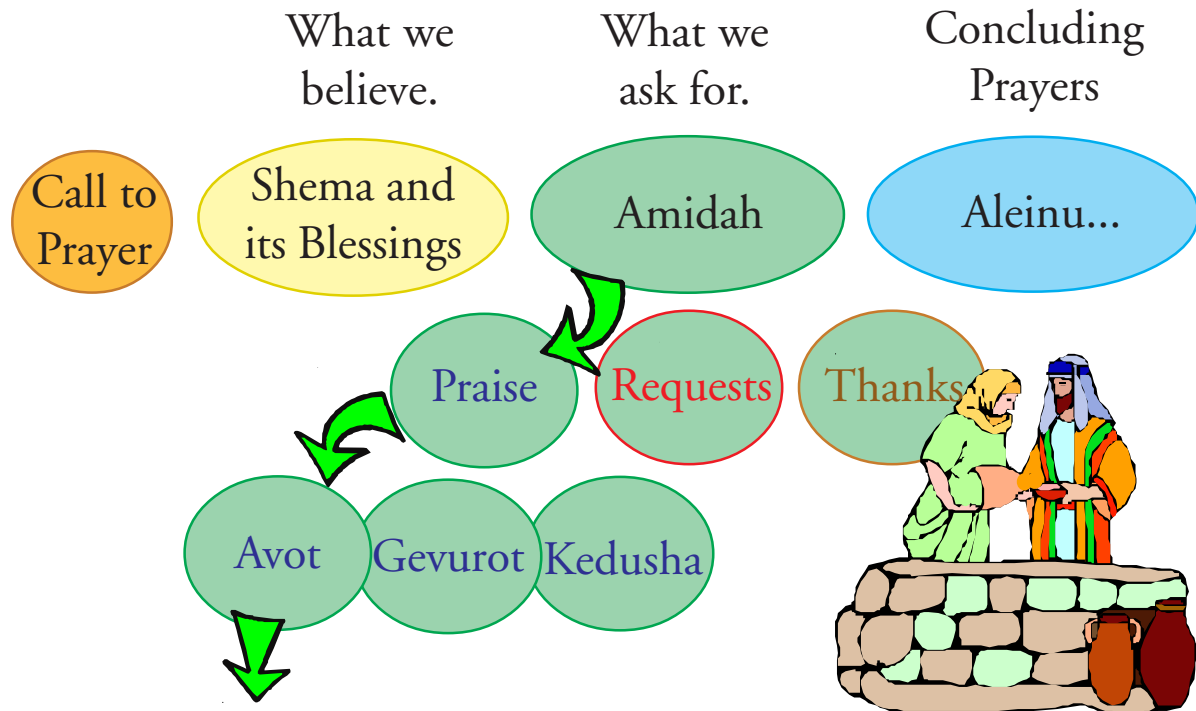


אבות ואמהות



In the previous section, "שְׁמַע" and its Blessings," we spoke about God. In the עֲמִידָה, our central prayer, we stand, with respect, and speak to God. The עֲמִידָה contains many blessings. The עֲמִידָה is like a visit with a great ruler. We have come to 'petition,' to ask the ruler for things for our community -- health, or justice, or good crops.

We approach and bow. Then we praise the ruler. We make our requests. Finally we thank the ruler for listening, and step back.

אָבוֹת וְאִמּוֹת, or "ancestors," is the first of three blessings of praise. We are introducing ourselves, saying, "You may not know me, but you know my family. You were very kind to them in the past."

אָבוֹת וְאִמּוֹת

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
Blessed are You, Adonai, our God

וְאֱלֹהֵי
and God of

וְאֱלֹהֵי
and God of

אָבוֹתֵינוּ
our fathers

אָבוֹתֵינוּ
our fathers

וְאִמּוֹתֵינוּ
and our mothers

וְאִמּוֹתֵינוּ
and our mothers

אֱלֹהֵי אָבוֹתֵינוּ וְאִמּוֹתֵינוּ
God of our fathers and our mothers

אֱלֹהֵי אָבוֹתֵינוּ וְאִמּוֹתֵינוּ
God of our fathers and our mothers

אֱלֹהֵי אַבְרָהָם
God of Abraham

אֱלֹהֵי אַבְרָהָם

אֱלֹהֵי יִצְחָק

אֱלֹהֵי יִצְחָק
God of Isaac

וְאֱלֹהֵי יַעֲקֹב

וְאֱלֹהֵי יַעֲקֹב
God of Jacob

אֱלֹהֵי רֵבֶקָה
God of Rebecca

אֱלֹהֵי רֵבֶקָה

אֱלֹהֵי שָׂרָה
God of Sarah

אֱלֹהֵי שָׂרָה

אֱלֹהֵי לֵאָה

אֱלֹהֵי לֵאָה
God of Leah

וְאֱלֹהֵי רָחֵל

וְאֱלֹהֵי רָחֵל
and God of Rachel

The עֲמִידָה has several names. עֲמִידָה means "standing."
 (This is how it is recited.) But it is often simply called
 תְּפִילָה, or "Prayer," for it is so central. The oldest
 name for the עֲמִידָה is שְׁמוֹנֵה עֶשְׂרֵה, "18."
 18 is the number of blessings it originally contained.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
 אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב
 אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי לֵאָה וְאֱלֹהֵי רָחֵל
 הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֲלִיוֹן גּוֹמֵל חֲסָדִים
 טוֹבִים וְקוֹנֵה הַכֹּל וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת
 וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יי מַגֵּן אַבְרָהָם
 וְעֹזֵר שָׂרָה:

