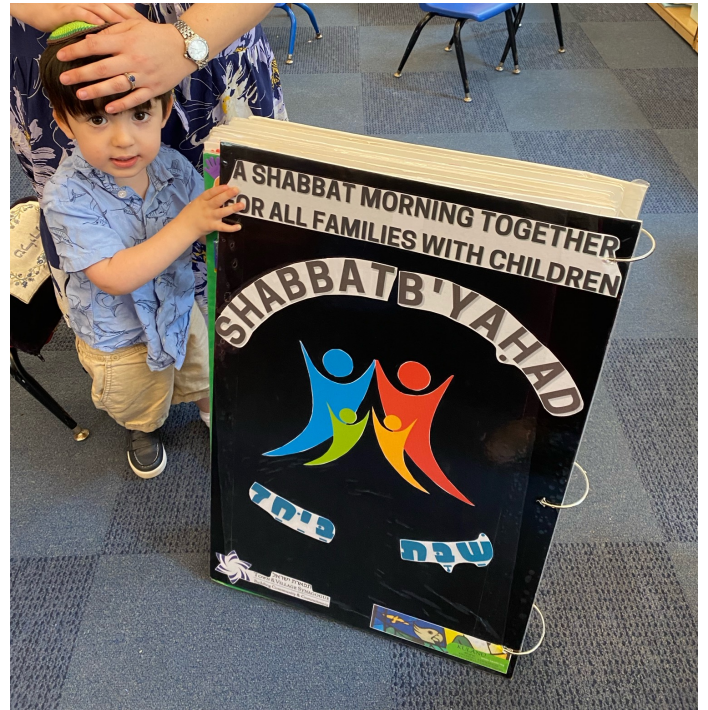

Shabbat B'Yahad: A Shabbat Morning Together for ALL Families With Children

*(And a little help from my friend Nadav,
who's mom was making sure his Kippah
was on correctly)*



Hello!

Let's start with:

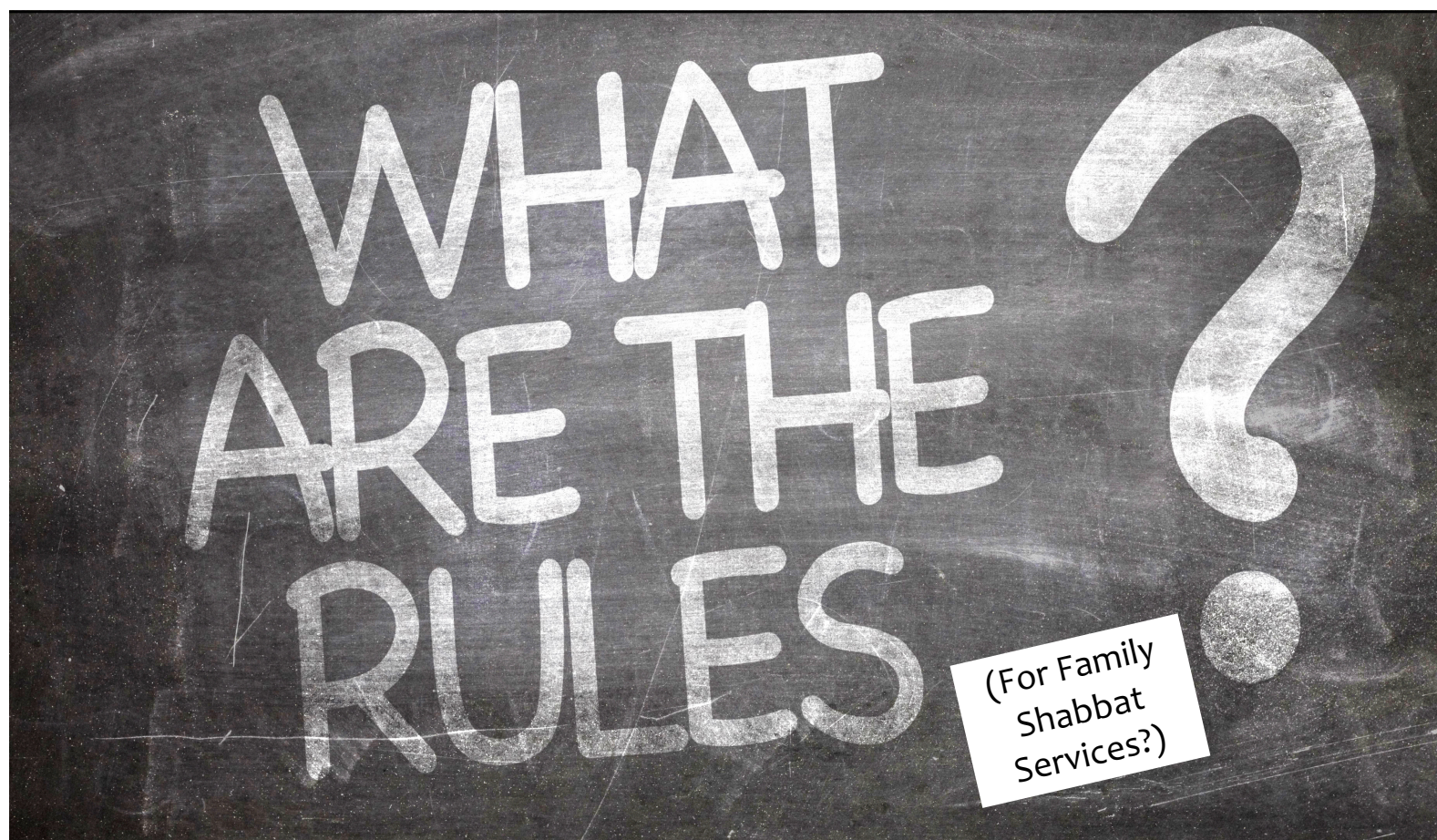
- Your Name
 - Where You Teach / Lead Services
 - What Is Your Favorite Part of Leading Family Shabbat?
-

