

Welcome to Children's Services at Fort Tryon Jewish Center! This handout is meant to help follow the services--please feel welcome to sing along.

1. Modeh/Modah Ani

<p>I am thankful to You, living and enduring ruler, for restoring my soul to me in compassion. You are faithful beyond measure.</p>	<p><i>Modeh/Modah ani lefanecha, melech chai v'kayam, she-he-chezarta bi nishmati b'chemlah (b'chemlah) rabah emunatecha.</i></p>	<p>מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ; חַי וְקַיִם, שֶׁהַחַיִּיטָה בִּי נִשְׁמַתִּי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.</p>
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(Children can share things that they are thankful for.)

2. Mah Tovu (sung while children stand under a tallit)

<p><i>How lovely are your sanctuaries, people of Jacob, your study houses, descendants of Israel.</i></p>	<p><i>Mah tovu ohalecha Ya'akov, mishkenotecha Yisrael.</i></p>	<p>מָה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.</p>
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3. Hallelu

<p><i>Give praise to God. Give thanks to God.</i></p>	<p><i>Hallelu, hallelu, hallelu halleluyah, hodu l'Adonai (2x) Hodu l'Adonai halleluyah (3x) Hodu l'Adonai</i></p>	<p>הַלְלוּ הַלְלוּ הַלְלוּ הַלְלוּיָהּ הוֹדוּ לַה' הוֹדוּ לַה' הַלְלוּיָהּ הוֹדוּ לַה'</p>
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4. Barechu (bow at "barechu" and "baruch")

<p>Praise God, the source of blessing. Praised is God, source of blessing throughout all time.</p>	<p><i>Barechu et Adonai hamevorach. Baruch Adonai hamevorach l'olam va'ed.</i></p>	<p>בְּרַכּוּ אֶת ה' הַמְבָרֵךְ; בְּרוּךְ ה' הַמְבָרֵךְ לְעוֹלָם וָעֶד.</p>
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5. Shema

<p>Hear, O Israel: The Lord our God, the Lord is One.</p>	<p><i>Shema Yisrael Adonai Eloheinu Adonai Echad.</i></p>	<p>שְׁמַע יִשְׂרָאֵל, ה' אֱלֹהֵינוּ, ה' אֶחָד.</p>
<p>Praised be God's glorious sovereignty throughout all time.</p>	<p><i>Baruch shem k'vod malchuto l'olam va'ed.</i></p>	<p>בָּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ לְעוֹלָם וָעֶד.</p>
<p>Love the Lord your God with all your heart, with all your soul, with all your might. And these words which I command you this day you shall take to heart. You shall diligently teach them to your children. You shall recite them at home and away, morning and night. You shall bind them as a sign upon your hand, they shall be a reminder above your eyes, and you shall inscribe them upon the doorposts of your homes and upon your gates.</p>	<p><i>V'ahavta et Adonai Elohecha, b'chol levavecha u'v'chol nafshecha, u'v'chol me'odecha. V'hayu hadevarim ha'eleh, asher anochi mitzavecha hayom al levavecha. V'shinantam livanecha v'dibarta bam, b'shivtecha b'veitecha, u'vilechtecha vaderech, u'v'vishocbecha, u'v'kumecha. U'kshartam l'ot al yadecha, v'hayu l'totafot bein einecha. U'ch'tavtam al mezuzot beitecha u'vishe'arecha.</i></p>	<p>וְאָהַבְתָּ אֶת ה' אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ. וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וְקִשְׂרַתָּם לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.</p>

6. Adonai S'fatai (said while taking 3 steps backwards, then 3 steps forwards)

<p>Open my mouth, O Lord, and my lips will proclaim Your praise.</p>	<p><i>Adonai s'fatai tiftach, u'fi yagid tehilatecha.</i></p>	<p>אֲדַנִּי שְׁפָתַי תִּפְתָּח וּפִי יגִיד תְּהִלָּתְךָ.</p>
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7. Silent Prayer

