

Reading #1

וַיֹּאמֶר הִי אֶל מֹשֶׁה לֵאמֹר. דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם, וַעֲשׂוּ לָהֶם צִיצִית עַל כַּנְּפֵי בְּגָדֵיהֶם לְדֹרֹתָם, וְנָתַנּוּ עַל צִיצִית הַכַּנֹּף פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת כָּל מִצְוֹת הַי, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם, אֲשֶׁר אַתֶּם זֹנִים אַחֲרֵיהֶם. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי הִי אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים, אֲנִי הִי אֱלֹהֵיכֶם. אָמֵן.

*Adonai said to Moses: Instruct the people Israel that in every generation they shall put tzitzit on the corners of their garments and bind a thread of blue to the tzitzit, the fringe on each corner. Look upon these tzitzit and you will be reminded of all the mitzvot of Adonai and fulfill them, and not be seduced by your heart nor led astray by your eyes. Then you will remember and observe all My mitzvot and be holy before your God. I am Adonai your God who brought you out of the land of Egypt to be your God. I Adonai, am your God: **It is true.***

Reading #2

- Tzadee = 90
 - Yud = 10
 - Tzadee = 90
 - Yud = 10
 - Tav = 400
 - Total = 600
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- 5 knots and 8 strands total 13 + 600 from the letters equals 613.

Reading #3

עֲזַרְתָּ אֲבוֹתֵינוּ אֶתְּהָ הוּא מְעוֹלָם, מִגֵּן וּמוֹשִׁיעַ לְבְנֵיהֶם אַחֲרֵיהֶם
בְּכָל דּוֹר וָדוֹר. בְּרוּם עוֹלָם מוֹשְׁבֶךָ, וּמִשְׁפָּטֶיךָ וְצִדְקָתֶךָ עַד אַפְסֵי
אָרֶץ. אֲשֶׁרִי אִישׁ שֶׁיִּשְׁמַע לְמִצְוֹתֶיךָ, וְתוֹרָתֶךָ וּדְבָרֶךָ יִשִּׁים עַל לְבוֹ.
אֲמֵת, אֶתְּהָ הוּא אָדוֹן לְעַמֶּךָ, וּמֶלֶךְ גִּבּוֹר לְרִיב רִיבָם.

You were always the **help of our ancestors**, a shield for them and their children, our deliverer in every generation. Though You abide at the pinnacle of the universe, Your just decrees extend to the ends of the earth. **Happy the one who obeys your mitzvot, who takes to heart the words of Your Torah.** You are, in truth, a mentor to Your people, their **defender and mighty Ruler.**

Reading #4

מִי כָמֹכָה בְּאֵלִים הִי, מִי כָמֹכָה נֶאֱדָר בְּקִדְשׁ,
נֹרָא תְהִלָּת, עֹשֶׂה פִלָּא.

Who is like You, Adonai, among the mighty!

Who is like You, adorned in holiness, revered in praise, working wonders!

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים לְשִׁמְךָ עַל שְׁפַת הַיָּם,
יַחַד בְּלִם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:
הִי יִמְלֶךְ לְעוֹלָם וָעַד.

*At the edge of the Sea, the rescued sang a new song of praise to Your name;
Together, as, one, they thanked You and acclaimed Your sovereignty saying:
Adonai will reign forever and ever.*

צוּר יִשְׂרָאֵל, קוּמָה בְּעֲזַרְתָּ יִשְׂרָאֵל, וּפְדֵה כְנָאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל.
גְּאֲלֵנוּ הִי צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה יְיָ הִי גֵאֵל יִשְׂרָאֵל.

Stronghold of the people Israel, arise and help the people Israel.

Redeem, as You promised, Judah and the people Israel.

Our redeemer is called Adonai Tz'va'ot, the Holy One of the people Israel.

Praised are You, Adonai, who liberated the people Israel.

AVOT – Amidah Bracha #1 – Reading #5

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָה, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה
הַכֹּל, וְזוֹכֵר חֲסֵדֵי אֲבוֹת וּמַבִּיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ
בְּאַהֲבָה.
מְלַךְ עוֹזֵר וּפּוֹקֵד וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה ה' מַגֵּן אַבְרָהָם וּפּוֹקֵד
שָׂרָה.

Praised are You, Adonai, our God and God of our ancestors, God of Abraham, Isaac, and Jacob, **Sarah, Rebecca, Rachel, and Leah**, great, mighty, awesome, exalted God who bestows lovingkindness, Creator of all. You remember the pious deeds of our ancestors and will send a redeemer to their children's children because of Your loving nature. You are the Sovereign who helps **and guards**, saves and shields, Praised are You, Adonai, Shield of Abraham **and Guardian of Sarah.**

Reading #6

“If you destroy Your people, what will the Egyptians and the other nations of the world say? They will say that You were strong enough to conquer the powers of Egyptian exile but You were not strong enough to conquer the future kinds of the land of Israel. That is why You destroyed Your people in the desert.”

Reading #6 - Practices

- At *Baruch* – bend the knees
- At *Atah* – bow from the waist with the upper body and head.
- At *Hashem* – stand up straight, for it is written in Psalms (Ashrei) – “The Lord raises up those who are bowed down.”