A little bit about me:

- Born and raised in Portland, Oregon - went to a Talmud-Torah, then transferred to Public School, because it was the 70s and there weren't ADHD diagnoses, kids were just labeled "hyper," or, "talkative..."
- I was heavily involved in theatre, and Young Judaea (*That's Young Judaea's West Coast camp from the late 70s and early 80s – Lorimar*) (Year Course '88)
- During HS and beyond, I worked in Sunday Schools, and ran youth groups, and was primarily focused on theatre.
- Went on to work primarily as a stage manager in theatre, and at the Children's Museum of Manhattan.
- When my wife and I decided to increase our family by adding more humans instead of cats, she was working on Broadway, and I was working Off-Broadway, so I went into administration, and back to Jewish Education.
- Our beloved children are now 17 and 20



That one Purim when I agreed to read from the Megillah. In Vulcan...



Rules For Family Shabbat?

Take 30 seconds and let's write down a few of the things we need to do to help make Family Shabbat services run smoothly.



Rules For Family Shabbat?

Hahahaha!

In short, you know your kids and their parents best – there is no right answer here.

And, I will share some things that have worked (and some that haven't worked!) for me, and the kids I have the joy of spending Shabbat Mornings with.

On Second thought, I do have a rule!

1. SNACKS! 'Tis better to hear the sound of munching than to deal with a HANGRY toddler!
2. See Rule #1



Me when
I'm hungry

Me after
I eat food



)

Let's jump in!

We'll go through a few of the pages and prayers, and I'll share a few things that haven't worked, as well as my buddies Nadav and Keren being awesome helpers!

Each summer, I bring the Siddur home to update it, repair it, and make any adjustments as needed. We're right in the middle of that cycle, so you get to see some works in process, too!



Here's my friend Keren helping with the Challah in the Bakery Shop.

2

Here's something that **DIDN'T** work.

The strings were too easily tangled, and the kids had a hard time utilizing them.





So, I changed it to things that the kids CAN easily do – come up to the siddur and remove something that's Velcroed on! (which they LOVE doing!)

Using the example in the big Siddur (Mishkafayim, Coffee, etc.), with someone sitting next to you, use the paper in front of you to amend one of the first three Brahot – feel free to add a word or two, and an image.

Birkot HaShahar - Morning Blessings

❶

ברוך אתה ה' אלקינו מלך העולם אשר נתן לשכני בינה להבחין בין יום ובין לילה.

Barukh atah Adonai Eloheinu melek ha-Olam, asher natan la-sekhvi vinah l'havhin bein yom u-vein Lailah.

Blessed are you, our God, Ruler of all the world, Who gives our hearts understanding to distinguish day from night.

❷

ברוך אתה ה' אלקינו מלך העולם שעשני בצלמו.

