when you get up. Bind them as a sign upon your hand,

וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל־מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

v'hayu l'totafot bein einecha. Uchtavtam al-m'zuzot beitecha uvisharecha.

and let them be symbols between your eyes. Write them on the doorposts of your house and on your gates.

Helpful Hints

The prefix בְּ usually means "in." Unlike in English, in Hebrew the prefix joins with the word that follows to become one word. For example, *b'veitecha*—בְּבֵיתְךָ (in your house).

Practice Reading Together

1 לְבָנֶיךָ לְאוֹת לְטֹטְפוֹת לְבָבְךָ לְבָנֶיךָ לְאַהֲבָה
livnei l'ot l'totafot l'avcha l'vanecha l'ahavah

2 עַל־יָדְךָ עַל־מְזוֹזוֹת עֵינֶיךָ עֵץ עָשָׂה
al-yadecha al-m'zuzot einecha eitz asah

3 מְזוֹזוֹת מְצוֹף מַעְרִיב מְזוֹזָה מְצוּחַ מַצָּה
m'zuzot m'tzav'cha ma'ariv m'zuzah mitzvah matzah

4 בֵּיתְךָ בְּבֵיתְךָ בְּבֵית בְּמִצְוֹתֶיךָ בְּצִאתְךָ בְּנִיכֶם
beitecha b'veitecha b'veit b'mitzvoteycha b'tzeitecha b'neichem

5 מֶלֶךְ כָּמוֹךָ בָּנֶיךָ עֲמֶךָ בָּרוּךְ לְבָבְךָ
Melech kamocha banecha imcha baruch l'avvecha

Discuss as a Family

The *V'ahavta*—וְאַהֲבַתָּה—provides us with four settings in which to teach our children the words of Torah: at home and away from home, when we lie down and when we rise up. In your family, which are the best places for you to learn together? Which are the best times?

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי, וְהִיִּיתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם.



L'ma'an tizk'ru va'asitem et-kol-mitzvotai, vihyitem k'doshim leiloheichem.

Remember all my mitzvot and do them, and you will be holy before your God.

אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לִהְיוֹת
לָכֶם לֵאלֹהִים.

Ani Adonai Eloheichem, asher hotzeiti etchem mei'erezt mitzrayim lihyot lachem leilohim.

I am Adonai your God, who brought you out of the land of Egypt to be your God.

אֲנִי יְיָ אֱלֹהֵיכֶם.

Ani Adonai Eloheichem.

I am Adonai your God.

Helpful Hints

God's name is spelled with these four Hebrew letters: יְהוָה. But is often written as יְיָ. In either case, we do not try to pronounce the name, but instead say *Adonai*, which literally means "My Lord," or *Hashem*, which means "the Name."

Practice Reading Together

אֱלֹהֵיכֶם	הוֹצֵאתִי	לֵאלֹהֵיכֶם	מֵאֶרֶץ	אֲשֶׁר	אֶתְכֶם
Eloheichem	hotzeiti	leiloheichem	mei'erezt	asher	etchem
לֵאלֹהִים	לָכֶם	לִהְיוֹת	יְיָ	מִצְרַיִם	אֶרְצְכֶם
leilohim	lachem	lihyot	Adonai	mitzrayim	artz'chem
אֱלֹהֵינוּ	וּמִבֵּית	מִמִּצְרַיִם	גֵּאֲלָנוּ	פָּדִיתָנוּ	עֲבָדִים
Eloheinu	umibeit	mimitzrayim	g'altanu	p'ditanu	avadim
עֲלִיוֹן	לֹא	מֹשֶׁה	וּמִבְרַךְ	וּבְנֵי	תְהִלֹּת
elyon	l'eil	mosheh	um'vorach	u'vnei	t'hilot
עָנוּ	לָהּ	כָּלֵם	יִשְׂרָאֵל	בְּשִׁמְחָה	וְאָמְרוּ
anu	l'cha	chulam	yisra'eil	b'sim'hah	v'am'ru

Discuss as a Family

The Haggadah tells us that during Passover each of us should imagine that we were among the slaves who were set free from Egypt. With your family, discuss how it might have felt to experience freedom after a lifetime of slavery.

מִי־כַמּוֹכָה בְּאֵלִים, יי?



