



# וְזֹאת הַתּוֹרָה עֵץ חַיִּים הִיא עַל שְׁלֹשָׁה דְּבָרִים וְזֹאת הַתּוֹרָה

What's the most recent honor you received that made you proud? Maybe it was a diploma, or a pennant from the county softball tournament, or a trophy for best project at the science fair. You might have held up your diploma for everyone to see, or taken a team photo with the pennant, or polished your trophy until it sparkled!

The Jewish people are proud of the Torah, and each time after it is read, we lift it up high so the congregation can see the inside of the scroll. The honor of lifting up the Torah is called *hagbahah*. We proudly raise the Torah to show symbolically that the words we just read aloud are the same words that Moses spoke to the Israelites in the wilderness almost 3,500 years ago.

Practice reading וְזֹאת הַתּוֹרָה aloud.

1. וְזֹאת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה לִפְנֵי בְנֵי יִשְׂרָאֵל,
2. עַל-פִּי יְיָ בְּיַד-מֹשֶׁה.

And this is the Torah that Moses placed before the people of Israel,  
by the word of Adonai through Moses.

## PRAYER DICTIONARY

וְזֹאת

and this is

שָׁם

placed, put

מֹשֶׁה

Moses

לִפְנֵי

before

בְּנֵי

people of

יִשְׂרָאֵל

Israel

## SEARCH AND CIRCLE

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

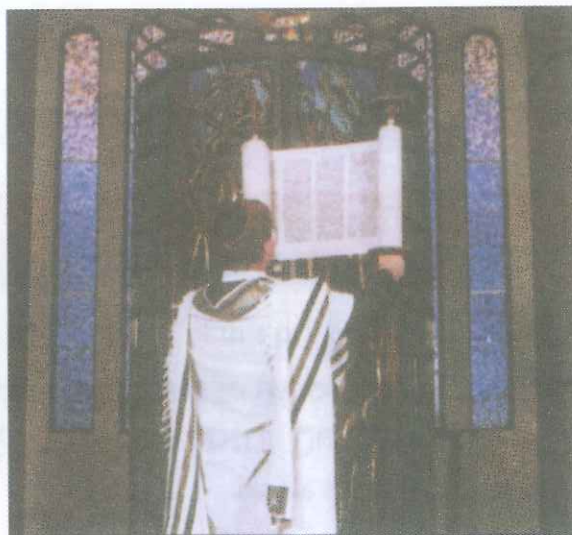
and this is      וְזֹאת      וְנָתַן

placed, put      שָׁם      בָּחַר      עוֹשֶׂה

Moses      מֹשֶׁה      מֶלֶךְ      מַצִּיּוֹן

before      לָנוּ      לִפְנֵי      בְּנוֹ

Israel      יִשְׂרָאֵל      לְעוֹלָם וָעֶד      אֲבוֹתֵינוּ



We hold the Torah up  
high for the entire  
congregation to see.

## WHAT'S MISSING?

Fill in the missing Hebrew words to complete the prayer.

וְזֹאת      אֲשֶׁר-שָׁם      \_\_\_\_\_  
לִפְנֵי      בְּנֵי      \_\_\_\_\_,      עַל-פִּי      יי  
בִּיד-      \_\_\_\_\_





# Prayer Building Blocks

## וְזֹאת הַתּוֹרָה "and this is the Torah"

וְזֹאת means "and this is."

ו means \_\_\_\_\_.

זֹאת means \_\_\_\_\_.

ה means \_\_\_\_\_.

וְזֹאת הַתּוֹרָה means \_\_\_\_\_.

### FROM THE SOURCES

וְזֹאת הַתּוֹרָה is taken from the Torah. Below are three verses from the Torah. Find and underline all the words of וְזֹאת הַתּוֹרָה. (Remember: ו can also be written יְהוָה.) Practice reading all the lines aloud.

וְזֹאת הַתּוֹרָה אֲשֶׁר-שָׁם

44

Deuteronomy 4:44-45

מֹשֶׁה לִפְנֵי בְנֵי יִשְׂרָאֵל: אֵלֶּה הָעֲדוֹת

וְהַחֲקִים וְהַמִּשְׁפָּטִים אֲשֶׁר דִּבֶּר מֹשֶׁה

אֶל-בְּנֵי יִשְׂרָאֵל בְּצֵאתָם מִמִּצְרָיִם:

Numbers 9:23

23 אֶת-מִשְׁמֶרֶת יְהוָה שָׁמְרוּ עַל-פִּי יְהוָה בְּיַד-

מֹשֶׁה:

## “that Moses placed” אֲשֶׁר־שָׂם מֹשֶׁה

שָׂם means “placed” or “put.”

מֹשֶׁה means “Moses.”

What did Moses place? Write your answer in Hebrew. \_\_\_\_\_

Read these sentences aloud and underline the Hebrew word for Moses in each one.

1. וַיְהִי בְּנִסְעַ הָאָרֶץ וַיֹּאמֶר מֹשֶׁה

2. לֹא קָם בְּיִשְׂרָאֵל כְּמֹשֶׁה עוֹד נָבִיא, וּמִבִּיט אֶת תְּמוּנָתוֹ

3. בָּרוּךְ אַתָּה יי, הַבּוֹחֵר בַּתּוֹרָה וּבְמֹשֶׁה עַבְדּוֹ...

וּבְנִבְיָאֵי הָאֱמָת וְצֶדֶק

4. תּוֹרָה צִוָּה לָנוּ מֹשֶׁה, מוֹרְשָׁה קְהֵלֶת יִעֲקֹב

## “before the people of Israel” לִפְנֵי בְּנֵי יִשְׂרָאֵל

לִפְנֵי means “before.”

בְּנֵי יִשְׂרָאֵל means “the people of Israel.”

Read the underlined part of this prayer:

וְזֹאת הַתּוֹרָה אֲשֶׁר־שָׂם מֹשֶׁה לִפְנֵי בְּנֵי יִשְׂרָאֵל,

עַל־פִּי יי בְּיַד־מֹשֶׁה.

We translate these words as “by the word of Adonai through Moses.”

- Circle the Hebrew word for Adonai in the underlined part of the Hebrew prayer above.
- Put a star above the Hebrew word for Moses.
- Whose words or mitzvot are contained in the Torah?

Write your answer in Hebrew. \_\_\_\_\_

- Who brought those words or mitzvot to the people?

Write your answer in Hebrew. \_\_\_\_\_

FROM

הַתּוֹרָה

Find an

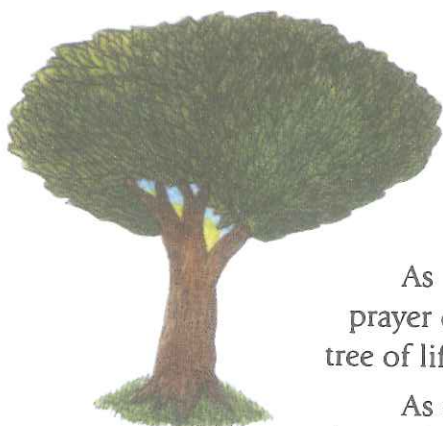
written

Deuteronom

Numbers



## עץ חיים היא



Before returning the Torah to the Ark, we roll it and dress it again in its cover and ornaments. The honor of rolling and dressing the Torah is called *g'lilah*.

As it is returned to the Ark, we sing **עץ חיים היא**, a prayer of rich language and imagery comparing the Torah to a tree of life.

As a tree is a living thing, with roots that reach down into the earth and branches that reach up to the sun, so is the Torah a living thing symbolically. Its roots reach back to our ancestors who first received it and followed its commandments. Its branches are the generations that continue to read it and believe in its teachings. By carrying on the tradition of reading and studying Torah, and by passing that tradition on to future generations, we strengthen our roots and allow our Jewish heritage to grow, to flourish, and to live on forever.

Practice reading **עץ חיים היא** aloud.

