

OPENING PRAYER

Blessed are you, Eternal One of the Universe, who has given us the gift of Bar and Bat Mitzvah. To witness a child emerge into adulthood, full of hope, wonder, and excitement about their future, is, for a parent, a grandparent, a family, and a community, the experience of majesty.

*Ba-ruch a-ta Adonai,
Eloheinu me-lech ha-o-lam,
she-he-che-yanu v'ki-y'ma-nu
v'hi-gi-ya-nu laz-man ha-zeh.*

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֵחֵינּוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed are you, Eternal One of the Universe, who guides us, sustains us, and brings us to this season in time.

Rabbi Darren Levine
Founding Rabbi
Tamid: The Downtown Synagogue

WELCOME

On this great day in your life, we welcome you in shalom, peace. At Tamid, welcome is a spiritual practice, and while this may be your first experience with Tamid, we consider you part of the Tamid family. We feel blessed to share this moment with you.

The Bar and Bat Mitzvah ceremony is a highlight for a Jewish family and for Tamid. It is a gathering of family and friends to witness the transition of a person from childhood into adulthood. It is the first time when a Jewish person reads from the Torah, the ancient and most sacred book of our people. The Hebrew word “bat” means daughter and the word “bar” means son. A Bar/Bat Mitzvah is a son/daughter of the commandments, which celebrates the young person’s readiness to accept the responsibility of living an ethical life.

During this ceremony, the Bar or Bat Mitzvah may receive a tallis, the traditional prayer shawl. With their rabbi, they will lead the prayer service, and they will read from the Torah and give a speech which will explicate the themes of their Torah section. Honored guests, elders, and family members will also participate in the ceremony as they usher this beautiful, unique, and blessed child into adulthood.

At Tamid, we place great importance in this life transition. The child you are here to celebrate has been preparing for this day in their lives for a very long time. They have studied the great texts, they know about Jewish holidays, Jewish values, and Jewish ethics. They have been exposed to Jewish history, Israel, Hebrew, and they have traced their own personal Jewish roots back to the Ashkenazim or Sephardim of their family’s past. They know the major Jewish prayers, can stand in a minyan, and they understand the importance of participating actively in their Jewish Community.

We are so proud of each of our students and future scholars. Thank you for writing this prayerbook, now as teachers of Judaism. Your interpretations join a chorus of other great Jewish thinkers to bring alive the ancient prayers and give new meaning to how we can understand the creativity of prayer and Jewish life today. We are honored to guide our students to this moment and we join you in celebrating their life and their future.

Mazel tov and congratulations,

Rabbi Darren Levine, D.Min
Christina Broussard, RJE
Chesney Polis, B'nai Mitzvah Coordinator
Robb Tretter, Va'ad Chairperson

A heartfelt thank you to Eli Friedman for designing the cover of this prayer book in the spirit of divine inspiration, wisdom, and tradition.

Mazel tov to the talented, creative, mature, and thoughtful contributors to this Tamid B'nai Mitzvah prayer book.
We are so proud of you!

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HISTORY OF THE BAR MITZVAH

The Bar Mitzvah is a milestone for a Jewish boy at age 13. It's a transition from childhood to young adulthood when a person takes on more responsibility. Bar Mitzvah ceremonies date back to the 16th/17th century.

- *Aaron Levy*

HISTORY OF THE BAT MITZVAH

The Bat Mitzvah is a ceremony held to celebrate a girl entering womanhood. It is traditionally held when a girl turns 12 or 13. The first Bat Mitzvah with a Torah reading was celebrated in 1922 when Rabbi Mordecai Kaplan held one for his daughter, Judith. Before then, only boys would celebrate a Bar Mitzvah. For me, having a Bat Mitzvah means building a deeper connection with my Jewish identity.

- *Anna Brosterman*

SHABBAT

We offer thanks to you, Eternal One, for this sacred day which unites us together in hope.

Hope that inspires sacred living

Hope for fellowship, glowing bright today in our lives

Hope for peace, born of family and love and community

We offer thanks and blessing

Amen.

SHABBAT INTRODUCTION

Shabbat is a day where we relax and put all of the worries and tasks that life comes with to the side. We celebrate Shabbat from Friday evening to Saturday evening because God finished creating the earth on the 6th day. Therefore God did not rest until the 7th day. Some very observant Jews do not use devices or any electronics and cars. Shabbat means being with your family at the end of a week of work or school. I love Shabbat since it marks the end of the school week where we can hang out with friends.

- Benjamin Brody

SHABBAT CANDLE BLESSING

Blessing for Shabbat light

*Ba-ruch a-ta Adonai,
E-lo-hei-nu me-lech ha-o-lam,
a-sher kid-sha-nu b'mitz-vo-tav
v'tzi-va-nu l'had-lik
ner shel Sha-bat.*

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

This prayer is to bless God, and allow us to see through the darkness. The Shabbat candles also to thank God. It is sung every Friday night. It means to thank God for this week. Also, it is to look to the future and think about good things not bad things.

- Dylan Brauner

SHABBAT KIDDUSH

קידוש לשבת

*Ba-ruch a-ta Adonai,
Eloheinu me-lech ha-o-lam,
bo-rei p'ri ha-ga:fen.*

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרִי הַגֶּפֶן.

*Ba-ruch a-ta Adonai, Eloheinu
me-lech ha-o-lam, a-sher kid-sha-nu
b'mitz-vo-tav v'ra-tza va-nu,
v'sha-bat kod-sho b'a-ha-va
uv-ra-tzon hin-chi-la-nu,
zi-ka-ron l'ma-a-sei v'rei-sheet.
Ki hu yom t'chi-la l'mik-ra-ei
ko-desh, zei-cher li-tzi-at Mitz-ra-yim.
Ki va-nu va-char-ta v'o-ta-nu
ki-dash-ta mi-kol ha-a-mim,
v'sha-bat kod-sh'cha b'a-ha-va
uv-ra-tzon hin-chal-ta-nu.
Ba-ruch a-ta Adonai,
m'ka-deish ha-sha-bat.*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְרָצָה בָּנוּ,
וְשִׁבַת קִדְּשׁוֹ בְּאַהֲבָה
וּבְרָצוֹן הִנְחִילָנוּ,
זִכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי
קִדְּשׁ, זִכָּר לְיִצְיַאת מִצְרָיִם.
כִּי-בָנוּ בְּחֵרֶת וְאוֹתָנוּ
קִדְּשָׁתָּ מִכָּל הָעַמִּים,
וְשִׁבַת קִדְּשְׁךָ בְּאַהֲבָה
וּבְרָצוֹן הִנְחַלְתָּנוּ.
בְּרוּךְ אַתָּה יְיָ,
מְקַדֵּשׁ הַשַּׁבָּת.

The definition of Kiddush is sanctification which is defined in the Oxford Languages as “the action of making or declaring something holy.” A glass of wine or grape juice is often used to sanctify Shabbat. This tradition is for thanking God for sanctifying us with Mitzvot, and in the end, the general meaning of my prayer is to rest and to sanctify our lives. My prayer is special because it is celebrated every week and there are certain traditions that can relate to other Jewish traditions and ceremonies. This prayer to me is a reminder to rest. At the end of the day, at the end of the school week, I want to rest. Even though I don’t often sing the Shabbat Kiddush at home, it is always an inkling of a reminder telling me to stop and breathe.

- Tess Chasen

SHABBAT MOTZI

המוציא לשבת

Blessing for the grains of the earth

Ba-ruch a-ta Adonai,

Eloheinu me-lech ha-o-lam,

ha-mo-tzi le-chem min ha-a-retz.

בְּרוּךְ אַתָּה יי,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

The general meaning of the Motzi is to thank God for the grains and food of the earth. We say this prayer to give thanks and recognize how lucky we are to be able to have this food and be able to enjoy it. We recognize this by singing this prayer every time before we eat grains and food. The Motzi is special because it is a prayer that represents gratitude and how grateful we are to have these foods. The Motzi helps us recognize how lucky we are to enjoy the meal that our God, Adonai, has made for us. The transliteration says, "Our praise to you, Adonai our God, Sovereign of the universe, who brings forth bread from earth." This means to me that it is a powerful blessing that easily displays our thanks and appreciation to God. It is important that we say this prayer consistently so we can show our gratitude to Adonai.

- *Abigail Rothman*

B'NAI MITZVAH PRAYER CEREMONY

SHALOM ALEICHEM

שלום עליכם

Peace be unto you

*Sha·lom a·lei·chem, mal·a·chei
ha·sha·reit, mal·a·chei el·yon,
mi·me·lech mal'chei ham·la·chim,
ha·ka·dosh ba·ruch hu.*

שְׁלוֹם עֲלֵיכֶם, מְלַאֲכֵי
הַשָּׁרֵת, מְלַאֲכֵי עֲלִיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Bo·a·chem l'sha·lom, mal·a·chei
ha·sha·lom, mal·a·chei el·yon,
mi·me·lech mal'chei ham·la·chim,
ha·ka·dosh ba·ruch hu.*

בּוֹאֲכֶם לְשָׁלוֹם, מְלַאֲכֵי
הַשָּׁלוֹם, מְלַאֲכֵי עֲלִיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Bar·chu·ni l'sha·lom, mal·a·chei
ha·sha·lom, mal·a·chei el·yon,
mi·me·lech mal'chei ham·la·chim,
ha·ka·dosh ba·ruch hu.*

בְּרַכּוּנִי לְשָׁלוֹם, מְלַאֲכֵי
הַשָּׁלוֹם, מְלַאֲכֵי עֲלִיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Tzeit·chem l'sha·lom, mal·a·chei
ha·sha·lom, mal·a·chei el·yon,
mi·me·lech mal'chei ham·la·chim,
ha·ka·dosh ba·ruch hu.*

צֵאתְכֶם לְשָׁלוֹם, מְלַאֲכֵי
הַשָּׁלוֹם, מְלַאֲכֵי עֲלִיוֹן,
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Shalom Aleichem means “welcome and peace to you,” in Hebrew. This prayer asks for peace for loved ones and not only welcomes friends and family, but also welcomes Shabbat. The prayer suggests that we are brought into a world with peace, to live with peace, and to leave the world with peace. We wish everyone peace in their environment as the blessings wish for family and friends to be in a peaceful place no matter time, place, or location. It means looking out for the ones you cherish.

- Bree Rim

MODEH/MODAH ANI**מוֹדָה אֲנִי***In thanks for restoring my soul in love**Mo-deh/mo-da a-ni l'fa-ne-cha,***מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ,***me-lech chai v'ka-yam,***מֶלֶךְ חַי וְקַיִם,***she-he-che-zar-ta bi nish-ma-ti***שְׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי***b'chem-la, ra-ba e-mu-na-te-cha.***בְּחֶמְלָה, רַבָּה אֶמוּנָתְךָ.**

This prayer suggests that souls can be restored in mercy after a night's sleep and to offer thanks to God. It calls on everyone to have mercy on each other and shows that each person deserves a second chance with kindness. This prayer asks us to put our trust in a merciful God who will accept us and not judge us. That is what is beautiful about this prayer.

- *Caleb Cuti*

MAH YAFEH HAYOM**מַה־יָפֵה הַיּוֹם***How lovely today is, Shabbat Shalom**Ma ya-feh ha-yom: Sha-bat Sha-lom.***מַה־יָפֵה הַיּוֹם: שַׁבַּת שְׁלוֹם.**

The Mah Yafeh Hayom prayer is about the celebration of Shabbat, a day of rest and relaxation. In modern society, taking a break from busy daily life is necessary. Shabbat grants us the opportunity to focus on the positives in life. Shabbat also allows for time with loved ones, activities that garner happiness, and more. Furthermore, because of our hectic lives, it can be hard to be grateful. Mah Yafeh Hayom reminds us of the importance of practicing gratitude. The words of Mah Yafeh Hayom translate to "How lovely today is, Shabbat Shalom." It is vital to remember, despite the challenges and negatives of everyday life, every day is a blessing. Throughout my life, I have found that being grateful on days of struggle is difficult. Continuing to be thankful for every new day has helped shape me into a better person.

