

# 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

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.

אֵי וֹ OH

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

אֵי וֹ OO

אֵי אֵי אֵי

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 פֵי

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.

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

נְפִישָׁד  
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?

וּשְׁנַנְתֶּם לְבַנְיָהּ, וּדְבַרְתֶּם בָּם,

בְּשַׁבְּתְךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ,

וּבְשֹׁכְבְךָ וּבְקוּמְךָ:

וְקִשַּׁרְתֶּם לְאוֹת עַל-יָדְךָ,

וְהָיוּ לְטַטְפֹּת בֵּין עֵינֶיךָ:

וְכִתַּבְתֶּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

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
נַפְשְׁךָ			
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 שָׂרָה, אֱלֹהֵי רַבֵּקָה,

אֱלֹהֵי רַחֵל, וְאֱלֹהֵי לֵאָה,

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,

גּוֹמֵל חֲסָדִים טוֹבִים, וְקֹנֵה הַכֹּל,

וְזוֹכֵר חֲסֵדֵי אֲבוֹת וְאִמּוֹת,

וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בְּרוּךְ אַתָּה יְהוָה, מֶגֶן אַבְרָהָם וְעִזְרַת שָׂרָה.

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

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,

מְחַיֶּה 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 הַטַּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עָפָר.

מִי כַמוֹךְ בְּעַל גְּבוּרוֹת, וּמִי דוֹמֵה לָךְ,

מֶלֶךְ מִמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.

בָּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַכֹּל.



# 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

A diagram within a rectangular border showing Hebrew letters with vowel points and their corresponding sounds. The letters are arranged in rows:

- Three 'א' (Aleph) letters with a dot below, labeled 'AH'.
- Two 'א' (Aleph) letters with a dot below and a vertical line to the right, labeled 'EE'.
- Two 'א' (Aleph) letters with a dot below and a vertical line to the right, labeled 'AY'.
- Four 'א' (Aleph) letters with a dot below and a vertical line to the right, labeled 'EH'.
- Two 'א' (Aleph) letters with a dot below and a vertical line to the right, labeled 'OH'.
- Two 'א' (Aleph) letters with a dot below and a vertical line to the right, labeled 'OO'.
- Two 'נ' (Nun) letters with a dot below and a vertical line to the right, labeled 'EH'.
- Two 'ש' (Shin) letters with a dot below and a vertical line to the right, labeled 'Silent'.

At the bottom, two arrows point to the 'נ' and 'ש' letters. The left arrow is labeled 'EH Starts Syllables' and the right arrow is labeled 'Silent Ends Syllables'.



# HAFTARAH BLESSINGS

BLESSING BEFORE THE HAFTARAH READING

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בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,  
וְרָצָה בְּדְבָרֵיהֶם הַנְּאֻמִּים בְּאֵמֶת:  
בְּרוּךְ אַתָּה יְהוָה,  
הַבוֹחֵר בַּתּוֹרָה וּבַמִּשְׁעָה עַבְדּוֹ,  
וּבִישְׂרָאֵל עַמּוֹ,  
וּבְנְבִיאֵי הָאֵמֶת וְצִדִּיק:

אָ	אַ	אֵ	AH
אֵי	אֵי		EE
אֵי	אֵי		AY
אֵי	אֵי	אֵי	EH
אוּ	אוּ		OH
אוּ	אוּ		OO
נְ	נְ	נְ	
שְׁ	שְׁ	שְׁ	
דְּ	דְּ	דְּ	
EH	Silent		
Starts Syllables	Ends Syllables		

We read from the Book of Prophets, your Haftarah portion, to remind us of times when we couldn't read Torah in public under threat of death. We read from the Torah and Haftarah on Shabbat to show how far we've come and to bless the preciousness of our freedom and safety in this age.

HAFTARAH BLESSINGS

BLESSING AFTER THE HAFTARAH READING

Shabbat AFTERNOON Service

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בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 צוּר כָּל־הָעוֹלָמִים, צַדִּיק בְּכָל־הַדּוֹרוֹת,  
 הָאֵל הַנְּאֻמָּן, הָאוֹמֵר וְעֹשֶׂה, הַמְדַבֵּר וּמְקַיֵּם,  
 שְׁכַל־דְּבָרָיו אֱמֶת וְצֶדֶק.

עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל הַנְּבִיאִים,  
 וְעַל יוֹם הַשַּׁבָּת הַזֶּה,

שִׁנְתָּתָּ לָנוּ, יְהוָה אֱלֹהֵינוּ,

לְקַדְּשָׁהּ וְלִמְנוּחָהּ, לְכָבוֹד וְלִתְפִאָּרֶת.

עַל הַכֹּל יְהוָה אֱלֹהֵינוּ

אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ,

יִתְבָּרַךְ שִׁמְךָ בְּפִי כָל־חַי

תָּמִיד לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת.

אֵי	אֵי	אֵי	AH
אֵי	אֵי	אֵי	EE
אֵי	אֵי	אֵי	AY
אֵי	אֵי	אֵי	EH
אֵו	אֵו	אֵו	OH
אֵו	אֵו	אֵו	OO
נְפִי	שִׁי	נְפִי	
EH Starts Syllables		Silent Ends Syllables	