

Hebrew Practice Guide



א
ב
ג
ד
ה

ו
ז
ח
ט

Har Shalom Practice Guide

WELCOME TO HEBREW!

Hebrew is an ancient code!

In English we call the letters and vowels the alphabet.

Hebrew is where this word comes from.

Alef -- Bet

When you are starting, create English words out of the Hebrew letters .

Remember that most of the vowels go under the letters.

Practice 5 minutes a day and the code will be yours!

D'var Torah Outline for your Speech

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
10. 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.

Vowel Review

אֵי אֵי EE

אֵי אֵי AY

אֵי אֵי אֵי EH

אֵי אֵי אֵי AH

A dot found above a Vav or any letter when no vowel is below the letter.

וֹ וֹ OH

A dot found in the gut of a vav or three dots diagonal below any letter.

וּ וּ OO

נְפִי נְפִי

Eh Start Syllable

Silent stop

Identical. looking vowels that indicate syllables.

One is **silent**.

One makes an **Eh sound**.

Eh sound **Begins** words new syllables.

The Silent one **ends syllables** and **ends words**.

The silent syllable stop always comes first when next to each other.

Hebrew Letter Review

א ב ג ד ה ו ז

Z V H D G V B Silent

ח ט י כ ך פ

CH* (at end of words) CH* K Y T CH*

*CH= Guttural not Ch as we know in Cheese/Choose.

ל מ ם נ ן ס ע

Silent S N M M L
(at end of words) (at end of words)

פ פ ף צ ץ ק ר

R K TS TS F F P
(at end of words) (at end of words)

ש שׁ ת ת

T T S Sh

English Words/Sounds in Hebrew

בְּמִסְדָּה

בֵּי מֵי סִי דֵי הֵי

בֵּי מֵי סִי דֵי הֵי

בֵּי מֵי סִי דֵי הֵי פֵי

בְּדָה לִפְמָת

בּוֹ דוֹ גּוֹ הוֹ מוֹ נוֹ שׁוֹ תוֹ

בְּדָג הַמְנַשֵּׁת

בּוֹ דוֹ גּוֹ הוֹ מוֹ נוֹ שׁוֹ תוֹ

בְּדָג הַמְנַשֵּׁת

TALIT BLESSING

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

**Blessed are You Adonai our God Ruler of the universe.
You make us holy with mitzvot and
teach us to wrap ourselves in the fringed Talit.**

AH
EE
AY
EH
OH
OO

EH Starts Syllables
Silent Ends Syllables

The Prayer shawl or Talit is the easiest of the mitzvot/commandments to follow.

It is primarily word during the morning service or by the prayer leader and anyone blessing or reading the Torah. The fringes are the most important element of the mitzvah. We are commanded to wear them at the four corners of our clothing. The fringes or strings are twisted and knotted in a special pattern than when concluded counts as 613 individual strings, twists and knots to remind us of the 613 commandments in the Torah we are to follow in our daily lives.

In Reform Judaism we don't follow all 613 commandments, especially since we can't follow any of the commandments referring to the running of Second Temple. We tend to follow the Ten Commandments and the Golden Rule, Do unto others as you would want them to do to you. In other words, Be nice if you want people to be nice to you.

We believe in Tikkun Olam, the opportunity to mend the world, and base our practice in celebrating Shabbat, the major Jewish holidays, doing acts of tzedakah or good deeds and learning what it means to be a Jew by attending religious school and learning from our family.

MAARIV ARAVIM

Creation Prayer (evening) - Shabbat Afternoon Service

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבְּרוֹ מַעֲרִיב עֲרֵבִים,

בְּחִכְמָה פּוֹתַח שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

וּמַחֲלִיף אֶת־הַזְּמַנִּים,

וּמַסַּדֵּר אֶת־הַכּוֹכָבִים

בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר,

וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְהוָה צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם

תָּמִיד יְמֶלֶךְ עָלֵינוּ לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְהוָה הַמַּעֲרִיב עֲרֵבִים.

What do you see when you imagine the creation of the universe, when you look up at the night sky?

You contain a universe within you what will be your creation within our universe?

אָ	אַ	אֵ	AH
אֵי	אֵי	אֵי	EE
אֵי	אֵי	אֵי	AY
אֵי	אֵי	אֵי	EH
אוּ	אוּ	אוּ	OH
אוּ	אוּ	אוּ	OO
נְפִישָׁךְ	נְפִישָׁךְ	נְפִישָׁךְ	
↖	↖	↖	
EH	Silent		
Starts Syllables	Ends Syllables		

SHEMA

HEAR OH ISRAEL -
THE DECLARATION THAT GOD IS ONE
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שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה | אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

**Hear Oh Israel, Adonai is our God, Adonai is One!
Blessed is God's glorious Kingdom forever and ever.**

Oneness is our goal. Understanding our uniqueness.
Understanding what God's oneness really means is our
true purpose. We are meant to bring an understanding
of God's oneness into the universe for everyone.