- *Maddie Greenberg*

HINEI MAH TOV

הנה מה טוב

It is good to dwell in friendship

*Hi-nei ma tov u-ma na'im
she-vet a-chim gam ya-chad.*

הִנֵּה מַה־טוֹב וּמַה־נָּעִים
שֶׁבֶת אַחִים גַּם־יַחַד.

Hinei Mah Tov means “how good it is to be with friends and family.” This prayer is special because it is about making bonds with people that you know and that you meet along the way. These people may be with you for the rest of your life so it is important to know how good it is to be with people at all times.

- *Neve Dowshen*

MAH TOVU

מה טוב

How good it is!

Ma to-vu o-ha-le-cha, Ya-a-kov,

mish-k'no-te-cha Yis-ra-eil.

Va-a-ni b'rov chas-d'cha

a-vo vei-te-cha,

esh-ta-cha-veh el hei-chal

kod-sh'cha b'yir-a-te-cha.

Adonai, a-hav-ti m'on bei-te-cha,

um'kom mish-kan k'vo-de-cha.

Va-a-ni esh-ta-cha-veh v'ech-ra-a,

ev-r'cha lif-nei Adonai o-si.

Va-a-ni t'fi-la-ti l'cha, Adonai,

eit ra-tzon.

Elohim, b'rov chas-de-cha,

a-nei-ni be-e-met yi-she-cha.

מַה־טוֹב אֱהִיָּהּ, יַעֲקֹב,

מִשְׁכַּנְתִּיךָ יִשְׂרָאֵל!

וְאֲנִי, בְּרַב חַסְדְּךָ

אָבוֹא בִּיתְךָ,

אֲשַׁתְּחוּהָ אֶל־הֵיכַל

קִדְשְׁךָ בְּיִרְאַתְךָ.

יְהוָה, אֶהְבְּתִי מֵעוֹן בִּיתְךָ,

וּמִקוֹם מִשְׁכַּן כְּבוֹדְךָ.

וְאֲנִי אֲשַׁתְּחוּהָ וְאֶכְרַעָהּ,

אֶבְרַכָּהּ לִפְנֵי־יְהוָה עֲשֵׂי.

וְאֲנִי תִפְלְתִי־לְךָ, יְהוָה,

עֵת רְצוֹן.

אֱלֹהִים, בְּרַב־חַסְדְּךָ,

עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

Mah Tovu is Hebrew for "how good it is." This prayer is about being thankful for things that you receive from God, family, and friends. Life gives us the opportunity to receive and to give, and I am thankful to my family who are always very supportive of me.

- Brian Levy

ELOHAI N'SHAMA

מה טבו

The soul that I have been given is pure

*Elohai n'sha-ma she-na-ta-ta bi
t'ho-ra hi. A-ta b'ra-tah,
a-ta y'tzar-tah,
a-ta n'fach-tah bi,
v'a-ta m'sham-rah b'kir-bi.*

אֱלֹהִי, נִשְׁמָה שֶׁנָּתַתָּ בִּי
טְהוֹרָה הִיא. אַתָּה בְּרָאתָה,
אַתָּה יָצַרְתָּה,
אַתָּה נִפְחַתָּה בִּי,
וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.

*Kol z'man
she-ha-n'sha-ma b'kir-bi,
mo-deh/mo-dah a-ni l'fa-ne-cha,
Adonai Elohai v'Ei-lo-hei
a-vo-tai v'i-mo-tai,
Ri-bon kol ha-ma-a-sim,
A-don kol ha-n'sha-mot.*

כָּל־זְמַן
שֶׁהִנְשַׁמָּה בְּקִרְבִּי,
מוֹדֵה ׀ מוֹדֵה אֲנִי לְפָנֶיךָ,
יְי אֱלֹהֵי וְאֱלֹהֵי
אֲבוֹתַי וְאֲמוֹתַי,
רְבוֹן כָּל־הַמַּעֲשִׂים,
אֲדוֹן כָּל־הַנְּשָׁמוֹת.

*Ba-ruch a-ta Adonai,
a-sher b'ya-do ne-fesh kol chai
v'ru-ach kol b'sar ish.*

בָּרוּךְ אַתָּה יְי,
אֲשֶׁר בִּידוֹ נִפְּשׂ כָּל־חַי
וְרוּחַ כָּל־בֶּשֶׂר־אִישׁ.

The meaning of my prayer is that God gave a piece of soul to all of us that is unique, and individual. The prayer represents the creation and shaping of a pure soul. This prayer also demonstrates individuality between everyone even though a piece of all of us comes from the same place. What is special about this prayer is how it represents that God created something and shaped something for every human. This is also a special prayer because it is saying how God will protect all of our souls. To me, this prayer means that we all have something individual and we all are represented in different, but similar ways. I really like this prayer because I feel like it is very positive and something everyone can probably relate to and understand.

- Rachel Rothman

ELU D'VARIM

אלו דברים

In honor of that which is limitless in the world

<i>Ei-lu d'va-rim</i>	אלו דברים
<i>she-ein la-hem shi-ur,</i>	שאין להם שעור,
<i>she-a-dam o-cheil pei-ro-tei-hem</i>	שאדם אוכל פרותיהם
<i>ba-o-lam ha-zeh v'ha-ke-ren</i>	בעולם הזה והקֶרֶן
<i>ka-ye-met lo la-o-lam ha-ba,</i>	קיימת לו לעולם הבא,
<i>v'ei-lu hein: ki-bud av va-eim,</i>	ואלו הן: כבוד אב ואם,
<i>u-g'mi-lut cha-sa-dim,</i>	וגמילות חסדים,
<i>v'hash-ka-mat beit ha-mi-drash</i>	והשפמת בית המדרש
<i>sha-cha-rit v'ar-vit,</i>	שחרית וערבית,
<i>v'hach-na-sat or-chim,</i>	והכנסת אורחים,
<i>u-vi-kur cho-lim,</i>	ובקור חולים,
<i>v'hach-na-sat ka-la,</i>	והכנסת כלה,
<i>u-l'va-yat ha-meit, v'i-yun t'fi-la,</i>	ולוית המת, ועיון תפלה,
<i>v'ha-va-at sha-lom</i>	והבאת שלום
<i>bein a-dam l'cha-vei-ro,</i>	בין אדם לחברו,
<i>v'tal-mud To-rah k'ne-ged ku-lam.</i>	ותלמוד תורה כנגד כלם.

Elu D'varim represents the things that Jewish people do to be good. The things listed in the prayer are things that all Jewish people should follow. Elu D'varim shows that it's important to be grateful that we are provided with these things by the Torah and God, and to be grateful for other Jewish people that perform these mitzvot. Something special about this prayer is that it teaches one to not only hear the information from the Torah, but to actually follow it. Elu D'varim asks Jewish people to "engage in deeds of compassion." This is meaningful to me because I try to show empathy to friends and family and help them through hard times. Elu D'varim shows you ways to be the best person possible for yourself and for others.

- Romi Galai

ASHREI

אשרי

Ash-rei yosh-vei vei-te-cha,
 od y'ha-l'lu-cha se-la.
 Ash-rei ha-am she-ka-cha lo,
 ash-rei ha-am she-Adonai Elohav.

T'hi-la l'Da-vid.

A-ro-mim-cha Elohai ha-me-lech,
 va-a-var-cha shim-cha l'o-lam va-ed.
 B'chol yom a-var-che-ka,
 va-a-hal'la shim-cha l'o-lam va-ed.

Ga-dol Adonai u-m'hu-lal m'od,
 v'lig-du-la-to ein chei-ker.
 Dor l'dor y'sha-bach ma'a-se-cha,
 u-g'vu-ro-te-cha ya-gi-du.

Ha-dar k'vod ho-de-cha,
 v'div-rei nif-lo-te-cha a-si-cha.
 Ve-e-zuz no-ro-te-cha yo-me-i-ru
 u-g'du-lat-cha a-sa-pre-na.

Zei-cher rav tuv-cha ya-bi-u,
 v'tzid-kat-cha y'ra-nei-nu.
 Cha-nun v'ra-chum Adonai,
 e-rech a-pa-yim u-g'dal cha-sed.

Tov Adonai la-kol,
 v'ra-cha-mav al kol ma-a-sav.
 Yo-du-cha Adonai kol ma-a-se-cha,
 va-cha-si-de-cha y'var-chu-cha.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,
 עוֹד יִהְלָלוּךָ סֵלָה.
 אֲשֶׁרִי הָעַם שְׁכַנְךָ לוֹ,
 אֲשֶׁרִי הָעַם שְׁיֵי אֱלֹהָיו.

תְּהִלָּה לְדָוִד.

אֲרוֹמְמֶךָ אֱלֹהֵי הַמְּלָכָה,
 וְאֲבָרְכָה שְׁמֶךָ לְעוֹלָם וָעֶד.
 בְּכָל־יוֹם אֲבָרְכֶךָ,
 וְאֶהְלָלֶךָ שְׁמֶךָ לְעוֹלָם וָעֶד.

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד,
 וְלִגְדֻלְתּוֹ אֵין חֶקֶר.
 דּוֹר לְדוֹר יִשְׁבַּח מֵעַשְׂרֶיךָ,
 וְגִבּוֹרְתֶיךָ יִגְיְדוּ.

הַדָּר כְּבוֹד הוֹדֶךָ,
 וְדַבְּרֵי נִפְלְאוֹתֶיךָ אֶשְׁיַחָה.
 וְעֵזוּז נוֹרְאוֹתֶיךָ לֹאמְרוּ
 וְגִדְּלוּתְךָ אֶסְפְּרֶנָּה.

זֶכֶר רַב־טוֹבְךָ יִבְיַעוּ,
 וְצִדְקֹתֶיךָ יִרְנְנוּ.
 חֲנוּן וְרַחוּם יְיָ,
 אֲרַךְ אַפַּיִם וְגִדְּל־חֶסֶד.

טוֹב־יְיָ לְכָל,
 וְרַחֲמָיו עַל־כָּל־מַעֲשָׂיו.
 יוֹדוּךָ יְיָ כָּל־מַעֲשֶׂיךָ,
 וְחִסְדֵיךָ יְבָרְכוּכָה.

*K'vod mal-chut-cha yo-mei-ru,
u-g'vu-rat-cha y'da-bei-ru.
L'ho-di-a liv-nei
ha-a-dam g'vu-ro-tav,
u-ch'vod ha-dar mal-chu-to.*

*Mal-chut-cha mal-chut
kol o-la-mim,
u-mem-shalt-cha b'chol dor va-dor.
So-meich Adonai l'chol ha-nof-lim,
v'zo-keif l'chol ha-k'fu-fim.*

*Ei-nei kol ei-le-cha y'sa-bei-ru,
v'a-ta no-tein la-hem
et och-lam b'i-to.
Po-tei-ach et ya-de-cha,
u-mas-bi-a l'chol chai ra-tzon.*

*Tza-dik Adonai b'chol d'ra-chav
v'cha-sid b'chol ma'a-sav.
Ka-rov Adonai l'chol kor-av,
l'chol a-sher yik-ra-u-hu ve'e-met.*

*Ra-tzon y'rei-av ya'a-seh,
v'et shav-a-tam
yish-ma v'yo-shi-eim.
Sho-meir Adonai et kol o-ha-vav,
v'et kol har-sha'im yash-mid.*

כְּבוֹד מַלְכוּתְךָ יֵאמְרוּ,
וְגִבּוֹרֹתֶיךָ יִדְבְּרוּ.
לְהוֹדִיעַ לְבָנֵי
הָאָדָם גִּבּוֹרֹתֶיךָ,
וְכָבוֹד הַדָּר מַלְכוּתְךָ.