Mi-chamochah ba'eilim, Adonai?

Who is like You among the gods [other nations worship], Adonai?

מִי כַמּוֹכָה, נְאֻדָּר בְּקֹדֶשׁ,

Mi-kamochah, nedar bakodesh,

Who is like You, majestic in (the) holiness,

נוֹרָא תְהִילָת, עֲשֵׂה פִלָּא?

nora t'hilot, oseih fele?

Awesome in splendor, doing wonders?

Good to Think About

The Torah tells us that Pharaoh's army chased the Children of Israel through the parted waters of the Sea of Reeds, then the waters collapsed upon the Egyptians. Realizing that they were finally free, the Children of Israel burst into a song of thanks to God. *Mi Chamochah* is part of that song.

Practice Reading Together

1 מִי מַלְכוּת מְזֻזוֹת מֶלֶךְ מַחְזֹר מִצְוֹתֶיךָ
mi malchut m'zuzot melech mahzor mitzvotecha

2 כַּמּוֹכָה כַּמּוֹכָה כְּמוֹ כָבוֹד כִּכְתוּב בְּכוּרֵי
chamochah kamochah k'mo kavod kakatuv b'chorei

3 נְאֻדָּר אֲדָר נֵר נֵרוֹת נִסָּן נִקְבִּים
nedar adar neir neivot nisan n'kavim

4 בְּקֹדֶשׁ קֹדֶשׁ קִדּוּשׁ קִדּוּשׁ קִדּוּשׁ קִדּוּשׁ
bakodesh kodesh kidush kadish kadish kadish

5 תְּהִילָת תְּפִלָּה תְּפִלָּה תְּהִילָה טוֹטָפוֹת
t'hilat t'filah t'filah hatikvah k'hilah totafot

Discuss as a Family

The crossing of the Sea of Reeds was a wonder, a miracle. What are some of the wonders that you see every day? Compare your reaction to how you think the Israelites reacted as they crossed the Sea of Reeds.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם...

Baruch atah, Adonai Eloheinu, Melech ha'olam...

Praised are You, Adonai our God, Ruler of the world...



Helpful Hints

The word *Eloheinu*—אֱלֹהֵינוּ—means “our God.” Although we sometimes recite *b'rachot*—בְּרָכוֹת—by ourselves, we include our ancestors and our community in our prayers.

Practice Reading Together

1	בְּרוּךְ	בִּרְךָ	בְּרָכוֹת	בְּרַחֵם	בְּרָכָה
	<i>baruch</i>	<i>berech</i>	<i>b'rachot</i>	<i>bar'chu</i>	<i>b'rachah</i>
2	יְיָ	יִזְכֹּר	יָתוֹם	יוֹצֵר	יִשְׂרָאֵל
	<i>Adonai</i>	<i>yizkor</i>	<i>yatom</i>	<i>yotzeir</i>	<i>yisra'el</i>
3	אֱדוֹנֵינוּ	אֱלֹהֵינוּ	אֱלֹהֵיךָ	אֱדוֹנֵי	אֱלֹהִים
	<i>Adoneinu</i>	<i>Eloheinu</i>	<i>Elohecha</i>	<i>Adonai</i>	<i>Elohim</i>
4	מֶלֶךְ	מַלְכוּתוֹ	מֶלֶךְ	מַלְכוּת	מַלְכָּה
	<i>Melech</i>	<i>malchuto</i>	<i>malach</i>	<i>malchut</i>	<i>malkah</i>
5	הָעוֹלָם	הַמְּבֹרָךְ	הַמּוֹצֵא	הַדְּבָרִים	לְהַתְּעִיג
	<i>ha'olam</i>	<i>ham'vorach</i>	<i>hamotzi</i>	<i>had'varim</i>	<i>l'hitaneig</i>
6	מֵאֲדָךְ	לְבָבְךָ	יָדְךָ	מִזְבִּיחַ	שִׁבְחוֹ
	<i>m'odecha</i>	<i>l'avcha</i>	<i>yadecha</i>	<i>mizbei'ah</i>	<i>shib'hu</i>

Discuss as a Family

Our sages say that Jews should say at least 100 *b'rachot* each day! How many things happened today for which you could say a *b'rachah*? Make a list as a family and discuss your choices.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, הֹזֵן אֶת הָעוֹלָם
כָּלֹ בְטוֹבוֹ,



Baruch atah, Adonai Eloheinu, Melech ha'olam, hazan et ha'olam kulo b'tuvo,

Praised are You, Adonai, our God, Ruler of the world, who sustains the world with goodness,

בְּחֵן בְּחֶסֶד וּבְרַחֲמִים.

b'hein b'hesed uv'rahamim.

with kindness, and with compassion.