1. עץ-חיים היא למחזיקים בה, ותמכיה מאשר.
2. דרכיה דרכי-נעים, וכל-נתיבותיה שלום.

*It (the Torah) is a tree of life to those who uphold it, and those who support it are happy.  
Its ways are ways of pleasantness and all its paths are peace.*

# PRAYER DICTIONARY

עץ

tree

חַיִּים

(of) life

מְאֻשֶּׁר

happy

דְּרָכֶיהָ

its ways

דְּרָכֶי

ways of

נֶעֱם

pleasantness

שָׁלוֹם

peace

## MATCH GAME

Connect each Hebrew word to its English meaning.

pleasantness

its ways

ways of

happy

tree

עץ

מְאֻשֶּׁר

דְּרָכֶיהָ

דְּרָכֶי

נֶעֱם



This rabbi and cantor roll the Torah before dressing it and returning it to the Ark.

## DESCRIPTIVE WORDS

Fill in the English meanings for the Hebrew words describing the Torah.

חַיִּים

\_\_\_\_\_

מְאֻשֶּׁר

\_\_\_\_\_

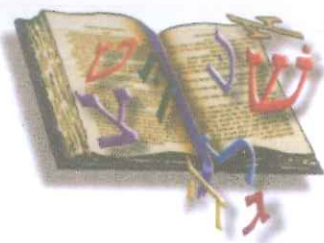
נֶעֱם

\_\_\_\_\_

שָׁלוֹם

\_\_\_\_\_





# Prayer Building Blocks

עץ חיים היא למחזיקים בה

"it is a tree of life to those who uphold it"

עץ means \_\_\_\_\_.

חיים means \_\_\_\_\_.

Why do *you* think the Torah is compared to a tree?

\_\_\_\_\_

Fill in the missing words in English.

The Torah is a \_\_\_\_\_ to those who uphold it.

Now fill in the missing words in Hebrew.

היא למחזיקים בה. \_\_\_\_\_



## DID YOU KNOW?

The two wooden rollers to which the Torah parchment is attached are also called עצי חיים (the plural of עץ חיים), trees of life.

Why is this an appropriate name for the rollers?

\_\_\_\_\_

מאשר "happy"

מאשר means "happy."

אשר means "happiness."

Read the following lines aloud and circle the words meaning "happy."

אשרי יושבי ביתך עוד יהללוך סלה.

אשרי העם שפכה לו אשרי העם שיי אלהיו.

How many words did you circle? \_\_\_\_\_

## “its ways are ways of pleasantness” דְּרָכֶיהָ דְּרָכֵי נֵעַם

דְּרָכֶיהָ means “its ways.”

דְּרָכֵי means “ways of.”

Both words are variations of דֶּרֶךְ (“road” or “way”). Circle the three letters meaning “road” or “way” in the words below.

דְּרָכֶיהָ דְּרָכֵי

Read the two sentences below and circle the words meaning “road” or “way.”

1. צִדִּיק יֵי בְּכָל דְּרָכָיו, וְחָסִיד בְּכָל מַעֲשָׂיו
2. בְּשַׁבָּתָהּ בְּבֵיתָהּ וּבְלֶכְתָּהּ בְּדֶרֶךְ וּבְשֹׁכְבָּהּ וּבְקוּמָהּ

### FROM THE SOURCES

עֵץ חַיִּים הִיא is taken from the תַּנְ"ךְ (Proverbs 3).

Below is the excerpt from Proverbs in which עֵץ חַיִּים הִיא is found.

Underline all the words of the עֵץ חַיִּים הִיא prayer. Then read the Biblical excerpt.

16 אֲרֹךְ יָמִים בִּימִינָהּ  
בְּשִׁמְאוּלָהּ עֶשֶׂר וְכָבוֹד:  
17 דְּרָכֶיהָ דְּרָכֵי-נֵעַם  
וְכָל-נְתִיבוֹתֶיהָ שְׁלוֹם:  
18 עֵץ-חַיִּים הִיא לַמַּחְזִיקִים בָּהּ  
וְתַמְכֶּיהָ מֵאֲשֶׁר:

How does the order of the verses in the תַּנְ"ךְ differ from our version in the siddur?



# עַל שְׁלֹשָׁה דְּבָרִים



If someone were to ask you what three things you need in order to live, you might answer, "food, clothing, and shelter," or maybe "air, light, and water," or even "television, CDs, and computers"! But when we think in terms of our Jewish heritage, the answer is in the prayer **עַל שְׁלֹשָׁה דְּבָרִים**.

This prayer tells us that as Jews, the three most important things our world depends on are Torah, worship, and acts of kindness. While food, clothing, shelter, and air keep our bodies alive, our souls, our heritage, and our strength as a people depend on these three things: the teachings of the Torah, believing in and serving God, and acts of goodness toward others.

**Practice reading עַל שְׁלֹשָׁה דְּבָרִים aloud.**

1. עַל שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד:
2. עַל הַתּוֹרָה וְעַל הָעֲבוּדָה וְעַל גְּמִילוּת חֲסָדִים.

*The world stands on three things:  
On Torah, on worship, and on acts of loving-kindness.*

# PRAYER DICTIONARY

על

on

שלושה

three

דברים

things

העולם

the world

עומד

stands

התורה

the Torah

העבודה

the worship

גמילות חסדים

acts of  
loving-kindness

## FILL IN THE BLANKS

According to על שלושה דברים, the world of Judaism stands on three pillars.

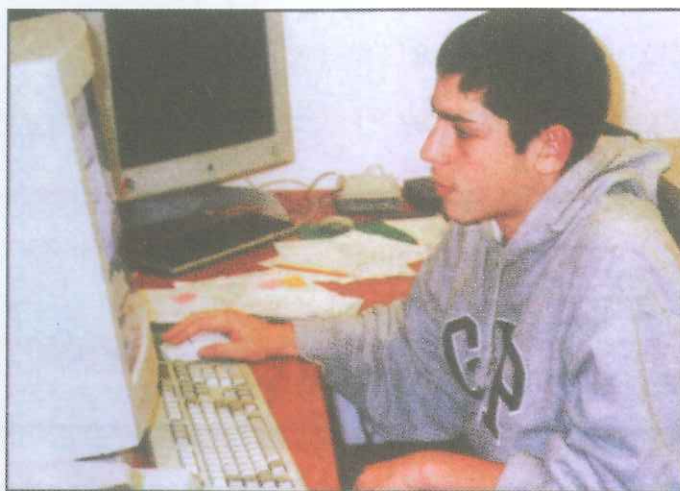
Write the English meaning above each Hebrew word below.

העולם

גמילות חסדים

העבודה

התורה



The very same computer you use to write an English paper or order a CD can become a "mitzvah machine" when you use it to search the web for organizations that help those in need.

## WHAT'S WRONG?

Cross out the English words in each line that do *not* mean the same as the Hebrew. Think carefully!

the Humash

the Five Books  
of Moses

the Torah

התורה

the worship

the Torah

the praying

העבודה

our ancestors

good deeds

acts of  
loving-kindness

גמילות  
חסדים





# Prayer Building Blocks

## על שלשה דברים "on three things"

על means \_\_\_\_\_.

שלשה means \_\_\_\_\_.

Fill in the missing Hebrew word below. Then read the numbers 1-10 in Hebrew.

- |          |          |          |          |
|----------|----------|----------|----------|
| 1. אחד   | 4. ארבעה | 7. שבעה  | 10. עשרה |
| 2. שנים  | 5. חמשה  | 8. שמונה |          |
| 3. _____ | 6. ששה   | 9. תשעה  |          |

דבר is the plural of דברים.

דבר means "thing."

דברים means "things."

Circle the part of the word that shows it is plural. דברים

## העולם עומד "the world stands"

העולם means "the world."

ה means \_\_\_\_\_.

עולם means \_\_\_\_\_.