מַלְכוּתְךָ מַלְכוּת
כָּל־עוֹלָמִים,
וּמְמַשְׁלֹתֶיךָ בְּכָל־דּוֹר וָדוֹר.
סוֹמֵךְ יְיָ לְכָל־הַנִּפְלִים,
וְזוֹקֵף לְכָל־הַכְּפוּפִים.

עֵינֵי־כָל אֱלֹהִים יִשְׁבְּרוּ,
וְאֵתָה נוֹתֵן־לָהֶם
אֶת־אֲכָלָם בְּעֵתוֹ.
פּוֹתֵחַ אֶת־יַדְּךָ,
וּמִשְׁבִּיעַ לְכָל־חַי רָצוֹן.

צַדִּיק יְיָ בְּכָל־דַּרְכָיו,
וְחָסִיד בְּכָל־מַעֲשָׁיו.
קָרוֹב יְיָ לְכָל־קוֹרְאָיו,
לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.

רָצוֹן־יִרְאֶוּ יַעֲשֶׂה,
וְאֵת־שׁוֹעֲתָם
יִשְׁמַע וְיוֹשִׁיעֵם.
שׁוֹמֵר יְיָ אֶת־כָּל־אֱהָבָיו,
וְאֵת כָּל־הַרְשָׁעִים יִשְׁמִיד.

*T'hi-lat Adonai y'da-beir pi;
vi·va·reich kol ba·sar
sheim kod·sho, l'o·lam va·ed.
Va·a·nach·nu n'va·reich Yah,
mei·a·ta v'ad o·lam. Hal'lu·yah!*

תְּהִלַּת יְיָ יִדְבַּר־פִּי;
וַיְבָרֵךְ כָּל־בָּשָׂר
שֵׁם קֹדֶשׁוֹ, לְעוֹלָם וָעֶד.
וַאֲנַחְנוּ נְבָרֵךְ יְהוָה,
מֵעַתָּה וְעַד־עוֹלָם. הַלְלוּיָהּ.

Happy are they that dwell in Your house;
they will be ever praising You. (Selah.)
Happy is the people that is in such a case;
happy is the people, whose God is Adonai.

A Psalm of Praise; of David.

I will extol You, my God, O King;
and I will bless Your name for ever and ever.

Every day I will bless You;
and I will praise Your name for ever and ever.

Great is Adonai, and exceedingly to be praised;
and God's greatness is unsearchable.
One generation will laud Your works to another,
and will declare Your mighty acts.

On the majestic glory of Your grandeur,
and on Your marvelous deeds, I will meditate.

And men will speak of the might of Your awesome acts;
and I will recount Your greatness.

They will pour forth the fame of Your great goodness,
and will exult in Your righteousness.

Adonai is gracious and merciful;
slow to anger and of great lovingkindness.
Adonai is good to all;
and God's tender mercies are over all God's works.

All Your works will give thanks to You, O Lord;
and Your loving ones will bless You.

They will speak of the glory of Your kingdom,
and talk of Your power.

To make known to the sons of men God's mighty acts,
and the majestic glory of God's kingdom.

Your kingdom is an everlasting kingdom,
and Your dominion endures throughout all generations.

Adonai upholds all that fall,
and raises up all those that are bowed down.
The eyes of all wait on You;
and You give them their food in due season.

You open Your hand and satisfy every living thing with favor.

Adonai is righteous in all God's ways, and loving in all God's works.

Adonai is nigh to all those who call on God
to all that call on God in truth.

God will fulfil the desire of those who fear God;
God also will hear their cry, and will save them.

Adonai guards all those who love God;
but all the wicked God will destroy.

My mouth will speak of the praise of Adonai;
and let all flesh bless God's holy name for ever and ever.

But we will bless Adonai now and for evermore.

Praise Adonai.

TALLIT BLESSING**ברכת הטלית***In honor of wearing the prayer shawl*

*Ba-ruch a-ta Adonai,
 Eloheinu me-lech ha-o-lam,
 a-sher kid-sha-nu b'mitz-vo-tav
 v'tzi-va-nu l'hit-a-teif ba-tzi-tzit.*

**בְּרוּךְ אַתָּה יְהוָה
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
 וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.**

The tallit is the prayer shawl that Jewish adults wear during prayer. It is important to observe the commandment to wear the tallit and to honor the fringes of the garment as we praise God for being together in prayer.

- *Ash Goldberg*

BARCHU**ברכו***The Call to Worship and Prayer*

Bar-chu et Adonai ha-m'vo-rach!

בְּרוּכוּ אֶת־יְיָ הַמְּבָרָךְ!

*Ba-ruch Adonai ha-m'vo-rach
 l'o-lam va-ed!*

**בְּרוּךְ יְיָ הַמְּבָרָךְ
 לְעוֹלָם וָעֶד!**

The Barchu is the call to worship that acknowledges God now and forever. This is a unique prayer, because it is one of the few where we stand together in community and bow and honor one another and God. This prayer means to me that we must care about God and to focus on what is important, and call to mind God in times of need.

- *Zoe Wood*

SH'MA שמע

God is One - the watchword of Jewish faith

שְׁמַע יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yis-ra-eil: Adonai Eloheinu, Adonai e-chad!

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

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Ba-ruch sheim k'vod mal-chu-to l'o-lam va-ed.

Blessed is God's glorious majesty forever and ever.

The Sh'ma tells us that we should always bless the singular God. It tells us that we have to respect God and value God. It is special because in two powerful sentences, one feels the power of the message. This prayer is a representation of God. It shows us that God is one and helps us realize that God is with us and helps us through the day. It helps us realize how special we are and how lucky we are to be alive. The Sh'ma makes me feel fully part of the Jewish community and proud to be a Jew.

- *Eli Friedman*

V'AHAVTA

ואהבת

And you shall love God with all your heart

*V'a-hav-ta eit Adonai Elohecha
 b'chol l'vav-cha, u-v'chol naf-sh'cha
 u-v'chol m'o-de-cha. V'ha-yu
 had-va-rim ha-ei-leh a-sher a-no-chi
 m'tzav-cha ha-yom al l'va-ve-cha.
 V'shi-nan-tam l'va-ne-cha v'di-bar-ta
 bam b'shiv-t'cha b'vei-te-cha
 u-v'lech-t'cha va-de-rech
 u-v'shoch-b'cha u-v'ku-me-cha.
 Uk'shar-tam l'ot al ya-de-cha
 v'ha-yu l'to-ta-fot bein ei-ne-cha.
 Uch'tav-tam al m'zu-zot
 bei-te-cha, u-vi-sh'a-re-cha.*

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ
 בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ
 וּבְכָל-מְאֹדְךָ. וְהָיוּ
 הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי
 מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ.
 וְשִׁנַּנְתֶּם לְבַנְיָמִן וּדְבַרְתָּ
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ
 וּבְלַכְתְּךָ בַּדֶּרֶךְ
 וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.
 וְקִשְׂרִיתֶם לְאוֹת עַל-יְדֵיךָ
 וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
 וְכִתַּבְתֶּם עַל-מְזוֹזֹת
 בֵּיתְךָ וּבְשַׁעְרֶיךָ.

And you shall remember all my commandments

*L'ma-an tiz-k'ru va-a-si-tem
 et kol mitz-vo-tai, vi-h'yi-tem
 k'do-shim l'Eiloheichem.
 A-ni Adonai Eloheichem
 a-sher ho-tzei-ti et-chem
 mei-e-retz mitz-ra-yim
 li-h'yot la-chem lei-lo-him,
 A-ni Adonai Eloheichem.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
 אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם
 קְדוֹשִׁים לֵאלֹהֵיכֶם.
 אֲנִי יְהוָה אֱלֹהֵיכֶם
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
 מֵאֶרֶץ מִצְרַיִם
 לְהִיוֹת לְכֶם לֵאלֹהִים,
 אֲנִי יְהוָה אֱלֹהֵיכֶם.

The V'ahavta is about praising God and being grateful for everything that God has given to us. It instructs us to love God with all our soul and with all our might and highlights some of God's doings. The V'ahavta directs us not to forget what God has already done and to carry God with you wherever you go. One thing that is interesting about the V'ahavta is that it is written in third person and makes us

feel like we are being addressed personally. It also switches tunes a lot which makes it interesting to listen to. To me, this prayer is about thinking about God wherever you are no matter what time of day, no matter what you're doing. You shouldn't only praise God when you say prayers or go to services, God is always with you and you should be grateful all the time. Even though we have certain things we do to particularly appreciate God, that doesn't mean we can forget about God other times.

- Bridget Cohen

MI CHAMOCHA מי־כמכה

There is none like you, Oh Divine One

<i>Mi cha-mo-cha ba-ei-lim, Adonai?</i>	מִי־כְמֹכָה בְּאֵלִים יְהוָה?
<i>Mi ka-mo-cha, ne-dar ba-ko-desh,</i>	מִי כְמֹכָה, נֶאֱדָר בְּקֹדֶשׁ,
<i>no-ra t'hi-lot, o-sei fe-leh?</i>	נֹרָא תְהִלַּת, עֲשֵׂה פֶלֶא?
<i>Shi-ra cha-da-sha shib-chu g'u-lim</i>	שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים
<i>l'shim-cha al s'fat ha-yam;</i>	לְשִׁמְךָ עַל־שִׁפְתַת הַיָּם,
<i>ya-chad ku-lam ho-du</i>	יַחַד בְּלִם הוֹדוּ
<i>v'him-li-chu v'am-ru:</i>	וְהִמְלִיכוּ וְאָמְרוּ:
<i>Adonai yim-loch l'o-lam va-ed!</i>	יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד!

This prayer is about the People of Israel saying thanks to God. It is a song the Israelites sang after God parted the sea in the Sinai Desert. The Israelites are saying thank you for the miracle that saved them. This prayer is special because it's a song, and not many prayers are a song. This prayer is also special because not many prayers are from the Torah and Mi Chamocha comes from the book of Exodus. The Israelites were relieved because something could have gone really bad, but instead, God and Moses helped and rescued them. There have been moments in my life when I feel relieved because I avoided a bad situation. When they sang Mi Chamocha they probably felt happy and loved because of God's miracle. When I'm sleeping with my cats, I feel happy and loved and grateful for having two cats. We take care of

each other, just like how God takes care of the Israelites and they trust and love God.

- Sidney Klibaner

<i>Tzur Yis-ra-eil, ku-ma b'ez-rat</i>	צור ישׂראֵל, קוֹמָה בְּעִזְרַת
<i>Yis-ra-eil, u-f'dei chin'u-me-cha</i>	ישׂראֵל, וּפְדָה כְּנַאמְךָ
<i>y'hu-da v'Yis-ra-eil.</i>	יְהוּדָה וְיִשְׂרָאֵל.
<i>Go-a-lei-nu Adonai tz'va-ot sh'mo,</i>	גִּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
<i>k'dosh Yis-ra-eil.</i>	קְדוֹשׁ יִשְׂרָאֵל.
<i>Ba-ruch a-ta Adonai, ga-al Yis-ra-eil.</i>	בְּרוּךְ אַתָּה יְיָ, גֹאֵל יִשְׂרָאֵל.