Barukh atah Adonai eloheinu melek ha-olam, she-asani b'tzalmo.

Blessed are you, our God, Sovereign of time and space, Who made me in the divine image.

❸

ברוך אתה ה' אלקינו מלך העולם שעשני בת / בן חורין.

Barukh atah Adonai eloheinu melek ha-olam, she-asani ben / bat h'orin.

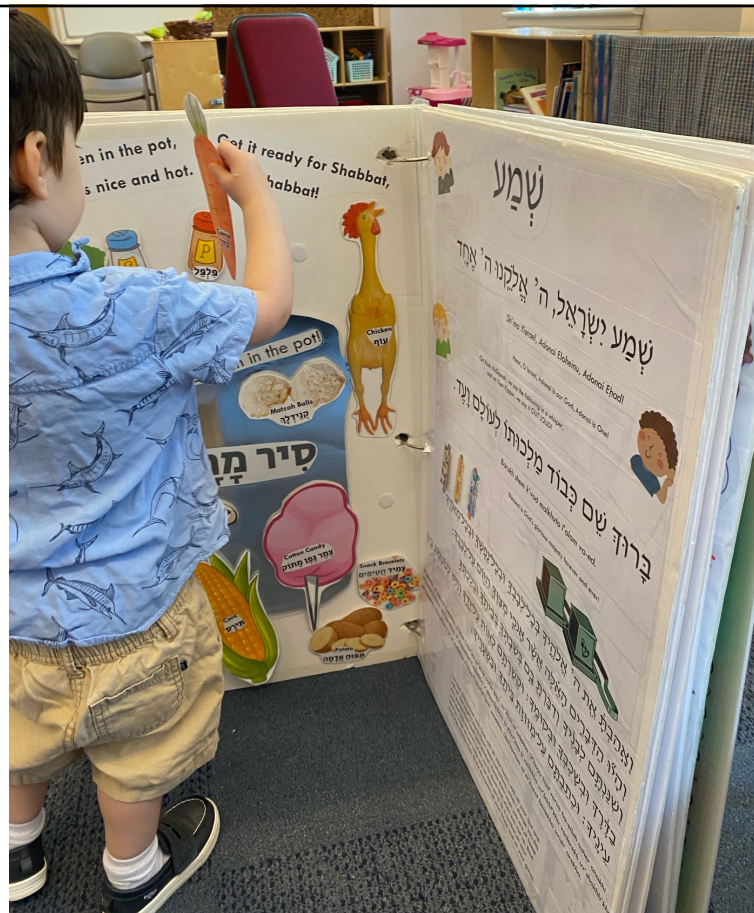
Blessed are you, our God, Source of all the world, Who made me free.

Great! Let's hear from
a few groups who
would like to share
their additions!



7

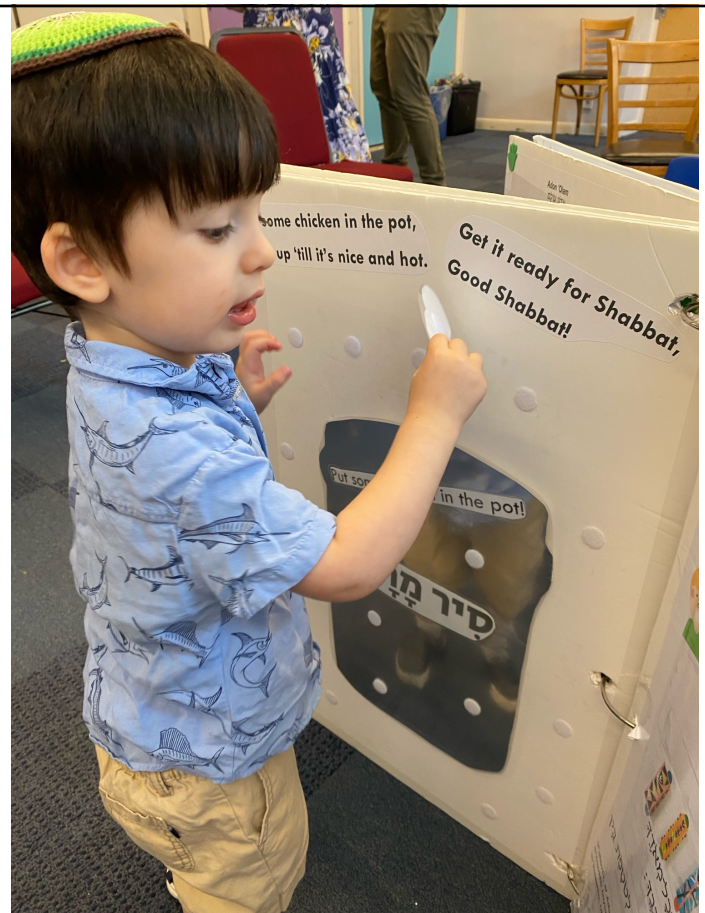
Here's my buddy
Nadav, putting
some things into
the Chicken Soup
Pot – and we'll get
into the details for
this shortly