עמד ("stands") is built on the root עמד.

The root of עמידה is \_\_\_\_\_.

How did the עמידה prayer get its name?

## “on the Torah” על התורה

We know that התורה means “the Torah.”

But התורה is not just the scroll we read.

תורה means studying the writings of the Torah and learning from it how to worship God (העבודה) and how to be a good person (חסדים).

How can studying the Torah teach us how to act toward God and toward other people?

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Read the ברכה that we say before studying the Torah.

ברוך אתה, יי אלהינו, מלך העולם,  
אשר קדשנו במצותיו וצונו לעסוק בדברי תורה.

## “the worship” העבודה

העבודה is made up of two parts.

ה means \_\_\_\_\_.

עבודה means “worship” or “service to God.”

העבודה means \_\_\_\_\_.

The root of עבודה is עבד.

When a word has the root עבד, this tells us that “worship” or “work” is part of its meaning.



In each sentence below circle the word with the root עבד. Practice reading the sentences aloud.

1. מי שַׁעֲשָׂה נְסִים לְאֲבוֹתֵינוּ וְגָאֵל אוֹתָם מֵעֲבָדוֹת לְחֵרוֹת.
2. הִלְלוּהָ; הִלְלוּ, עֲבָדֵי יי, הִלְלוּ אֶת שֵׁם יי.
3. עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל הַנְּבִיאִים, וְעַל יוֹם הַשַּׁבָּת הַזֶּה.
4. וְתִהְיֶה לְרֹצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
5. בְּרוּךְ אַתָּה יי, הַבּוֹחֵר בַּתּוֹרָה, וּבִמְשָׁה עֲבָדוֹ.

There are two kinds of mitzvot in the Torah—mitzvot that people do to serve God (ritual mitzvot), and mitzvot that people do to serve one another (ethical mitzvot).

Here are two examples of mitzvot we do to serve God.

Can you think of two more?

- |                           |          |
|---------------------------|----------|
| 1. Light Shabbat candles  | 3. _____ |
| 2. Eat a meal in a sukkah | 4. _____ |

### חֲסָדִים "acts of loving-kindness" גְּמִילוּת חֲסָדִים

חֲסָדִים is the plural of חֶסֶד.

חֶסֶד means "good deed" or "act of loving-kindness."

חֲסָדִים means "good deeds" or "acts of loving-kindness."

Circle the part of the word that shows it is plural. חֲסָדִים

Here are two examples of mitzvot we do to serve other people.

Can you think of two more?

- |                    |          |
|--------------------|----------|
| 1. Give tzedakah   | 3. _____ |
| 2. Feed the hungry | 4. _____ |

## FLUENT READING

Each line below contains a word you know. Practice reading the lines.

1. תְּהִלַּת יְיָ יִדְבָּר פִּי, וַיְבָרֶךְ כָּל בֶּשָׂר שֵׁם קִדְּשׁוֹ  
לְעוֹלָם וָעֶד.

2. וַדְּבַר אֶחָד מִדְּבָרֶיךָ אַחֲזֹר לֹא יֵשׁוּב רִיקָם.

3. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעָלָם.

4. שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת  
הָאֲדָמָה.

5. שְׁלֹשָׁה מִי יוֹדֵעַ? שְׁלֹשָׁה אֲנִי יוֹדֵעַ.  
שְׁלֹשָׁה אָבוֹת, שְׁנֵי לַחֹת הַבְּרִית,  
אֶחָד אֱלֹהֵינוּ שְׁבַשְׁמִים וּבְאֶרֶץ.

6. וְלִקְיָם אֶת כָּל דְּבָרֵי תִלְמוּד תּוֹרָתְךָ בְּאַהֲבָה.

7. בָּרוּךְ אַתָּה, יְיָ, גּוֹמֵל חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל.



# עֲלִינוּ

6



**I**n what ways can someone pledge loyalty? Soldiers in the military promise to defend their country. A bride and groom pledge their loyalty to each other under the *huppah*. You and your best friend might make a pact to stay best friends forever.

For the Jewish people, **עֲלִינוּ**, one of the concluding prayers of the service, is a pledge of loyalty to God. In it, we praise God as the one Creator and Ruler, and we unite in our recognition of our one God. During the prayer, we bend our knees and bow to show our respect and honor for God.

Practice reading these excerpts from **עֲלִינוּ** aloud.

1. עֲלִינוּ לְשִׁבְחָה לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית...
2. וְאֶנְחֲנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא...
3. וְנֹאמַר: יְהִי יי לְמֶלֶךְ עַל-כָּל-הָאָרֶץ בַּיּוֹם הַהוּא יְהִי יי אֶחָד וּשְׁמוֹ אֶחָד.

*It is our duty to praise the God of all, to praise the Creator of the universe...  
We bend the knee, bow, and give thanks before the Ruler of rulers,  
the Holy One, who is blessed...  
And it is said: Adonai will rule all the land.  
On that day, Adonai will be One and God's name will be One.*

## PRAYER DICTIONARY

עָלֵינוּ

it is our duty

לְשַׁבַּח

to praise

(ל) אֱלֹהִים

God

הַכֹּל

of all

וְאֵנָּחוּנוּ

and we

וּמוֹדִים

and thank

מֶלֶךְ מְלָכֵי  
הַמְּלָכִים

Ruler of rulers

הָאָרֶץ

the land

בְּיוֹם הַהוּא

on that day

יִהְיֶה

will be

## FREE CHOICE

Pick four words from the Prayer Dictionary and write them below in Hebrew and English.

English

Hebrew

\_\_\_\_\_

\_\_\_\_\_

.1

\_\_\_\_\_

\_\_\_\_\_

.2

\_\_\_\_\_

\_\_\_\_\_

.3

\_\_\_\_\_

\_\_\_\_\_

.4



A bride and groom pledge their loyalty to one another under a *huppah*.

## PRAYER BACKGROUND

עָלֵינוּ is one of our most ancient prayers. We are not sure who wrote it or when, but we believe it is about 2,000 years old. In the third century C.E., עָלֵינוּ was included in the Rosh Hashanah service, and around the 13th century it became part of the daily prayer service. עָלֵינוּ came to be recited by Jewish men and women who, over the centuries, were condemned to death for refusing to convert to other religions. These Jews defiantly sang out their belief in one God and the greatness of God, and their hope for a perfect world.



## VOCABULARY REVIEW

You have already learned many of the words in the עֲלֵינוּ prayer.  
Here is a list of some of the familiar words.

- |                   |                            |                          |
|-------------------|----------------------------|--------------------------|
| 11. גְּדֻלָּה     | 6. לְ, לִ                  | 1. עֲלֵינוּ              |
| 12. הַכֹּל (כָּל) | 7. וְעַל                   | 2. מֶלֶךְ                |
| 13. מוֹדִים       | 8. לִפְנֵי                 | 3. בְּרֵאשִׁית           |
| 14. אֶחָד         | 9. וְשִׁמוֹ (שֵׁם)         | 4. בְּרוּךְ              |
|                   | 10. הַקְדוֹשׁ (קֹדֶשְׁנוּ) | 5. לָתֵת (נָתַן, נוֹתֵן) |

In each prayer excerpt below, underline the words that appear in the list above. Circle each word on the list as you find it in the prayer excerpt. Then read each line.

1. בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם
2. הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל
3. אֲשֶׁר שֵׁם מִשָּׁה לִפְנֵי בְּנֵי יִשְׂרָאֵל
4. וְכִרּוֹן לְמַעֲשֵׂה בְּרֵאשִׁית
5. בְּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה
6. לָךְ יְיָ הַגְּדֻלָּה וְהַגְּבוּרָה
7. אֲשֶׁר קֹדֶשְׁנוּ בְּמִצּוֹתָיו
8. יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד
9. בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ
10. מוֹדִים אֲנִיחֵנוּ לָךְ



## Prayer Building Blocks

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל

**"it is our duty to praise the God of all"**

עֲלֵינוּ לְשַׁבַּח means "it is our duty to praise."