SHALOM RAV שלום רב

Prayer for peace on earth

<i>Sha-lom rav al Yis-ra-eil am-cha</i>	שְׁלוֹם רָב עַל-יִשְׂרָאֵל עַמְךָ
<i>ta-sim l'o-lam, ki a-ta hu</i>	תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא
<i>me-lech a-don l'chol ha-sha-lom.</i>	מֶלֶךְ אֲדוֹן לְכֹל הַשְּׁלוֹם.
<i>V'tov b'ei-ne-cha l'va-reich</i>	וְטוֹב בְּעֵינֶיךָ לְבָרְךָ
<i>et am-cha Yis-ra-eil, b'chol eit</i>	אֶת עַמְךָ יִשְׂרָאֵל, בְּכֹל עֵת
<i>uv'chol sha-a bi-sh'lo-me-cha.</i>	וּבְכֹל שָׁעָה בְּשְׁלוֹמְךָ.
<i>Ba-ruch a-ta Adonai, ha-m'va-reich</i>	בְּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ
<i>et a-mo Yis-ra-eil ba-sha-lom.</i>	אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Shalom Rav asks for great peace in the world. This prayer asks God to grant peace to all which is important in a world where there is violence. It's important for the Jewish people to have peace, because their world was a tough place to live. Shalom Rav is important to me because you should always try to pursue peace wherever you are.

- Aden Ganley

AMIDAH עמידה

The first lines of this prayer introduce the Amidah and ask for God's blessing as we lift our voice. Even though it is a short prayer, it conveys great meaning because it is from the heart. When we pray, we should not do it with apathy or say things for the sake of tradition. We should pray with feeling and honesty.

- *Mark Shanker*

Let us rise in prayer

*Adonai s'fa-tai tif-tach,
u-fi ya-gid t'hi-la-te-cha.*

אֲדֹנָי שְׁפֹתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתֶךָ.

Adonai, open my lips, and my mouth will declare Your praise.

AVOT V'IMAHOT

אבות ואמהות

Honoring the generations of our People

*Ba-ruch a-ta Adonai, Eloheinu
 vei-lo-hei a-vo-tei-nu v'i-mo-tei-nu:
 Elohei Avraham, Elohei Yitzchak,
 vei-lo-hei Yaakov. Elohei Sarah,
 Elohei Rivkah, Elohei Racheil
 vei-lo-hei Leah. Ha-eil ha-ga-dol
 ha-gi-bor v'ha-no-ra, Eil el-yon,
 go-meil cha-sa-dim to-vim, v'ko-nei
 ha-kol, v'zo-cheir chas-dei a-vot
 v'i-ma-hot, u-mei-vi g'u-la liv-nei
 v'nei-hem, l'ma-an sh'mo, b'a-ha-va.
 Me-lech o-zeir u-mo-shi-a u-ma-gein.
 Ba-ruch a-ta Adonai,
 ma-gein Avraham v'ez-rat Sarah.*

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:
 אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
 וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה,
 אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל
 וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
 גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה
 הַכֹּל, וְזוֹכֵר חֲסֵי אֲבוֹת
 וְאִמּוֹת, וְיַמְבִּיא גְּאֻלָּה לְבָנָי
 בְּנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.
 מְלֶכֶד עוֹזֵר וּמוֹשִׁיעַ וּמְגַן.
 בְּרוּךְ אַתָּה יי,
 מְגַן אַבְרָהָם וְעֵזְרַת שָׂרָה.

“To our fathers and our mothers,” is the theme of this prayer. When we pray these words, we are being thankful to God and to the people that we care about. It is important in prayer and in life to acknowledge our ancestors and Adonai, to help connect us to those that came before us. We must honor them because they are the reason we are alive, especially our parents, for giving us life.

- Tom Crovitz

G'VUROT גבורות

The Divine One sustains life with compassion

*A-ta gi-bor l'o-lam, Adonai,
 m'cha-yei ha-kol a-ta,
 rav l'ho-shi-a. [Mo-rid ha-tal.]
 [Ma-shiv ha-ru-ach u-mo-rid
 ha-ga-shem.] M'chal-keil cha-yim
 b'che-sed, m'cha-yei ha-kol
 b'ra-cha-mim ra-bim. So-meich
 nof-lim, v'ro-fei cho-lim,
 u-ma-tir a-su-rim, um'ka-yeim
 e-mu-na-to li-shei-nei a-far.
 Mi cha-mo-cha ba'al g'vu-rot
 u-mi do-meh lach, me-lech mei-mit
 u-m'cha-yei u-matz-mi-ach y'shu-a?
 V'ne-e-man a-ta
 l'ha-cha-yot ha-kol.
 Ba-ruch a-ta Adonai,
 m'cha-yei ha-kol.*

**אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי,
 מְחַיֶּה הַכֹּל אֶתָּה,
 רַב לְהוֹשִׁיעַ. [מּוֹרִיד הַטָּל].
 [מְשִׁיב הַרוּחַ וּמוֹרִיד
 הַגֶּשֶׁם]. מְכַלְכֵּל חַיִּים
 בְּחֶסֶד, מְחַיֶּה הַכֹּל
 בְּרַחֲמִים רַבִּים. סוֹמֵךְ
 נוֹפְלִים, וְרוֹפֵא חוֹלִים,
 וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם
 אֱמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם.
 מִי כְמוֹךָ בְּעַל גְּבוּרוֹת
 וּמִי דוֹמֵה לָךְ, מְלֶכֶךְ מִמִּית
 וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה?
 וְנֵאֱמָן אֶתָּה
 לְהַחְיֹת הַכֹּל.
 בָּרוּךְ אַתָּה יְיָ,
 מְחַיֶּה הַכֹּל.**

The G'vurot reminds us of God's power. It explains that God can influence our lives and that we should praise The Eternal One. It says that God is the biggest force in the universe. The prayer is special because there are different variations of this prayer depending on the season: winter or spring or Shabat Shuvah. This prayer is meaningful to me because it talks about opposites like giving and taking life, and winter and summer. It talks about balancing them, which I find very powerful and inspiring. It also talks about kindness, which is important. It talks about God being kind which should inspire each person to be kind.

- Julian Dreyer

K'DUSHAH

קְדוּשָׁה

Let us sanctify the name of the Divine One on earth

*N'ka-deish et shim-cha ba-o-lam,
k'sheim she-mak-di-shim o-to
bish-mei ma-rom,
ka-ka-tuv al yad n'vi-e-cha,
v'ka-ra zeh el zeh v'a-mar:*

נְקַדֵּשׁ אֶת־שִׁמְךָ בְּעוֹלָם,
כְּשֵׁם שִׁמְךָ־יִשִּׁים אוֹתוֹ
בְּשָׁמַי מְרוֹם,
כְּכַתוּב עַל־יַד נְבִיאֶךָ:
וְקָרָא זֶה אֶל־זֶה וְאָמַר:

***Ka-dosh, ka-dosh, ka-dosh
Adonai tz'va-ot,
m'lo chol ha-a-retz k'vo-do.***

**קְדוּשׁ , קְדוּשׁ , קְדוּשׁ
יְהוָה צְבָאוֹת,
מְלֵא כָל־הָאָרֶץ כְּבוֹדוֹ.**

*A-dir a-di-rei-nu, Adonai a-do-nei-nu,
ma a-dir shim-cha b'chol ha'a-retz!*

אֲדִיר אֲדִירֵנוּ, יְהוָה אֲדִירֵנוּ,
מִה־אֲדִיר שִׁמְךָ בְּכָל־הָאָרֶץ!

Ba-ruch k'vod Adonai mim-ko-mo.

בְּרוּךְ כְּבוֹד־יְהוָה מִמְּקוֹמוֹ.

*E-chad hu Eloheinu, hu avi-nu,
hu mal-kei-nu, hu mo-shi-ei-nu,
v'hu yash-mi-ei-nu
b'ra-cha-mav l'ei-nei kol chai:
A-ni Adonai E-lo-hei-chem!*

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,
הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ,
וְהוּא יֹשְׁמִיעֵנוּ
בְּרַחֲמָיו לְעֵינֵי כָל־חַי:
"אֲנִי יְהוָה אֱלֹהֵיכֶם!"

***Yim-loch Adonai l'o-lam, E-lo-ha-yich
Tzi-yon, l'dor va-dor. Hal'lu-yah!***

**יִמְלֹךְ יְיָ לְעוֹלָם, אֱלֹהֵיךָ
צִיּוֹן, לְדוֹר וָדוֹר. הַלְלוּיָהּ!**

*L'dor va-dor na-gid god-le-cha,
u-l'nei-tzach n'tza-chim
k'du-shat-cha nak-dish,
v'shiv-cha-cha, Eloheinu,
mi-pi-nu lo ya-mush l'o-lam va-ed.*

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ,
וּלְנֶצַח נֶצַחִים
קְדוּשַׁתְךָ נְקַדִּישׁ.
וְשִׁבְחְךָ, אֱלֹהֵינוּ,
מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֵד.

*Ba-ruch a-ta Adonai,
ha-Eil ha-ka-dosh.*

בְּרוּךְ אַתָּה יְיָ,
הָאֵל הַקְּדוֹשׁ.

This prayer praises God and states that Adonai is the only God and that God is Eternal. God also speaks to Moses giving guidelines to being holy, as God is. According to this prayer, being holy involves treating other people well. This is one of the only prayers that comes from the Torah. I like the line “do not favor the poor or show deference to the rich.” It tells you not to judge others by how much money they have or anything else, rather, they should be judged only by their personality and if they are a good person.

- Rex Wallach

V'SHAMRU ושמרו

The People of Israel shall keep Shabbat

V'sham·ru v'nei Yis·ra·eil

et ha·sha·bat, la·a·sot

et ha·sha·bat l'do·ro·tam

b'rit o·lam. Bei·ni u·vein b'nei

Yis·ra·eil ot hi l'o·lam,

ki shei·shet ya·mim a·sa Adonai

et ha·sha·ma·yim v'et ha·a·retz,

u·va·yom ha·sh'vi·i

sha·vat va·yi·na·fash.

וּשְׁמְרוּ בְנֵי־יִשְׂרָאֵל

אֶת־הַשַּׁבָּת, לַעֲשׂוֹת

אֶת־הַשַּׁבָּת לְדוֹרְתָם

בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי

יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,

כִּי־שֵׁשֶׁת יָמִים עָשָׂה יי

אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,

וּבַיּוֹם הַשְּׁבִיעִי

שָׁבַת וַיִּנְפֹשׁ.

The meaning of this prayer is to remind people to both observe and to remember the Sabbath day. This prayer teaches us to know about the seven days of creation and that Shabbat is the day of rest. This prayer is special because it reminds me to rest after a long week of hard work in the world of creation. For me, it is a reminder to enjoy a break after all of my own work. Not only me, but also my friends and family.

- Jamie Pasker

סדר קריאת התורה לשבת

READING THE TORAH ON SHABBAT

The Torah service is the centerpiece of the Bar/Bat Mitzvah ceremony and is accompanied by many historic traditions. Prior to the reading, the Torah is marched around the congregation to allow family and friends to show honor to the Torah. It is customary for elders and the immediate family to participate in the Torah service with the honors of having an “alayah” (a special blessing that is said before and after each reading).