הוּא נוֹתֵן לֶחֶם לְכָל בָּשָׂר, כִּי לְעוֹלָם חֶסֶדּוֹ.

Hu notein lehem l'chol basar, ki l'olam hasdo.

God provides bread for all creatures, as God's love endures forever.

וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ, וְאֵל יַחֲסֹר לָנוּ מִזֶּן
לְעוֹלָם וָעֶד.

Uv'tuvo hagadol tamid lo hasar lanu, v'al yehsar lanu mazon l'olam va'ed.

Through God's abundant goodness we have not lacked sustenance, and may we not lack sustenance forever.

Good to Think About

The prayer we say before meals, *Hamotzi*—הַמּוֹצִיא—is only one sentence long. The prayer after meals, *Birkat Hamazon*—בִּרְכַּת הַמָּזוֹן—is much longer. Our sages tell us that we say a short prayer before we eat because we are so eager to get to the meal. But afterward, when we are full, we can take the time to thank God more completely.

Practice Reading Together

1 מְבָרַךְ בְּטוֹבוֹ הָעוֹלָם בְּחֶסֶד כָּלֹ וּבְרַחֲמִים
m'vorach b'tuvo ha'olam b'hesed kulo uv'rahamim

2 לֶחֶם נוֹתֵן בָּשָׂר חֶסֶדּוֹ לְעוֹלָם לְכָל
lehem notein basar hasdo l'olam l'chol

3 וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ
uv'tuvo hagadol tamid lo hasar lanu

4 בְּרִיּוֹתָיו וּמִטִּיב וּמִכִּין אֲשֶׁר בִּרְכַּת בָּרָא
b'riyotav umeitiv umeichin asher birkat bara

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,



Baruch atah, Adonai Eloheinu, Melech ha'olam,
Praised are You, Adonai our God, Ruler of the world,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ...

asher kid'shanu b'mitzvotav v'tzivanu...
who makes us holy with commandments and commands us...

Helpful Hints

The word *b'mitzvotav*—בְּמִצְוֹתָיו—can be hard to read because of the unusual use of the word's first letter—it is pronounced as "vo."

Good to Think About

The word *mitzvot*—מִצְוֹת—literally means "commandments." Mitzvot are not merely good deeds or suggestions, they are important obligations.

Practice Reading Together

- | | | | | | |
|----------------|--------------|----------|-------------|-------------|------------|
| אֲשֶׁר | אֲשֶׁרִי | עָלִיָּה | אֲהָבָה | וְלַעֲשׂוֹת | אֲדוֹן |
| asher | ashrei | aliyah | ahavah | v'la'asot | Adon |
| בְּמִצְוֹתָיו | מִצְוֹת | מִצְוָה | מִצְוֹתַי | מַצָּה | מִצְוָה |
| b'mitzvotav | mitzvot | mitzvah | mitzvotai | matzah | m'tzav'cha |
| וְצִוָּנוּ | צִוָּה | יְצִיאת | צוּר | בְּצֵאת | צוּרֵינוּ |
| v'tzivanu | tzivah | y'tziyat | tzur | b'tzeit | tzureinu |
| בְּמִצְוֹתֶיךָ | לְבַבְךָ | יְמֶלֶךְ | הַמְּבֹרָךְ | בֵּיתְךָ | חֹשֶׁךְ |
| b'mitzvotecha | l'vavecha | yimloch | ham'vorach | beitecha | hoshech |
| אֶחָד | וְכַתְּבָתָם | דּוֹר | הַדְּבָרִים | כְּבוֹד | רַבָּה |
| e'had | uch'tavtam | dor | had'varim | kavod | rabah |
| עֵינֵינוּ | עָלֵינוּ | הָאָרֶץ | צִיצִית | עֵץ | עָשָׂה |
| eineinu | aleinu | ha'aretz | tzitzit | eitz | asah |

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ



Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu

Praised are You, Adonai our God, Ruler of the world, who makes us holy

בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

b'mitzvotav v'tzivanu l'hadlik neir shel shabat.

with commandments and commands us to light the Sabbath light (candles).