Who are we praising in עֲלֵינוּ? \_\_\_\_\_

The word עֲלֵינוּ, we have learned, means "on us" or "for us."

Read the following excerpt from the prayer עֲשֵׂה שָׁלוֹם.

הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל

*God will make peace for us and for all Israel.*

But in the עֲלֵינוּ prayer, in order to make the sentence flow, we translate the word עֲלֵינוּ as: "It is our duty."

וְאִנַּחֲנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים

**"and we bend the knee and bow and thank God"**

כוֹרְעִים וּמִשְׁתַּחֲוִים means "bend the knee and bow."

וּמוֹדִים means "and give thanks."

י means \_\_\_\_\_.

מוֹדִים means \_\_\_\_\_.

Do you know the word תְּנוּדָה? What does it mean? \_\_\_\_\_

What is the connection to the word מוֹדִים? \_\_\_\_\_



## HOW TO BOW

When we recite **עֲלֵינוּ**, we bend our knees at the word **בּוֹרְעִים**, bow slightly at the word **וּמִשְׁתַּחֲוִים**, and then stand upright at the word **לִפְנֵי**. In this way we act out the words of the prayer.

Write the name of another prayer in which we bow to God.

(Hint: It's also called the Standing Prayer.) \_\_\_\_\_

Why do you think we bow during these prayers?

---

**לִפְנֵי מֶלֶךְ מְלָכֵי הַמְּלָכִים** “before the Ruler of rulers”

**לִפְנֵי** means “before.”

We bow down before the *Ruler of rulers*.

Write the three Hebrew words that mean “Ruler of rulers.”

\_\_\_\_\_

Each of these words has the root \_\_\_\_\_.

Who is **מֶלֶךְ מְלָכֵי הַמְּלָכִים**? \_\_\_\_\_



This boy joins the community in support of Israel at an Israel Day Parade.

בְּיוֹם הַהוּא יִהְיֶה יְיָ אֶחָד וּשְׁמוֹ אֶחָד

**"on that day, Adonai will be one and God's name will be one"**

בְּיוֹם הַהוּא means "on that day."

יוֹם means "day."

Read the names of the days of the week in Hebrew.

Fill in the missing English word.

יום ראשון	יום שני	יום שלישי	יום רביעי	יום חמישי
Sunday	Monday	Tuesday	Wednesday	Thursday
יום ששי	יום שבת			
Friday				

### PRAYING TOGETHER

When we say עָלֵינוּ together we are praying as a community. Many words in עָלֵינוּ end with the suffix נוּ ("us" or "our"). Praying together as a group can give us a feeling of belonging to the congregation. We realize we are not alone in our prayers.

Below are the first lines of עָלֵינוּ. Circle all the words with the suffix נוּ.

1. עָלֵינוּ לְשִׁבְחָ לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית,
2. שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
3. הָאֲדָמָה, שְׁלֹא שָׁם חָלַקְנוּ כָּהֵם וְגִרְלָנוּ כְּכֹל־הַמוֹנֵם.

How many words did you circle? \_\_\_\_\_

Why do you think it is important to pray as a community?

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## An Ethical Echo

The Book of Genesis tells us that God's greatest creations were man and woman, who were created in God's image—**בְּצֶלֶם אֱלֹהִים**. Our tradition teaches us that by *image*, we don't mean physical appearance—since God has no physical form—but rather, God's attributes of wisdom, kindness, righteousness, and fairness.

### Think About This!

We are all created in God's image, but what does this mean? It means that we are all created with the ability to reflect God's ways, and to choose between right and wrong. Why, then, is it sometimes hard for us to treat everyone with the same respect and tolerance? If one of your classmates wears unusual clothing or needs a cane to get around school, you may feel uncomfortable. Perhaps you even treat this classmate differently as a result. What do you think the expression "beauty is only skin deep" means? Can you think of other expressions that have the same message? What are they?

Make up your own expression and explain it below.

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It is important to be well groomed, but it is even more important to take the actions that make us beautiful inside.



Practice reading the following verses from **עֲלֵינוּ**.

1. עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית,
2. שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
3. הָאֲדָמָה, שְׁלֹא שָׁם חָלְקָנוּ כָּהֶם, וְגוֹרְלָנוּ כְּכָל־הַמוֹנִם.
4. וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
5. לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא,
6. שֶׁהוּא נוֹטֶה שָׁמַיִם וְיוֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם
7. מִמַּעַל, וְשֹׁכֵנֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים. הוּא אֱלֹהֵינוּ, אֵין
8. עוֹד. אֱמֶת מַלְכָּנוּ, אָפֶס זוּלָתוֹ, כְּכַתוּב בְּתוֹרָתוֹ: וַיִּדְעָתָ
9. הַיּוֹם וְהִשְׁבַּתָּ אֶל לְבָבְךָ, כִּי יְיָ הוּא הָאֱלֹהִים בַּשָּׁמַיִם
10. מִמַּעַל וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.
11. וְנֶאֱמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל־הָאָרֶץ, בַּיּוֹם הַהוּא
12. יִהְיֶה יְיָ אֶחָד וּשְׁמוֹ אֶחָד.





# קדיש

7

How unusual would a love song be if it didn't mention love? Or a movie about surfing that didn't show one surfboard? Surprisingly, the Mourner's קדיש, a prayer said in memory of those who have died, doesn't mention death at all. Instead, it praises God, speaks of God's holiness, and expresses our longing for peace on earth. At our saddest moments, we speak words of promise and of hope.

Practice reading the Mourner's Kaddish aloud.

1. יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא
2. בְּעֶלְמָא דִּי בָּרָא כְּרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ
3. בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,
4. בְּעָגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.
5. יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא.
6. יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
7. וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא, בְּרִיךְ הוּא.
8. לְעָלְמָא מִן כָּל-בִּרְכָתָא וְשִׁירָתָא,
9. תִּשְׁבַּחְתָּא וְנִחְמַתָּא דְּאָמִירָן בְּעֶלְמָא, וְאָמְרוּ אָמֵן.
10. יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
11. וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
12. עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם
13. עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.



Judaism teaches us the importance of comforting those who have suffered a loss, for them and for us.

*May God's name be great and may it be made holy  
in the world created according to God's will. May God rule  
in our own lives and our own days, and in the life of all the house of Israel,  
swiftly and soon, and say, Amen.  
May God's great name be blessed forever and ever.  
Blessed, praised, glorified, exalted, extolled,  
honored, magnified, and adored be the name of the Holy One, blessed is God,  
though God is beyond all the blessings, songs,  
adorations, and consolations that are spoken in the world, and say, Amen.  
May there be great peace from heaven  
and life for us and for all Israel, and say, Amen.  
May God who makes peace in the heavens, make peace  
for us and for all Israel. And say, Amen.*





### DID YOU KNOW?

Did you notice something different about the language of the קדיש? Most of the words in the קדיש are Aramaic. Aramaic is a language similar to Hebrew that was spoken by the Jews at the time of Ezra in the fifth century B.C.E. and for about a thousand years thereafter. The last two lines of the קדיש are written in Hebrew. Do you recognize them?

### THE HEBREW-ARAMAIC CONNECTION

The words in the Kaddish may look difficult but, in fact, you already know many of them!

In the right-hand column are Hebrew prayer words you have already learned. In the left-hand column are related Aramaic words from the Kaddish.

Write the number of the Hebrew word next to its related Aramaic word. (Hint: Look for related roots.)