8. Oseh Shalom

May the One who brings peace to the universe, bring peace to us and to all the people Israel. Amen.	<i>Oseh shalom bimromav, hu ya'aseh shalom aleinu, v'al kol Yisrael, v'imru (imru) Amen. 2X (Ya'aseh shalom, ya'aseh shalom, shalom aleinu v'al kol Yisrael.) 4X</i>	עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
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9. Ki Mitzion (open ark and take out Torahs)

Torah shall come from Zion, the word of the Lord from Jerusalem.	<i>Ki mitzion teitzei Torah u'dvar Adonai mi'Yerushalayim.</i>	כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה, וּדְבַר ה' מִירוּשָׁלַיִם.
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10. Torah Torah (children walk around in circle carrying Torahs)

The Torah was commanded to us by Moses. It is the inheritance of the congregation of Jacob.	<i>Torah (Torah Torah, Torah, Torah Torah, Torah) tzivah lanu Moshe. 2X Morashah kehilat Ya'akov. 3X (Torah tzivah lanu Moshe.)</i>	תּוֹרָה צִוְּהָ לָנוּ מֹשֶׁה מִוֶּרְשָׁה קְהֵלֶת יַעֲקֹב:
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11. Story/Book/Discussion about parshah (weekly Torah portion) or holiday

12. Eitz Chaim (return Torahs to ark)

It is a tree of life to them that hold fast to it and all of its supporters are happy. (2x) Shalom, shalom. (4x)	<i>Eitz chaim hi lamachazikim bah, v'tomcheha m'ushar. (2x) Shalom, shalom. (4x)</i>	עֵץ חַיִּים הוּא לַמַּחֲזִיקִים בָּהּ, וְתִמְכֶיהָ מְאֹשֵׁר. שְׁלוֹם שְׁלוֹם.
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13. Shabbat Songs/Activities

(1) Shabbat Bag

(Each child is given something from the bag to bring up to the leader as it is mentioned.)

What do we like about Shabbat?

_____ has the tzedakah box _____ has the tzedakah box

That we've got, That we've got

_____ has the kiddush cup _____ has the kiddush cup

That we've got, That we've got

What do we like about Shabbat?

_____ has a candle stick AND _____ has a candle stick

That we've got, That we've got

_____ has a candle AND _____ has a candle

That we've got, That we've got

What do we like about Shabbat?

_____ has the challah board _____ has the challah board

That we've got, That we've got

_____ has a challah AND _____ has a challah

That we've got, That we've got

What do we like about Shabbat?

_____ has a challah cover AND We'll invite a Shabbos guest

That we've got

That we've got

AND THAT'S WHAT WE LIKE ABOUT SHABBAT!

(2) Blessing song

Light the candles, sing a blessing

Sing Shabbat, Shabbat Shalom

Le-hadlik ner is the best thing

Sing Shabbat, Shabbat Shalom

Chorus:

Shabbat, Shalom

Shabbat, Shabbat Shalom

Shabbat, Shalom

Shabbat, Shabbat Shalom

Drink the grape juice, sing a blessing

Sing Shabbat, Shabbat Shalom

Boray peri ha-gafen is the best thing

Sing Shabbat, Shabbat Shalom

Chorus

Eat the challah, sing a blessing

Sing Shabbat, Shabbat Shalom

Ha-motzi lechem min ha-aretz

Sing Shabbat, Shabbat Shalom

Chorus

(3) Bim Bam

Bim Bam, Bim Bim Bim Bam

Bim Bim Bim Bim Bim Bam (2X)

Shabbat Shalom, Hey!

Shabbat Shalom, Hey!

Shabbat, Shabbat Shabbat Shabbat Shalom. (2X)

Shabbat, Shabbat, Shabbat Shabbat Shalom. (2X)

Shabbat Shalom, Hey!

Shabbat Shalom, Hey!