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

Baruch atah, Adonai Eloheinu, Melech ha'olam, borei p'ri hagafen.

Praised are You, Adonai our God, Ruler of the world, who creates the fruit of the vine.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah, Adonai Eloheinu, Melech ha'olam, hamotzi lechem min ha'aretz.

Praised are You, Adonai our God, Ruler of the world, who brings forth bread from the earth.

Good to Think About

It is customary to light two candles to welcome Shabbat—a reminder of the dual commandments to “remember Shabbat” and to “observe Shabbat.” Our sages tell us that only one candle is *required*, however. For that reason, the word for “light” or “candle” in the blessing, *neir*—נֵר, is singular.

Practice Reading Together

1	בְּמִצְוֹתָיו	וְצִוָּנוּ	מִצְוֹתַי	יְצִיאָת	צִיצִית	מִצְוָה
	<i>b'mitzvotav</i>	<i>v'tzivanu</i>	<i>mitzvotai</i>	<i>y'tzi'at</i>	<i>tzitzit</i>	<i>mitzvah</i>
2	לְהַדְלִיק	קִדְּשָׁנוּ	קִדּוּשׁ	בְּקִדּוּשׁ	וְקָיָם	קַדִּישׁ
	<i>l'hadlik</i>	<i>kid'shanu</i>	<i>kidush</i>	<i>bakodesh</i>	<i>v'kayam</i>	<i>kadish</i>
3	הָאָרֶץ	עָלֵינוּ	בְּדִבְרֵי	הַתְּרַצָּה	בְּמִצְוֹתֶיךָ	
	<i>ha'aretz</i>	<i>aleinu</i>	<i>b'divrei</i>	<i>hitratzeh</i>	<i>b'mitzvotecha</i>	

Discuss as a Family

In the *Hamotzi*—הַמוֹצִיא—we thank God for bringing bread from the earth. Discuss how we are partners with God in making this process possible. How does bread get from the earth to your kitchen table? Who is involved in this process?

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

Baruch atah, Adonai Eloheinu, Melech ha'olam, borei p'ri hagafen.

Praised are You, Adonai our God, Ruler of the world, who creates the fruit of the vine.



בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְּנֵי בְשָׁמִים.

Baruch atah, Adonai Eloheinu, Melech ha'olam, borei minei v'samim.

Praised are You, Adonai our God, Ruler of the world, who creates the varieties of spice.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.

Baruch atah, Adonai Eloheinu, Melech ha'olam, borei m'orei ha'eish.

Praised are You, Adonai our God, Ruler of the world, who creates the fiery lights.

בָּרוּךְ אַתָּה, יְיָ, הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

Baruch atah, Adonai, hamavdil bein kodesh l'hol.

Praised are You, Adonai, who separates the holy from the everyday.

Good to Think About

As we say goodbye to Shabbat on Saturday night, the prayers of Havdalah—הַבְּדִלָּה—affect all of our senses. We smell the spices, we see the candle and feel its heat, we taste the wine, and we hear voices singing. In some families, it is the custom to pour wine into the Kiddush cup until it overflows, symbolizing our hope for abundance and goodness in the week to come.

Practice Reading Together

1 אֱלֹהֵינוּ בּוֹרֵא מֶלֶךְ הָעוֹלָם הַגָּפֶן פְּרֵי
Eloheinu borei Melech ha'olam hagafen p'ri

2 הַשְּׁבִיעִי לְעַמִּים קֹדֶשׁ בֵּין הַמְּבַדִּיל לְחֹל
hash'vi'i la'amim kodesh bein hamavdil l'hol

3 הַגָּדוֹל זֶן בַּעֲבוּר שְׁמוֹ לְכֹל וּמִפָּרְנֵס
hagadol zan ba'avur sh'mo l'chol um'farneis

4 בְּרִיּוֹתָיו וּמִטִּיב וּמְכִין מְזוֹן לְכֹל בָּרָא
b'riyotav umeitiv umeichin mazon lakol bara

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הָעֵץ.