ARAMAIC		HEBREW	
בְּרִיךְ	_____	גִּדְלָה	1.
בְּעֻלְמָא	_____	קִדְשָׁנוּ	2.
וּבְחַיֵּי	_____	הָעוֹלָם	3.
יִתְגַּדֵּל	_____	מֶלֶךְ	4.
קִדִּישׁ, וְיִתְקַדֵּשׁ	_____	חַיִּים	5.
וְיִמְלִיךְ	_____	בְּרוּךְ	6.
שְׁלָמָא	_____	שָׁלוֹם	7.

### PRAYER DICTIONARY

קִדִּישׁ

holy

יִתְגַּדֵּל

will be great

וְיִתְקַדֵּשׁ

and will be holy

שְׁמָהּ

God's name

בְּעֻלְמָא

in the world

וְיִמְלִיךְ

and will rule

מַלְכוּתָהּ

God's kingdom

# PRAYER DICTIONARY

וּבְחַיֵּי

and in the life of

לְעֵלָם

forever

וְיִשְׁתַּבַּח

and will be praised

בְּרִיךְ

blessed

בְּרִכְתָּא

blessing

שְׁלָמָא

peace

## ROOT SEARCH

Write the root for each of the Aramaic words below.

### ROOT

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### ARAMAIC WORD

בְּרִיךְ  
מְלֻכּוּתָהּ  
יְתַגְדֵּל  
בְּרִכְתָּא  
וְיִמְלִיךְ  
קְדִישׁ, וְיִתְקַדֵּשׁ  
שְׁלָמָא

Choose any four roots from above and write the English meaning.

### ENGLISH MEANING

_____
_____
_____
_____

### ROOT

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## WORD MATCH

Draw a line from the Aramaic word to its English meaning.

forever

קדיש

(God's) kingdom

ברוך

holy

לעלם

blessed

מלכותה

(God's) name

שלמא

and will be praised

שמה

will be great

וישתבח

peace

יתגדל

and will be holy

ברכתא

and will rule

ובחוי

blessing

וימליך

and in the life of

ויתקדש

How, in a time of mourning,  
might paying attention to the  
grandeur of nature fill us  
with hope?



## THE THEME OF THE PRAYER

We have learned that the Mourner's Kaddish is said in memory of someone who has died, yet it contains no mention of death.

Reread the English translation of the Kaddish on page 69. Pay attention to the tone and mood of the prayer. Then do the following exercise.

1. Fill in the blank by choosing the correct word.

The Kaddish is a prayer of \_\_\_\_\_ to God. (thanks/praise/request)

2. Choose four words from the English translation of the prayer that illustrate your answer to number 1.

\_\_\_\_\_

3. The Kaddish ends on a hopeful, optimistic note.

It ends with a wish for \_\_\_\_\_.

Why do you think the Kaddish ends with this wish?

\_\_\_\_\_

4. Why do you think the Kaddish is recited by mourners even though it does not mention death?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## KADDISH QUIZ

Read the קדיש and find the answers to the questions that appear on the opposite page.

1. יתגדל ויתקדש שמה רבא
2. בעלמא די בר א ברעויה, וימליך מלכותה
3. בחיכון וביומיכון ובחיי דכל-בית ישראל,
4. בעגלא ובזמן קריב, ואמרו אמן.
5. יהא שמה רבא מברך לעלם ולעלמי עלמיא.
6. יתברך וישתבח ויתפאר ויתרומם ויתנשא
7. ויתהדר ויתעלה ויתהלל שמה דקדשא, בריך הוא.
8. לעלא מן כל-ברכתא ושירתא,
9. תשבחתא ונחמתא דאמירן בעלמא, ואמרו אמן.
10. יהא שלמא רבא מן שמיא
11. וחיים עלינו ועל-כל-ישראל, ואמרו אמן.
12. עשה שלום במרומיו הוא יעשה שלום
13. עלינו ועל-כל-ישראל, ואמרו אמן.

1. Circle all the words in the קדיש that have the root קדש.

How many words did you circle? \_\_\_\_\_

What does the root קדש mean? \_\_\_\_\_

2. Put a <sup>★</sup> above all the words with the root ברכ.

How many words did you star? \_\_\_\_\_

What does the root ברכ mean? \_\_\_\_\_

3. Three words in the קדיש mean "life." Write them here.

\_\_\_\_\_

4. Peace is an important concept in the קדיש. Write the Hebrew word for "peace." \_\_\_\_\_

This word—or a variation—appears three times near the end of the קדיש.

Put a box around each one.

5. We know that כל means \_\_\_\_\_.

Now underline כל or כל wherever it appears.

How many underlined words do you have? \_\_\_\_\_

6. עולם means "forever" or "world." This word appears five times, in a variety of forms, in the קדיש.

Write the five words here.

\_\_\_\_\_

\_\_\_\_\_



## ABOUT THE KADDISH

In this chapter we have learned about the Mourner's קדיש. But there are other versions of the קדיש, for example the חצי קדיש ("half Kaddish"), which is only slightly shorter. The קדיש divides up the service, almost the way a file divider separates the subjects in your school binder. It indicates the end of one section of the service and the beginning of the next.

We are not sure who wrote the קדיש or when. It probably developed over hundreds of years. We do know that almost 800 years ago the קדיש came to be the prayer said by mourners.

In some congregations, only the mourners and those observing *yahrzeit*—the anniversary of a loved one's death—stand as they recite the קדיש. In other congregations, everyone stands as a sign of support for the mourners and to remember those who died in the Holocaust.

We say the קדיש only in the presence of a מניין. As the mourners rhythmically chant the prayer, the congregation publicly acknowledges God's greatness. Although the Mourner's קדיש is recited in memory of the dead, its words also give strength to the living.

Below are the last two lines of the קדיש.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם  
עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

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

עֲשֵׂה שָׁלוֹם is the same sentence that concludes both the עמידה and ברכת המזון (Grace After Meals). When we say עֲשֵׂה שָׁלוֹם at the end of the קדיש and the עמידה, it is traditional to take three steps backward, then to bow to the left, to the right, and then forward. It is as if the person praying is leaving the presence of a king or a queen. Who is the Ruler whose presence we are leaving? \_\_\_\_\_

Answer the following questions in Hebrew:

1. In עֲשֵׂה שָׁלוֹם, what do we ask God for? \_\_\_\_\_
2. For whom do we want peace? \_\_\_\_\_

## FLUENT READING

Each line below contains a word or phrase you know. Practice reading the lines.

1. תתגדל וְתתקדש בְּתוֹךְ יְרוּשָׁלַיִם עִירָךְ.
2. לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּךְ, וְלִנְצַח נִצָּחִים קִדְשָׁתְךָ נִקְדִּישׁ.
3. גָּדוֹל יְיָ וּמְהֵלָל מְאֹד וְלִגְדָּלְתוֹ אֵין חֶקֶר.
4. וְשִׁבְחָךְ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד.
5. עֲלֵינוּ לְשִׁבַּח לְאַדוֹן הַכֹּל לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית.
6. יִגְדֹּל אֱלֹהִים חַי וְיִשְׁתַּבַּח.
7. מַלְכוּתְךָ מַלְכוּת כָּל עֲלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל דּוֹר וָדוֹר.
8. הָבָא עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל לְטוֹבָה.
9. כִּי הַמַּלְכוּת שְׁלֹךְ הִיא וְלְעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד.
10. בְּרִכּוֹנִי לְשָׁלוֹם מִלְּאֲכִי הַשָּׁלוֹם מִלְּאֲכִי עֲלִיוֹן.



# אין פֿאלהינז



**T**hink about your favorite music. Why do you want to hear it over and over again? It could be the lyrics, the voice of the singer, the driving beat, or a memory it brings back. The **אין פֿאלהינז** hymn, sung at the conclusion of the service, has a joyful, repetitive rhythm that unites the voices of the congregation. Listen carefully the next time you hear it sung—it's hard not to join in! As we raise our voices to sing **אין פֿאלהינז**, we honor God in four ways—as our God, our Sovereign, our Ruler, and our Savior.

