

בְּרַכַּת שָׁלוֹם

שָׁלוֹם רַב



If you've ever made a wish while blowing away a fuzzy dandelion or throwing pennies in a fountain, you know that there are many things you can wish for. But if you had just one wish, what would it be? Maybe you'd wish for a puppy.

Or maybe you'd wish you could be the star of your soccer team. Or maybe you'd even wish you were taller or had curly hair or knew how to play a musical instrument.

When the Jewish people make a wish as a community, it is a wish for peace. The idea of peace is so important to the Jews that the final blessing of the Amidah is a prayer for peace—בְּרַכַּת שָׁלוֹם.

During the evening service, this blessing begins with the words שָׁלוֹם רַב ("great peace"). In it, we ask God for peace in the world at all times. In the morning, we recite the same blessing, but it begins with a passage called שִׁים שָׁלוֹם ("grant peace"), which you will study later in this chapter.

Practice reading בְּרַכַּת שָׁלוֹם aloud.

1. שָׁלוֹם רַב עַל-יִשְׂרָאֵל עַמֶּךָ תָּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא
2. מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמֶּךָ
3. יִשְׂרָאֵל (וְאֶת-כָּל-הָעַמִּים) בְּכָל-עֵת וּבְכָל-שָׁעָה בְּשָׁלוֹמְךָ.
4. בָּרוּךְ אַתָּה, יְיָ, הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

May You grant great peace upon Israel Your people forever, for You are the Ruler,
Sovereign of all peace. And may it be good in Your eyes to bless Your people
Israel (and all peoples) at every time and every hour with Your peace.
Praised are You, Adonai, who blesses God's people Israel with peace.

PRAYER DICTIONARY

שָׁלוֹם

peace

רַב

great

יִשְׂרָאֵל

Israel

עַמְּךָ

your people

וְטוֹב

and may it be good

בְּעֵינֶיךָ

in your eyes

לְבָרֶךְ

to bless

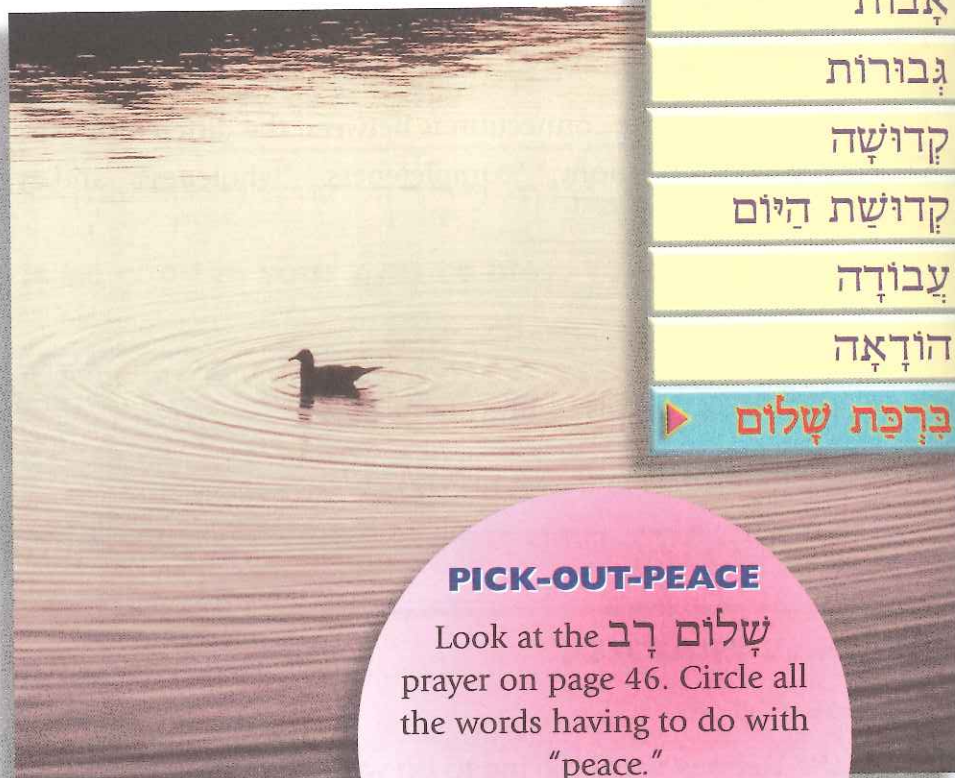
בְּשָׁלוֹמְךָ

with your peace

PHRASE MATCH

Write the number of the Hebrew phrase next to the correct English meaning.

- | | |
|---------------------------------------|------------------------------------|
| _____ and may it be good in your eyes | 1. שָׁלוֹם רַב |
| _____ great peace | 2. יִשְׂרָאֵל עַמְּךָ |
| _____ to bless your people Israel | 3. וְטוֹב בְּעֵינֶיךָ |
| _____ Israel your people | 4. לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל |



A duck gently gliding in a pond can help make us feel peaceful and calm.

PICK-OUT-PEACE

Look at the שָׁלוֹם רַב prayer on page 46. Circle all the words having to do with "peace."

How many words did you circle?

PRAYER VARIATIONS

Some congregations add the phrase **וְאֶת-כָּל-הָעַמִּים** ("and all peoples") when they ask God to bless the people of Israel with peace. Whether or not we add this phrase, we all recognize that the prayer asks for peace not just for the people of Israel, but for all the people of the world.



Prayer Building Blocks

שָׁלוֹם רַב עַל-יִשְׂרָאֵל "great peace upon Israel"

שָׁלוֹם רַב means "great peace."

In Hebrew, the word שָׁלוֹם means more than just "peace."

The root שֻׁלַּם tells us that "peace," "harmony," "completeness," or "wholeness" is part of a word's meaning.

What do you think the connection is between the different meanings of שָׁלוֹם: "peace," "harmony," "completeness," "wholeness," and even "hello" and "good-bye"?

בְּשָׁלוֹמְךָ means "with your peace."

Circle the root letters in the word בְּשָׁלוֹמְךָ.

READING PRACTICE

רַב means "great."

Circle the Hebrew word having to do with "great" in each sentence below.

(Hint: Sometimes the word may have extra letters added.)

Read the sentences aloud.

1. מָה רַבּוֹ מַעֲשֵׂיהָ, יי.
2. אֶהְיֶה רַבָּה אֶהְבֶּתְנוּ, יי אֱלֹהֵינוּ.
3. מְכַלְכֵּל חַיִּים בְּחָסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים.
4. מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה.

עַל-יִשְׂרָאֵל עַמֶּךָ "upon Israel your people"

יִשְׂרָאֵל means _____.

עַמֶּךָ means "your people" or "your nation."

עַם means _____.

ךְ is an ending that means _____.

Look back at the שְׁלוֹם רַב prayer on page 46. Put a star above every word that means "people" or "nation." How many stars did you draw? _____

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמֶּךָ יִשְׂרָאֵל

"and may it be good in your eyes to bless your people Israel"

וְטוֹב means "and may it be good."

בְּעֵינֶיךָ means "in your eyes."

עֵינַיִם means "eyes."

בְּ is a prefix meaning _____.

ךְ is a suffix meaning _____.

Why do we hope it will be good in God's eyes to bless Israel with peace?

לְבָרֵךְ means "to bless."

Write the root of לְבָרֵךְ. _____

Look back at the שְׁלוֹם רַב prayer. Find another word built on the Hebrew root meaning "bless" and write it here. _____

שִׁים שְׁלוֹם

The evening and morning versions of Birkat Shalom are two different ways that the Jews ask God for peace. In Shalom Rav we ask God for general peace in the world; in שִׁים שְׁלוֹם we ask God to inspire us to make peace and to act kindly toward others.

Practice reading שִׁים שְׁלוֹם aloud.

1. שִׁים שְׁלוֹם (בְּעוֹלָם), טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים
2. עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל עַמָּךְ.
3. בְּרַכְנוּ, אֲבוֹנוֹ, כָּלנוּ כְּאַחַד, בְּאוֹר פָּנֶיךָ, כִּי בְאוֹר פָּנֶיךָ נִתַּת לָנוּ.
4. יְיָ אֱלֹהֵינוּ, תּוֹרַת חַיִּים, וְאַהֲבַת חֶסֶד, וְצִדְקָה וּבְרָכָה
5. וְרַחֲמִים, וְחַיִּים וְשְׁלוֹם.
6. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמָּךְ יִשְׂרָאֵל (וְאֶת-כָּל-הָעַמִּים)
7. בְּכָל-עֵת וּבְכָל-שָׁעָה בְּשְׁלוֹמְךָ.
8. בְּרוּךְ אַתָּה, יְיָ, הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Grant peace (in the world), goodness and blessing, graciousness and kindness and mercy (compassion) upon us and upon all Israel Your people.