Baruch atah, Adonai Eloheinu, Melech ha'olam, borei p'ri ha'eitz.

Praised are You, Adonai our God, Ruler of the world, who creates the fruit of the tree.

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

Baruch atah, Adonai Eloheinu, Melech ha'olam,

Praised are You, Adonai our God, Ruler of the world,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לִשְׁמֹעַ קוֹל שׁוֹפָר.

asher kid'shanu b'mitzvotav v'tzivanu lishmo'a kol shofar.

who makes us holy with commandments and commands us to hear the sound of the shofar.

Good to Think About

On Rosh Hashanah, we enjoy apples dipped in honey after reciting the first *b'rachah* above, to symbolize the sweet year that we hope lies ahead.

Practice Reading Together

1	בוֹרֵא	וּבוֹרֵא	בְּשָׁמִים	בְּצֵאת	וּבְטוּבוֹ	וּבְרַחֲמִים
	borei	uvorei	v'samim	b'tzeit	uv'tuvo	uv'rahmim
2	פְּרִי	פְּלִיטָה	וּמִפְּרִי	הַגָּפֶן	אֶפִיקוֹמָן	הַפֶּטֶרָה
	p'ri	p'leitat	um'farneis	hagafen	afikoman	haftarah
3	לִשְׁמֹעַ	לְהַדְלִיק	לְעוֹלָם	לְפָנֶיךָ	לְבָבְךָ	לְחַיִּים
	lishmo'a	l'hadlik	l'olam	l'fanecha	l'av'cha	l'hayim
4	קוֹל	כָּל	בְּכָל	קִדְּשָׁנוּ	הַכֹּל	כָּלֹ
	kol	kol	b'chol	kadsheinu	hakol	kulo
5	שׁוֹפָר	שֶׁהֵחָיָנוּ	מְשִׁיחָהּ	שָׁלַח	בְּשִׁלּוּמֶיךָ	שְׂמֵחָהּ
	shofar	sheheheyanu	m'shihecha	shalah	bishlomecha	simhat

Discuss as a Family

Our tradition teaches us that the blast of the shofar can be compared to a wake-up call. How is being awakened for the new year different than waking from a night's sleep? How is it the same?

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ
וְצִוָּנוּ לֵישֵׁב בַּסֻּכָּה.



Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu leisheiv basukah.

Praised are You, Adonai our God, Ruler of the world, who makes us holy with commandments and commands us to sit in the sukkah.

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ
וְצִוָּנוּ עַל נְטִילַת לולב.

Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat lulav.

Praised are You, Adonai our God, Ruler of the world, who makes us holy with commandments and commands us to shake the lulav.

Good to Think About

The Torah tells us that after Moses led the Israelites out of Egypt, they wandered for forty years in the desert before reaching the Land of Israel. Each time they settled in a new place, they set up *sukkot*—temporary huts—to protect them from the burning sun and from cold desert nights.

Practice Reading Together

1	קִדְּשָׁנוּ	תַּעֲנִיתֵנוּ	וְצִוָּנוּ	אֱלֹהֵינוּ	וְקִרְבָּתֵנוּ	וּבְקוֹמֵנוּ
	<i>kid'shanu</i>	<i>ta'aniteinu</i>	<i>v'tzivanu</i>	<i>Eloheinu</i>	<i>v'keiravtanu</i>	<i>uv'kumeinu</i>
2	בְּמִצְוֹתֶיךָ	הָאָרֶץ	צִיצִית	הַמּוֹצִיא	צִוָּה	יְצִיאָה
	<i>b'mitzvotav</i>	<i>ha'aretz</i>	<i>tzitzit</i>	<i>hamotzi</i>	<i>tzivah</i>	<i>y'tzi'at</i>
3	לֵישֵׁב	לְשָׁלוֹם	לְהוֹדוֹת	לְאוֹת	לְבָבְךָ	לְבָנֶיךָ
	<i>leisheiv</i>	<i>l'shalom</i>	<i>l'hodot</i>	<i>l'ot</i>	<i>l'av'cha</i>	<i>l'vanecha</i>
4	בַּסֻּכָּה	בְּאַהֲבָה	בְּאֵילִים	בוֹרֵא	בִּינָה	בְּפִי
	<i>basukah</i>	<i>b'ahavah</i>	<i>ba'eilim</i>	<i>borei</i>	<i>binah</i>	<i>b'fi</i>
5	עַל	לולב	עֲלֵינוּ	לִיצִיאָה	לְעָם	עוֹלָמִים
	<i>al</i>	<i>lulav</i>	<i>aleinu</i>	<i>litzi'at</i>	<i>l'am</i>	<i>olamim</i>