**Practice reading אין פֿאלהינז aloud.**

אין פֿאלהינז,  
אין פֿאלהינז,  
מי פֿאלהינז,  
מי פֿאלהינז,  
נוֹדָה לִפְנֵי פֿאלהינז,  
נוֹדָה לִפְנֵי פֿאלהינז,  
פֿאַר פֿאלהינז,  
פֿאַר פֿאלהינז,  
אַתָּה הוּא פֿאלהינז,  
אַתָּה הוּא פֿאלהינז.

*There is none like our God,  
There is none like our Ruler,  
Who is like our God?  
Who is like our Ruler?  
We will give thanks to our God,  
We will give thanks to our Ruler,  
Blessed is our God,  
Blessed is our Ruler,  
You are our God,  
You are our Ruler,*

1. אין פֿאלהינז,  
2. אין פֿאלהינז,  
3. מי פֿאלהינז,  
4. מי פֿאלהינז,  
5. נודָה לִפְנֵי פֿאלהינז,  
6. נודָה לִפְנֵי פֿאלהינז,  
7. פֿאַר פֿאלהינז,  
8. פֿאַר פֿאלהינז,  
9. אַתָּה הוּא פֿאלהינז,  
10. אַתָּה הוּא פֿאלהינז.

*There is none like our Sovereign,  
There is none like our Savior.  
Who is like our Sovereign?  
Who is like our Savior?  
We will give thanks to our Sovereign,  
We will give thanks to our Savior.  
Blessed is our Sovereign,  
Blessed is our Savior.  
You are our Sovereign,  
You are our Savior.*

## PRAYER DICTIONARY

אֵין כּ

there is none like

מִי כּ

who is like

נוֹדָה ל

we will give thanks to

אַתָּה הוּא

you are

אֱלֹהֵינוּ

our God

אֲדוֹנֵינוּ

our sovereign

מֶלֶכְנוּ

our ruler

מוֹשִׁיעֵנוּ

our savior

## SEARCH AND CIRCLE

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

our savior

אָבִינוּ

אֱלֹהֵינוּ

מוֹשִׁיעֵנוּ

there is none like

בָּרוּךְ שׁ

אֵין כּ

אַתָּה הוּא

our sovereign

אֲדוֹנֵינוּ

אֱלֹהֵינוּ

אֲבוֹתֵינוּ

our ruler

מֶלֶכְנוּ

קֹדֶשְׁנוּ

אֱלֹהֵינוּ

we will give  
thanks to

בָּרְכוּ אֶת

נוֹדָה ל

לְעַמּוֹ

you are

יְיָ אֶחָד

אַתָּה הוּא

עֲלֵינוּ

our God

מַלְכוּתוֹ

וְעֻזּוֹ

אֱלֹהֵינוּ

who is like

כִּי בָנוּ

נוֹדָה ל

מִי כּ



Joyous music can magically bring voices—and clapping hands—together.



## ARCHITECTURE OF THE PRAYER

See how carefully structured **אֵין בְּאֱלֹהֵינוּ** is.

Read the prayer across, line by line, then complete the activities that follow.

- |                          |                           |
|--------------------------|---------------------------|
| אֵין בְּאֱדוֹנֵינוּ,     | 1. אֵין בְּאֱלֹהֵינוּ,    |
| אֵין כְּמוֹשִׁיעֵנוּ.    | 2. אֵין כְּמִלְכֵנוּ,     |
| מִי בְּאֱדוֹנֵינוּ,      | 3. מִי בְּאֱלֹהֵינוּ      |
| מִי כְּמוֹשִׁיעֵנוּ.     | 4. מִי כְּמִלְכֵנוּ,      |
| נוֹדָה לְאֱדוֹנֵינוּ,    | 5. נוֹדָה לְאֱלֹהֵינוּ,   |
| נוֹדָה לְמוֹשִׁיעֵנוּ.   | 6. נוֹדָה לְמִלְכֵנוּ,    |
| בְּרוּךְ אֱדוֹנֵינוּ,    | 7. בְּרוּךְ אֱלֹהֵינוּ,   |
| בְּרוּךְ מוֹשִׁיעֵנוּ.   | 8. בְּרוּךְ מִלְכֵנוּ,    |
| אֲתָה הוּא אֱדוֹנֵינוּ,  | 9. אֲתָה הוּא אֱלֹהֵינוּ, |
| אֲתָה הוּא מוֹשִׁיעֵנוּ. | 10. אֲתָה הוּא מִלְכֵנוּ, |

1. Circle אֵין each time it appears.
2. Underline מִי each time it appears.
3. Put a box around נוֹדָה each time it appears.

In the spaces below, write the initial letters of the following words from **אֵין בְּאֱלֹהֵינוּ** to spell out a new, "secret" word:

אֵין מִי נוֹדָה

(Remember: ך at the end of a word is written ך.)

\_\_\_\_\_

Did you figure out the secret word? When do we say this word?



# Prayer Building Blocks

## אין "there is none like" כ

אין means "there is none."

כ is a prefix that means "like."

אין כ means \_\_\_\_\_.

Circle the Hebrew word and prefix meaning "there is none like" in the lines below.

אין כאלהינו אין כאדונינו

אין כמלכנו אין כמושיענו

## מי "who is like" כ

מי means "who is."

כ means "like."

Circle the word and prefix meaning "who is like" in the lines below.

מי כאלהינו מי כאדונינו

מי כמלכנו מי כמושיענו

## נוֹדָה ל "we will give thanks to" ל

נוֹדָה means "we will give thanks."

ל is a prefix that means \_\_\_\_\_.

Circle the word and prefix meaning "we will give thanks to" in the lines below.

נוֹדָה לאלהינו נוֹדָה לאדונינו

נוֹדָה למלכנו נוֹדָה למושיענו



## אַתָּה "you are" הוּא

Circle the Hebrew words that mean "you are" in the lines below.

אַתָּה הוּא אֲדוֹנֵינוּ      אַתָּה הוּא אֱלֹהֵינוּ  
אַתָּה הוּא מֶלֶכֵנו      אַתָּה הוּא מוֹשִׁיעֵנו.

### PREFIX REVIEW

In **אֵין בְּאֱלֹהֵינוּ**, two prefixes are repeated. They are **ב** and **ל**. Circle the prefix in each of these words:

בְּאֱלֹהֵינוּ      לְאֲדוֹנֵינוּ      לְמֶלֶכֵנו      כְּמוֹשִׁיעֵנו

Write the meaning of each prefix.

\_\_\_\_\_ ב

\_\_\_\_\_ ל

### SUFFIX REVIEW

אֱלֹהֵינוּ means "our God."

אֲדוֹנֵינוּ means "our sovereign."

מֶלֶכֵנו means "our ruler."

מוֹשִׁיעֵנו means "our savior."

All of these words describing God end with the suffix \_\_\_\_\_.

Underline the suffix in each of the words above.

What does this suffix mean? \_\_\_\_\_.



Sometimes people look for easy solutions—an easy way out—but Judaism teaches us to strive for worthwhile goals and to work hard to reach them.

## PUTTING IT TOGETHER

You know the beginning (prefix) and the ending (suffix) of each word below.



כְּמוֹשִׁיעֵנוּ



לְמֶלְכֵנוּ



לְאֲדוֹנֵינוּ



בְּאֱלֹהֵינוּ

Write the number of the matching English meaning above each Hebrew word.

1. to our ruler
2. to our sovereign
3. like our savior
4. like our God

Now circle the main part (not the prefix or suffix) of each Hebrew word above. (The first one has been done for you.)

Each of these main parts is actually a name for God. You may not recognize them at first, because when a word has a prefix or suffix added, it may change its vowels or lose a final letter.

Connect the names for God in column 1 to the related words from **אֵין בְּאֱלֹהֵינוּ** in column 2.