You can avoid the “Mosh-Pit” urges by calling kids up one at a time until everyone’s had a turn, and then at the end, let them all come up and put something in the soup.

Words cannot describe the joy Nadav had at being the **ONLY ONE** to make soup!



Dad challenges kids to draw him sleeping so he can have a nap 😂

And a word
about parents...



Shabbat Shacharit Amidah
(With Choreography!)
אָד-נִי שְׁכַתִּי תִפְתָּח וּפִי
יִגִּיד תְּהִלָּתְךָ:

Many of the parents come and join in the service, missing out on their own davening, so I've been incorporating more of the regular touchpoints of the Shabbat Morning service, to help ensure that they can get a bit of prayer time, too.

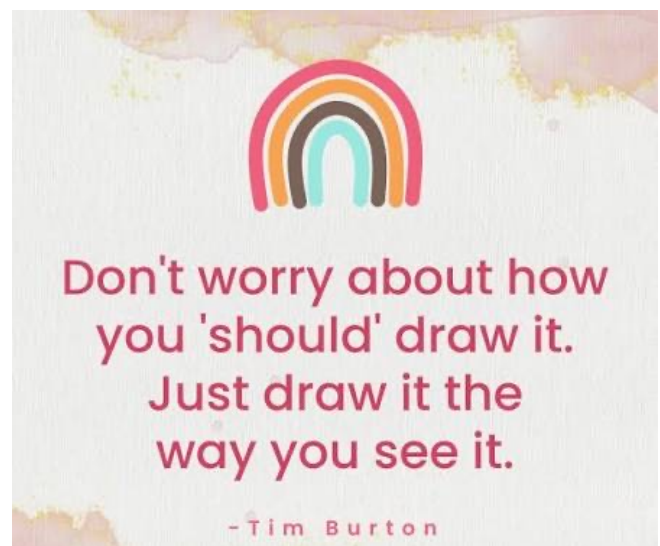
NOW
IT'S YOUR TURN!

3

In front of you, you have paper, crayons, stickers, and various manipulatives.

I want you to take a few minutes and design the basis for YOUR Big-Siddur. You can come up and look through this one, or some of the new pages I'm working on, or come up with your own!

And a reminder...



Guide To Buying craft supplies



5

24"x36" Foam Core sheets can get pretty pricey, but I've had great luck sourcing them at my local dollar store – I don't know if they're just always in stock, or if they keep restocking them because I deplete their supplies! 🤔

A few spots online to get stickers, materials, etc.:

- www.orientaltrading.com
- www.1-800-dreidel.com
- www.lotstop.com (Or the equivalent in your state)
- amazingsavings.com – a truly AMAZING place – Open to the public, but with an enormous Judaica supply!
- www.tjssc.com



4 Inch Loose Leaf Binder Rings

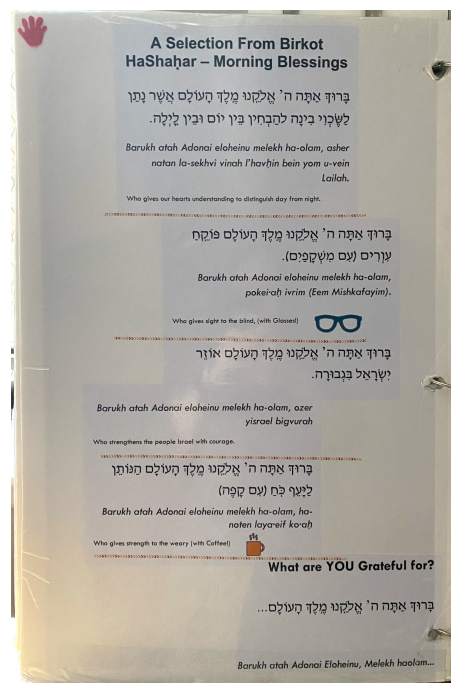
If you ever have any questions, or get stuck, please feel free to reach out:
Shelli Aderman
917-701-0373
saderman@gmail.com

■ Thank you, and don't forget to fill out the evaluation!