Discuss as a Family

On Sukkot, it is a tradition to invite special “guests” called *ushpizin* to join us in the sukkah. These guests are our biblical ancestors: Abraham, Isaac, Jacob, Joseph, Moses, Aaron, and David. Many people also include Sarah, Rebecca, Rachel, Leah, Miriam, Ruth, and Esther. With your family, choose one or two *ushpizin* and think of questions you might ask them.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ

Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu

Praised are You, Adonai our God, Ruler of the world, who makes us holy



בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה.

b'mitzotav v'tzivanu l'hadlik neir shel hanukah.

with commandments and commands us to light the Hanukkah candles.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

Baruch atah, Adonai Eloheinu, Melech ha'olam,

Praised are You, Adonai our God, Ruler of the world,

שֶׁעָשָׂה נִסִּים לְאֲבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזֶמַן הַזֶּה.

she'asah nisim la'avoteinu bayamim haheim bazman hazeh.

who made miracles for our ancestors long ago, at this season.

Said on the first night of Hanukkah:

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ
לְזֶמַן הַזֶּה.

Baruch atah, Adonai Eloheinu, Melech ha'olam, shehechyanu, v'kiy'manu, v'higi'anu lazman hazeh.

Praised are You, Adonai our God, Ruler of the world, who has given us life, sustained us, and enabled us to reach this time.

Helpful Hints

The *Shehechyanu*—שֶׁהַחַיָּנוּ—can be a tongue-twisting prayer. Practice it slowly, keeping in mind that three consecutive words end with the suffix נו: וְהִגִּיעָנוּ, וְקִיָּמָנוּ, וְהַחַיָּנוּ.

Practice Reading Together

1 וְצִדְקָנוּ לְאֲבוֹתֵינוּ לְבָבָךְ לֶחֶם לְמַעֲשֵׂה לְעוֹלָם
v'tzad'keinu la'avoteinu l'vav'cha lehem l'ma'aseih l'olam

2 חֲנֻכָּה חֲשֹׁךְ חַיִּים וְקִיָּמָנוּ וְהִגִּיעָנוּ וְאֶהְבֵּת
hanukah hoshech hayim v'kiy'manu v'higi'anu v'ahavta

3 הָהֵם הַמּוֹצִיא הָאָדָמָה הַמְּבָרֵךְ הַזֶּה הַמְּאֹרוֹת
haheim hamotzi ha'adamah ham'vorach hazeh ham'orot

Drinking the Wine

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.



Baruch atah, Adonai Eloheinu, Melech ha'olam, borei p'ri hagafen.

Praised are You, Adonai our God, Ruler of the world, who creates the fruit of the vine.

Eating a Green Vegetable

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָאֲדָמָה.

Baruch atah, Adonai Eloheinu, Melech ha'olam, borei p'ri ha'adamah.

Praised are You, Adonai our God, Ruler of the world, who creates the fruit of the earth.

Eating the Matzah

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah, Adonai Eloheinu, Melech ha'olam, hamotzi lehem min ha'aretz.

Praised are You, Adonai our God, Ruler of the world, who brings forth bread from the earth.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל אֲכִילַת מַצָּה.

Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat matzah.

Praised are You, Adonai our God, Ruler of the world, who makes us holy with commandments and commands us to eat matzah.

Eating Bitter Herbs

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל אֲכִילַת מָרֹר.

Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror.

Praised are You, Adonai our God, Ruler of the world, who makes us holy with commandments and commands us to eat bitter herbs.

Good to Think About

At the seder, we remember with a heavy heart the Egyptians who suffered and died. When we recite the ten plagues, we pour out a bit of our wine, thus reducing our joy.

Shabbat as a Memory of Creation

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.