Bless us, our Parent, all of us as one, with the light of Your face, for with the light of Your face, Adonai our God, You gave us the Torah of life, and a love of kindness, and righteousness and blessing and mercy (compassion), and life and peace.

And may it be good in Your eyes to bless Your people Israel (and all peoples) at every time and at every hour with Your peace.

Praised are You, Adonai, who blesses God's people Israel with peace.

PRAYER DICTIONARY

שִׁים

grant, put

טוֹבָה

goodness

חֵן

graciousness

אָבִינוּ

our parent

כָּלֵנוּ כְּאַחַד

all of us as one

נָתַתָּ

you gave

תּוֹרַת חַיִּים

Torah of life

וְאַהֲבַת חֶסֶד

and a love of kindness

WORD MATCH

Connect each Hebrew word to its English meaning.

goodness

you gave

graciousness

our parent

grant, put

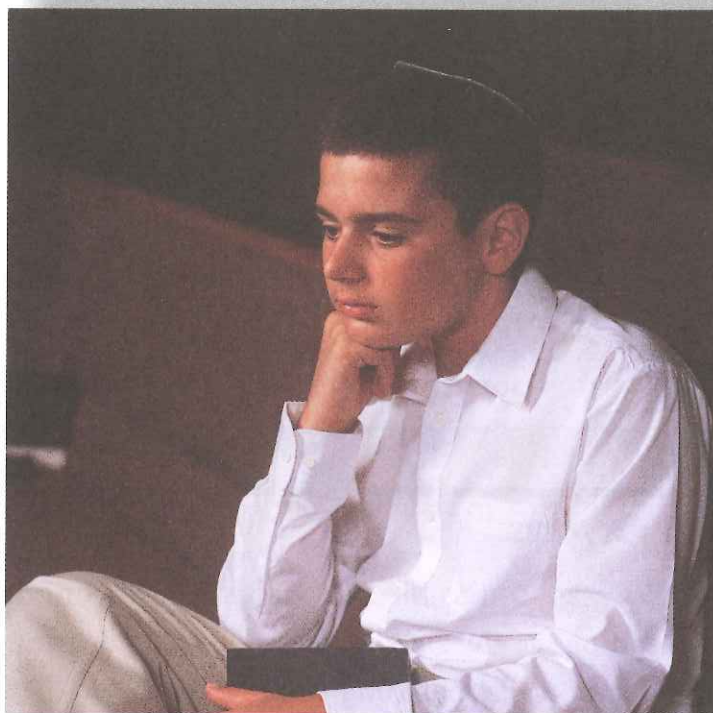
שִׁים

טוֹבָה

אָבִינוּ

נָתַתָּ

חֵן



Peace comes from within us. A quiet moment during the prayer service can help inspire us to make peace and to act kindly toward others.

PRAYER VARIATIONS

Just as some congregations add the phrase **וְאֶת-כָּל-הָעַמִּים** ("and all peoples") to the prayer for peace, so do others add the word **בְּעוֹלָם** ("in the world") to indicate that our wish is for peace for *everyone*.



Prayer Building Blocks

שִׁים שְׁלוֹם “grant peace”

שִׁים usually means “put,” but in this prayer we translate it as “grant.”

What are we asking God to grant us? _____

The root of שִׁים is שִׁמ.

The root שִׁמ tells us that “put” is part of a word’s meaning.

Read the first sentence of שְׁלוֹם רַב—the evening prayer for peace—and circle the word with the root שִׁמ.

שְׁלוֹם רַב עַל-יִשְׂרָאֵל עִמָּךְ תִּשָּׂם לְעוֹלָם, כִּי אַתָּה
הוּא מֶלֶךְ אֲדוֹן, לְכָל הַשְּׁלוֹם.

Look back at the שִׁים שְׁלוֹם prayer on page 50 and circle all the words having to do with peace. How many words did you circle? _____

ASKING FAVORS

שִׁים שְׁלוֹם asks God to bless us with six favors or gifts. Below are the English meanings of the six gifts we ask of God. Write each one in the blank space next to its matching Hebrew word.

blessing kindness peace mercy goodness graciousness

- | | | | |
|-------|-------------|-------|-------------|
| _____ | 4. חֵן | _____ | 1. שְׁלוֹם |
| _____ | 5. חֶסֶד | _____ | 2. טוֹבָה |
| _____ | 6. רַחֲמִים | _____ | 3. בְּרָכָה |

Which of the six gifts do you consider to be the most important? Why?

בְּרַכְנוּ אֲבִינוּ כָּלְנוּ כְּאַחַד "bless us, our parent, all of us as one"

Write the root of בְּרַכְנוּ. _____

What does this root mean? _____

What does the ending נו mean? _____

אֲבִינוּ literally means "our father."

אָב means "father."

נו is an ending meaning _____.

Because God is neither male nor female—not father nor mother—we translate אֲבִינוּ as "our parent."

In each sentence below, circle the word that means "our parent." Practice reading the sentences aloud.

1. אֲבִינוּ מְלִכְנוּ, חֲנוּנוּ וְעֲנֵנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים.

2. אֲבִינוּ הָאָב הַרְחֵמֵנוּ, הַמְרַחֵם, רַחֵם עָלֵינוּ.

3. סֶלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ.

כָּלְנוּ כְּאַחַד means "all of us as one."

כָּלְנוּ has two parts: כָּל ("all") and the ending נו ("us").

כְּאַחַד means "as one."

כִּי means "as."

אָחַד means _____.

Circle אָחַד in the prayer below.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אָחַד.

What is the name of this prayer? _____

Explain the meaning of the prayer in your own words.

An Ethical Echo

Read these words from Psalm 34:15 in Hebrew and in English.

סור מִרָע וַעֲשֵׂה-טוֹב בִּקְשׁ שְׁלוֹם וְרִדְפֶהוּ.

Turn aside from the bad and do good; seek peace and pursue it.

Jewish tradition teaches us that רִוּדָף שְׁלוֹם—seeking peace—is a holy act. The mitzvah of רִוּדָף שְׁלוֹם is the act of pursuing peace in our homes, in our communities, and in the world.

The two prayers you are studying in this chapter ask for peace. So do many other prayers, including בְּרַכַּת הַמִּזוֹן—Grace After Meals—where we ask that God “cause peace to dwell among us.”

Think About This!

Why do you think we need prayers to help us achieve peace in our homes, in our communities, and in the world?

MAKE PEACE

An ancient rabbi said: “Those who make peace in their homes are as if they made peace in all Israel.”

List 4 things you can do to help make your home a more peaceful and loving place.

1. _____
2. _____
3. _____
4. _____

נָתַתָּ לָנוּ "you gave to us"

נָתַתָּ means "you gave."

לָנוּ means "to us."

Break up לָנוּ into its two parts: to _____

us _____

The root of נָתַתָּ is נָתַן.

(Remember: Sometimes a root letter is missing from a word.)

The root נָתַן tells us that "give" is part of a word's meaning.

TORAH BLESSINGS

Read the blessings we say when we are called up to read from the Torah.

Underline the words with the root נָתַן.

BLESSING BEFORE THE TORAH READING:

1. בָּרְכוּ אֶת־יְיָ הַמְּבָרֵךְ.
2. בָּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.
3. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר־בָּנוּ
4. מִכָּל־הָעַמִּים וְנָתַן־לָנוּ אֶת־תּוֹרָתוֹ.
5. בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

BLESSING AFTER THE TORAH READING:

1. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ
2. תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכָנוּ.
3. בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

How many words did you underline? _____

What did God give us? _____

תּוֹרַת חַיִּים, וְאַהֲבַת חֶסֶד "the Torah of life, and a love of kindness"

תּוֹרַת means "the Torah of."

Write the Hebrew word for "Torah." _____

תּוֹרַת חַיִּים means "the Torah of life."

Write the Hebrew word for "life." _____

"The Torah of life" could mean: "the law of life," "the Torah telling the story of life," or "the Torah makes life better." Which explanation do you like best and why?

וְאַהֲבַת חֶסֶד means "and a love of kindness."

וְאַהֲבַת means "and a love of."

וְ is a prefix meaning _____.

Write the root of אַהֲבַת. _____

What does this root mean? _____

READING PRACTICE

חֶסֶד means "kindness."

Circle חֶסֶד (or its variation) in each line below. Practice reading the phrases aloud.

1. גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֶה הַכֹּל
2. מְכַלְכֵּל חַיִּים בְּחֶסֶד
3. שֵׁם שְׁלוֹם, טוֹבָה וּבִרְכָּה, חֵן וְחֶסֶד וְרַחֲמִים
4. הוּא נוֹתֵן לָחֶם לְכָל-בָּשָׂר כִּי לְעוֹלָם חֶסֶדוֹ

Now reread the sentence below from שֵׁם שְׁלוֹם describing all the things God has given us. Circle the word meaning "kindness."

תּוֹרַת חַיִּים, וְאַהֲבַת חֶסֶד, וְצִדְקָה וּבִרְכָּה וְרַחֲמִים, וְחַיִּים וְשְׁלוֹם.