Shabbat, Shabbat Shabbat Shabbat Shalom. (2X)

(4) David Melech

David melech Yisrael

Chai, chai v'kayam. (3x)

(5) Shabbat Soup

(Each child suggests something to put in the pot.)

Put the _____ in the pot,
Stir it up so it's nice and hot,
Get it ready for Shabbat
For Shabbat.

(6) Dinosaur Song

There's a dinosaur knocking at my door,
Knocking 1 - 2 - 3.
There's a dinosaur knocking at my door
And he wants to spend Shabbat with me.

He wants to light the candles,
He wants to drink the wine.
He wants to eat the challah,
We have a real good time!

There's a dinosaur knocking at my door,
Knocking 1 - 2 - 3.
There's a dinosaur knocking at my door
And he wants to spend Shabbat with me.

(7) Alef Bet

Alef Bet Vet (2x)
Gimmel Daled Hey (2x)
Vav Zayin Chet Tet (2x)
Yud Kaf Chaf (2x)
Lamed Mem Nun (2x)
Samech Ayin Pey Fey (2x)
Tzadee Kuf Resh (2x)
Shin Sin Tav (2x)

14. Adon Olam

<p>The Lord of the Universe who reigned before anything was created. When all was made by God's will God was acknowledged as ruler.</p>	<p><i>Adon olam, asher malach, b'terem kol y'tzir nivra. L'et na'asah v'cheftzo kol, azai melech sh'mo nikra.</i></p>	<p>אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כֹּל יִצְרֵר נִבְרָא. לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל, אֲזַי מָלַךְ שְׁמוֹ נִקְרָא.</p>
<p>And when all shall end God still all alone shall reign. God was, God is, and God shall be in glory.</p>	<p><i>V'acharey kichlot hakol, l'vado yimloch nora. V'hu haya, v'hu hoveh, v'hu yih'yeh b'tifara.</i></p>	<p>וְאַחֲרֵי כְּכֹלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא. וְהוּא הָיָה, וְהוּא הוֹבֵה, וְהוּא יִהְיֶה בְּתִפְאָרָה.</p>
<p>And God is one, and there's no other, to compare or join to God. Without beginning, without end and to God belongs dominion and power.</p>	<p><i>V'hu echad, v'eyn sheni l'hamshil lo, l'hachbira. B'li reishit, b'li tachlit, v'lo ha'oz v'hamisrah.</i></p>	<p>וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה. בְּלִי רֵאשִׁית בְּלִי תַּכְלִית, וְלוֹ הָעוֹז וְהַמְשָׁרָה.</p>
<p>And God is my God, my living God, to God I flee in time of grief, and God is my miracle and my refuge, who answers the day I shall call.</p>	<p><i>V'hu Eli, v'chai go'ali, v'tzur chevli b'et tzarah. V'hu nisi umanos li, m'nat kosi b'yom ekra.</i></p>	<p>וְהוּא אֱלֹהֵי וְחֵי גֹאֲלִי, וְצוּר חֲבֻלִי בְּעֵת צָרָה. וְהוּא נֹסִי וּמְנוּס לִי, מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא.</p>
<p>To God I commit my spirit, in the time of sleep and awakening, even if my spirit leaves, God is with me, I shall not fear.</p>	<p><i>B'yado afkid ruchy b'et ishan v'a'irah. V'im ruchy g'viyati, Adonai li v'lo ira.</i></p>	<p>בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישׁוֹן וְאַעִירָה. וְעִם רוּחִי גּוֹיְתִי, יְיָ לִי וְלֹא אֶירָא.</p>

15. Kiddush

Praised are You, Ruler of the Universe, Creator of the fruit of the vine.	<i>Baruch attah Adonai Eloheinu melech ha'olam borei peri hagafen.</i>	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.
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16. Motzi

Praised are You, Ruler of the Universe, who brings forth bread from the earth.	<i>Baruch attah Adonai Eloheinu melech ha'olam hamotzi lechem min ha'aretz.</i>	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.
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