2	1	
אֱלֹהֵינוּ	מֶלֶךְ	_____
מֶלְכֵנוּ	אֲדוֹן	_____
אֲדוֹנֵינוּ	מוֹשִׁיעַ	_____
מוֹשִׁיעֵנוּ	אֱלֹהִים	_____

Now write the English meaning for the words in column 1 in the blank spaces.



## A HYMN OF PRAISE

אֵין פֿאלהינִו was written before the ninth century C.E. It is over 1,000 years old! אֵין פֿאלהינִו is an important statement of our belief in God.

Reread the English translation of אֵין פֿאלהינִו on page 78.

In your own words, describe the Jewish belief in God that is expressed in אֵין פֿאלהינִו.

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Although mezuzot may look different on the outside, inside, each mezuzah contains the same important statement of belief in God—the Sh'ma.

## FLUENT READING

Each line below contains a word you know. Practice reading the lines.

1. מי כִּי אֱלֹהֵינוּ, הַמְּגִבִּיהִי לְשָׁבֶת.

2. אָבִינוּ מִלְכֵנוּ, שְׁמַע קוֹלֵנוּ.

3. אֵין גְּדֻלָּה כְּתוֹרָה וְאֵין דּוֹרְשִׁיהּ בְּיִשְׂרָאֵל.

4. הוּא מִלְכֵנוּ. הוּא מוֹשִׁיעֵנוּ.

5. בְּרִכְנוּ אָבִינוּ כְּלָנוּ כְּאַחַד בְּאוֹר פְּנִיָּהּ.

6. אֵין אֲדִיר כִּי, וְאֵין בְּרוּךְ כְּכֵן עִמָּרִם.

7. אַחַד הוּא אֱלֹהֵינוּ. הוּא אָבִינוּ.

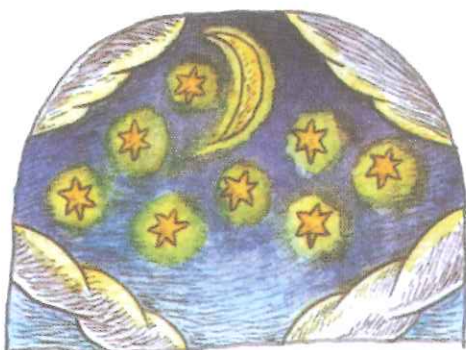
8. בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הָאֵל, אָבִינוּ, מִלְכֵנוּ.

9. אָבִינוּ מִלְכֵנוּ, חֲדָשׁ עָלֵינוּ שָׁנָה טוֹבָה.

10. שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אַחַד.



# הַשְׁכִּיבֵנוּ שְׁמַע מוֹדָה אֲנִי



## הַשְׁכִּיבֵנוּ

**H**ave you ever noticed that tomorrow's big math test seems scarier when you wake up in the middle of the night and think about it? Or that the argument you had with your buddy can seem worse at 3 A.M. than in the light of day? As we get older, our daily problems and stresses may wake us up during the night and cause us to worry, often making the nighttime difficult.

In ancient times, people believed that our souls left our bodies during sleep and were restored to us by God upon our waking. The nighttime seemed frightening, and **הַשְׁכִּיבֵנוּ**, the second blessing after the evening Sh'ma, was written as a prayer for protection from harm overnight. This prayer asks God to shelter us with peace and to bring us safely through the night to a brand-new day.

1. הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְכָּנוּ לְחַיִּים,
2. וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ...
3. וּשְׁמֹר צֵאתָנוּ וּבֹאֲנוּ
4. לְחַיִּים וּלְשָׁלוֹם מִעַתָּה וְעַד עוֹלָם.

*Make us lie down, Adonai, in peace, and stand us up again, our Ruler, to life,  
and spread upon us the shelter of Your peace....  
And guard our going and our coming,  
for life and for peace now and forever.*

## PRAYER DICTIONARY

הַשְׁכִּיבֵנוּ

make us lie down

וְהַעֲמִידֵנוּ

and make us stand up

סִכָּת

the shelter of

שְׁלוֹמְךָ

your peace

### OPPOSITES ATTRACT

הַשְׁכִּיבֵנוּ and וְהַעֲמִידֵנוּ are opposites.

הַשְׁכִּיבֵנוּ means \_\_\_\_\_.

וְהַעֲמִידֵנוּ means \_\_\_\_\_.

The root of וְהַעֲמִידֵנוּ is עמד.

עמד tells us that "stand" is part of a word's meaning.

Circle the root letters in this word: עֲמִידָה

Do you recognize the word? It is the name of the prayer at the heart of most synagogue services.

Choose the correct word to complete the sentence.

We \_\_\_\_\_ when we say the עֲמִידָה. (sit/stand)



At the end of a busy day, dusk can bring a quietness to the world. How do you feel as you watch the sun set?

### TAKE SHELTER

הַשְׁכִּיבֵנוּ asks God to spread upon us "the shelter of Your peace"—סִכָּת שְׁלוֹמְךָ. You know both these Hebrew words. Connect each word from הַשְׁכִּיבֵנוּ on the right to its related word on the left.

שְׁלוֹם

סִכָּת

סִכָּה

שְׁלוֹמְךָ

Why is "the shelter of Your peace" a good metaphor to use?

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## COMINGS AND GOINGS

הַשְׁכִּיבֵנוּ asks God to "guard our going and our coming" —  
וּבֹאֵנוּ וְצֵאתֵנוּ. (In English we use the expression the other way  
around!) Below are two lines from שְׁלוֹם עֲלֵיכֶם that we sing at  
home on Friday night between lighting the candles and reciting the  
Kiddush. The lines contain words similar to וּבֹאֵנוּ and צֵאתֵנוּ.  
For each line from שְׁלוֹם עֲלֵיכֶם, circle the word that is related to  
וּבֹאֵנוּ or צֵאתֵנוּ.

בּוֹאֲכֶם לְשָׁלוֹם, מְלַאֲכֵי הַשָּׁלוֹם, מְלַאֲכֵי עֲלִיּוֹן.  
צֵאתְכֶם לְשָׁלוֹם, מְלַאֲכֵי הַשָּׁלוֹם, מְלַאֲכֵי עֲלִיּוֹן.

## THEME OF THE PRAYER

Look back at the English translation of הַשְׁכִּיבֵנוּ on page 86. In  
your own words explain what we are praying for. Use words or  
phrases from the prayer as examples.

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## שְׁמַע



The שְׁמַע is the Jewish people's simple, complete, and ultimate declaration of faith in our one God. It is our pledge of loyalty to God. In it we express our belief in the one God, the God who created the entire universe.

The Sh'ma is such an important statement that we often recite it with our eyes closed to avoid distraction. We say the Sh'ma at night before going to sleep to end our day with an expression of loyalty to God. We say the Sh'ma in the morning to renew our commitment to God.

Practice reading the שְׁמַע aloud.

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

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

Why do you think we say the שְׁמַע in the synagogue *and* at home?

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## מוֹדָה אֲנִי



What do you look forward to when you start a new day? Waking up to get ready for school when the clock radio goes off may not always be fun. But our days are filled with the promise of good things for which we can be thankful—things like playing sports, getting a hug from our mom or dad, doing a favor for a friend, or catching the latest movie.

The מוֹדָה אֲנִי prayer, said first thing upon awakening in the morning (even before getting out of bed), thanks God for returning our souls to us and for giving us a new day to live a rich, full life.

### Practice reading the prayer aloud.

Boys and men say:

1. מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁחֲזַרְתָּ בִּי נִשְׁמָתִי
2. בְּחֶמְלָה רַבָּה אֶמְוֶנְתָּךְ.

Girls and women say:

1. מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁחֲזַרְתָּ בִּי נִשְׁמָתִי
2. בְּחֶמְלָה רַבָּה אֶמְוֶנְתָּךְ.