FLUENT READING

After the עֲמִידָה there follows a personal prayer, which is often recited silently. In it we ask for God's help in following the commandments and in choosing our words carefully.

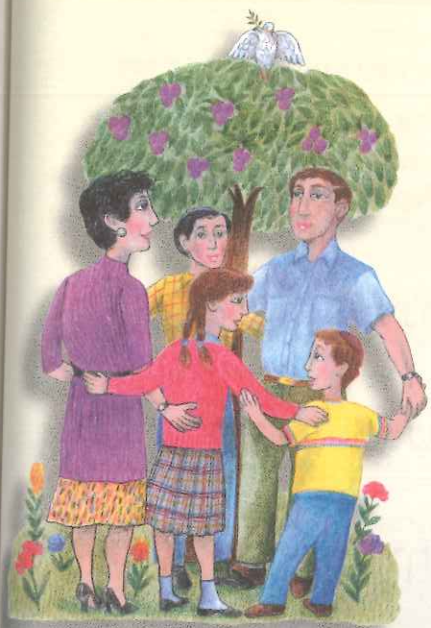
Practice reading the lines below. You will study the last two lines in depth in the next chapter.

1. אֱלֹהֵי, נֹצֵר לְשׁוֹנֵי מָרַע, וְשֹׁפֵטִי מִדְּבַר מִרְמָה, וְלִמְקַלְלִי
2. נַפְשִׁי תְדוּם, וְנַפְשִׁי כְּעֶפֶר לְכָל תְּהִיָּה. פָּתַח לִבִּי בְּתוֹרָתְךָ,
3. וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי ...
4. יִהְיוּ לְרָצוֹן אִמְרֵי-פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ, צוּרִי וְגֹאֲלִי.
5. עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל-
6. יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.



עֲשֵׂה שָׁלוֹם

6



There are so many kinds of peace that we want— peace between countries (so there is no war), peace between family members (so we don't fight with our little brothers all the time), and peace between friends (so we can continue to play and learn with our classmates and neighbors). There's even something called peace of mind, so we can be happy about who we are and not worry all the time. For all of these reasons, Jews pray for peace.

The עֲשֵׂה שָׁלוֹם ("make peace") prayer is said immediately after the Amidah and asks God to make peace in our lives and in our world.

The Hebrew word for peace is *shalom*; it is also the word for "hello" and "good-bye." You can see how important peace is to the Jews, because we use *shalom* to greet each other and to wish each other well when we part.

Practice reading עֲשֵׂה שָׁלוֹם aloud.

1. עֲשֵׂה שָׁלוֹם בְּמַרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ.

2. וְעַל כָּל-יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

May God who makes peace in the heavens, make peace for us and for all Israel. And say, Amen.



PRAYER DICTIONARY

עֲשֶׂה

makes

שָׁלוֹם

peace

יַעֲשֶׂה

(will) make

עָלֵינוּ

for us, on us

וְעַל

and for, and on

כָּל

all

יִשְׂרָאֵל

Israel

וְאָמְרוּ

and say

אָמֵן

Amen

NOTE THE NUMBER

In the circle above each Hebrew word write the number of the correct English meaning.



אָמֵן



יַעֲשֶׂה



שָׁלוֹם



כָּל



וְאָמְרוּ



עָלֵינוּ



יִשְׂרָאֵל



עֲשֶׂה



וְעַל

1. makes

4. Amen

7. for us

2. and for

5. Israel

8. all

3. peace

6. (will) make

9. and say



Many Jews come to the Western Wall to pray for peace for Israel and for all nations.

FAMILY WORDS

There are two sets of family (related) words in the list below.

They are:

1.	
makes	עֲשֶׂה
(will) make	יַעֲשֶׂה

2.	
for us	עָלֵינוּ
and for	וְעַל

Draw a line between the family words.

עָלֵינוּ

עֲשֶׂה

יַעֲשֶׂה

וְעַל

ROOTS

1. The root of עֲשֶׂה and יַעֲשֶׂה is עֲשֶׂה. עֲשֶׂה means "make."

Circle the root letters in each word below.

שַׁעֲשֶׂה

יַעֲשֶׂה

עֲשֶׂה

לְמַעַשְׂהוּ

Write the root. _____

This root means _____.

2. The root of עָלֵינוּ and וְעַל is עֲלָה. עֲלָה means "go up."

(Remember: Sometimes a root letter doesn't appear in a Hebrew word.)

Circle the root letters in these words:

וַיַּעֲלֵה

עָלֵה

עָלִינוּ

Write the root. _____

This root means _____.

Which of the words above is the honor of being called up to the Torah? _____

PLEASED TO MEET YOU!

In Hebrew we greet each other with the word שלום.

שלום means "hello," "goodbye," and "peace."

(שלום, we know, comes from the Hebrew word שלם, which means "complete" or "perfect.")

You have learned the Hebrew word for "name": שם.

י at the end of a word means "my."

If you want to introduce yourself in Hebrew, you say:

שלום, שמי _____.

Hello, my name is _____.

Fill in your Hebrew and your English names on the lines above.

Now introduce yourself to a classmate!



DID YOU KNOW?

According to legend, Jerusalem—ירושלים—the capital city of Israel, is named for peace.

Circle the root letters that mean "peace" in the word below:

ירושלים

King David, who lived 3,000 years ago, was not allowed the honor of building the Holy Temple in ירושלים because he was a man of war. Instead, it was his son, שלמה, Solomon, who had the honor of building the Holy Temple because he brought peace and prosperity to Israel.

Circle the root letters that mean "peace" in King Solomon's name:

שלמה

ROOTS

1. The root

Circle t

Write t

This ro

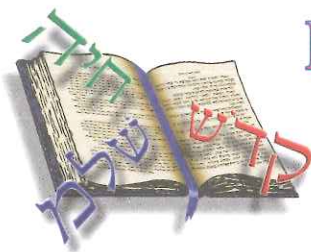
2. The root

Circle t

Write t

This ro

Which o



Prayer Building Blocks

עָלֵינוּ "for us"

עָלֵינוּ we know means "for us."

נו at the end of a word means _____.

We ask God to make peace for _____.

And for who else?

וְעַל כָּל יִשְׂרָאֵל means "and for all _____."

וְאָמְרוּ "and say"

וְאָמְרוּ means "and say."

וְ means _____.

אָמְרוּ means _____.

The root letters of וְאָמְרוּ are אָמַר.

אָמַר tells us that "say" is part of a word's meaning.

READING PRACTICE

Read the following sentences aloud. Circle the words with the root אָמַר.

- וְאֵל יֹאבֵד יִשְׂרָאֵל, הָאוֹמְרִים "שְׁמַע יִשְׂרָאֵל".
- וַיְהִי בְּנִסְעֵ הָאָרֶץ וַיֹּאמֶר מֹשֶׁה.
- בְּרוּךְ שֹׁאמֵר וְהָיָה הָעוֹלָם, בְּרוּךְ הוּא.
- בְּרוּךְ אוֹמֵר וְעוֹשֶׂה.
- וּבִדְבָרֵי קִדְשָׁךְ כָּתוּב לֵאמֹר.

FROM THE TANACH

The quest for peace—for **שָׁלוֹם**—has always been important to the Jewish people. Read the following verse from the prophet Isaiah.

*And they shall beat their swords into plowshares
And their spears into pruning-hooks;
Nation shall not lift up sword against nation,
Neither shall they learn war any more.*

(Isaiah 2:4)

Now read the last two lines of the verse in Hebrew.

לֹא-יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב
וְלֹא-יִלְמְדוּ עוֹד מִלְחָמָה:

1. Isaiah lived more than 2,500 years ago. Why are his words still important today?

2. List the words in the verse that are the opposite of peace.

3. In one sentence, describe Isaiah's ideal world.

The prophet Micah, who lived at around the same time as Isaiah, spoke almost the exact words in *his* wish for peace. Why do you think it is significant that the two prophets spoke almost the identical words?

עֲלֵינוּ

נָר at the

We ask

And for

שְׂרָאָל

רָדוּ

דָּר

The room

אָמַר te

READ

Read the

A CLOSER LOOK

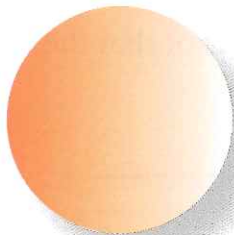
עֲשֵׂה שָׁלוֹם may be said after the conclusion of the עֲמִידָה. It also appears as part of two other prayers, Grace After Meals (בְּרַכַּת הַמֶּזֶן) and the Kaddish (קַדִּישׁ). When we say עֲשֵׂה שָׁלוֹם at the end of the Kaddish and the Amidah, it is traditional to take three steps backward and to bow to the left and to the right. It is as if the person who is praying is leaving God's presence.

Here is a section of בְּרַכַּת הַמֶּזֶן. Find and underline the עֲשֵׂה שָׁלוֹם prayer.