EIN KAMOCHA אין-כמוך

There is none like the Divine One among the gods

<p><i>Ein ka-mo-cha va-e-lo-him,</i></p> <p><i>Adonai, v'ein k'ma-a-se-cha.</i></p> <p><i>Mal-chut-cha mal-chut</i></p> <p><i>kol o-la-mim, u-mem-shal-t'cha</i></p> <p><i>b'chol dor va-dor.</i></p> <p><i>Adonai me-lech, Adonai ma-lach,</i></p> <p><i>Adonai yim-loch l'o-lam va-ed.</i></p> <p><i>Adonai oz l'a-mo yi-tein, Adonai</i></p> <p><i>y'va-reich et a-mo va-sha-lom.</i></p>	<p>אֵין-כְּמוֹךָ בְּאֱלֹהִים,</p> <p>אֲדֹנָי, וְאֵין כְּמַעֲשֵׂיךָ.</p> <p>מַלְכוּתְךָ מַלְכוּת</p> <p>כָּל-עוֹלָמִים, וּמִמְשַׁלְתְּךָ</p> <p>בְּכָל-דּוֹר וָדוֹר.</p> <p>יְהוָה מֶלֶךְ, יְהוָה מְלֹךְ,</p> <p>יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.</p> <p>יְהוָה עֹז לְעַמּוֹ יִתֵּן, יְהוָה</p> <p>יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם.</p>
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The Ein Kamocha prayer is a show of respect for God. It shows how God is the ruler of all and the creator of everything. This prayer shows us that we should be thankful for what we have. Ein Kamocha is special because it is said when the Ark is opened and the Torah is taken out. This prayer talks about Judaism from generation to generation. When I become a Bar Mitzvah, I will carry on the tradition like my family did before me.

- Liam Levine

AV HARACHMIM**אב הרחמים**

Source of mercy; favor us with kindness

*Av ha-ra-cha-mim, hei-ti-va
vir-tzon'cha et tzi-yon;
tiv-neh cho-mot Y'ru-sha-la-yim.
Ki v'cha l'vad ba-tach-nu,
me-lech Eil ram v'ni-sa,
A-don o-la-mim.*

**אב הרחמים, היטיבה
ברצונך את ציון;
תבנה חומות ירושלים.
כי בך לבד בטחנו,
מלך אל רם ונשא,
אדון עולמים.**

The meaning of this prayer is to trust God and ask God to help the Jewish People. It recalls our Jewish history and reminds us of God's help in the past. It is special because this prayer is part of the Torah service. We say this prayer when the Torah gets put back in the ark. When I read from the Torah at my Bar Mitzvah, I will take my place in the Jewish community as an adult.

- Colin Keiffer

KI MITZION**כי מציון**

*Ki mi-tzi-yon tei-tzei To-ra,
u-d'var Adonai mi-ru-sha-la-yim.*

**כי מציון תצא תורה,
ודבר יהוה מירושלים.**

SH'MA - CALL/RESPONSE

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Sh'ma Yis-ra-eil, Adonai Eloheinu, Adonai E-chad.

Hear O Israel, The Eternal One is our God,

The Eternal One is One

E-chad Eloheinu, ga-dol

A-do-nei-nu, ka-dosh sh'mo.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל

אֲדוֹנֵינוּ, קְדוֹשׁ שְׁמוֹ.

Gad'lu l'Adonai i-ti,

u-n'rom'ma sh'mo yach-dav.

גְּדְלוּ לַיהוָה אֲתֵי,

וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.

This prayer is about how Adonai is the best, how Adonai is our only God, and how important God is. This prayer is special because it is about thanking Adonai for everything Adonai has given to us, and feeling happy that we have what we have. It brings people together to read the Torah. Science is in the world and so is Adonai. They both have many things in common. Adonai and science both give people answers to profound questions. This prayer helps people see that they have a loving and caring God.

- *Malia Goodman*

HAKAFAH הקפה

The passing of the Torah

During the Hakafah we circle the Torah around the room and give honor to its teachings and wisdom. It is like the circle of my family, where each person is important. Judaism has been very important to my family for many generations and it is important to continue the circle now that it is time for my Bar Mitzvah.

- *Max Wilchfort*

L'CHA ADONAI לך ה'

*L'cha, Adonai, ha-g'du-la
v'ha-g'vu-ra v'ha-tif-e-ret
v'ha-nei-tzach v'ha-hod,
ki chol ba-sha-ma-yim u-va-a-retz.
L'cha, Adonai, ha-mam-la-cha
v'ha-mit-na-sei l'chol l'rosh.*

לְךָ, יְהוָה, הַגְדֵּלָה
וְהַגְבוּרָה וְהַתְפָּאֶרֶת
וְהַנִּצָּח וְהַהוֹד,
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ.
לְךָ, יְהוָה, הַמַּמְלָכָה
וְהַמִּתְנַשֵּׂא לְכֹל לְרֹאשׁ.

AL SH'LOSHA D'VARIM

*Al sh'lo-sha d'va-rim
ha-o-lam o-meid:
al ha-to-ra v'al ha-a-vo-da
v'al g'mi-lut cha-sa-dim.*

על שלשה דברים

עַל שְׁלֹשָׁה דְבָרִים
הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה וְעַל הָעֲבוּדָה
וְעַל גְּמִילוּת חַסְדִּים.

BLESSINGS BEFORE THE READING OF THE TORAH

In gratitude for the gift of Torah and truth

Bar-chu et Adonai ha-m'vo-rach!

בְּרַחוּ אֶת־יְיָ הַמְּבָרָךְ!

***Ba-ruch Adonai ha-m'vo-rach
l'o-lam va-ed!***

**בְּרוּךְ יְיָ הַמְּבָרָךְ
לְעוֹלָם וָעֶד!**

Ba-ruch Adonai ha-m'vo-rach

בְּרוּךְ יְיָ הַמְּבָרָךְ

l'o-lam va-ed! Ba-ruch a-ta Adonai,

לְעוֹלָם וָעֶד! בְּרוּךְ אַתָּה יְיָ,

Eloheinu me-lech ha-o-lam, a-sher

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר

ba-char ba-nu mi-kol ha-a-mim,

בָּחַר-בָּנוּ מִכָּל־הָעַמִּים,

v'na-tan la-nu et to-ra-to.

וְנָתַן־לָנוּ אֶת־תּוֹרָתוֹ.

Ba-ruch a-ta, Adonai,

בְּרוּךְ אַתָּה יְיָ,

no-tein ha-to-ra.

נוֹתֵן הַתּוֹרָה.

To be Jewish is to be thankful for the Torah. The Jewish People were chosen to receive the Torah at Mt. Sinai from God which reminds us to always be grateful for what we receive. I hope that the Jewish People, and me, are worthy of the Torah. When I think of this prayer, I am reminded to be thankful for what I have and to always be truthful. Mostly, to my family and my sister.

- Hudson Chaly

BLESSINGS AFTER THE READING OF THE TORAH

Ba-ruch a-ta Adonai, Eloheinu

me-lech ha-o-lam, a-sher na-tan

la-nu to-rat e-met, v'cha-yei o-lam

na-ta b'to-chei-nu. Ba-ruch ata

Adonai, no-tein ha-to-ra.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן

לָנוּ תּוֹרַת אֱמֶת, וַחַיֵּי עוֹלָם

נִטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה

יי, נוֹתֵן הַתּוֹרָה.

The prayer is said after reciting the Torah to thank God. Additionally, it is a time to reflect on reading the Torah. Furthermore, it closes the Torah reading which is an important part of Bar and Bat Mitzvahs. This prayer is special because it is used to reflect upon and conclude the Torah reading. The Blessing speaks about going to Mount Sinai, where God first put forth the wisdom of the Torah. In addition, it shows the importance of the Torah to Jews in the past, present, and future. I feel this prayer is an irreplaceable part of reading the Torah.

- *Dahlia Fajgenbaum*

MI SHEBEIRACH FOR ALIYAH

מי שברך

Mi she-bei-rach
a-vo-tei-nu v'i-mo-tei-nu,
Av-ra-ham Yitz-chak v'Ya'a-kov,
Sa-ra Riv-ka Ra-cheil v'Lei-a,
Hu y'va-reich et
 _____ *ben/bat* _____
ba'a-vur she-a-la/she-al-ta
lich-vod ha-Ma-kom v'lich-vod
ha-To-ra. Bis-char zeh
Ha-Ka-dosh Ba-ruch Hu
yish-m'rei-hu/yish-m're-ha
v'ya-tzi-lei-hu/v'ya-tzi-le-ha
mi-kol tza-ra v'tzu-ka
u-mi-kol ne-ga u-ma-cha-la,
v'yish-lach b'ra-cha v'hatz-la-cha
b'chol ma-a-sei ya-dav/ya-de-ha
im kol Yisrael, v'no-mar: A-men.

מי שְׁבֵרַךְ
 אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
 אַבְרָהָם יִצְחָק וְיַעֲקֹב,
 שָׂרָה רִבְקָה רַחֵל וְלֵאָה,
 הוּא יְבָרְךָ אֶת
 _____ בֶּן/בַּת _____
 בְּעִבּוֹר שְׁעָלָה/ שְׁעָלָתָה
 לְכַבּוֹד הַמָּקוֹם וְלְכַבּוֹד
 הַתּוֹרָה. בְּשִׂכְרָהּ
 הַקָּדוֹשׁ בְּרוּךְ הוּא
 יִשְׁמְרֵהוּ/יִשְׁמְרֶהָ
 וְיִצִּילֵהוּ/וְיִצִּילֶהָ
 מִכָּל צָרָה וְצוּקָה
 וּמִכָּל נֶגַע וּמַחֲלָה,
 וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה
 בְּכָל מַעֲשֵׂה יָדָיו/יְדֵיהָ
 עִם כָּל יִשְׂרָאֵל, וְנֹאמַר: אָמֵן.

Build your home in such a way
 that a stranger may feel happy in your midst!

Theodor Herzl, founder of Zionism, (1860-1904)

MI SHEBEIRACH FOR HEALING מי שברך

May the One who blessed our ancestors, bless us today

<p><i>Mi she-bei-rach a-vo-tei-nu</i> <i>v'i-mo-tei-nu, Av-ra-ham Yitz-chak</i> <i>v'Ya'a-kov, Sa-ra Riv-ka Ra-cheil</i> <i>v'Lei-a, Hu y'va-reich et</i> <i>ha-cho-lim _____.</i> <i>Ha-ka-dosh ba-ruch hu</i> <i>y'ma-lei ra-cha-mim a-lei-hem</i> <i>l'ha-cha-zi-kam u-l'ra-po-am,</i> <i>v'yish-lach la-hem m'hei-ra r'fu-a,</i> <i>r'fu-a sh'lei-ma min ha-sha-ma-yim,</i> <i>r'fu-at ha-ne-fesh ur'fu-at ha-guf,</i> <i>ha-sh'ta ba-a-ga-la u-viz-man</i> <i>ka-riv. V'no-mar: a-mein.</i></p>	<p>מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אַבְרָהָם יִצְחָק וְיַעֲקֹב, שָׂרָה רִבְקָה רַחֵל וְלֵאָה, הוּא יְבָרַךְ אֶת הַחַוְלִים _____. הַקָּדוֹשׁ בְּרוּךְ הוּא יְמַלֵּא רַחֲמִים עָלֵיהֶם לְהַחְזִיקֵם וּלְרַפְּאֵתָם, וַיִּשְׁלַח לָהֶם מְהֵרָה רְפוּאָה, רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם, רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף, הַשְּׂתָא בְּעַגְלָא וּבִזְמַן קָרִיב. וְנֹאמַר: אֲמֵינ.</p>
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This prayer asks God to help people in need of healing. It can be said in honor of someone who is sick, asking God to offer a blessing to those that are not well. This is a special prayer because it can make people feel better when they know that someone else is praying for them. I feel very comforted knowing that there is a prayer to say when someone you love is sick. For me, when my grandpa had cancer, I know this prayer would have meant a lot to him and helped him feel better.