■ www.tiny.cc/newcaje17

7

Because you asked... Here are the pictures of the current BIG Siddur – Have fun making YOURS, and please feel free to send me pictures so I can see how yours turns out! (saderman@gmail.com)



Asher Yatzar

אֲשֶׁר יָצַר

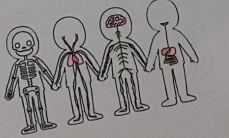


This blessing we say upon leaving the potty thanks Hashem for creating the human body in a wondrous way, and helps us to think of all of the wonderful things our bodies can do!

Asher yatzar
et ha'adam b'hokhmah,
u'vara vo n'kavim n'kavim
Halulim Halulim.

אֲשֶׁר יָצַר
אֶת הָאָדָם בְּחִכְמָה,
וּבָרָא בּוֹ נְקָבִים נְקָבִים
חֲלוּלִים חֲלוּלִים.

Blessed are You, our God, source of the universe, who formed humans with wisdom and created within our body many openings and paths.



What amazing things
can **YOUR** body do?

Hodu LaShem

Hodu LaShem - ThankG-d!
Hallelujah - Praise G-d!

Hallelu, Hallelu, Hallelu,	הללו, הללו, הללו,
Hallelujah	הללויה
Hodu LaShem	הודו לה'
Hallelu, Hallelu, Hallelu,	הללו, הללו, הללו,
Hallelujah	הללויה
Hodu LaShem // Hodu	הודו לה' // הודו לה'
LaShem	הללויה
Hallelujah	הודו לה', הללויה
Hodu LaShem,	הודו לה', הללויה
Hallelujah	הודו לה'
Hodu LaShem	

One Group **STANDS UP** on Hallelujah



And **SITS DOWN** on Hodu LaShem



The other group does the **OPPOSITE**.

SITTING DOWN on Hallelujah,

and **STANDING UP** on Hodu LaShem!

There's a



knocking at my Door,

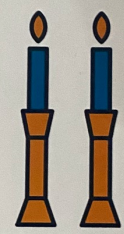


Knocking 1-
2-3.

There's a
Dinosaur
knocking at

the Door and they want
to spend Shabbat With
me.

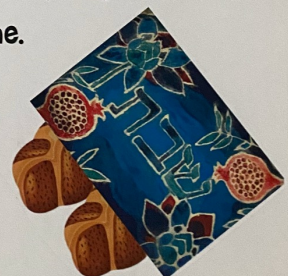
They want to light the
candles,





They want to
Drink the wine (or
Grape juice!).

They want to eat the
Challah, They Do it all the
time.



There's a Dinosaur
knocking at my Door
And they want to spend
Shabbat With me!

יוצר אור
Yotzer or

ובורא חשך
Uvorei Hoshekh

עשה שלום
Oseh shalom

ובורא את הכל
uvorei et hachol

יוצר אור
Yotzer or

ובורא חשך
Uvorei Hoshekh

עשה שלום
Oseh shalom

ובורא את הכל
uvorei et hachol

ברוך אתה ה' יוצר המאורות
Barukh atah Adonai yotzer ham'otot

Blessed are You, the Kadesh Baruhu, Ruler of the universe, who forms light and creates darkness, makes peace, and creates everything.

ברכו Barehu

LEADER:

ברכו את ה' המברך
Bar'khu et Adonai ha-m'vorakh.

Bless Adonai Who is blessed.

CONGREGATION:

ברוך ה' המברך לעולם ועד
Barukh Adonai ha-m'vorakh l'olam va'ed.

Blessed is Adonai, Who is blessed forever and ever.

Yotzer Or

יוצר אור

ברוך אתה ה' אלהינו מלך העולם, (מלך העולם)
Barukh Attah Adonai Eloheinu Melekh HaOlam (Melekh HaOlam)

יוצר אור ובורא חשך
Yotzer or uvorei hoshekh,

עשה שלום ובורא את הכל
Oseh shalom uvorei et hachol.

