

Sarah Pfau - 12/18/2021 - Saturday 4:30pm TBE

<https://www.har-shalom.com/barbat-mitzvah-central>

Torah Portion:

Sh'mot /Book of Exodus Chapter 1 verses 1-12

Blessing for the wearing of the Talit

Baruch ahtah Adonai el-oh-hay-noo melech ha-oh-lam
ah-share key-desha-noo beh-meets-vo-tahv vehtzee-vahnnoo
leh-heat-ah-tayf bahtsee-tseet.

Blessed are you Adonai, ruler of the universe, You make us holy
with mitzvot and teach us to wrap ourselves in the fringed Talit.

Maariv Aravim

Baruch atah Adonai el-oh-hay-noo melech ha-oh-lam ah-share
bead-vah-row mah-ah-reev ah-rah-veem beh-choch-mah
po-tay-ach sheh-ahreem, oo-veet-voo-nah meh-shah-neh
ee-teem, oo-machah-leaf eht hazeh-mah-neem, oom-sah-dare
eht hah-kocha-veem, beh-meesh-meh-row-tay-hem
bah-rah-key-ah keer-tzoh-no. Bow-ray yom vah-Lillah, go-layl
or me-penay cho-shech, veh-cho-shech me-penay or.
Oo-mah-ah-reev yohm oo-may-vee Lillah, oo-mahv-deal bain
yohm oo-vayn Lillah, Adonai tseh-vah-oat sheh-mow. Ayl Chi
vehkah-yahm tah-meed yeem-loch Ah-lay-new leh-Oh-lam
vah-ed. Baruch Atah Adonai, Ha-mah-ah-reev ah-ra-veem.

Shema

Shema Yisrael, Adonai, Eh-low-hay-new, Adonai Eh-chad.
Baruch Shame, keh-vod mah-leh-chu-tow leh-Oh-lahm vah-ed.

V'Ahavtah

Veh-ah-hav-tah eight Adonai eh-low-heh-chah, beh-chohl
leh-vah-veh-chah oov-chohl naf-sheh-chah oov-chohl
meh-oh-deh-chah. Veh-high-you hah-deh-vah-reem hah-ay-leh
ah-share ah-no-chee mets-ahveh-chah high-yom
ahl-leh-vah-veh-chah. Veh-she-nahn-tom leh-vah-neh-chah
veh-dee-bar-tah bomb, beh-sheev-teh-chah
beh-vay-teh-chah oov-lech-teh-chah vah-deh-rech
oov-shohch-beh-chah oov-koo-meh-chah. Ook-shar-tom leh-oat
ahl yah-deh-chah veh-high-you leh-tow-tah-foht bain ay-nechah
ooh-tahv-tahm ahl meh-zoo-zot bay-techah ooveesh-ah-
reh-chah leh-mah-on tease-cah-roo vah-ah-see-tehm eht coal
meets-voh-tie. Vee-yee-tehm keh-doh-sheem lay-low-hay-chem.
Ah-nee Adonai Eh-low-hay-chem ah-share hoh-tsay-tee
eht-chem may-eh-rets meets-rah-yeem, lee-heh-yoht lah-chem
lay-low-heem. Ah-nee Adonai Eh-low-hay-chem.

Tefillah

Adonai Seh-fah-tie teef-tach, oo-fee yah-geed
teh-hee-lah-teh-chah

Adonai, open up my lips, that my mouth may declare your glory.

Avot v'imahot

Baruch atah Adonai eh-low-hay-noo vay-low-hay
ah-voh-tay-new veh-ee-mow-tay-new. Eh-low-hay Avraham,
eh-low-hay Yeets-chahk, vay-low-hay Yah-ah-cov. Eh-low-hay
Sarah, eh-low-hay Reev-kah, eh-low-hay Rah-chayl,
veh-low-hay Lay-ah. Hah-ail Hah-gah-dole hah-gee-boar
veh-hah-no-rah ail ehl-yohn, go-mail chah-sah-deem tow-veem
veh-koh-nay hah-coal, veh-zoh-chair chahs-day ah-vote
veh-eemah-hoht, oo-may-vee geh-oo-lah leave-nay
veh-nay-hem leh-mah-on sheh-mow beh-ah-hah-vah. Meh-lech
Oh-zayr oo-mow-shee-ah oo-mah-gain. Baruch Atah Adonai
mah-gain Avraham veh-ehz-raht Sah-rah.

Gevurot

Ah-tah gee-boar leh-oh-lahm Adonai, meh-chah-yay hah-coal
ah-tah rav leh-hoh-shee-ah. Masheev Hah-roo-ach oo-Mow-read
Ha Gashem. Meh-chahl-kayl chah-yeem beh-cheh-sehd
meh-chah-yay hah-coal beh-rah-chah-meem rah-beem.
So-maych no-fleem veh-row-fay choh-leem, oo-mah-tear
ah-soo-reem,
oo-meh-kah-yaym eh-moo-nah-tow lee-shay-nay afar. Mee
chah-mocha bah-ahl geh-voo-roht oo-mee doh-meh lahch,
melech may-meet oomeh-chah-yeh oo-mahts-mee-ach
yeh-shoo-ah? Veh-neh-eh-mahn ah-tah leh-ha-chah-yoht
hah-coal. Baruch ahtah Adonai meh-chayay hah-coal.