1. הִרְחַמְנוּ, הוּא יִזְכְּנוּ לַיָּמֹת הַמְּשִׁיחַ, וְלַחַיֵּי הָעוֹלָם הַבָּא:
 2. מְגִדוֹל יְשׁוּעוֹת מִלְכוֹ, וְעֲשֵׂה-חֶסֶד לַמְּשִׁיחַ,
 3. לְדָוִד וּלְזֶרְעוֹ עַד-עוֹלָם. עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו,
 4. הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:
-

Now read this section of the קַדִּישׁ. Find and underline the עֲשֵׂה שָׁלוֹם prayer.

1. יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
2. וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
3. עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם
4. עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.



An Ethical Echo

There are many ways that we can learn to keep peace within our homes—this peace is called **שְׁלוֹם בֵּית**. We can talk things over when we are calm. We can take “time-outs” away from each other when we are angry so that our feelings don’t make us lose control. And we can apologize and hug each other to show that respecting one another is more important than proving we are right. Working for peace outside the family must start in the same way—by understanding that people often have different points of view. Respecting each other and thinking about solutions is a better way than fighting to settle differences.

Think About This!

How can you contribute to peace within your family? Perhaps you can try to be more patient with your brothers and sisters, or listen more carefully to what they say. What kinds of things do you and your family members argue over? How do you achieve peace?

Who in your life
do you trust?



FLUENT READING

Each line below contains the Hebrew word for "peace."

Practice reading the lines. Then circle the Hebrew word for "peace" in each line.

1. הַפּוֹרֵשׁ סִבֵּת שָׁלוֹם עָלֵינוּ, וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,

וְעַל יְרוּשָׁלַיִם.

2. שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ תָּשִׁים לְעוֹלָם.

3. כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן, לְכָל הַשָּׁלוֹם.

4. בָּרוּךְ אַתָּה יְיָ, הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

5. וְרַחֲמִים וְחַיִּים וְשָׁלוֹם, וְכָל-טוֹב, וּמְכַל-טוֹב לְעוֹלָם אֶל-יַחְסְרֵנוּ.

6. שָׁלוֹם עֲלֵיכֶם, מִלְּאֲכֵי הַשָּׁרֵת, מִלְּאֲכֵי עֲלִיוֹן.

7. שֵׁם שָׁלוֹם, טוֹבָה וּבִרְכָּה, חֵן וְחֶסֶד וְרַחֲמִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל עַמָּךְ.

8. בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר

וּבוֹרֵא חֹשֶׁךְ עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת הַכֹּל.



FRIDAY NIGHT SERVICE

Are there special occasions you just can't wait for—that you look forward to for weeks in advance? Maybe it's your school's big holiday concert. Or maybe it's summer vacation, when you're off to camp with lots of other kids to swim, play softball, and tell ghost stories.

Shabbat is that kind of occasion for many Jews, who look forward to it all week long. Shabbat is a peaceful end to our week—a day to devote to ourselves, our family, and friends. It's a day when we can put aside the weekly demands of school and work and enjoy an unhurried pace. Rabbi Abraham Joshua Heschel called Shabbat "a palace in time"—a holy place that opens its doors to us once a week, inviting us to enter.

Friday night—the beginning of Shabbat—is an important time to spend with our families. Often the table is set for a special celebration—perhaps with a fancy tablecloth and, of course, candles, wine, and *hallah*. We say the blessings, perhaps sing Shabbat songs, and eat a special meal.

The Friday night Kabbalat Shabbat service marks the beginning of Shabbat in the synagogue. The prayers of the service speak of God the Creator, of the promises God made to the Jews, and of the wondrous gift of Shabbat. We pray as a community with our friends, our neighbors, and our family. And we say "hi" to them as well, catching up with what has happened since last Shabbat, and talking about what to expect in the week to come.



לְכָה דוֹדִי

7

How do you welcome people you love? Maybe you give your grandmother a kiss and your favorite cousin a hug. Or maybe you and your friends exchange "high fives." These greetings are signs that you are happy to see them. On Friday nights, we welcome Shabbat with greetings that express our joy at its arrival—a service called Kabbalat Shabbat ("Welcoming Shabbat" or "Receiving Shabbat") and a hymn called **לְכָה דוֹדִי**.

In Lechah Dodi, we greet Shabbat as if it were a bride or a queen—radiant and beautiful. We have anticipated the arrival of Shabbat all week, just as we look forward to the arrival of those we love the most.

Practice reading the first verses of **לְכָה דוֹדִי** and the last verse aloud.

1. לְכָה דוֹדִי לְקִרְאָת כְּלָה, פָּנֵי שַׁבָּת נִקְבְּלָה:
2. שְׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד הַשְּׁמִיעֵנוּ אֶל הַמִּיָּחָד
3. יְיָ אֶחָד וְשִׁמוֹ אֶחָד לְשֵׁם וּלְתִפְאָרֶת וּלְתִהְלָה:
4. לְקִרְאָת שַׁבָּת לָכוּ וְנִלְכָּה כִּי הִיא מְקוֹר הַבְּרָכָה
5. מֵרֵאשׁ מִקֵּדָם נְסוּכָה סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תִּחְלָה:
6. בּוֹאִי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָה גַם בְּשִׁמְחָה וּבִצְהָלָה,
7. תּוֹךְ אֲמוּנֵי עַם סֻגְלָה, בּוֹאִי כְלָה, בּוֹאִי כְלָה:

Let us go, my beloved, to meet (toward) the Bride, let us greet Shabbat.

"Keep" and "Remember" in one Commandment, the one and the only God made us hear.

Adonai is One and God's name is One, for honor and glory and praise.

To greet (toward) Shabbat come let us go, for it is the source of blessing.

From the beginning of time Shabbat is appointed; though last in creation, it was first in God's thought.

Come in peace, crown of your husband, in joy and in gladness,

In the midst of the faithful of the treasured people. Come, O Bride! Come, O Bride!

PRAYER CTIONARY

לָכָה

go

דּוּדִי

my beloved

כַּלָּה

bride

פָּנֵי

the face of

נִקְבְּלָהּ

let us receive

שָׁמֹר

keep

זָכוֹר

remember

בָּאִי

come

WORD MATCH

Connect the word to its English meaning.

keep

come

go

remember

לָכָה

שָׁמֹר

זָכוֹר

בָּאִי



In Lechah Dodi, we compare Shabbat to a bride. How do you feel when you see a bride?

WHAT'S MISSING?

Fill in the Hebrew word that completes each phrase.

1. לָכָה _____ לְקִרְאָת כַּלָּה
my beloved

2. שַׁבָּת נִקְבְּלָהּ _____
the face of

3. וְזָכוֹר בְּדְבוּר אֶחָד _____
keep

4. בָּאִי _____
bride



In Lechah Dodi,
We have a bride,
those we love.

Practice

Let us go, my beloved,
"Keep" and remember
Adonai is our God.
To greet (to meet)
From the bride,
Come in peace,
In the middle of the night.

PRAYER BACKGROUND

The custom of greeting Shabbat is an ancient one. The rabbis of the Talmud put on their robes and went out to welcome Shabbat at sunset on Friday evenings. Jewish mystics in the sixteenth century welcomed Shabbat with the words, "Come, let us go to greet the Shabbat Queen." They would go out into the fields on a Friday evening singing songs to welcome Shabbat.

Today, we do not go into the fields, but we do continue to sing the most famous of those songs to welcome Shabbat: **לְכָה דוֹדִי**.

לְכָה דוֹדִי was written by Rabbi Shlomo Halevi Alkabetz about 500 years ago, which makes this prayer relatively new. The **שְׁמַע**, for example, became part of our prayer service nearly 2,000 years ago!



It was the custom of the ancient rabbis to go out into the fields at sunset on Friday to welcome Shabbat.

A POETIC DEVICE

לְכָה דוֹדִי is an acrostic. In an acrostic, the first letters of certain words spell out a new "secret" word or form the *alef bet*.

You will find the complete **לְכָה דוֹדִי** on page 75.

Circle the first letter of lines 2, 4, 6, 8, 10, 12, 14, 16.

Write the 8 letters you have circled in the spaces below.

Can you figure out whose name you have written?

_____

 :



Prayer Building Blocks

לָכָה דוֹדִי "let us go, my beloved"

לָכָה means "let us go."

The root of לָכָה is הלכ.

The root הלכ tell us that "go" or "walk" is part of a word's meaning.

דוֹדִי means "my beloved."

"My beloved" may refer to God, who we ask to come with us to greet Shabbat, or it may refer to the other worshipers in the synagogue.

לִקְרֹאת כַּלָּה "to meet (toward) the bride"

The central metaphor of לָכָה דוֹדִי is the description of Shabbat as a bride.

כַּלָּה means "bride."

The Hebrew word for *groom* is חָתָן.