Put some chicken in the pot,
Stir it up 'till it's nice and hot.

Get it ready for Shabbat,
Good Shabbat!

Put some chicken in the pot!

סיר מרק

Broccoli
פלפול
P
S
Pepper
פלפל
Chicken
עוף
Matsah Balls
קניידלך
Carrot
צ'ול
Onion
בצל
Mushroom
פטריות
Apple
תפוח
Corn
תירס
Celery
סלרי
Potato
תפוח אדמה
Sundae
סנדוויץ

שמע

שמע ישראל, ה' אלקינו ה' אחד
Sh'ma Yisrael, Adonai Eloheinu, Adonai Ehad!

Hear, O Israel, Adonai is our God, Adonai is One!

On Rosh HaShanah, we say the following in a whisper,
and on Yom Kippur, we say it OUT LOUD!

ברוך שם כבוד מלכותו לעולם ועד.
Barukh shem K'vod malkhuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever!

ואמרת את ה' אלקיך בכל לבבך, ובכל נפשך, ובכל מאריך ימים, והלוי הדברים האלה אשר אנכי מצוה היום על לבבך: ושננתם לבניך ודברתם בסעודתך בביתך ובכל מקום בדרך ובשכבך ובקומך: וקשרתם לאות על ידך והיו לטפת בין עיניך: וכתבתם על מזוזות ביתך ובשעריך:

V'ahavta, et Adonai Eloheka, b'khal l'vav'ka u'khal nafsh'ka u'khal m'odekha. V'hayu had'varim ha-eileh asher anokhi m'tzavkha hayom al l'vavekha. V'shinantam l'vaneikha v'dibarta bam b'shiv'kha b'veitekha u'lekkha vaderekh u'shokhbk'ha u'kumekha. Ukshartam l'ot al yadekha v'hayu l'totafot bein einekha. Ukh'tavtam al m'zuzot beitekha uvish' arekha.

You shall love Adonai your God with all your heart, with all your soul and with all your might. Take to heart these instructions, which I charge you this day, impress them upon your children. Recite them when you are at home and when you are away, when you lie down and when you rise up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחִיָּה
מְתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמְתִיר
אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ
לִישְׁנֵי עֶפֶר. מִי כְמוֹד בַּעַל
גְּבוּרֹת וּמִי דוֹמָה לָךְ, מְלֶכֶךְ
מִמִּית וּמְחִיָּה וּמַצְמִיחַ
יְשׁוּעָה:

Between Rosh HaShanah and Yam Kippur (Shabbat Shuvah):
סי כְּמוֹד אֶב טַרְחֻמִּים. וְזִכְרֵי יַמֵּינוּ לְחַיִּים בְּרַחֲמִים:

וְנֶאֱמַר אֶתְּהָ לְהַחְיֹת מְתִים.
בְּרוּךְ אַתָּה ה' מְחִיָּה הַמְתִּים:



נְבוֹאָה אֶהְיֶה שָׂרָה, רִבְקָה,
רָחֵל וְלֵאָה. וְתִהְיֶה גְּמִילוּת
חֶסֶדִּיךָ לְפָנֵינוּ בְּכָל עֵת וּבְכָל
שָׁעָה.

Navo'ah ahaley Sarah, Rivka, Rachel veLeah / Utehi gemilut
hasdeihen lefanenu bekol eit uvekhol sha'ah

'Let us enter the tents of Sarah, Rebecca, Rachel and Leah / May their
acts of loving kindness be an example to us at all times'
- Rabbi Dr. Einat Ramon

מְלֶכֶךְ עוֹזֵר מוֹשִׁיעַ וּמַגֵּן:

בְּרוּךְ אַתָּה ה' מַגֵּן אֲבֹרָהִם
וּפְקֹד שָׁרָה:

אַתָּה גְּבוּר לְעוֹלָם ה', מְחִיָּה
מְתִים אַתָּה רַב לְהוֹשִׁיעַ:

From Sh'mini Atzeret until Pesach
(23 Tishrei until 15 Nisan – Fall through Spring)

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם (הַשֶּׁלֶג)

You cause the wind to blow and the rain (& SNOW!) to fall

From Pesach until Sh'mini Atzeret
(16 Nisan until 24 Tishrei until – Spring through Fall)

[מְשִׁיב הַרוּחַ וּמוֹרִיד הַטֶּל]

You bring on the morning dew

Shabbat Amidah with Choreography:
Take three steps backwards starting with your right foot and then three steps forward starting with your right foot.