- Scarlett Hanin

V'ZOT HATORAH

וזאת התורה

Lifting the Torah

V'zot ha-To-ra

a-sher sam Mo-sheh

lif-nei b'nei Yis-ra-eil,

al pi Adonai b'yad Mo-sheh.

וְזֹאת הַתּוֹרָה
אֲשֶׁר־שָׂם מֹשֶׁה
לְפָנַי בְּנֵי יִשְׂרָאֵל,
עַל־פִּי יְיָ בְיַד־מֹשֶׁה.

The general meaning of V'zot HaTorah is that Moses is a messenger for God. God created the Torah and passed it on to Moses to share it with the ancient People of Israel. Because they believed in Moses, they believed it was from God and followed his rules. It talks about when the ancient People of Israel learned about the Torah. To me this prayer shows how much the Israelite people trusted Moses. Moses led the ancient People of Israel out of the land of Egypt and gained their trust. This prayer helps me remember that during a difficult time for the Jewish People, they put their faith in God through Moses.

- *Isaac Fajgenbaum*

BLESSINGS BEFORE THE HAFTARAH

In honor of the prophets of truth and righteousness

Ba-ruch a-ta Adonai, Eloheinu

me-lech ha-o-lam, a-sher ba-char

bin-vi-im to-vim, v'ra-tza

v'div-rei-hem ha-ne'e-ma-rim

be'e-met. Ba-ruch a-ta Adonai,

ha-bo-cheir ba-to-ra u-v'Mo-sheh

av-do, u-v'Yis-ra-eil a-mo,

u-vin-vi-ei ha-e-met va-tze-dek.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ

הָעוֹלָם, אֲשֶׁר בָּחַר

בְּנְבִיאִים טוֹבִים, וְרָצָה

בְּדַבְרֵיהֶם הַנְּאֻמִּים

בְּאַמֶּת. בְּרוּךְ אַתָּה יְיָ,

הַבּוֹחֵר בַּתּוֹרָה וּבַמִּשָּׁה

עַבְדּוֹ, וּבִישְׂרָאֵל עַמּוֹ,

וּבְנְבִיאֵי הָאֱמֶת וְצִדְקָה.

The prayer before the Haftarah reminds the People of Israel to honor God for all that we have been promised, and to not bring harm to the land. It is special because it is one of the only prayers that offers a mindset that we will keep putting faith towards Adonai and that the people will no longer be oppressed. If we put our faith in the Eternal One, the One who commands peace, we will be able to teach our children to maintain and give our faith to God.

- Ari Burrows

BLESSINGS AFTER THE HAFTARAH

Praising the Divine One for the privilege of prayer

<i>Ba-ruch a-ta Adonai, Eloheinu</i>	בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ
<i>me-lech ha-o-lam, tzur</i>	מֶלֶךְ הָעוֹלָם, צוּר
<i>kol ha-o-la-mim, tza-dik b'chol</i>	כָּל־הָעוֹלָמִים, צַדִּיק בְּכֹל
<i>ha-do-rot, ha-Eil ha-ne-e-man,</i>	הַדּוֹרוֹת, הָאֵל הַנֶּאֱמָן,
<i>ha-o-meir v'o-seh</i>	הַאֹמֵר וְעֹשֶׂה,
<i>ha-m'da-beir u-m'ka-yeim,</i>	הַמְדַבֵּר וּמְקַיֵּם,
<i>she-kol d'va-rav e-met va-tze-dek.</i>	שֶׁכָּל־דְּבָרָיו אֱמֶת וְצֶדֶק.
<i>Al ha-to-ra, v'al ha-a-vo-da,</i>	עַל־הַתּוֹרָה, וְעַל־הַעֲבוּדָה,
<i>v'al ha-n'vi-im v'al yom</i>	וְעַל־הַנְּבִיאִים, וְעַל־יוֹם
<i>ha-sha-bat ha-zeh, she-na-ta-ta la-nu</i>	הַשַּׁבָּת הַזֶּה, שֶׁנִּתְּתָּ לָנוּ
<i>Adonai Eloheinu li-k'du-sha</i>	יי אֱלֹהֵינוּ, לְקִדְשָׁהּ
<i>v'li-m'nu-cha, l'cha-vod u-l'ti-fa-ret.</i>	וּלְמִנּוּחָהּ, לְכַבוֹד וּלְתִפְאֵרֶת.
<i>Al ha-kol Adonai Eloheinu,</i>	עַל־הַכֹּל יי אֱלֹהֵינוּ,
<i>a-nach-nu mo-dim lach, u-m'var-chim</i>	אֲנַחֲנוּ מוֹדִים לָךְ, וּמְבָרְכִים
<i>o-tach. Yit-ba-rach shim-cha b'fi</i>	אוֹתָךְ. יִתְבָּרַךְ שִׁמְךָ בְּפִי
<i>kol chai ta-mid l'o-lam va-ed.</i>	כָּל־חַי תָּמִיד לְעוֹלָם וָעֶד.
<i>Ba-ruch a-ta Adonai,</i>	בְּרוּךְ אַתָּה יי,
<i>m'ka-deish ha-sha-bat.</i>	מְקַדֵּשׁ הַשַּׁבָּת.

This blessing thanks God for Shabbat and for allowing us to reach this milestone. It speaks to God's holiness and signifies our thankfulness to God for allowing us to celebrate this specific Shabbat day. It calls us to be thankful for the Haftarah and to explore its prophetic teaching. In general, this prayer encourages us to discover more of what we want from our Jewish lives.

- Zoe Barofsky

EITZ CHAYIM עֵץ חַיִּים

The Torah is a Tree of Life

*Eitz cha-yim hi la-ma-cha-zi-kim
bah, v'tom-che-ha m'u-shar.
D'ra-che-ha dar-chei no-am,
v'chol n'ti-vo-te-ha sha-lom.*

עֵץ חַיִּים הִיא לְמַחְזִיקִים
בָּהּ, וְתוֹמְכֶיהָ מֵאִשָּׁר.
דְּרָכֶיהָ דְרָכֵי נֹעַם,
וְכָל־נְתִיבוֹתֶיהָ שְׁלוֹם.

*Ha-shi-vei-nu, Adonai,
ei-le-cha v'na-shu-va.
Cha-deish ya-mei-nu k'ke-dem.*

הַשִּׁיבֵנו יְהוָה,
אֵלֶיךָ וְנִשׁוּבָה.
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

Eitz Chayim means the “tree of life” and is another name for the Torah. After the Torah is read, it is returned to the Ark and we sing this song. It teaches that all who embrace the Torah find happiness and peace. This prayer has opened my eyes to the importance of Torah and I hope to find peace and happiness for my entire life.

- *Emily Safferstone*

ALEINU

עלינו

Proclaiming the Greatness of our Creator

A·lei-nu l'sha-bei-ach

la-a-don ha-kol, la-teit g'du-la

l'yo-tzeir b'rei-sheet, she-lo a-sa-nu

k'go-yei ha-a-ra-tzot, v'lo sa-ma-nu

k'mish-p'chot ha-a-da-ma;

she-lo sam chel-kei-nu ka-hem,

v'go-ra-lei-nu k'chol ha-mo-nam.

Va-a-nach-nu kor-im

u-mish-ta-cha-vim u-mo-dim lif-nei

me-lech mal-chei ham-la-chim,

ha-ka-dosh ba-ruch hu.

V'ne-e-mar: v'ha-ya Adonai

l'me-lech al kol ha-a-retz;

ba-yom ha-hu yi-h'yeh

Adonai e-chad u-sh'mo e-chad.

עֲלֵינוּ לְשַׁבַּח

לְאֵדוֹן הַכֹּל, לְתֵית גְּדֻלָּה

לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּא עֲשָׂנוּ

כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׂמְנוּ

כְּמִשְׁפַּחֹת הָאֲדָמָה;

שֶׁלֹּא שָׂם חֶלְקֵנוּ כִּהֵם,

וְגוֹרְלֵנוּ כְּכָל־הַמּוֹנִם.

וְאֲנַחְנוּ כּוֹרְעִים

וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנָי

מֶלֶךְ מַלְכֵי הַמַּלְכִּים,

הַקְּדוֹשׁ בְּרוּךְ הוּא.

וְנֹאמַר: וְהָיָה יְהוָה

לְמֶלֶךְ עַל־כָּל־הָאָרֶץ;

בַּיּוֹם הַהוּא יִהְיֶה

יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד.

The meaning of Aleinu is to thank God for making us who we are and making us unique. We are told to pray on our knees and bow. That is to acknowledge God and to be humble. It has you bend your knees and bow, which is unlike many other prayers. To me, it means that we should thank God for making us so unique and special. It is a way of showing gratitude and thanks to God.

- Jack Barek

MOURNER'S KADDISH

קדיש יתום

A prayer of memory and message of hope

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא
 b'al-ma div-ra chir-u-tei, בְּעֵלְמָא דִּי-בְרָא כְרְעוּתֵיהּ,
 v'yam-lich mal-chu-tei b'cha-yei-chon וַיַּמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן
 u-v'yo-mei-chon u-v'cha-yei d'chol beit וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית
 Yis-ra-eil, ba-a-ga-la u-viz-man יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן
 ka-riv, v'im-ru: **A·mein.** קָרִיב, וְאִמְרוּ: **אָמֵן.**

Y'hei sh'mei ra-ba m'va-rach יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
l'a-lam u-l'al-mei al-ma-ya. לְעַלְמֵי וּלְעַלְמֵי עֲלַמְיָא.

Yit-ba-rach v'yish-ta-bach, יִתְבָּרַךְ וַיִּשְׁתַּבַּח,
 v'yit-pa-ar v'yit-ro-mam v'yit-na-sei, וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא,
 v'yit-ha-dar v'yit-a-leh v'yit-ha-lal וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל
 sh'mei d'kud-sha, **b'rich hu,** שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ הוּא,
 l'ei-la min kol bir-cha-ta לְעֵלְמָא מִן-כָּל-בִּרְכָתָא
 v'shi-ra-ta, tush-b'cha-ta וּשְׂיִרְתָּא, תִּשְׁבְּחָתָא
 v'ne-che-ma-ta, da-a-mi-ran b'al-ma, וְנַחֲמָתָא, דְאִמְרוּן בְּעֵלְמָא,
 v'im-ru: **A·mein.** וְאִמְרוּ: **אָמֵן.**

Y'hei sh'la-ma ra-ba min sh'ma-ya יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמֵיָא
v'cha-yim a-lei-nu v'al kol וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
Yis-ra-eil, v'im-ru: A·mein. וְאִמְרוּ: **אָמֵן.**

O-seh sha-lom bim-ro-mav, hu עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא
ya-a-seh sha-lom a-lei-nu v'al kol יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
Yis-ra-eil, v'im-ru: A·mein. וְעַל-כָּל-יִשְׂרָאֵל, וְאִמְרוּ: **אָמֵן.**

It is not enough for me to ask questions;
 I want to know how to answer the one question
 that seems to encompass everything I face:
 What am I here for?

Rabbi Abraham Joshua Heschel (1907-1972)

HAVDALAH הבדלה

*Hi-nei Eil y'shu-a-ti, ev-tach
v'lo ef-chad. Ki o-zi v'zim-rat
Yah Adonai, va-y'hi li li-shu-a.*

*U·sh'av·tem ma·yim b'sa·son
mi·ma·y'nei ha·y'shu·a.*

*L'Adonai ha·y'shu·a, al a·m'cha
bir·cha·te·cha, se·la. Adonai tz'va·ot
i·ma·nu, mis·gav la·nu*

Elohei Ya·a·kov, se·la.