Torah Service

Shema during Torah service

Shema Yisrael, Adonai, Eh-low-hay-new, Adonai Eh-chad.

**** SPEECH ON TORAH PORTION HERE**

TORAH READING

Torah Portion Exodus 1:1-12 (See Hebrew Pages)

Aliyah 1

Aliyah 2

Blessing Before Torah Reading

YOU: Bar-eh-choo eht Adonai hah-meh-voh-rahch!

(congregation responds – Baruch Adonai hah-meh-voh-rahch
leh-oh-lahm vah-ed!)

YOU: Baruch Adonai hah-meh-voh-rahch leh-oh-lahm vah-ed!
Baruch Ahtah Adonai, eh-low-hay-noo melech ha-oh-lahm
ah-share bah-chahr bah-noo mee-coal ha-ah-meem, veh-nahtahn
lah-noo eht Torah-tow.

Baruch Ahtah Adonai, no-tayn hah-Torah.

Aliyah 3

Shmot Book: Exodus Chapter 1 Verse:1-12

Aliyah 1

1. Veh-ay-leh Sheh-moht beh-nay Yees-rah-ayl hah-bah-eem meets-rye-mah ayt yah-ah-kohv eesh oo-vay-toh bah-oo.
2. Reh-oo-vayn, Sheem-ohn, Lay-vee, veeh-hoo-dah.
3. Yee-Sahs-chahr, Zeh-voo-loon, oo-Veen-yah-meen.

Aliyah 2

4. Dahn, veh-Naf-tah-lee, Gahd, veh-Ah-shayr.
5. Vie-hee coal neh-fehsh yohtseh-ay yeh-rehch yah-ah-kohv sheev-eem nah-fehsh veh-Yoh-sehf hi-yah veh-meets-rah-yeem.
6. Vi-yah-moht Yoh-sehf veh-chohl eh-chahv veh-chohl hah-dohr hah-hoo.

Aliyah 3

7. Oov-nay yees-rah-ayl pah-roo vah-yeesh-reh-tsoo yah-yeer-boo Vi-yah-ahts-moo beem-ohd meh-ohd vah-tee-mah-lay hah-ah-rehts oh-tahm.
8. Vah-yah-kohm meh-lehch chah-dahsh ahl meets-rah-yeem Ah-shehr loh yah-dah eht Yoh-sehf.
9. Vie-yoh-mehr ehl ah-moh hee-nay ahm beh-nay Yees-rah-ayl rahv veh-ahtsoom mee-meh-noo.

Aliyah 4

10. Hah-vah neet-chah-keh-mah loh pehn yeer-beh veh-hah-yah kee teek-reh-nah meel-chah-mah veh-noh-sahf gahm hoo ahl soh-neh-ay-noo veh-neel-chahm bah-noo veh-ah-lah meen hah-ah-rehts.

11. Vah-yah-see-moo ah-lahv sah-ray mee-seem leh-mah-ahn ah-noh-toh beh-seev-loh-tahm vah-yee-vehn ah-ray mees-keh-noht leh-fahr-oh eht peeteem veh-eht rah-ahm-says.

12. Veh-chah-ah-shehr veh-ah-noo oh-toh kayn yeer-beh veh-chehn yeef-rohts vi-yah-kootzoo mee-peh-nay beh-nay yees-rah-ayl.

Blessing After the Reading of the Torah

Baruch Ahtah Adonai, eh-low-hay-noo melech ha-oh-lahm
ah-share nahtahn lah-noo Toraht eh-met. Veh-chahyay oh-lahm
nah-tah beh-tow-chay-noo. Baruch Ahtah Adonai, noh-tayn
hah-Torah.

Haftarah Blessings (see English in Book)

Haftarah (see English in Book)

Haftarah Blessing Afterwards (see blessing in book)

Writing Your Speech/ Dvar Torah (outline)

- 1. Shabbat shalom**
- 2. The Torah portion I'm reading from is:**
- 3. It is from the book of.. Chapter...**
- 4. It describes how**
- 5. A few things that were important to me are**
- 6. This taught me that...**
- 7. Apart from learning my Hebrew and Torah portion I also had to do a mitzvah project**
- 8. Being Jewish and becoming a bar/bat mitzvah is important to me because**
- 9. Thank yous**

Shabbat shalom

Your speech is about you. It is about your journey to this moment. It is about our past as a people, about you, about your family and about where you come from. Please find words to express who you are and what you feel is important about becoming a bar/bat mitzvah and becoming a young adult in the Jewish community.