Complete the phrase.

groom and bride _____ חָתָן וְ

Read this בִּרְכָה from the wedding ceremony.

בָּרוּךְ אַתָּה יְיָ, מְשַׂמֵּחַ חָתָן עִם הַכַּלָּה.

Praised are You, Adonai, who brings joy to the groom and the bride.

Circle the word for "groom."

Underline the word for "the bride."

פְּנֵי שַׁבָּת נִקְבְּלָה "let us greet (receive) Shabbat"

פְּנִים means "face."

פְּנֵי literally means "the face of."

לִקְבֹּל means "to greet" or "to receive."

נִקְבְּלָה means "let us greet" or "let us receive."

The Hebrew expression לִקְבֹּל אֶת פְּנֵי... literally means "to receive the face of..." However, we translate the expression as "to welcome" or "to greet." The poet is asking God, the "beloved," to come with us to welcome or to greet Shabbat.

ROOTS

The root letters of נִקְבְּלָה are קבל.

The root קבל tells us that "receive" or "welcome" is part of a word's meaning.

The service in which we welcome Shabbat on a Friday night is called קַבְּלַת שַׁבָּת, Kabbalat Shabbat. Upon conclusion of this brief service, the evening service (מַעֲרִיב) begins.

Circle the root letters of the word קַבְּלַת.

What does this root mean?

We begin the Shabbat celebration by lighting candles on a Friday evening.



שָׁמֹר וְזָכֹר “keep and remember”

שָׁמֹר means “keep.”

The root letters of שָׁמֹר are שִׁמְר.

The root שִׁמְר tells us that “keep” or “guard” are part of the word’s meaning.

(Perhaps you have heard the expression שׂוֹמֵר שַׁבָּת —
one who keeps or observes Shabbat.)

זָכֹר means “remember.”

The root letters of זָכֹר are זָכַר.

The root זָכַר tells us that “remember” is part of the word’s meaning.

READING PRACTICE

Read the phrases below. Circle the word with the root שִׁמְר in each line.

1. וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת
2. שָׁמֹר אֶת יוֹם הַשַּׁבָּת לְקֹדֶשׁ
3. לְשִׁמְעַ לְלַמֵּד וּלְלַמֵּד, לְשִׁמְר וּלְעֲשׂוֹת
4. יִשְׁמְחוּ בְּמַלְכוּתְךָ שׂוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֹג
5. שׂוֹמֵר יִי אֶת כָּל אֲהָבָיו



DID YOU KNOW?

The Ten Commandments appear twice in the Torah. In the Book of Deuteronomy we are told to שָׁמֹר — “keep” or “guard”—Shabbat. In the Book of Exodus the commandment tells us to זָכֹר — “remember”—Shabbat.

We light at least two candles on Shabbat to represent the two commandments to observe Shabbat: זָכֹר אֶת יוֹם הַשַּׁבָּת and שָׁמֹר אֶת יוֹם הַשַּׁבָּת.

בּוֹאִי בְּשָׁלוֹם... בּוֹאִי כֻלָּה "come in peace . . . come, O bride"

בּוֹאִי is a command word meaning "come."

בְּשָׁלוֹם means "in peace."

כֻּלָּה means _____.

שָׁלוֹם means _____.

כֻּלָּה we know means "bride."

בּוֹאִי כֻלָּה means _____.

ROOTS

The root letters of בּוֹאִי are בּוּא.

The root בּוּא tells us that "come" is part of a word's meaning.

Read the following prayer phrases. Underline the words with the root בּוּא.

(Note: Sometimes the root letter ו is missing.)

1. בּוֹאוּ וְנִצֵּא לְקִרְאָת שַׁבַּת הַמַּלְכָּה

2. אֲנִי מֵאֲמִין בְּאַמוּנָה שְׁלֵמָה בְּבִיאַת הַמָּשִׁיחַ

3. בּוֹאֲכֶם לְשָׁלוֹם, מְלֶאכִי הַשָּׁלוֹם

4. וְאֲנִי בְּרַב חֲסִדִּיךָ אָבוּא בֵּיתְךָ

5. יַעֲלֶה וְיָבֹא וְיִזְכֹּר זְכוֹרֵינוּ

Think About This!

In many congregations we stand up before singing the final verse of (בּוֹאִי בְּשָׁלוֹם) לְכָה דוּדִי (the verse that begins with the words בְּשָׁלוֹם). We face the door of the sanctuary in anticipation of the arrival of Shabbat. And, when we say בּוֹאִי כֻלָּה, בּוֹאִי כֻלָּה, we bow to the left and right. How do you picture Shabbat in the scene above? _____

FLUENT READING

Practice reading the complete לְכָה דְּוִדִּי.

1. לְכָה דְּוִדִּי לְקִרְאָת כָּלָה פָּנִי שַׁבָּת נִקְבְּלָה:
2. שְׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד הַשְּׁמִיעֵנוּ אֶל הַמִּיחָד
3. יְיָ אֶחָד וְשִׁמּוֹ אֶחָד לְשֵׁם וּלְתַפְאֶרֶת וּלְתַהֲלָה:
4. לְקִרְאָת שַׁבָּת לָכוּ וְנִלְכָּה כִּי הִיא מְקוֹר הַבְּרָכָה
5. מֵרֹאשׁ מִקֶּדֶם נְסוּכָה סוּף מַעֲשֵׂה בְּמַחֲשָׁבָה תַּחֲלָה:
6. מִקֹּדֶשׁ מֶלֶךְ עִיר מְלוּכָה קוֹמִי צְאִי מִתּוֹךְ הַהֶפְכָּה
7. רַב לָךְ שַׁבָּת בְּעֵמֶק הַבְּכָא וְהוּא יַחְמוֹל עָלֶיךָ חֲמִלָה:
8. הַתְנַעֲרִי מֵעֶפֶר קוֹמִי לְבָשִׁי בְּגָדֵי תַפְאֶרֶתְךָ עָמִי
9. עַל־יָד בֶּן־יִשִּׁי בֵּית־הַלְחָמִי קָרְבָּה אֶל נַפְשִׁי גְּאֻלָּה:
10. הַתְעוֹרְרִי הַתְעוֹרְרִי כִּי בָּא אוֹרְךָ קוֹמִי אוֹרִי
11. עוֹרִי עוֹרִי שִׁיר דְּבָרִי כְבוֹד יְיָ עָלֶיךָ נִגְלָה:
12. לֹא תִבָּשִׂי וְלֹא תִכְלָמִי מֵהַתְשׁוּחָחִי וּמֵהַתְהַמִּי
13. בְּךָ יִחָסוּ עָנְיִי עָמִי וְנִבְנְתָה עִיר עַל־תַּלָּה:
14. וְהָיוּ לְמִשְׁסָּה שְׂאֵסִיךְ וְרַחֲקוּ כָּל־מְבַלְעֶיךָ
15. יִשִּׁישׁ עָלֶיךָ אֱלֹהֶיךָ כְּמִשׁוֹשׁ חֲתָן עַל־כָּלָה:
16. יָמִין וְשְׂמָאל תִּפְרָצִי וְאַת־יְיָ תַעֲרִיצִי
17. עַל־יָד אִישׁ בֶּן־פִּרְצִי וְנִשְׁמָחָה וְנִגִּילָה:
18. בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָה גַם בְּשִׁמְחָה וּבְצַהֲלָה
19. תּוֹךְ אֲמוּנִי עִם סִגְלָה בָּאִי כָלָה בָּאִי כָלָה:



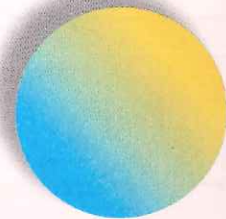
Do you have something precious that you protect or guard? Maybe it's a diary where you write down your secret thoughts and wishes, kept hidden under your pillow. Or maybe you have a bike you received as a birthday present, that you keep safe with a lock during school hours.

In a similar way, the Jewish people consider Shabbat to be sacred, and guard it as a gift from God. וְשָׁמְרוּ ("and [you] shall keep" or "and [you] shall guard") comes from the Torah, and reminds us of our promise to God to guard, cherish, and observe Shabbat and keep it holy. V'shamru is said before the Amidah during the Friday night service. In reciting it, we declare that we are guarding Shabbat because it is God's special creation—and we remember that by celebrating Shabbat we are strengthening our ties to God.

Practice reading וְשָׁמְרוּ aloud.

1. וְשָׁמְרוּ בְּנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת, לַעֲשׂוֹת אֶת-הַשַּׁבָּת
2. לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,
3. כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ,
4. וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

And the children of Israel shall keep the Shabbat, to make the Shabbat as an eternal covenant for their generations. Between Me and the children of Israel it is a sign forever, that in six days Adonai made the heavens and the earth, and on the seventh day Adonai rested and was refreshed.



