

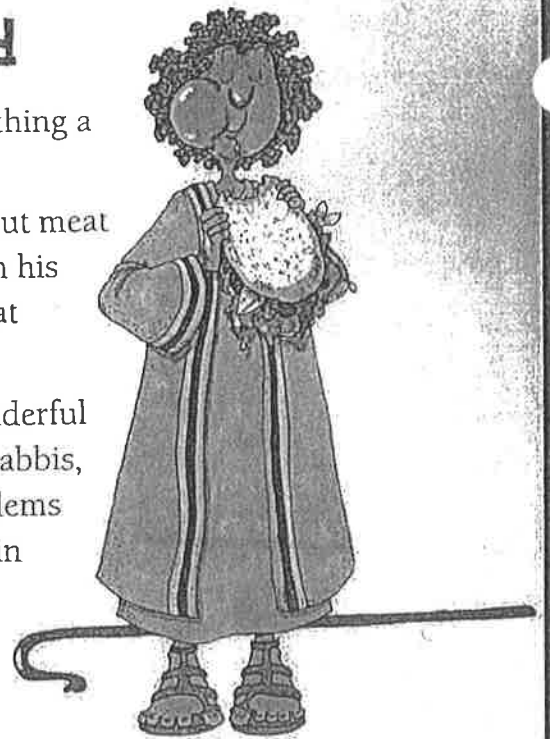
## Benjamin the Shepherd

The rabbis of the Talmud got into a big debate over something a shepherd named Benjamin did.

Benjamin took a loaf of bread and cut it in half. He then put meat in the middle and began to eat and enjoy the sandwich. In his joy at eating his lunch, Benjamin called out, "This is a great sandwich. Praised be the God Who created it!"

Some of the rabbis thought that Benjamin had said a wonderful prayer, because it was based on true feelings. Two of the rabbis, Rabbi Yosi and Rav, thought that the prayer had big problems because Benjamin didn't use the same six words that begin most בְּרָכוֹת.

What do you think about Benjamin the shepherd's בְּרָכָה? Was it a good בְּרָכָה, or did it have problems?

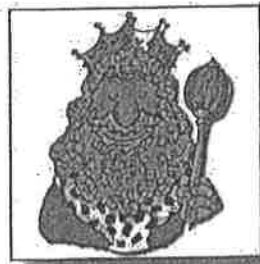


### The בְּרָכָה Formula

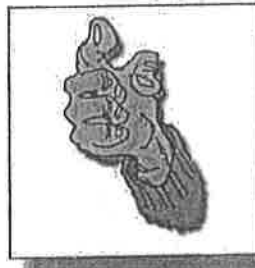
Here are a few more Hebrew words that you may already know that will help you translate the בְּרָכָה formula.



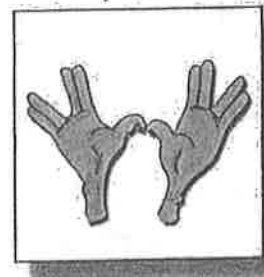
הָעוֹלָם



מֶלֶךְ



אָתָּה



בְּרוּךְ

The Eternal (God's Name) = יי

our God = אֱלֹהֵינוּ

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

My own translation of the בְּרָכָה formula is:

This exercise is a little tricky, but with your teacher's help, you should have fun guessing.

# A בְּרָכָה Rebus

Say and name these בְּרוּכוֹת.



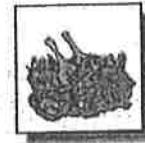
הַמוֹצֵיאַ



יְיָ אֱלֹהֵינוּ



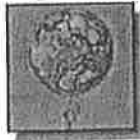
1.



מִן



בוֹרָא



יְיָ אֱלֹהֵינוּ



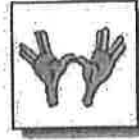
2.



בוֹרָא מִיְנֵי



יְיָ אֱלֹהֵינוּ



3.



בוֹרָא



יְיָ אֱלֹהֵינוּ



4.

Match the blessing at the top with the actual words down below. Read them carefully.

הַמוֹצֵיאַ לַחֵם מִן הָאָרֶץ \_\_\_\_\_

3 בּוֹרָא מִיְנֵי מְזוֹנוֹת \_\_\_\_\_

בוֹרָא פְּרֵי הָעֵץ \_\_\_\_\_

בוֹרָא פְּרֵי הַגֶּפֶן \_\_\_\_\_



# ברכות Over Foods and Aromas

Can you guess the purpose of each of these ברכות?