*Adonai tz'va·ot, ash·rei a·dam
bo·tei·ach bach! Adonai ho·shi·a;
ha·me·lech ya·a·nei·nu v'yom*

*kor·ei·nu. La·y'hu·dim ha·y'ta o·ra
v'sim·cha v'sa·son vi·kar; kein
ti·h'yeh la·nu. Kos y'shu·ot*

e·sa, u·v'sheim Adonai ek·ra.

הִנֵּה אֵל יְשׁוּעָתִי, אֲבֹטַח
וְלֹא אֶפְחָד, כִּי־עָזִי וְזַמְרָת
יְהוָה יְהוּהוּ, וַיְהִי־לִי לְיִשׁוּעָה.

וַיִּשְׁאַבְתֶּם־מַיִם בְּשִׁשׁוֹן
מִמַּעַיְנֵי הַיְשׁוּעָה.

לַיהוָה הַיְשׁוּעָה עַל־עַמֶּךָ
בְּרַכְתֶּךָ, סֵלָה. יְהוָה צְבָאוֹת

עֲמָנוּ מִשְׁגָּב־לָנוּ

אֱלֹהֵי יַעֲקֹב, סֵלָה.

יְהוָה צְבָאוֹת אֲשֶׁר־י אָדָם
בְּטִיחַ בָּךְ! יְהוָה הוֹשִׁיעָה;

הַמֶּלֶךְ יַעֲנֵנוּ בַיּוֹם

קָרָאנוּ. לַיְהוּדִים הִיְתָה אוֹרָה

וְשִׁמְחָה וְשִׁשׁוֹן וִיקָר; כֵּן

תְּהִיָּה לָנוּ! כּוֹס־יְשׁוּעוֹת

אֲשָׂא. וּבְשֵׁם יְהוָה אֶקְרָא.

Havdalah means separation and this prayer is sung at the end of Shabbat. The three symbols are wine, spices, and a braided candle. Even though Shabbat is coming to an end, we still take some of the joy of the day into a new week. To me, this prayer is about being confident and unafraid because we have family to gather with for Shabbat. We want everyone to thrive, and it is important because it shows how we wish prosperity to everyone in the week ahead.

- Eva Rosen

THE WINE

*Ba-ruch a-ta Adonai,
Eloheinu me-lech ha-o-lam,
bo-rei p'ri ha-ga-fen.*

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגָּפֶן.

This prayer is sung at the end of Shabbat. It is also about what you hope for the week to come. It is telling you that Shabbat is a time for perfect peace. It is about reflection. It talks about drinks, but has a different meaning than just drinks. A raised cup is symbolic of gratitude to God. It sets the tone for the next week. This prayer is a good reminder to reflect and take a pause. It tells me to take the feeling of peace in times that are not filled with work into times that are. It also is a reminder to cherish Shabbat. It is a time to spend with family.

- *Eli Knepper*

THE SPICES

*Ba-ruch a-ta Adonai,
Eloheinu me-lech ha-o-lam,
bo-rei mi-nei v'sa-mim.*

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְנֵי בְשָׂמִים.

The meaning of the spices is to remind us of the balance of nature. It reminds us of the separation between Shabbat and the work week. This prayer is special because the spices symbolize the sweetness of the sacred day of Shabbat, and to carry the tones into the week ahead. It's very optimistic and orients us to the future, which is an important part of being Jewish.

- *Oscar Berman*

THE LIGHT

*Ba-ruch a-ta Adonai,
Eloheinu me-lech ha-o-lam,
bo-rei m'o-rei ha-eish.*

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מְאֹרֵי הָאֵשׁ.

The Havdalah Light is a prayer that teaches about life. It says “see the light and awaken us.” The Havdalah Light is special because it shines a light on life and how special life is. The Havdalah Light means to me to take care of life. The prayer is about life and how to enjoy the little things. The Havdalah Light to me is about life and to share a little light with others.

- *Gabriella Layne*

HATIKVAH התקווה

Our National Anthem of Hope

<i>Kol od ba-lei-vav p'ni-ma</i>	כָּל עוֹד בַּלֵּב פְּנִימָה
<i>ne-fesh Y'hu-di ho-mi-ya,</i>	נֶפֶשׁ יְהוּדֵי הוֹמְיָה,
<i>u-l'fa-a-tei miz-rach ka-di-ma</i>	וּלְפָאֲתֵי מִזְרַח קְדִימָה
<i>a-yin l'Tzi-yon tzo-fi-ya.</i>	עֵין לְצִיּוֹן צוֹפִיָּה.
<i>Od lo av-da tik-va-tei-nu,</i>	עוֹד לֹא אָבְדָה תִּקְוַתֵּנוּ,
<i>ha-tik-va bat sh'not al-pa-yim,</i>	הַתִּקְוָה בַּת שָׁנוֹת אֲלֵפִים,
<i>li-h'yot am chof-shi b'ar-tzei-nu,</i>	לְהִיּוֹת עִם חֲפָשִׁי בְּאַרְצֵנוּ,
<i>b'e-retz Tzi-yon vi-ru-sha-la-yim.</i>	בְּאַרְץ צִיּוֹן וִירוּשָׁלַיִם.

The Hatikvah is about the hope for freedom for the Jewish People. "Hatikvah" directly translates to "the hope." The prayer is a symbol of freedom of the Jewish People in the land of Israel, and Israel is a holy place for Jewish People. The Hatikvah is special because it is Israel's national anthem, dedicated in 2004, and it is a sacred prayer for the Nation of Israel and all around the world. This prayer is meaningful to me because Israel is a special place that connects me to my heritage and Jewish ancestry. When I celebrate my Bat Mitzvah in Israel with my family, I will learn more about the history and Jewish culture of Israel and take my place in the Jewish tradition.

- *Olivia Barr*

OSEH SHALOM

עשה שלום

Prayer for peace

*O·seh sha·lom bim·ro·mav,
hu ya·a·seh sha·lom
a·lei·nu v'al kol Yis·ra·eil,
v'im·ru: **A·mein.***

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל־כָּל־יִשְׂרָאֵל,
וְאָמְרוּ: **אָמֵן.**

The general meaning of this prayer is to be brave. The prayer is also asking for things and to be strong. It is said on Shabbat and that is why it is special. This prayer means a lot to me because it is said at a Bar Mitzvah. It means a lot to me because I sometimes need strength. I need strength sometimes and I need to control my passions.

- Brodie Ganley

ADON OLAM

אָדוֹן עוֹלָם

Divine One, into your hands I entrust my spirit

*Adon o-lam a-scher ma-lach
b'te-rem kol y'tzir niv-ra,
L'eit na'a-sa b'chef-tzo kol
a-zai Me-lech sh'mo nik-ra.*

*V'a-cha-rei kich-lot ha-kol,
l'va-do yim-loch no-ra,
v'hu ha-ya v'hu ho-veh,
v'hu yih'yeh b'tif'a-ra.*

*V'hu e-chad v'ein shei-ni
l'ham-shil lo l'hach-bi-ra,
B'li rei-sheet b'li tach-leet,
v'lo ha-oz v'ha-mis-ra.*

*V'hu ei-li v'chai go'a-li
v'tzur chev-li b'eit tza-ra,
V'hu ni-si u-ma-nos li,
m'nat ko-si b'yom ek-ra.*

*B'ya-do af-kid ru-chi
b'eit i-shan v'a-ira,
V'im ru-chi g'vi-ya-ti
Adonai li v'lo i-ra.*

אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטָרִם כָּל־יִצִּיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל,
אִזִּי מָלַךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כִכְלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה, וְהוּא הוֹה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.
בְּלִי רְאֵשִׁית בְּלִי תְּכֵלִית,
וְלוֹ הֵעֵז וְהִמְשָׁרָה.

וְהוּא אֵלֵי וְחֵי גְאֵלֵי,
וְצוּר חֲבִלֵי בַּעַת צָרָה.
וְהוּא נָסִי וּמְנוּס לִי
מִנֶּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי
בַּעַת אִישׁוֹן וְאַעֲרָה.
וְעַם רוּחִי גִוְיָתִי
יְהוּה לִי וְלֹא אִירָא.

The Adon Olam prayer is about God always being there, watching over us from when we are young to when we get old. Whether in good times or bad times, God's presence will always be there. This prayer demonstrates the relationship between God and the Jewish people. When you put your trust in God, God will be with you, as we are all interconnected. The relationship Jewish People have with God is similar to what I have with my family because my family is my

benefactor. If I'm ever in need of something or if I'm ever in trouble they will always be there.

- *Jakob Moldavsky*

STUDENT CONTRIBUTORS

Jack Barek

Jack Barek is a student at The Masters School. He will celebrate his Bar Mitzvah on June 8, 2024. His interests include playing squash, art, hiking, writing, and skateboarding. In the future, Jack aspires to be a person who spreads kindness throughout the world. Mazel tov to his parents, Sara and Scott, and his brother Sam.

Zoe Barofsky

Zoe is a student at Basis Independent Manhattan. She will celebrate her Bat Mitzvah on June 17, 2023. Her interests include cooking, baking, hanging out with friends, watching Gilmore Girls, and dancing. In the future she aspires to graduate from high school and work in a field that helps better the world. Mazel tov to her parents, Karen and Neil, and her brother Jack.

Olivia Barr

Olivia is a student at Riverdale Country School. She will have her Bat Mitzvah in March, 2024. Olivia plays tennis and piano, her favorite animals are dolphins, and she likes to read. Her favorite artist is Taylor Swift. In the future she aspires to work with science or animal business. Mazel tov to her parents, Jasmine and Michael, and her sisters, Cameron and Paige.

Oscar Berman

Oscar is a student at The Calhoun School. He will celebrate his Bar Mitzvah on October 7, 2023. His interests include baseball, basketball, video games, acting, and engineering. In the future, he aspires to go to a good college and get a job he enjoys. Mazel tov to his parents, Laura and Alex, and his dog, Hermione.

Dylan Brauner

Dylan is a student at Newtown Middle School. He will celebrate his Bar Mitzvah in October, 2023. His interests include video games and content creation for social media. Dylan aspires to make amazing and interesting content in the future for others to enjoy on social media. Mazel tov to his parents, Nancy and Rob.

Benjamin Brody

Benjamin is a student at Avenues The World School, NYC. He will celebrate his Bar Mitzvah on June 15, 2024. His interests include aviation, basketball, NBA trading cards, tennis, boating, and dogs. In the future he aspires to be a pilot on the Airbus A321neo XLR for Jetblue. Mazel tov to his parents, Abby and Steve, his brother Jacob, and his dog, Skipper.

Anna Brosterman

Anna is a student at IS 289. She will celebrate her Bat Mitzvah on May 11, 2024. Her interests include theater, baking, and cooking. In the future she aspires to revolutionize the gluten free, dairy free snack industry. Mazel tov to her parents, Megan and Michael, and her sister, Caelin.

Ari Burrows

Ari is a student at PS/IS 276. He will celebrate his Bar Mitzvah on November 4, 2023. His interests include science, geography, drawing, baseball, trains, and spending time with his family in Florida. In the future he aspires to be a chemical engineer and inspire the world to become a better place. Mazel tov to his parents, Marcie and Andrew, and his brother, Eli.

Hudson Chaly

Hudson is a student at PS/IS 276. He will celebrate his Bar Mitzvah on September 21, 2023. His interests include watching airplanes, playing baseball, board games, drawing, and spending time with his family. In the future he aspires to get better grades, become an air traffic controller, and learn more about the subway system. Mazel tov to his parents, Stephanie and Mike, and his sister, Julia.