Blessed are You, Ancient One, our God, and God of our fathers
 and our mothers. God of Abraham, Isaac, and Jacob. God of Sarah,
 Rebecca, Leah, and Rachel. Great, mighty, awesome God, God on
 high, who acts piously, Master of all. You remember the
 kindness of the fathers and of the mothers, bringing re-
 demption with love to their children's children on
 behalf of Your name. Helper and protector.

Blessed are You
 Shield of Abraham,



Adonai,
 Helper of Sarah.

אבות ואמהות

Key Phrase

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק אֱלֹהֵי יַעֲקֹב
אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי לֵאָה וְאֱלֹהֵי רָחֵל

Blessed are You, Adonai, our God, and God of our fathers and our mothers. God of Abraham, Isaac, and Jacob. God of Sarah, Rebecca, Leah, and Rachel.

Key Words

...וְ, וְ...	and
נו...	our
אב	father
אבות	fathers
אבותינו	our fathers
אם	mother
אמהות	mothers
אמותינו	our mothers
אֱלֹהֵינוּ	our God
אֱלֹהֵי	God of



אבותינו ואמותינו

נו is the suffix for _____

_____ אב (אבא) _____ אבות _____ אבותינו

_____ אם (אמא) _____ אמהות _____ אמותינו

_____ אבותינו ואמותינו

אל is one of the Torah's names for God.

_____ אלהינו _____ אלהי

_____ אלהי אבותינו _____ אלהי אמותינו

_____ אלהי אבותינו ואמותינו

Next to the tent of each אב and אם are two Hebrew words. Write the English for those words into the blanks above that ancestor's name.



אבות
אם

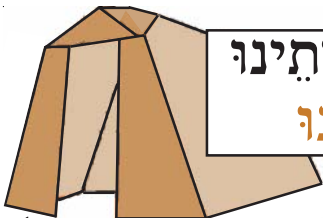
אברהם

fathers _____
Abraham _____
Sarah _____
Isaac _____



אמותינו
אבותינו

שרה



אמותינו
נו


יצחק

Rebecca _____
Jacob _____
Leah _____
Rachel _____



אב
אמהות

רבקה



אבותינו
אלהי

יעקב



אבות
ואמהות

לאה



ואלהי
אם

רחל

אָבוֹת וְאִמּוֹת

Translate the **three orange prayer lines** onto the **blanks below**.

Practice reading lines with a partner and your class.

(This may take more than one period.)

1. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
2. אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב
3. אֱלֹהֵי שָׂרָה אֱלֹהֵי רַבֵּקָה אֱלֹהֵי לֵאָה וְאֱלֹהֵי רַחֵל
4. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֲלִיּוֹן גּוֹמֵל חַסְדִּים
5. טוֹבִים וְקוֹנֵה הַכֹּל וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמּוֹת
6. וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה:
7. מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּן: בְּרוּךְ אַתָּה יי מֶגֶן אַבְרָהָם
8. וְעֲזַרְתָּ שָׂרָה:

אָבוֹת וְאִמָּהוֹת

In the **אָבוֹת וְאִמָּהוֹת** we ask God to **זוֹכֵר**, remember, the kindness of our ancestors. To help you **זוֹכֵר**, remember, the **אָבוֹת וְאִמָּהוֹת**, try playing the two reading games below.

First prepare for the games by writing the names of these **אָבוֹת וְאִמָּהוֹת**, in Hebrew, to the right of the following line numbers on the previous page:

1. אַבְרָהָם
2. יִצְחָק
3. יַעֲקֹב
4. שָׂרָה
5. רַבֵּקָה
6. רָחֵל
7. לֵאָה

אָבוֹת וְאִמָּהוֹת

Reading Game 1

Person 1 says the name of an **אָב** or **אִמָּה** to person 2. Person 2 reads the line that is next to that **אָב** or **אִמָּה**, and then says an ancestor name for person 3.

Go around the room.



אָבוֹת וְאִמָּהוֹת

Reading Game 2

Person 1 reads any word in the prayer. The student in the class who first calls out the name of the **אָב** or **אִמָּה** whose line number that word appears in, reads the line then calls out another word.

Take turns with a partner connecting the dots, up and down or right to left. When you complete a square, read and say the meaning of the word inside to get a point. The person with the most squares wins.



Write the following words, in Hebrew.
You will find them in the dot game, above.

father _____ mother _____
Our fathers _____ Our mothers _____
Abraham _____ Sarah _____

When you have completed the chapter, and have all reading lines checked, your teacher will give you a sticker!