1. ברוך אתה יי אלהינו מלך העולם המוציא לחם מן הארץ.

2. ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן.

3. ברוך אתה יי אלהינו מלך העולם בורא פרי העץ.

4. ברוך אתה יי אלהינו מלך העולם בורא פרי האדמה.

5. ברוך אתה יי אלהינו מלך העולם שהכל נהיה בדברו.

6. ברוך אתה יי אלהינו מלך העולם בורא מיני מזונות.

7. ברוך אתה יי אלהינו מלך העולם בורא מיני בשמים.

## The "The"

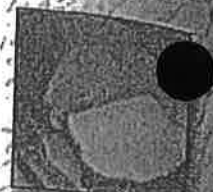
In English "pre" is a prefix. A prefix is something that comes at the beginning of a word and adds to its meaning. "Pre" means before.

ה (or ה) is a Hebrew prefix that means "the". When you add ה to the word מוציא it becomes המוציא, "the one who brings out", and when you add ה to עץ, it becomes העץ, "the tree".

Underline the words below that have the "the"

8. מְבָרֵךְ הַמְבָרֵךְ הָאָרֶץ קָדוֹשׁ הָעֵץ כָּל עֵץ

9. הָאֵל הַכֹּל אָרֶץ הָעוֹלָם אֲדָמָה הָאֲדָמָה



לחם



פרי הגפן



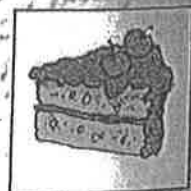
העץ



האדמה

כל

all



מזונות



בשמים

Using these clues, work out your own best translation for this בְּרָכָה.

Words

life = חי

keep going = קיים

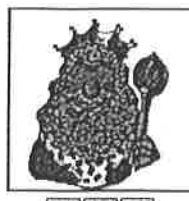
touch/reach = נגע

time = זמן

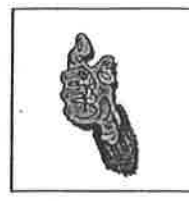
this = זה



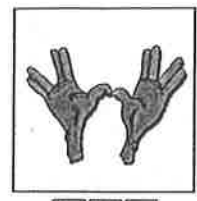
עולם



מלך



אתה



ברך

ברוך אתה

יי אלהינו

מלך העולם

The One Who gave us שֶׁחַיֵּנוּ

and וְקִיְמָנוּ us

and helped us וְהִגִּיעָנוּ

לְזִמְנוּ הַזֶּה

Review the vocabulary and make your best guess at the meaning of the בְּרָכוּ.



Take your best guess at these meanings. Your teacher will help you fill in the parts you don't yet know.

בְּרָכוּ אֶת־יְיָ הַמְּבָרֵךְ



אֶת־יְיָ



**words**  
Adonai = יְיָ  
and more = וְעַד  
before = אֶת  
direct object

**word parts**  
the = הַ to = לְ

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.



וְעַד.

How to Dance the בְּרָכוּ

We say the בְּרָכוּ with our bodies as well as with our mouths.

Take a breath and let it out slowly. It should make you feel alive. A good breath goes through your whole body. In Hebrew, one word for breath is connected to the word for soul. In Genesis we learned that we come alive when God breathes our soul into our body. The first secret to saying the בְּרָכוּ is breathing and feeling the breath run through your body, reminding you of the gift of life.

The second secret to saying the בְּרָכוּ is knowing that the Hebrew root בָּרַךְ is also the word for knees. We bow when we say the בְּרָכוּ. We bow deeply, just like a person who is

entering a room where a king or queen is waiting. We bow by first bending our knees and then bending our spine.

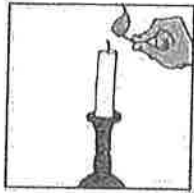
The last secret to saying the בְּרָכוּ is remembering that it is a call and response. We stand while the leader bows and says the first line, "בְּרָכוּ." We bend and bow when we say our line, "בְּרוּךְ יְיָ." We breathe out as we bend our knees and bow. We breathe back in as we come back up—unbending and unbowing.