Baruch atah, Adonai Eloheinu, Melech ha'olam, borei p'ri hagafen.

Praised are You, Adonai our God, Ruler of the world, who creates the fruit of the vine.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְרָצָה בָּנוּ,

Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu b'mitzvotav v'ratzah vanu,

Praised are You, Adonai our God, Ruler of the world, who makes us holy with commandments and takes delight in us.

וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,

v'shabat kodsho b'ahava uv'ratzon hinhilanu,

In God's love and favor God has made the holy Sabbath our heritage,

זְכוֹרֵנוּ לַמַּעֲשֵׂה בְּרֵאשִׁית.

zikaron l'ma'aseih v'reishit.

as a memory of the work of creation.

Practice Reading Together

1 קִדּוּשׁ קִדְּשָׁנוּ קִדְּשׁוֹ קִדְּשָׁתָּהּ קִדְּשָׁתָּהּ מְקִדֵּשׁ
kidush kid'shanu kodsho kidashta kodsh'cha m'kadeish

2 בְּמִצְוֹתָיו לְאַרְצֵנוּ מִצְוֹתַי וְצִדְקָנוּ וְצִדְקָנוּ מִצְוֹתַי
b'mitzvotav l'artzeinu mitzvotai v'tzad'keinu v'tzivanu m'tzav'cha


3 בֵּימִים בְּאַהֲבָה בֵּיתְךָ בְּכָל בִּזְמָן בְּשָׁמִים
bayamim b'ahavah beitecha b'chol bizman v'samim

4 וּבְרָצוֹן וְשַׁבַּת וּבְקוֹמֵנוּ וּבְטוּבוֹ וְקִרְבָּנוּ וּבְרַחֲמִים
uv'ratzon v'shabat uv'kumeinu uv'tuvo v'keiravtanu uv'rah'amim

Discuss as a Family

As we race from one activity to another, it can be difficult to reflect on the ways we have chosen to live our lives. When we slow down, we can better judge what is important and what is not. Why do you think we are commanded to celebrate Shabbat every week, rather than once a year?

Shabbat as an Inheritance

כִּי הוּא יוֹם תַּחֲלָה לְמִקְרָאֵי קֹדֶשׁ, 

Ki hu yom t'hilah l'mikra'ei kodesh,
It is first among our holy days,

זֵכֶר לִיצִיאת מִצְרַיִם. כִּי בָנוּ בַּחֲרֵת

zeicher litzi'at mitzrayim. Ki vanu vaharta
a memory of the going out from Egypt. You chose us

וְאוֹתָנוּ קֹדֶשֶׁת מִכָּל הָעַמִּים, וְשַׁבַּת קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן
הִנְחַלְתָּנוּ.

v'otanu kidashta mikol ha'amim. V'shabat kodsh'cha b'ahavah uv'ratzon hinhaltanu.
from all the nations and You made us holy, and in (with) love and favor You have given us the
Sabbath as a sacred inheritance.

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai, m'kadeish hashabat.
Praised are You, Adonai, who makes the Sabbath holy.

Practice Reading Together

1 לְמִקְרָאֵי מְקַדֵּשׁ מִצְרַיִם מִכָּל מַעְרִיב מָרוֹר
l'mikra'ei m'kadeish mitzrayim mikol ma'ariv maror

2 קֹדֶשׁ קִדְשָׁת קִדּוּשׁ קֹדֶשׁ קִדְשָׁנוּ קֹדֶשׁ
kodesh kidashta kidush kodsho kid'shanu kodsh'cha

3 בָּנוּ בַּחֲרֵת וּבְרָצוֹן בְּאַהֲבָה בָּרוּךְ בֵּימִים
vanu vaharta uv'ratzon b'ahavah baruch bayamim

4 הִנְחַלְתָּנוּ הָעַמִּים הִנְחִילָנוּ הָעוֹלָם הַמוֹצֵא הַמְּבָרֵךְ
hinhaltanu ha'amim hinhilanu ha'olam hamotzi ham'vorach

Discuss as a Family

When we think of inheritance, we usually think of something physical, like a house or money. Yet, the Kiddush speaks of Shabbat as an inheritance. How is this kind of inheritance different? Are there other nonphysical things you hope your children will inherit?