ה' שִׁפְתֵי תִפְתָּח וּפִי יִגִּיד
תִּהְיֶה לְתֹדָה.

All the word Shabbat, bend your knees, at the word You, bend forward, at Amidah, return to your upright position
Origin: Admony straightened the text (Psalms 146:8).

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ וְאַתָּה
אֲבוֹתֵינוּ (וְאֲמוֹתֵינוּ), אֱלֹהֵי
אֲבֹרָהִם, אֱלֹהֵי יִצְחָק, וְאַתָּה
נֶעֱקֵב

נֶאֱמַר שָׂרָה אֶלְמִי רִבְקָה אֶלְמִי רָחֵל וְאַלְמִי
לֵאָה, וְאַלְמִי בְּלָחָה (וְאַלְמִי וְלָחָה)

הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא אֵל
עֶלְיוֹן, גּוֹמֵל חֶסֶדִּים טוֹבִים,
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֶסֶדִּי
אֲבוֹת, וּמַבִּיא גּוֹאֵל לְבָנֵי
בְּנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה:

TORAH !!

Torah, Torah, Torah
Torah, Torah, Torah
Torah Tziva Lanu Moshe

Torah, Torah,
Torah Torah,
Torah Tziva Lanu Moshe

Morashah Kehillat Yaakov
Morashah Kehillat Yaakov
Morashah Kehillat Yaakov

Torah Tzivah Lanu Moshe

STORY TIME!



עוֹשֶׂה שְׁלוֹם בִּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם
לְעָמָּנוּ: לְעָמְּךָ יִשְׂרָאֵל וְלָאֵלֹהִים אֱמִינִם.

Oseh shalom bimromav, Hu ya'aseh
shalom aleinu v'al kol-yisrael, v'al kol-
yoshvey-tay-veil v'imru: amen.

May the One who creates
peace on high bring peace
to us and to all Israel and
to all who dwell on earth.

And we say, Amen.

תַּפְלָחָה כִּיס - Pocket Prayers

I Am Grateful For...

Family School Cats Friends Love

Freedom Peace Chocolate Safety

No One Hungry Good Health My House

The World Spiders





Kiddush קדוּשָׁה

וְשִׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת-הַשַּׁבָּת, לַעֲשׂוֹת
 אֶת-הַשַּׁבָּת לְדֹרֹתָם כְּרִית עוֹלָם.
 בְּיָמֵינוּ בְּנֵי יִשְׂרָאֵל, אוֹת הִיא לְעָלָם אוֹת
 הִיא לְעָלָם אוֹת הִיא לְעָלָם
 כִּי-שֵׁשֶׁת יָמִים עָשָׂה ה' עֲשָׂה ה' אֶת-
 הַשָּׁמַיִם וְאֶת-הָאָרֶץ
 וְשִׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת-הַשַּׁבָּת, לַעֲשׂוֹת
 אֶת-הַשַּׁבָּת לְדֹרֹתָם כְּרִית עוֹלָם.
 וּבַיּוֹם הַשְּׂבִיעִי שָׁבַת וְיִנָּפֶשׁ שָׁבַת וְיִנָּפֶשׁ
 שָׁבַת וְיִנָּפֶשׁ
 וְשִׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת-הַשַּׁבָּת, לַעֲשׂוֹת
 אֶת-הַשַּׁבָּת לְדֹרֹתָם כְּרִית עוֹלָם.

V'shamru v'nei Yisrael et haShabbat, laasot et haShabbat
 l'dorotam b'rit olam.
 Beini uvein b'nei Yisrael, et hi l'olam, et hi l'olam
 V'shamru v'nei Yisrael et haShabbat, laasot et haShabbat
 l'dorotam b'rit olam.
 ki sheisheit yamim asah Adonai, asah Adonai, et hashamayim
 v'et haaretz.
 V'shamru v'nei Yisrael et haShabbat, laasot et haShabbat
 l'dorotam b'rit olam.
 uveyom hashvi-vi Shavat v'yinafash, Shavat v'yinafash, Shavat
 v'yinafash
 V'shamru v'nei Yisrael et haShabbat, laasot et haShabbat
 l'dorotam b'rit olam.
 The people of Israel shall keep Shabbat, observing Shabbat throughout
 the ages as a covenant for all time. It shall be a sign for all time between
 Me and the people of Israel, for in six days Adonai made heaven and
 earth, and on the seventh day God ceased from work and was refreshed.
 Al kein beirakht Adonai et יום שבת וינקש שבת וינקש שבת וינקש
 Therefore Adonai blessed the day of Shabbat and hallowed it.