*I give thanks to You, living and everlasting Ruler, who has graciously returned my soul to me.  
Great is Your faithfulness!*

## PRAYER DICTIONARY

מוֹדָה\מוֹדָה

give thanks

אֲנִי

I

לְפָנֶיךָ

to you (before you)

מֶלֶךְ

(is) ruler

חַי

living

וְקַיָּם

and everlasting

## MATCH THE MEANING

Connect each Hebrew word to its English meaning.

everlasting

to you (before you)

living

give thanks

ruler

I

מוֹדָה\מוֹדָה

אֲנִי

לְפָנֶיךָ

מֶלֶךְ

חַי

וְקַיָּם

Whether we wake up with a big smile or are nervous about the day ahead, our tradition teaches us to appreciate the potential in each new day.



## WHAT'S MISSING?

Fill in the missing words to complete each prayer phrase.

1. מוֹדָה\מוֹדָה \_\_\_\_\_ לְפָנֶיךָ

\_\_\_\_\_ give thanks to you

2. מֶלֶךְ \_\_\_\_\_ וְקַיָּם

\_\_\_\_\_ and everlasting ruler



## FROM THE SOURCES

The second part of מוֹדָה\מוֹדָה אֲנִי tells us that God's faithfulness is great (רַבָּה אֱמוּנָתְךָ). The message of the abundance of God's faithfulness is taken from the Book of Lamentations (3:22-23). The Jewish people were in great pain over the destruction of the First Temple in 586 B.C.E. but were comforted by the belief that the grace of God continues nonetheless.

Read these lines from Lamentations and circle the two words that together mean "great is your faithfulness."

22 חֲסִדֵי יְהוָה כִּי לֹא־תֵמָנוּ  
כִּי לֹא־כָלוּ רַחֲמָיו:  
23 חֲדָשִׁים לְבָקָרִים רַבָּה אֱמוּנָתְךָ:

## WRITE YOUR OWN PRAYER

מוֹדָה\מוֹדָה אֲנִי expresses deep hope and optimism. It tells us: God's mercy and compassion are renewed for us each morning. Today is a new day. We are alive. We have another chance.

On the lines below, write your own prayer for the new day.

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## FLUENT READING

Each line below contains a word you know. Practice reading the lines.

1. וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ מַלְכֵי  
הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

2. שְׁמוֹר וְזָכוֹר בְּדַבּוּר אֶחָד הַשְּׁמִיעֵנוּ אֵל הַמִּיחָד

3. בַּיּוֹם הַזֶּה יִהְיֶה יְיָ אֶחָד וְשֵׁמוֹ אֶחָד.

4. בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ לֵישֵׁב בַּסֵּכָה.

5. הַפּוֹרֵשׁ סֶכֶת שְׁלוֹם עָלֵינוּ, וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,  
וְעַל יְרוּשָׁלַיִם.

6. שְׁמַע! בְּיָמִים זֶהֱם בְּזִמְנֵהָ.

7. שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיוֹן.

8. נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ.

9. שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ תְּשִׁים לְעוֹלָם.

10. מוֹדִים אַנְחֵנוּ לָךְ, שְׂאֵתָה הוּא יְיָ אֱלֹהֵינוּ.



# Shabbat Morning Service

## PRELIMINARY PRAYERS

מוֹדֶה אֲנִי

## THE SH'MA AND ITS BLESSINGS

בָּרְכוּ

יוֹצֵר אוֹר

אֱהָבָה רַבָּה

שִׁמְעַ

וְאֱהָבָתָּ

מִי כְמוֹכָה

## THE SHABBAT AMIDAH

אֲבוֹת

אֲבוֹת וְאִמָּהוֹת

גְּבוּרֹת

קְדוּשָׁה

קְדוּשַׁת הַיּוֹם

עֲבוּדָה

הוֹדָאָה

שִׁים שְׁלוֹם

עֲשֵׂה שְׁלוֹם

#### THE TORAH SERVICE

אין כְּמוֹד  
אב הַרְחָמִים  
כִּי מַצִּיּוֹן  
לָךְ יְיָ  
בְּרָכוֹת הַתּוֹרָה  
וְזֹאת הַתּוֹרָה  
בְּרָכוֹת הַהַפְּטָרָה  
עַץ חַיִּים הִיא

#### ADDITIONAL PRAYERS

עֲלֵינוּ  
קָדִישׁ  
אין בְּאֱלֹהֵינוּ



will be will rule Jerusalem Israel will be great	יהיה ימלך ירושלים ישראל יתגדל	י	our sovereign (there is) none there is none like our God truth I you are	אֲדוֹנֵינוּ אֵין אֵין כ אֱלֹהֵינוּ אֱמֶת אֲנִי אַתָּה הוּא	א
like you (like) your deeds	כְּמוֹךָ (כ) מַעֲשֶׂיךָ	כ	in truth chose we trust(ed) on that day prophets us people of in the world in God's holiness blessed blessing	בְּאֱמֶת בְּחֵר בְּטַחָנוּ בַּיּוֹם הַהוּא (ב) בִּיָּאִים בָּנוּ בְּנֵי בְּעֵלְמָא בְּקִדְשָׁתוּ בְּרִיךְ בְּרִכְתָּא	ב
God to us forever to God's people before to you (before you) to praise	(ל) אֲדוֹן לָנוּ לְעֹלָם לְעַמּוֹ לִפְנֵי לִפְנֶיךָ לְשִׁבְחָה	ל	acts of loving-kindness	גְּמִילוּת חֲסָדִים	ג
happy give thanks our savior who is like from Jerusalem from all ruled (is) ruler Ruler of rulers God's kingdom your sovereignty our ruler from Zion Moses	מְאֻשָּׁר מוֹדֶה מוֹדָה מוֹשִׁיעֵנוּ מִי כ מִירוּשָׁלַיִם מִכָּל מִלֵּךְ מִלֵּךְ מֶלֶךְ מַלְכֵי הַמַּלְכִּים מַלְכוּתָהּ מַלְכוּתָךְ מַלְכָּנוּ מִצִּיּוֹן מֹשֶׁה	מ	things ways of its ways	דְּבָרִים דְּרָכֵי דְּרָכֶיהָ	ד
we will give thanks to gives pleasantness	נוֹדֶה ל נוֹתֵן נֵעֵם	נ	the land the one who chooses of all spoken the worship the world the nations merciful, the mercy make us lie down the Torah	הָאָרֶץ הַבּוֹחֵר הַכֹּל הַנֹּאמְרִים הַעֲבוּדָה הָעוֹלָם הָעַמִּים הַרְחָמִים הַשְׁכִּיבֵנוּ הַתּוֹרָה	ה
the shelter of	סֶכֶת	ס	and we and in the life of and the word of and make us stand up and this is and life (of) and will rule and will be praised and will be holy and thank and your reign and gave (and giving) and righteousness (justice) and everlasting	וְאֲנַחְנוּ וּבְחַיֵּי וּדְבַר וְהַעֲמִידֵנוּ וְזֹאת וְחַיֵּי וְיִמְלִיךְ וְיִשְׁתַּבַּח וְיִתְקַדַּשׁ וּמוֹדִים וּמִמְשַׁלְתֶּךָ וְנֵתָן וְצִדֵּק וְקַיָּם	ו
God's servant eternal, world stands on it is our duty God's people tree	עַבְדּוֹ עוֹלָם עוֹמֵד עַל עָלֵינוּ עַמּוֹ עֵץ	ע	living (of) life	חַי חַיִּים	ח
holy	קָדִישׁ	ק	good (faithful)	טוֹבִים	ט
peace your peace peace three placed, put God's name who gave	שָׁלוֹם שְׁלוֹמְךָ שְׁלָמָא שְׁלִשָּׁה שָׁם שְׁמָהּ שִׁנְתָּן	ש			
Torah, teaching Torah of God's Torah	תּוֹרָה תּוֹרַת תּוֹרַתוֹ	ת			