TRANSLATION

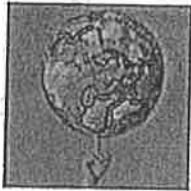
Review the vocabulary and make your best guess at the meaning of the בְּרָכָה over Shabbat candles.



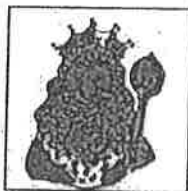
לְהַדְלִיק



קְדוּשָׁה



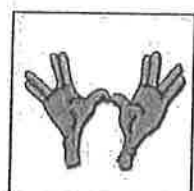
עוֹלָם



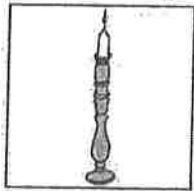
מֶלֶךְ



אֶתָּה



בְּרוּךְ



נֵר



Take your best guess at the meaning of this text. Your teacher will help you with your translation.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת



שֶׁל

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שַׁבָּת

Words

that/which = אֲשֶׁר

God's name = יי

command = צִוָּה

our God = אֱלֹהֵינוּ

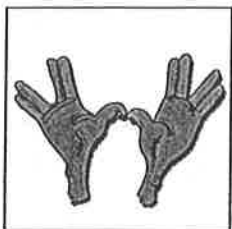
## קְדוּשָׁה

Blessed be You, ADONAI	1 בְּרוּךְ אַתָּה יי
our God, Ruler-of-the-Cosmos	2 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
The ONE-Who-Creates the fruit of the vine,	3 בּוֹרֵא פְּרֵי הַגֶּפֶן.
BLESSED are You, the Eternal	4 בְּרוּךְ אַתָּה יי
our God, Ruler-of-the-Cosmos	5 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
The ONE-Who-Made us HOLY through the mitzvot	6 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
and the ONE-Who-is pleased with us.	7 וְרָצָה בָּנוּ
And the ONE-Who-gave us the holy Shabbat	8 וְשַׁבַּת קִדְּשׁוֹ
with love and satisfaction	9 בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ
as a remembrance of the work of CREATION:	10 זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית.
Because this is a day of BEGINNING	11 כִּי הוּא יוֹם תְּחִלָּה
for a HOLY TIME	12 לְמִקְרָאֵי-קֹדֶשׁ
remembering the EXODUS from Egypt.	13 זְכוֹר לְיִצְיַאת מִצְרָיִם.
Because You chose us	14 כִּי בָנוּ בְּחַרְתָּ
and separated us from all other peoples	15 וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים
and intentionally separated Shabbat with love	16 וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן
as our inheritance.	17 הִנְחַלְתָּנוּ.
Blessed be You, ADONAI	18 בְּרוּךְ אַתָּה יי
The ONE-Who-Makes Shabbat HOLY.	19 מְקַדְּשׁ הַשַּׁבָּת.

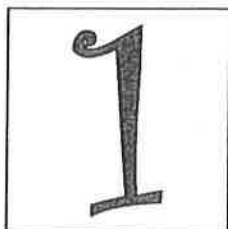
Review the vocabulary and make your best guess at the meaning of the **שְׁמַע**.



כְּבֹד



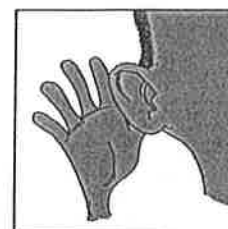
בְּרֵךְ



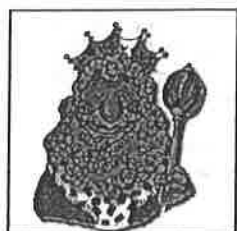
אֶחָד



יִשְׂרָאֵל



שְׁמַע



מֶלֶךְ

Take your best guess at the meaning of this text. Your teacher will help you with your translation.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.  
בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד.

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עוֹלָם

### Choreography

When we say the **שְׁמַע** we do many things to help the words reach our souls and move our hearts.