PRAYER DICTIONARY

וְשָׁמְרוּ
and shall keep

בְּנֵי
the children of

יִשְׂרָאֵל
Israel

לַעֲשׂוֹת
to make

לְדֹרֹתָם
for their generations

בְּרִית
covenant

עוֹלָם
eternal

הַשָּׁמַיִם
the heavens

הָאָרֶץ
the earth

יוֹם הַשְּׁבִיעִי
the seventh day

שָׁבַת
rested

SEARCH AND CIRCLE

Circle the Hebrew word that means the same as the English.

Israel	יִצְחָק	יִשְׂרָאֵל	יְרוּשָׁלַיִם
eternal	עוֹלָם	אֲבָרָהָם	אֱמֵן
the heavens	הַשָּׁמַיִם	הָעַמִּים	הַמַּלְאָכִים
covenant	דְּבוּר	כָּלָה	בְּרִית
the earth	הַתּוֹרָה	הָאָרֶץ	הַשַּׁבָּת

SHABBAT MATCH

Use the words in the box below to write the English meaning above each Hebrew word.

for their generations to make the children of
rested and shall keep the seventh day

יוֹם הַשְּׁבִיעִי

וְשָׁמְרוּ

לְדֹרֹתָם

לַעֲשׂוֹת

שָׁבַת

בְּנֵי



Prayer Building Blocks

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת

“and the children of Israel shall keep the Shabbat”

וְשָׁמְרוּ means “and shall keep.”

What must the Jews keep? Write your answer in Hebrew. _____

What is the root of וְשָׁמְרוּ? _____

What does this root mean? _____

Circle the word with the same root in this sentence.

שָׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד

In which hymn is this line found? _____

Give two examples of what it means to *keep* Shabbat.

1. _____
2. _____

An Ethical Echo

Just as we guard Shabbat, so are there other things that we guard. שְׁמִירַת הַלָּשׁוֹן — “guarding the tongue”—is a mitzvah that commands us not to gossip, spread rumors, or tell lies. When we are careless about what we say, we indulge in לָשׁוֹן הָרָע — “the tongue of evil.” Why would this kind of talk be called “the tongue of evil”? Why are we taught to think before we speak? Do you think this is good advice?

Think About This!

There is an old saying that “sticks and stones may break my bones but names can never hurt me.” Do you agree with these words? Why? Do you think that there are other ways to hurt someone besides physically?

בְּנֵי־יִשְׂרָאֵל “the children of Israel”

בְּנֵי or בְּנֵי means “the children of.”

בָּנִים means “children.”

בָּנִים is the plural of בֶּן.

בֶּן means _____.

Circle the part of בָּנִים that shows it is plural. בָּנִים

יִשְׂרָאֵל we know means _____.

בְּנֵי־יִשְׂרָאֵל means _____.



DID YOU KNOW?

Many people have nicknames. Maybe your older sister calls you “Kid,” or maybe you have a friend you call “Hotshot” because he’s great at basketball. Or perhaps you know an Edwin who likes to be called “Ned.” In the same way, one of our ancestors, Jacob, was given a new name—“Israel”—when he wrestled with an angel of God. “Israel” comes from the Hebrew meaning “to struggle with God.” And the descendants of Jacob—the Jews—are known as the children of Israel.

It’s so easy to start to gossip, either on the telephone or in person. What are some ways we can stop ourselves?



לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם

“to make the Shabbat as an eternal covenant for their generations”

לַעֲשׂוֹת means “to make.”

The root of לַעֲשׂוֹת is עֲשָׂה.

What is the meaning of this root? _____

Underline the word with the same root in this line from וְשָׁמְרוּ:

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ

Now underline the words with the same root in עָשָׂה שְׁלוֹם.

עָשָׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל

בְּרִית עוֹלָם means “eternal covenant.”

עוֹלָם can mean “eternal (forever)” or “world.”



DID YOU KNOW?

As a bond with God, our ancestor Abraham agreed to circumcise his son, Isaac, in return for God’s gift of watching over the Jewish people. To this day, Jewish baby boys are circumcised in a בְּרִית מִילָה ceremony (many people call it a *bris*) when they are eight days old. We now celebrate the birth of a baby girl, too, with a ceremony called שִׂמְחַת בַּת (“joyful celebration for a daughter”). A *bris* or *simhat bat* is the grandest celebration of all—a celebration of the day you were born!

A SPECIAL AGREEMENT

God told the children of Israel to make Shabbat an "eternal covenant" for all their generations.

A covenant—**בְּרִית**— is an agreement. It implies a special relationship between two parties who then have obligations to each other. In the **בְּרִית** between God and the Jewish people, the Jews are obligated to fulfill God's mitzvot and, in return, God promises to give the Jews the land of Israel and to watch over them.

Part of the Jews' obligation is to keep Shabbat throughout all generations.

לְדֹרֹתָם means "for (all) their generations."

לְ means "for."

דֹּר means "generation."

דִּוְרוֹת is the plural for **דֹּר**.

Circle the part of **דִּוְרוֹת** that shows it is plural. **דִּוְרוֹת**

Circle the Hebrew phrase that means "from generation to generation" in the sentence below. Write the name of the prayer from which it comes. _____

(Hint: Look back at page 28 in your textbook.)

לְדֹר וְדֹר נִגִּיד גְּדֻלָּהּ, וּלְנִצַּח נִצְחִים קִדְשָׁתָךְ נִקְדִּישׁ.

ם is a word ending (suffix) that means "their" or "them."

Circle the word ending in each of these words.

וּשְׁנֵיהֶם בָּם וְקִשְׁרָתָם וְכִתְבָּתָם וּבִתְפִלָּתָם

What does this word ending mean? _____



עָשָׂה יי אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ

"Adonai made the heavens and the earth"

אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ means "the heavens and the earth."

הַשָּׁמַיִם means _____.

שָׁמַיִם means _____.

הָאָרֶץ means _____.

אָרֶץ means _____.

Circle the phrase for "the heavens and the earth" that is written in the very first line of the Torah.

בְּרֵאשִׁית בָּרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ:

In the beginning God created the heavens and the earth.

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׂ

"and on the seventh day Adonai rested and was refreshed"

וּבַיּוֹם הַשְּׁבִיעִי means "and on the seventh day."

וּבַיּוֹם means "and on the day."

ו means _____.

ב means "on the " or "in the."

יוֹם means "day."

יוֹם הַשְּׁבִיעִי is another name for _____.

REST ON SHABBAT

שָׁבַת means "rested."

Do you see the connection between שָׁבַת—rested—and שַׁבָּת—Shabbat?

Both words have the root שבת.

The root שבת tells us that "rested" or "stopped working" is part of a word's meaning.

Read the words below. Circle the root letters שבת in these words.

וַיִּשְׁבֹּת נִשְׁבֶּתוֹן תִּשְׁבֹּת שְׁבַת הַגָּדוֹל

What root do the words above share? _____

What does this root mean? _____

The first mention of a day of rest appears in the Creation story: "And God rested on the seventh day from all the work God had made. And God blessed the seventh day, and made it holy because on it God rested from all the work, which God in creating had made" (Genesis 2:2-3).

Read the same Torah passage in Hebrew below. Underline the two words that mean "rested."

1. וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל-מְלָאכְתּוֹ אֲשֶׁר עָשָׂה:
2. וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת מִכָּל-מְלָאכְתּוֹ אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:

Now circle the two words with the root meaning "make" (עָשָׂה).

Draw a squiggly line below the word with the root meaning "bless" (בָּרַךְ).

Put a star above the word with the root meaning "holy" (קִדֵּשׁ).

IN YOUR OWN WORDS

Explain in your own words why we observe Shabbat.

IN THE SYNAGOGUE

You have learned that we say וְשָׁמְרוּ before the עֲמִידָה on a Friday evening. On Shabbat morning וְשָׁמְרוּ is part of the עֲמִידָה. Try to find וְשָׁמְרוּ in your prayerbook.

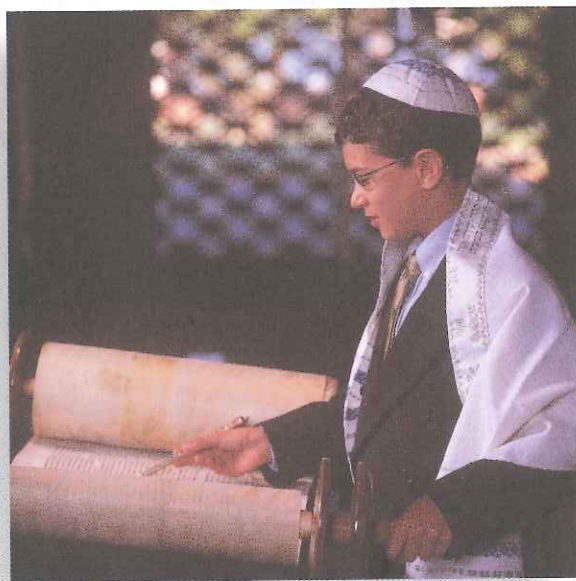
BACK TO THE SOURCES

The prayer וְשָׁמְרוּ comes from the Torah. God said these words to Moses just before giving him the Ten Commandments.