Your attention, Friends!
 "L'Haim!"
 לחיים!
 בְּרוּךְ אַתָּה, ה' אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרָא
 פְּרִי הַגֶּפֶן.
 Baruch atah Adonai Eloheinu Melech haolam,
 borei p'ri ha-gafen.
 Praise to You, Adonai our God, Sovereign of the
 universe, Creator of the fruit of the vine.

It's time to put the
 Torahs Away!
 Etz hayim hi lamakhozikim ba,
 Vetome heha me'ushar.
 Dera heha - d'ra hei no-am,
 Vekhol netivote ha shalom...
 Hashiveinu Adonai eile ha v'nashuva
 Hadesh hadesh yameinu k'kedem
 Hadesh hadesh yameinu k'kedem...
 It is a tree of life for those who hold fast to it,
 and all of its supporters are happy!



Ein k'Eloheinu
 LADINO
 Non Como Muestra Dio
 Non Como Muestra Señor
 Non Como Muestra El Rey
 Non Como Muestra Salvador
 Quien Como Muestra Dio
 Quien Como Muestra Señor
 Quien Como Muestra El Rey
 Quien Como Muestra Salvador
 Loaremos A Muestra Dio
 Loaremos A Muestra Señor
 Loaremos A Muestra El Rey
 Loaremos A Muestra Salvador
 Benedicho Muestra Dio
 Benedicho Muestra Señor
 Benedicho Muestra El Rey
 Benedicho Muestra Salvador
 Tu Sos Muestra Dio
 Tu Sos Muestra Señor
 Tu Sos Muestra El Rey
 Tu Sos Muestra Salvador
 Ein k'Eloheinu
 Ein k'Adoneinu
 Ein k'Malkenu
 Ein k'Mosh'enu
 Mi k'Eloheinu
 Mi k'Adoneinu
 Mi k'Malkenu
 Mi k'Mosh'enu
 Nadeh k'Eloheinu
 Nadeh k'Adoneinu
 Nadeh k'Malkenu
 Nadeh k'Mosh'enu
 Baruch Eloheinu
 Baruch Adoneinu
 Baruch Malkenu
 Baruch Mosh'enu
 Atah hu Eloheinu
 Atah hu Adoneinu
 Atah hu Malkenu
 Atah hu Mosh'enu
 A-ha hu she-ha-ha-ti-ru o-va-
 hei-nu T'u-mei-cho et k'to-vel
 ha-see-min
 אָתָּה הוּא אֱלֹהֵינוּ
 אָתָּה הוּא אֲדֹנָינוּ
 אָתָּה הוּא מֶלֶכֵנוּ
 אָתָּה הוּא מוֹשִׁיעֵנוּ
 אָתָּה הוּא שְׂרָטְתִּירָנוּ וְאָמַרְתִּי
 לְקֹדֶד, אֵת כְּתוּבַת הַשָּׁמַיִם

This is my
 adorable son
 when he was
 about three,
 and would
 actually pose
 for the
 camera... 🤔

A SHABBAT MORNING TOGETHER
 FOR ALL FAMILIES WITH CHILDREN
 SHABBAT B'YAHAD
 שַׁבָּת בַּיְחָד
 שַׁבָּת
 תּוֹכַח
 תּוֹכַח
 תּוֹכַח

Town & Village Synagogue
 Building Community & Commitment
 KULANI

N'tilat Yadayim
 בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ
 מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
 בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת
 יָדַיִם



Barukh ata Adonai, Eloheinu Melech ha-olam, asher
 kidshanu b'mitzvotav vitzivanu al n'tilat yadayim.
 Blessed are You, our God, Ruler of the universe, who has sanctified
 us with Your commandments, and commanded us concerning the
 washing of the hands.



בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא
 לָחֶם מִן הָאָרֶץ
 Barukh atah Adonai Elohaynu melekh ha-
 olam ha-motzi lehem min ha-aretz.
 Blessed are You, our God, Ruler of the Universe who brings forth
 bread from the earth.