1. Traditionally, one may stand or sit for the **שְׁמַע**, but many congregations stand to make it a declaration (like the Pledge of Allegiance).
2. We close our eyes and cover them—so that we are thinking and feeling and not looking around.
3. We make sure that we say every word slowly and clearly, thinking about the meaning.
4. We hold onto the word **אֶחָד**, making sure that we pronounce the final “ד” so that it will not be mistaken for another word.



words

our God = אֱלֹהֵינוּ

name = שֵׁם

and more = וָעֶד

honor = כְּבוֹד

word parts



# וְאֶהְבֶּתָּ

LISTEN, ISRAEL,	1. שְׁמַע יִשְׂרָאֵל
ADONAI is our God, ADONAI is the ONE (and only) God.	2. יי אֱלֹהֵינוּ יי אֶחָד.
BLESSED be the NAME—that God's HONORED EMPIRE	3. בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ
will last FOREVER and ALWAYS.	4. לְעוֹלָם וָעַד.
You should LOVE ADONAI, your God,	5. וְאֶהְבֶּתָּ אֶת יי אֱלֹהֶיךָ
with all your HEART	6. בְּכָל לִבְבְּךָ
with all your SOUL	7. וּבְכָל נַפְשְׁךָ
with all your STUFF.	8. וּבְכָל מְאֹדְךָ.
And these THINGS that	9. וְהָיוּ הַדְּבָרִים הָאֵלֶּה
I make MITZVOT for you today	10. אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם
shall be on your HEART.	11. עַל לִבְבְּךָ.
You should TEACH them to your children	12. וְשִׁנַּנְתָּם לְבָנֶיךָ
and you should TALK about them	13. וְדַבַּרְתָּ בָּם
when you SIT at home	14. בְּשִׁבְתְּךָ בְּבֵיתְךָ
when you are GOING out	15. וּבְלַכְתְּךָ בַּדֶּרֶךְ
when you LIE down	16. וּבְשֹׁכְבְּךָ
and when you get UP.	17. וּבְקוּמְךָ
And you should TIE them as LETTERS on your HAND	18. וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ
And have them as SYMBOLS between your EYES.	19. וְהָיוּ לְטַטְפוֹת בֵּין עֵינֶיךָ.

And you should WRITE them on the DOORPOSTS  
of your HOUSE

20 וּכְתַבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ

and on your GATES.

21 וּבְשַׁעְרֶיךָ.

That you will REMEMBER

22 לְמַעַן תִּזְכְּרוּ

and DO all My MITZVOT

23 וַעֲשִׂיתֶם אֶת-כָּל מִצְוֹתַי

and BE HOLY for your God.

24 וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.

I am ADONAI, your God,

25 אֲנִי יי אֱלֹהֵיכֶם

The One-Who-BROUGHT-you-OUT

26 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם

from the Land of Egypt

27 מֵאֶרֶץ מִצְרַיִם

to BE your God

28 לְהִיּוֹת לָכֶם לֵאלֹהִים

I am ADONAI, your God. FOR SURE.

29 אֲנִי יי אֱלֹהֵיכֶם. אֱמֶת.

TRANSLATION

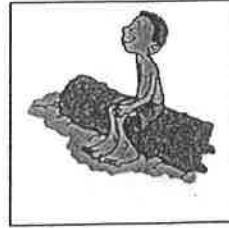
Review the vocabulary and make your best guess at the meaning of another part of the וְאֵהָבָהּ.



הֵלֵךְ



בַּיִת



יָשַׁב



דִּבֶּר



בָּנִים



דֶּרֶךְ

Take your best guess at the meaning of this text. Your teacher will help you with your translation.

וְשִׁנְנֵתָם לְבָנֶיהָ וְדִבְרָתָּ בָּם

בְּשִׁבְתָּהּ בְּבֵיתָהּ

וּבְלִכְתָּהּ בְּדֶרֶךְ

וּבְשֹׁכְבָהּ וּבְקוּמָהּ



שָׁכַב

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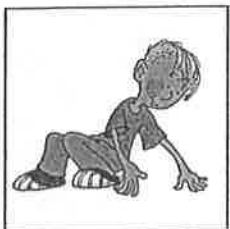
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קָוָם

word parts

and = וְ/וַ

your = דְּ

to = לְ

in/with = בְּ

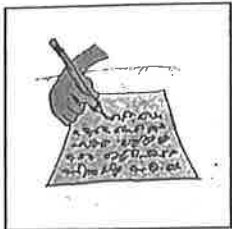
words

teach them = שִׁנְנֵתָם

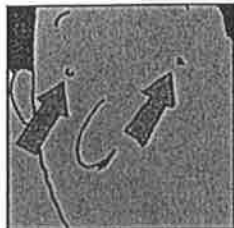
them = בָּם

TRANSLATION

Review the vocabulary and make your best guess at the meaning of the end of the **וְאֵהֶבְתָּ**.