Diagram illustrating Hebrew vowel points and their corresponding sounds:

- אָ אִ אֵ AH
- אֵי אֵי EE
- אֵי אֵי AY
- אֵי אֵי אֵי אֵי EH
- אִו אִו OH
- אִו אִו OO

EH Starts Syllables Silent Ends Syllables

V'AHAVTAH (W/TROPE)

AND YOU WILL LOVE ADONAI WITH ALL YOUR HEART

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וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ,

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,

אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם, עַל-לִבְבְּךָ:

What does it mean to sing out your joy
with all your heart, with all your soul
and with all your might?

וּשְׁנַתֶּם לְבַנְיָהּ, וּדְבַרְתֶּם בָּם,

בְּשַׁבְּתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ,

וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

וּקְשַׁרְתֶּם לְאוֹת עַל-יָדְךָ,

וְהָיוּ לְטַטְפֹּת בֵּין עֵינֶיךָ:

וְכַתַּבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעֲרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי,

וְהָיִיתֶם קֹדְשִׁים לְאֱלֹהֵיכֶם:

אֲנִי יְהוָה אֱלֹהֵיכֶם,

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,

לְהִיּוֹת לָכֶם לְאֱלֹהִים,

אֲנִי יְהוָה אֱלֹהֵיכֶם:

אֵ	אֵ	אֵ	AH
אֵי	אֵי	אֵי	EE
אֵי	אֵי	אֵי	AY
אֵי	אֵי	אֵי	EH
או	או	או	OH
או	או	או	OO
נֶפֶשְׁךָ	נֶפֶשְׁךָ	נֶפֶשְׁךָ	
↖	↖	↖	
EH	Silent		
Starts Syllables	Ends Syllables		

אֲדֹנָי, שִׁפְתַי תִּפְתַּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, open up my lips. That my mouth may declare Your glory!

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,

Without our ancestors where would we be? Who would we be? What stories would we really have to tell? Who would we be without our stories?

אֱלֹהֵי שְׂרָה, אֱלֹהֵי רַבֵּקָה,

אֱלֹהֵי רַחֵל, וְאֱלֹהֵי לֵאָה,

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,

גּוֹמֵל חֲסָדִים טוֹבִים, וְקָנָה הַכֹּל,

וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת,

וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בְּרוּךְ אַתָּה יְהוָה, מֶגֶן אַבְרָהָם וְעִזְרַת שְׂרָה.

אֵ	אֵ	אֵ	AH
אֵי	אֵי		EE
אֵי	אֵי		AY
אֵי	אֵי	אֵי	EH
או			OH
או			OO
נֶפֶשׁ	שָׁד		
EH Starts Syllables	Silent Ends Syllables		

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,

מְחִיָּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.

Understanding God's greatness is the beginning of wondering about the strength and fragility of everything we understand in our lives.

From Shemini Atzeret until the first day of Pesach say:

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

From Pesach Day 1 thru Shacharit of Sh'mini Atzeret say:

מוֹרִיד הַטֶּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחִיָּה הַכֹּל בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עָפָר.

מִי כְמוֹךָ בַּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ,

מֶלֶךְ מִמִּית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.

בָּרוּךְ אַתָּה יְהוָה, מְחִיָּה הַכֹּל.

אָ	אָ	אָ	AH
אֵי	אֵי		EE
אֵי	אֵי		AY
אֵי	אֵי	אֵי	EH
אוּ	אוּ		OH
אוּ	אוּ		OO
נֶפֶשׁ			
↑		↑	
EH		Silent	
Starts Syllables		Ends Syllables	

TORAH SERVICE

WELCOMING THE TORAH

SHEMA

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שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה | אֶחָד:

God's Oneness begins at the moment we raise our voices and
at that first moment when we received the Torah

The diagram illustrates the vowel sounds for the word 'אֱלֹהֵינוּ' and the phrase 'נִפְשֵׁיךָ'. It is organized into rows:

- Row 1: Three 'א' characters with a dot below them, labeled 'AH'.
- Row 2: Two 'א' characters with a dot below them, labeled 'EE'.
- Row 3: Two 'א' characters with a dot below them, labeled 'AY'.
- Row 4: Four 'א' characters with a dot below them, labeled 'EH'.
- Row 5: One 'א' character with a dot below it, labeled 'OH'.
- Row 6: One 'א' character with a dot below it, labeled 'OO'.
- Row 7: The word 'נִפְשֵׁיךָ' with arrows pointing to the 'י' and 'ש' characters.

At the bottom, there are two labels: 'EH Starts Syllables' and 'Silent Ends Syllables'.

TORAH BLESSINGS

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Blessing before each Aliyah/portion of Torah is read

בְּרַכּוּ אֶת־יְהוָה הַמְּבַרְךְ.

Cong:recites

בְּרוּךְ יְהוָה הַמְּבַרְךְ לְעוֹלָם וָעֶד.

The person given the Aliyah repeats:

בְּרוּךְ יְהוָה הַמְּבַרְךְ לְעוֹלָם וָעֶד.

We bless the moment before and after we read the Torah to express how much the Torah has been a blessing in all of our lives.

בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בָּחַר־בָּנוּ מִכָּל־הָעַמִּים,

וְנָתַן־לָנוּ אֶת־תּוֹרָתוֹ.

בְּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.

Cong-אָמֵן.

Blessing after each Aliyah/portion of Torah is read

בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן־לָנוּ תּוֹרַת אֱמֶת,

וַחַיֵּי עוֹלָם נִטַּע בְּתוֹכָנוּ.

בְּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.

Cong-אָמֵן.

אָ	אֵ	אִ	AH
אֵי	אִי		EE
אֵי	אִי		AY
אֵי	אִי	אֵי	EH
אוּ	אִו		OH
אוּ	אִו		OO
<p>נֶפֶשׁ</p> <p>EH Starts Syllables Silent Ends Syllables</p>			

Nasso Numbers 6:22–26

[Numbers]

וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר׃
וְאֶל־בְּנֵי יִשְׂרָאֵל לֵאמֹר
כֹּה תְבַרְכוּ אֶת־בְּנֵי יִשְׂרָאֵל
אֲמֹר לָהֶם׃
וַיִּשְׁמְרֶךָ׃
וַיַּחֲנֶךָ׃
לְךָ שְׁלוֹם׃

וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר׃
וְאֶל־בְּנֵי יִשְׂרָאֵל לֵאמֹר
כֹּה תְבַרְכוּ אֶת־בְּנֵי יִשְׂרָאֵל
אֲמֹר לָהֶם׃
וַיִּשְׁמְרֶךָ׃
וַיַּחֲנֶךָ׃
לְךָ שְׁלוֹם׃

וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר׃
וְאֶל־בְּנֵי יִשְׂרָאֵל לֵאמֹר
כֹּה תְבַרְכוּ אֶת־בְּנֵי יִשְׂרָאֵל
אֲמֹר לָהֶם׃
וַיִּשְׁמְרֶךָ׃
וַיַּחֲנֶךָ׃
לְךָ שְׁלוֹם׃

וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר׃
וְאֶל־בְּנֵי יִשְׂרָאֵל לֵאמֹר
כֹּה תְבַרְכוּ אֶת־בְּנֵי יִשְׂרָאֵל
אֲמֹר לָהֶם׃
וַיִּשְׁמְרֶךָ׃
וַיַּחֲנֶךָ׃
לְךָ שְׁלוֹם׃

Nasso Numbers 6:22–26

[Numbers]

(6)22:The LORD spoke to Moshe, saying, 23:Speak to Aharon and to his sons, saying, Thus you shall bless the children of Yisrael: you shall tell them,

וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: 23:דַּבֵּר אֶל־אַהֲרֹן וְאֶל־בָּנָיו לֵאמֹר כֹּה תְבַרְכוּ אֶת־בְּנֵי יִשְׂרָאֵל

24:The LORD bless you, and keep you:

אֲמֹר לָהֶם: 24:יְבַרְכֶךָ יְהוָה

25:The LORD make His face to shine on you, and be gracious to you:

וַיִּשְׂמְרֶךָ: 25:יָאֵר יְהוָה | פְּנֵי אֵלֶיךָ

26:The LORD lift up His face toward you, and give you peace.

וַיַּחַנְךָ: 26:יִשָּׂא יְהוָה | פְּנֵי אֵלֶיךָ וַיִּשָּׂם לְךָ שְׁלוֹם:

Nasso Numbers 6:22-26

וידבר יהוה אל משה לאמר דבר אל אהרן
ואל בניו לאמר כה תברכו את בני ישראל
אמור להם
וישמרך
ויזנך
לך שׁלום
יברכך יהוה
יאר יהוה פגיו אכרך
ישׁא יהוה פגיו אכרך וישׁם

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 veltzee-vahnnoo
leh-heat-ah-tayf bahtsee-tseet.

Blessed are you Adonai our God, 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 Lilah, oo-mahv-deal bain
yohm oo-vayn Lilah, 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.
Hear, Oh Israel, Adonai is our God, Adonai is One.
Blessed is God's glorious Kingdom, forever and ever.

V'Ahavtah

Veh-ah-hav-tah eight Adonai eh-low-hehchah, 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-showch-beh-chah oov-koo-mehchah. Ook-shar-tom leh-oat
ahl yah-deh-chah veh-high-you leh-towtah-foht bain ay-nechah
ooch-tahv-tom ahl mezzuzot 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.
Ahnee 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 leev-nay veh-nay-hem
leh-mah-ahn 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 Sahrah.

Gevurot

Ah-tah gee-boar leh-oh-lahm Adonai, meh-chahyay hah-coal
ah-tah rav leh-hoh-shee-ah. Mow-read hah-tahl. Meh-chahl-kayl
chah-yeem beh-cheh-sehd meh-chah-yay hah-coal
beh-rah-chah-meem rah-beem. Soh-maych noh-fleem
veh-row-fay chohleem, oo-mah-tear ah-soo-reem,
oo-meh-kah-yaym eh-moo-nah-tow lee-shay-nay ah-fahr. 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

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, noh-tayn hah-Torah.

TORAH Portion:

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.