This is a section from the Book of Exodus (31:15–18).

Can you find and read וְשָׁמְרוּ ?

טו שֵׁשֶׁת יָמִים יַעֲשֶׂה מְלָאכָה וּבַיּוֹם
הַשְּׁבִיעִי שַׁבַּת שַׁבְתּוֹן קֹדֶשׁ לַיהוָה כָּל־הָעֹשֶׂה מְלָאכָה
טז בַּיּוֹם הַשַּׁבָּת מוֹת יוּמָת: וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת
יז לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם: בֵּינִי וּבֵין
בְּנֵי יִשְׂרָאֵל אוֹת הוּא לְעֹלָם כִּי־שֵׁשֶׁת יָמִים עָשָׂה
יח יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שַׁבַּת
וַיָּנַח: וַיִּתֵּן אֶל־מֹשֶׁה כְּכֹלֹתוֹ לְדַבֵּר אֹתוֹ
יח בְּהַר סִינַי שְׁנֵי לַחַת הָעֵדֻת לַחַת אֶבֶן כְּתוּבִים בְּאֶצְבַּע
אֱלֹהִים:



Many of our prayers, including the Sh'ma, Mi Chamochah, and V'shamru, come from the Torah itself.

FLUENT READING

Shortly before we sing וְשִׁמְרוּ on a Friday night, we recite אֶהְבֶּת עוֹלָם. This blessing focuses on God's love for Israel, which God shows by giving us the Torah and mitzvot.

Practice reading אֶהְבֶּת עוֹלָם.

1. אֶהְבֶּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּת: תּוֹרָה וּמִצְוֹת,

2. חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לַמִּדָּת.

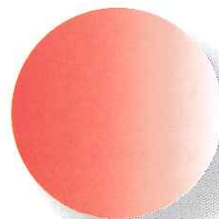
3. עַל־כֵּן, יְיָ אֱלֹהֵינוּ, בְּשִׂכְבְּנוּ וּבְקוֹמָנוּ נָשִׂיחַ בְּחֻקֶּיךָ,

4. וְנִשְׂמַח בְּדִבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

5. כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבָהֶם נַהֲגֶה יוֹמָם וְלַיְלָה.

6. וְאֶהְבֶּתְךָ אֶל־תָּסִיר מִמָּנוּ לְעוֹלָמִים!

7. בָּרוּךְ אַתָּה, יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.



שָׁלוֹם עֲלֵיכֶם

9



Do you and your dad ever turn the radio up full-blast in the car and sing along together? Or maybe you and your friends watch a music video and sing the latest songs as a group. Singing together builds a bond—a feeling of togetherness and community.

We sing the שָׁלוֹם עֲלֵיכֶם hymn at home on Friday night, between lighting the candles and reciting the Kiddush. As we sing it, we strengthen our ties to each other and the good feelings we share.

Shalom Aleichem means “peace be upon you” and is another way we express our hope for peace and well-being.

Practice reading שָׁלוֹם עֲלֵיכֶם aloud.

1. שָׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיוֹן.
2. מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא.
3. בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן.
4. מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא.
5. בָּרְכוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן.
6. מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא.
7. צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן.
8. מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

*Peace upon you, O ministering angels, angels of the Supreme,
From the Ruler of rulers, the Holy Blessed One.*

*Come in peace, O angels of peace, angels of the Supreme,
From the Ruler of rulers, the Holy Blessed One.*

*Bless me with peace, O angels of peace, angels of the Supreme,
From the Ruler of rulers, the Holy Blessed One.*

*Depart in peace, O angels of peace, angels of the Supreme,
From the Ruler of rulers, the Holy Blessed One.*

PRAYER DICTIONARY

שָׁלוֹם

peace

עָלֶיְכֶם

upon you

מִלְאָכֵי

angels of

עֲלִיוֹן

(the) Supreme

מֶלֶךְ מְלָכֵי
הַמְּלָכִים

Ruler of rulers

הַקָּדוֹשׁ
בָּרוּךְ הוּא

the Holy Blessed One

בּוֹאֲכֶם

come

בְּרַכּוֹנִי

bless me

צֵאתְכֶם

depart

SERIOUS SYNONYMS

Write the three Hebrew words or phrases from the Prayer Dictionary that are names we use to refer to God. Then write their English meanings.

ENGLISH

HEBREW

_____	_____	.1
_____	_____	.2
_____	_____	.3

ACTION WORDS

Write the English meaning for each Hebrew word below.

בְּרַכּוֹנִי

בּוֹאֲכֶם

צֵאתְכֶם



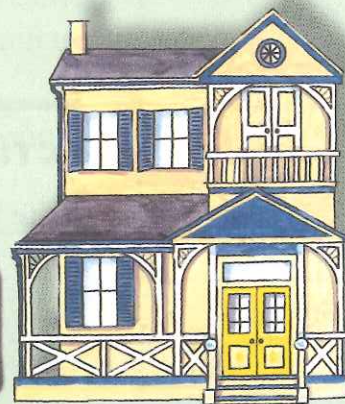
Do you recognize the words on this sign? What do they mean?

THE LEGEND OF THE HYMN

The Shalom Aleichem hymn is based on a legend from the Talmud in which two angels—one good, one evil—escort each Jew home from the synagogue on a Friday evening. If the home is ready for Shabbat with the table set and candles lit, the good angel says: "May it be God's will that it also be so next Shabbat." The evil angel is forced to answer, "Amen." But if nothing is prepared for Shabbat, the evil angel says: "May it be God's will that it also be so next Shabbat," and the good angel has to respond, "Amen." In the song we greet the accompanying angels, bless them, and ask for their blessing in return.

FOLLOW THE PATH HOME

Follow the route from the synagogue to the house by filling in the missing English words.



8. _____
שָׁלוֹם

9. _____
בְּרִכּוֹנֵי

7. _____
מְלֵאכֵי

6. _____
עֲלֵיכֶם

5. _____
צֵאתְכֶם

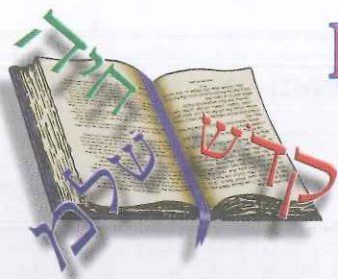
4. _____
מֶלֶךְ מְלֵכֵי הַמַּלְכִּים

3. _____
בּוֹאֲכֶם

2. _____
עֲלִיוֹן

1. _____
הַקָּדוֹשׁ בְּרוּךְ הוּא





Prayer Building Blocks

שְׁלוֹם עֲלֵיכֶם "peace upon you"

שְׁלוֹם means _____ .

עֲלֵיכֶם means "upon you."

The word ending (suffix) כֶּם means "you" (plural).

Circle the part of the following word that means "upon" or "on": עֲלֵיכֶם

Circle the suffix in these words from שְׁלוֹם עֲלֵיכֶם.

בּוֹאֲכֶם יֵצְאָתְכֶם

You have studied 3 other prayers with the word שְׁלוֹם in their names.

Write the names of the 3 prayers.

(Hint: Look at the Table of Contents in the front of your book.)

_____	3.	_____	1.
שְׁלוֹם עֲלֵיכֶם	4.	_____	2.

מַלְאָכֵי עֲלִיוֹן "angels of the Supreme"

מַלְאָכֵי means "angels of."

מַלְאָכִים means "angels."

מַלְאָכִים is the plural of מַלְאָךְ.

Circle the part of מַלְאָכִים that shows it is plural. מַלְאָכִים

עֲלִיוֹן means "Supreme."

Who is "Supreme"? _____

What part of the word עֲלִיוֹן do you recognize? Write it here. _____

What does this word part mean? _____

מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים "from the Ruler of rulers"

Who is the Ruler of rulers? _____

Write the root for the words in the phrase מִמֶּלֶךְ מַלְכֵי הַמְּלָכִים. _____

What does this root mean? _____

The prefix מִ means "from." Circle the prefix in this word: מִמֶּלֶךְ

הַקָּדוֹשׁ בָּרוּךְ הוּא "the Holy Blessed One"

Who is "the Holy Blessed One"? _____

הַקָּדוֹשׁ means "the holy."

הֶ means _____.

קָדוֹשׁ means _____.

Write the three root letters of הַקָּדוֹשׁ. _____

בָּרוּךְ means _____.

What is the root of בָּרוּךְ? _____

הוּא means "he." Because God is neither male nor female, we translate הוּא as "One."

READING PRACTICE

Fill in the word הוּא in each prayer line below. Then practice reading the sentences aloud.

1. מוֹדִים אֲנִחנוּ לָךְ שָׂאתָ _____ יְיָ אֱלֹהֵינוּ.

2. עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, _____ יַעֲשֵׂה שָׁלוֹם.

3. אַחַד _____ אֱלֹהֵינוּ, אָבִינוּ, מֶלְכֵנוּ.

PRAYER RHYTHMS

We have studied the vocabulary of the first verse of שְׁלוֹם עֲלֵיכֶם.

Practice reading this verse again.

1. שְׁלוֹם עֲלֵיכֶם, מִלְּאֲכֵי הַשָּׁרֵת, מִלְּאֲכֵי עֲלִיוֹן,

2. מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

The remaining three verses of שְׁלוֹם עֲלֵיכֶם are identical to one another except for the opening phrase, which varies slightly in each one. Read the opening phrases of the three remaining verses.

1. בּוֹאֲכֶם לְשָׁלוֹם 2. בְּרִכּוֹנֵי לְשָׁלוֹם 3. יֵצְאֲתֶכֶם לְשָׁלוֹם

Write the word that repeats in all three phrases. _____

What does this word mean? _____

Look back at the English translation of the שְׁלוֹם עֲלֵיכֶם hymn on page 86. Explain in your own words the theme—the main idea—of the song.

IN YOUR OWN WORDS

How can songs like שְׁלוֹם עֲלֵיכֶם and other זְמִירוֹת (Shabbat songs) enhance a Shabbat family celebration?

THREE OPENING PHRASES

בּוֹאֲכֶם "come"

Write the root letters of בּוֹאֲכֶם. ____

What does this root mean? _____

Circle the words meaning "come" in the phrases below.

בָּאִי כָּלָה, בָּאִי כָּלָה:

Do you recognize the prayer in which these phrases appear?

Write the name here. _____ (Hint: See page 68 in this book.)

בְּרַכּוֹנִי "bless me"

Write the root letters of בְּרַכּוֹנִי. ____

What does this root mean? _____

The word ending (suffix) י means "me" or "my."

Circle the word ending in each word below.

שְׁעָשׂוֹנִי בִּי לְשׁוֹנִי לְבִי נִפְשִׁי פִּי צוּרִי וְגוֹאֲלִי

יֵצְאָתְכֶם "depart"

The root of יֵצְאָתְכֶם is יֵצָא. (In some words the י does not appear.)

The root יֵצָא tells us that "depart" or "go out" is part of a word's meaning.

Look back at page 86 and read the three phrases that begin with the words you just learned: בּוֹאֲכֶם, בְּרַכּוֹנִי, and יֵצְאָתְכֶם.

THE HOLIDAY CONNECTION

Words with the root יצא ("depart," "leave") occur over and over again in the Passover Haggadah. The phrase יְצִיאַת מִצְרַיִם means "Exodus from Egypt."

Why do you think words built on the root יצא occur so frequently in the Passover story?

Read each line from the הַגְּדָה below and circle the word with the root יצא.

(Remember: Sometimes the י does not appear.)

1. בְּצֵאת יִשְׂרָאֵל מִמִּצְרַיִם בֵּית יַעֲקֹב מַעַם לַעֲזוֹ.
2. וַיּוֹצִיאֵנוּ יְיָ אֱלֹהֵינוּ מִשָּׁם בְּיַד חֲזָקָה וּבְזֶרַע נְטוּיָה.
3. אֲלוֹ הוֹצִיאָנוּ מִמִּצְרַיִם, וְלֹא עָשָׂה בָּהֶם שְׁפָטִים, דִּינוֹ.
4. בְּכָל דּוֹר וָדוֹר חַיִּב אָדָם לִרְאוֹת אֶת-עַצְמוֹ כְּאִלּוּ הוּא יֹצֵא מִמִּצְרַיִם.
5. בְּעֶבֶר זֶה עָשָׂה יְיָ לִי בְּצֵאתִי מִמִּצְרַיִם.



The Passover Haggadah tells the story of our people's exodus from slavery in Egypt.

An Ethical Echo

Each Friday, before lighting Shabbat candles, it is a tradition to put money into a tzedakah box. The word **צְדָקָה** comes from the same root as the word **צֶדֶק**, meaning "justice." Jewish tradition does not rely on kind impulses alone to make sure we help the hungry, the homeless, and the needy. Instead it tells us we *must* take care of the needy—it is a mitzvah written in the Torah. Giving tzedakah is not just a nice thing to do, it's a commandment—an obligation.



These two Israeli girls are collecting money to buy food for families in need.

Think About This!

How does giving **צְדָקָה** help us get into the spirit of Shabbat?

FLUENT READING

During the Friday Evening Amidah, we say the following prayer, וַיְכַלּוּ, which comes from בְּרֵאשִׁית—Genesis. The passage describes how God finished the work of Creation on the sixth day, then rested on the seventh day, blessing it and making it holy.

Practice reading וַיְכַלּוּ.

1. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צִבְאָם. וַיְכַל אֱלֹהִים

2. בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה.

3. וַיְשַׁבֵּת בַּיּוֹם הַשְּׁבִיעִי מְכַל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה.

4. וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ.

5. כִּי בּוֹ שָׁבַת מְכַל-מְלַאכְתּוֹ

6. אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

מלון

Israel	יִשְׂרָאֵל	י	fathers	אָבוֹת	א
God's glory	כְּבוֹדוֹ	כ	our fathers	אָבוֹתֵינוּ	
all	כָּל		our parent	אָבִינוּ	
bride	כַּלָּה		Abraham	אַבְרָהָם	
all of us as one	כָּלֵנוּ כְּאַחַד		God of	אֱלֹהֵי	
Leah	לֵאָה	ל	mothers	אֲמֵהוֹת	
to bless	לְבָרֵךְ		our mothers	אֲמוֹתֵינוּ	
from generation to generation	לְדוֹר וָדוֹר		Amen	אָמֵן	
for their generations	לְדוֹרֵתָם		we	אֲנַחְנוּ	
to thank	לְהוֹדוֹת		you (are)	אַתָּה	
to save	לְהוֹשִׁיעַ		come	בָּאִי	ב
go	לֵכָה		in truth	בְּאֵמֶת	
eternally	לְעוֹלָם		come	בּוֹאֲכֶם	
to make	לַעֲשׂוֹת		the children of	בְּנֵי	
thank, give thanks	מוֹדִים	מ	in your eyes	בְּעֵינֶיךָ	
give life	מַחְיָה		with compassion, mercy	בְּרַחֲמִים	
who is like you?	מִי כִמוֹךָ		covenant	בְּרִית	
angels of	מַלְאָכֵי		bless me	בְּרַכּוּנִי	
ruler	מֶלֶךְ		with your peace	בְּשְׁלוֹמְךָ	
Ruler of rulers	מֶלֶךְ מַלְכֵי הַמְּלָכִים		might, powerful	גִּבּוֹר	ג
we will tell	נִגִּיד	נ	your greatness	גְּדֻלָּךְ	
we will thank, give thanks	נוֹדֶה		my beloved	דּוּדִי	ד
let us receive	נִקְבְּלָה		the earth	הָאָרֶץ	ה
let us sanctify	נִקְדָּשׁ		the mighty	הַגִּבּוֹר	
you gave	נָתַתָּ		the great	הַגָּדוֹל	
helper	עוֹזֵר	ע	the Holy Blessed One	הַקְּדוֹשׁ בְּרוּךְ הוּא	
eternal	עוֹלָם		the heavens	הַשָּׁמַיִם	
supreme	עֲלִיוֹן		and a love of kindness	וְאַהֲבַת חֶסֶד	ו
upon you	עֲלֵיכֶם		and say	וְאָמְרוּ	
for us, on us	עֲלֵינוּ		and the awesome	וְהַנּוֹרָא	
your people	עַמְּךָ		and may it be good	וְטוֹב	
makes	עֲשָׂה		(they) will praise	וְיִהְלְלוּ	
the face of	פָּנָי	פ	and shield	וּמִגֶּן	
depart	צֵאתְכֶם	צ	and rescuer	וּמוֹשִׁיעַ	
great	רָב	ר	and for, and on	וְעַל	
Rebecca	רִבְקָה		and shall keep	וְשָׁמְרוּ	
Rachel	רָחֵל		remember	זָכוֹר	ז
rested	שָׁבַת	ש	life, the living	חַיִּים	ח
grant, put	שִׁים		graciousness	חֵן	
peace	שָׁלוֹם		acts of loving-kindness	חֲסִדִּים טוֹבִים	
keep	שָׁמֹר		goodness	טוֹבָה	ט
your name	שִׁמְךָ		the seventh day	יוֹם הַשְּׁבִיעִי	י
Sarah	שָׂרָה		will rule	יִמְלֹךְ	
your praises	תְּהִלָּתְךָ	ת	Jacob	יַעֲקֹב	
Torah of life	תּוֹרַת חַיִּים		(will) make	יַעֲשֶׂה	
			Isaac	יִצְחָק	