

Week 12 Side 1



Nalek Regent Primary School

Jewish Literacy Programme

Year 4 ~ Week 12

This week's סדרה: _____

Write each Hebrew word into script

English Translation	חומש Words	English Translation	חומש Words
quickly	מֵהֵר	to eat	לֶאֱכֹל
to see	לִרְאוֹת	to watch, guard	לְשָׁמֹר
to drink	לְשִׁתּוֹת	border	גְּבוּל

English Translation / Explanation

G.K. Words

שַׁבָּת (2)

Write each Hebrew word into script

Candles are lit to 'usher in' the holy Shabbat day. The purpose of the candles is to bring light, peace and oneg, a pleasant atmosphere, into the home. A בִּרְכָה is said after the candles are lit on Friday night. As soon as the candles are lit, Shabbat has begun for the person who lit them, and no מְלָאכוֹת may be performed. We light a minimum of two candles, to remind ourselves of the two commands of שְׁמֹר (guard Shabbat, by observing the negative mitzvot, e.g. by avoiding the מְלָאכוֹת) and זְכוֹר (remember Shabbat with the positive mitzvot, e.g. making kiddush). In many families one extra candle is lit for each of the children.

נֵרוֹת

We have two loaves at each meal. These represent the double portion of מָן that fell for the בְּנֵי יִשְׂרָאֵל on Fridays, when they were travelling in the מִדְבָּר, so that they did not need to go collecting on שַׁבָּת. We place the loaves on a board and cover them with a cloth to remind us of the dew that protected the מָן from above and below.

חֻלָּה \ חֻלוֹת

קידוש is made over wine, before the beginning of the meal. Wine is a symbol of blessing and joy, which is why wine is drunk to welcome Shabbat. Wine is also used for other מִצְוֹת, for example: Havdalah, the four cups at the Pesach Seder, at a wedding and at the Sheva Berachot, at a Brit Milah, and sometimes at the end of בִּרְכַּת הַמִּזוּן.

יַיִן

We smell spices during הַבְדֵּלָה in order to cheer ourselves up as we feel the loss of the נִשְׁמָה הַיְתֵרָה - the extra soul - that we have on Shabbat and that leaves as Shabbat ends.

בְּשָׂמִים

א	ב	ג	ד	ה	ו	ז	ח	ט	י	כ	ך	ל	מ	נ	ס	ע	פ	צ	ק	ר	ש	ת
א	ב	ג	ד	ה	ו	ז	ח	ט	י	כ	ך	ל	מ	נ	ס	ע	פ	צ	ק	ר	ש	ת