Tess Chasen

Tess is a student at the Horace Mann School. She will celebrate her Bat Mitzvah on March 9, 2024. Her interests include participating in the Model UN for her school, public speaking, dancing, and mixed martial arts. In the future Tess aspires to be happy. "I could be in the official UN or I could be a world famous actor, but I don't know yet. I have an entire life to live." Mazel tov to her parents, Jo-Anne and Steve, and her brother, Jack.

Bridget Cohen

Bridget is a student at Saint Ann's. She will celebrate her Bat Mitzvah on May 18, 2024. Her interests include ballet, most kinds of dance, skiing, arts and crafts, and writing. In the future Bridget aspires to be a professional dancer and an elementary school teacher. Mazel tov to her parents, Ruth and Josh, and her sister Olivia.

Tom Crovitz

Tom is a student at Leman Manhattan. He will celebrate his Bar Mitzvah on September 14, 2024. His interests include playing squash and reading Lord of the Rings. Mazel tov to his parents, Minky and Gordon, and his brothers, Jack and James.

Caleb Cuti

Caleb is a student at Poly Prep. He will celebrate his Bar Mitzvah on April 29, 2023. His interests include volleyball, reading, and writing. In the future he aspires to become an author who writes books/stories or light essays. Mazel tov to his parents, Sarah and John, and his brother, Eli.

Neve Dowshen

Neve is a student at Spruce Street School. She will celebrate her Bat Mitzvah in 2024. Her interests include drawing, reading, and playing soccer. In the future she aspires to become a scientist and an astronaut. Mazel tov to her parents, Alice and Matt, and her brother, Max.

Julian Dreyer

Julian is a student at Dwight-Englewood School. He will celebrate his Bar Mitzvah in June 2024. His interests include playing the guitar, fencing, and filmmaking. In the future he aspires to go to NYU and have a career in movie writing and directing. Mazel tov to his parents, Elyse and Anthony, and his sister, Ellery.

Dahlia Fajgenbaum

Dahlia is a student at The Windward School. She will celebrate her Bat Mitzvah on September 9, 2023. Her interests include making art and in the future she aspires to travel around the world. Mazel tov to her parents, Julie and Jonas, and her brothers, Isaac and Emmett.

Isaac Fajgenbaum

Isaac is a student at Avenues The World School, NYC. He will celebrate his Bar Mitzvah on September 9, 2023. His interests include playing soccer, football, and watching sports games with his family. In the future he aspires to be a professional soccer player. Mazel tov to his parents, Julie and Jonas, and his siblings, Dahlia and Emmett.

Eli Friedman

Eli is a student at the Salk School of Science. He will celebrate his Bar Mitzvah on November 11, 2023. His interests include baseball, basketball, tennis, volleyball, art, traveling, soccer, video games, watching TV, going to summer camp, and hanging out with his friends and family. In the future he aspires to graduate from middle school and high school. Mazel tov to his parents, Ariela and Jason, his brother Jonah, his guinea pig, Piglet, and his family and friends.

Romi Galai

Romi is a student at The Clinton School. She will celebrate her Bat Mitzvah on September 10, 2023. Her interests include dance, soccer, art, and cooking. In the future, she aspires to keep on living in Manhattan, pursuing a meaningful career and continuing to dance. Mazel Tov to her parents, Tali and Yaron, and her siblings, Yuval and Shira.

Aden Ganley

Aden is a student at Spruce Street School. He will celebrate his Bar Mitzvah on October 19, 2024. His interests include baseball, basketball, American football, and video games. In the future he aspires to have a successful career. Mazel tov to his parents, Wendy and Doug, his brother, Aden, and his dogs, Rosie and Poe.

Brodie Ganley

Brodie is a student at Dwight School. He will celebrate his Bar Mitzvah on October 19, 2024. His interests include soccer, video games, and Legos. In the future he aspires to be a professional soccer player. Mazel tov to his parents, Wendy and Doug, his brother, Aden, and his dogs, Rosie and Poe.

Ash Goldberg

Ash is a student at Center School. He will celebrate his Bar Mitzvah on May 4, 2024. His hobbies include hanging out with friends, chess, basketball, and sleeping. Mazel tov to his mom Wendy and his Aunt Debby.

Malia Goodman

Malia is a student at St. Hilda's and St. Hugh's School. She will celebrate her Bat Mitzvah on April 13, 2024. Her interests include flugelhorn, basketball, and has interest in going to boarding school. In the future she aspires to play basketball in the WNBA, become a world renowned chef, actor, singer, and flugelhorn player. Mazel tov to her parents, Miriam and Andrew, and her siblings, Maya and Zachary.

Maddie Greenberg

Maddie is a student at Horace Mann School. She will celebrate her Bat Mitzvah on October 21, 2023. Her interests include debate, basketball, math, chess, and video games. In the future, she aspires to travel to at least 150 countries, study economics, and either become an entrepreneur or a business litigator. Mazel Tov to her parents, Samantha and Jason, her siblings, Jack and Chance, and her cockapoos, Fetty and Biggie.

Scarlett Hanin

Scarlett is a student at Avenues The World School, NYC. She will celebrate her Bat Mitzvah on September 7, 2024. Her interests include tennis, reading, and spending time with her family. In the future she aspires to become a professional tennis player. Mazel tov to her parents, Lauren and Mike, and her siblings Audrey and Mack.

Colin Kieffer

Colin is a student at Southampton Intermediate School. He will celebrate his Bar Mitzvah in the Spring of 2024. His interests are basketball, animals, football, and sports memorabilia. In the future he aspires to be a sports announcer or a sports player. Mazel tov to his parents, Sabrina and Joseph, his siblings, Cameron and Kiki, and his pets, frog Bruce, tortoise Brootis, and Walter the gecko.

Sidney Klibaner

Sidney is a student at the Clinton School. She will celebrate her Bat Mitzvah on June 1, 2024. Her interests include art, volleyball, swimming, soccer, interior design, and making slime. In the future she aspires to be an artist, work in interior design, become a professional slime maker, and open a bubble tea shop with her friend. Mazel tov to her mom, Amy, and her extended family.

Eli Knepper

Eli is a student at Avenues The World School, NYC. He will celebrate his Bar Mitzvah on November 16, 2024. His interests include music and surfing. In the future he aspires to become a professional singer of just about any type of music. Mazel tov to his parents, Amy and Jonathan, and his siblings Andi and James.

Gabriella Layne

Gabriella is a student at Birch School in Merrick. She will celebrate her Bat Mitzvah on June 15, 2024. Her interests include theater, volleyball, and soccer. In the future she aspires to be a doctor and to help kids whenever they are sick. Mazel tov to her parents, Stephen and Rosemarie, and her dog, Ziti.

Liam Levine

Liam is a student at Roslyn Middle School. He will celebrate his Bar Mitzvah on October 7, 2023. His interests include lacrosse, legos, sports, and cooking. In the future he aspires to be an architect. Mazel Tov to his parents, Jordana and Spencer, and his sister, Zoe.

Aaron Levy

Aaron is a student at PS/IS 276. He will celebrate his Bar Mitzvah on September 30, 2023. His interests include basketball, golf, video games, playing electric guitar, and hanging out with his friends. In the future he aspires to go to Harvard and Harvard Business School with the plan to create a business. He also would like to get better at basketball and golf. Mazel tov to his parents, Tara and Mike, his brothers, Brian and Jacob, and his dog, Prince.

Brian Levy

Brian is a student at PS/IS 276. He will celebrate his Bar Mitzvah on September 30, 2023. His interests include baseball, basketball, sports in general, playing a lot of video games, and hanging out with friends. In the future he aspires to complete his Bar Mitzvah and enter the business world. Mazel tov to his parents, Tara and Mike, his brothers, Aaron and Jacob, and his dog, Prince.

Jakob Moldavsky

Jakob Moldavsky is a student at I.S. 7. He will celebrate his Bar Mitzvah on April 23, 2023. His interests include, playing drums, football, kickboxing, CrossFit, and video games. In the future he aspires to be an orthodontist. Mazel Tov to his parents, Anna and Roman, his sister, Eliana, and his chocolate labradoodle, Kobe.

Jamie Pasker

Jamie is a student at Brooklyn Friends School. He will celebrate his Bar Mitzvah on September 30, 2023. His interests include juggling and playing sports. He's not sure yet what he wants to do in the future, but thinks it might be something in the business world. Mazel tov to his parents, Elizabeth and Bob, and his siblings, Coco, Elise, Zoe, and Quinn.

Bree Rim

Bree is a student at Spruce Street School. She will celebrate her Bat Mitzvah on June 10, 2023. Her interests include dance, Netflix, traveling, and hanging out with friends. In the future she aspires to travel the world. Mazel tov to her father, Scott, and her brother, Jared.

Eva Rosen

Eva is a student at Poly Prep. She will celebrate her Bat Mitzvah on May 18, 2024. Her interests include skiing and gymnastics. In the future she aspires to be successful in everything she does. Mazel tov to her parents, Jennifer and Lucas, and her brother, Brett.

Abigail Rothman

Abigail is a student at Avenues The World School, NYC. She will celebrate her Bat Mitzvah on May 6, 2023. Her interests include tennis, swimming, and art. In the future she aspires to be an interior designer for apartments and houses. Mazel tov to her parents, Jessica and Joseph, and her sister, Rachel.

Rachel Rothman

Rachel is a student at Avenues The World School, NYC. She will celebrate her Bat Mitzvah on May 6, 2023. Her interests include volleyball and art. In the future she aspired to go to a good school, have a dog, and live close to her friends. Mazel tov to her parents, Jessica and Joseph, and her sister, Abigail.

Emily Safferstone

Emily is a student at Salk School of Science. She will celebrate her Bat Mitzvah on June 7, 2024. Her interests include horseback riding, and reading as many books as she can get her hands on. In the future she aspires to be successful in a field that is yet to be determined. Mazel tov to her parents, Rachel and Todd, her sister Ella, and her dog, Coco.

Mark Shanker

Mark is a student at Leman Manhattan. He will celebrate his Bar Mitzvah in 2024. His interests include drawing, baking, and acting. In the future he's not sure what he aspires to do, but he knows it will be awesome! Mazel tov to his parents, Tova and Josh, and his brother, Yoni.

Rex Wallach

Rex Wallach is a student at The Masters School. He will celebrate his Bar Mitzvah on May 6, 2023. His interests include art, legos, theater, and Pokemon. In the future, he aspires to be an actor. Mazel Tov to his parents, Doryn and Ty, and his sister, Tatum.

Maximilian Wilchfort

Max is a student at The German School, Brooklyn. He will celebrate his Bar Mitzvah on June 3, 2023. His interests include playing the piano, tennis, and art. In the future he aspires to work at Young Judaea. Mazel tov to his parents, Stephanie and Benjamin, and his brothers, Leo and Wolf.

Zoe Wood

Zoe is a student at Stephen Gaynor School. She will celebrate her Bat Mitzvah on June 3, 2023. Her interests include playing piano, track and field, singing, and hanging out with friends. In the future she aspires to become an interior designer who is also a psychologist. Mazel tov to her parents, Amy and Travis, her brother Zach, and her dog, Nutella.

ABOUT TAMID

Tamid started in 2012 in Lower Manhattan with a vision to create a 21st Century synagogue focused on the positive Jewish identity development of families. A relationship based community, Tamid uses art, music, and digital experiences to create fun, memorable, and exciting gatherings, programs, and events for families, couples, and individuals. Our Hebrew School is the heart of our congregation and we believe that study, prayer, and action lead to a more peaceful world.

If there is anything that our congregation can do to support you or your family, please let us know. It would be an honor and a privilege to know you.

Rabbi Darren Levine, Founding Rabbi
Christina Broussard, RJE
Chesney Polis, B'nai Mitzvah Coordinator
Robb Tretter, Va'ad Chairperson

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