כָּתַב



עֵינַיִם



יָד



אוֹתוֹת



קָשַׁר



מְזוֹזָה

Take your best guess at the meaning of this text. Your teacher will help you with your translation.

וְקָשַׁרְתֶּם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטַטְפוֹת בֵּין עֵינֶיךָ.



בַּיִת

וְכַתְּבֶתֶם עַל-מְזוֹזוֹת בַּיִתְךָ וּבִשְׁעָרֶיךָ.

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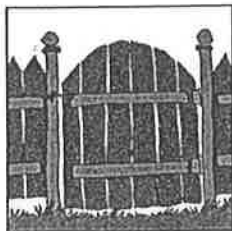
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שַׁעַר

word parts

words

your = דָּ      and = וְ/וִ  
in/with = בְּ      to = לְ

symbols = טַטְפוֹת      on = עַל  
between = בֵּין      they shall be = הָיוּ

TRANSLATION

Review the vocabulary and make your best guess at the meaning of the beginning of the מִי-כַמְכָּה.



Take your best guess at the meaning of this text. Your teacher will help you with your translation.

מִי-כַמְכָּה בְּאֱלִים יי  
מִי כַמְכָּה נֶאֱדָר בְּקֹדֶשׁ  
נִזְרָא תְהִלַּת עֲשֵׂה פְלֵא

My best guess at the meaning of this prayer is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



words

- awesome = נִזְרָא
- praises = תְּהִלַּת
- do/make = עֲשֵׂה
- wonder = פְּלֵא
- who = מִי
- is like = כְּמוֹ
- gods = אֱלִים
- splendid = נֶאֱדָר
- holy = קֹדֶשׁ

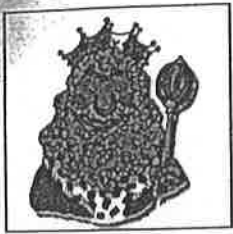
word parts

- your = כִּי
- in/with = בְּ/בִ/בִּ



TRANSLATION

Review the vocabulary and make your best guess at the meaning of another part of the **מִי-בְּמִכָּה**.



מִלְדָּה

Take your best guess at the meaning of this text. Your teacher will help you with your translation.

יִי יְמַלְדֵךְ לְעֵלָם וָעֶד.

My best guess at the meaning of this prayer is:

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עוֹלָם

words

and more = וָעֶד

word parts

to = לְ



How to Dance the **נְאֻלָּה**

It is a tradition to connect the end of the **נְאֻלָּה** directly, without a pause, to the **עֲמִידָה**, the chain of prayers that follows. The last sentence of the **נְאֻלָּה** includes the word **קוּמָה** at the beginning. **קוּמָה** means "rise up." It is a tradition to rise up when you say the word **קוּמָה** and remain standing for the **עֲמִידָה** that follows.

Review the vocabulary and make your best guess at the meaning of **אָנִי** מוֹדָה.



אָנִי



חַי



מְלֶכֶךְ



פָּנִים



אָנִי



מוֹדָה



Take your best guess at the meaning of this text. Your teacher will help you with your translation.

מוֹדָה (מוֹדָה) אָנִי לְפָנֶיךָ מְלֶכֶךְ חַי וְקַיִם  
שֶׁהַחַיּוֹת בֵּי נִשְׁמָתֵי בְּחַמְלָה רַבָּה אֲמוֹנָתְךָ.

words

continue = קָיִם

return = חָזַר

in me = בִּי

soul = נִשְׁמָה

kindness = חַמְלָה

great = רַבָּה

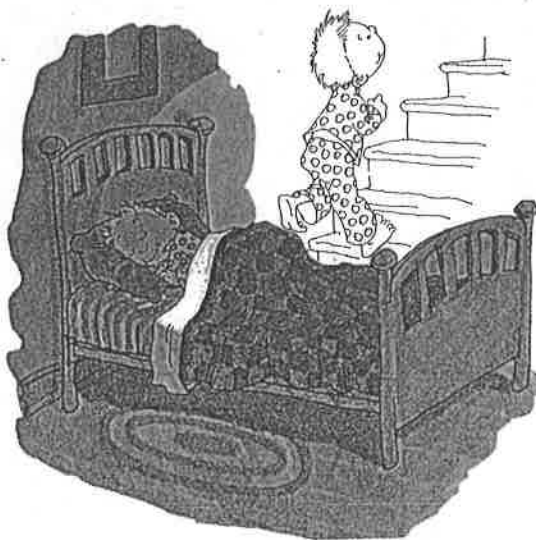
word parts

you = אַתָּה      to = לְ

my = אֶתִּי      your = אֶתְּךָ

in = בְּ      and = וְ

that = שֶׁ



To Talk About

Rabbi Helbo said, "Every day God creates a new set of angels who sing a brand new song of praise to God.

**אָנִי** מוֹדָה tells us that every day we wake up to a new adventure, a new set of possibilities, and a new chance to connect to God."

How can knowing that God creates new angels every morning help you to point your heart when you say **אָנִי** מוֹדָה?

Review the vocabulary and make your best guess at the meaning of this part of **מה פבו אהל**.



Take your best guess at the meaning of this text. Your teacher will help you with your translation.

words

how/what = **מה**

Jacob = **יעקב**

word parts

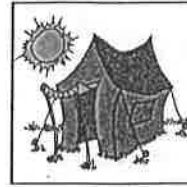
your = **ך**



**ישראל**



**שבונה**



**אהל**

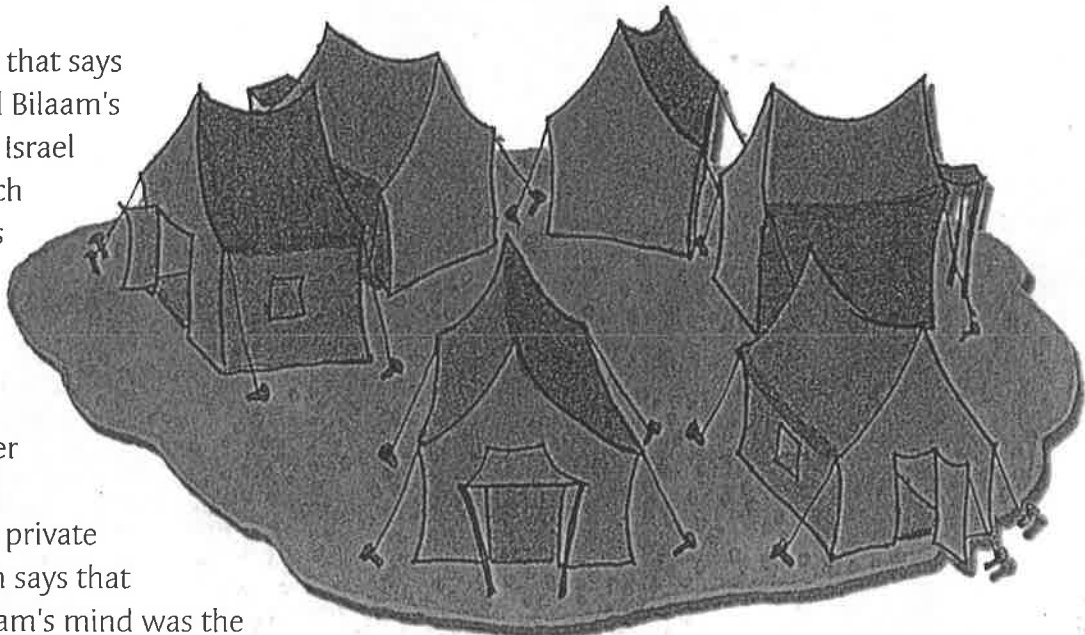


**טוב**

**מה פבו אהליך יעקב, משכנתיך ישראל.**

To Talk About

There is a midrash that says that what changed Bilaam's mind was the way Israel set up its tents. Each and every tent was set up so that its door faced in a private direction. No one was able to look into another family's tent. Each family had its own private place. This midrash says that what changed Bilaam's mind was the respect that each Jew showed for the other.



What other things can a Jewish community do to make sure that everyone is treated with respect?