

Mi Sheberach

These comforting words can be said on behalf of those who are ill. Whether friends or loved ones are struggling with physical, emotional or spiritual challenges, this prayer speaks to our desire for their healing.

May the one who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill [say names here].

May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived.

May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

Talk about different ways someone could not feel well. It could be physical, like a cold, or they could be sad about something. It could be a friend or a brother or sister or a relative.

**How would you help make someone who wasn't feeling well feel better?
(Listen to them, make soup, get well card, spend time with them)**

Draw a picture of you helping someone feel better.

Aleinu

Aleinu means – “it is upon us” or, “it is your duty” – to take with us the values that we have learned during the service and bring them out into the world.

**Let us adore the ever-living God!
We render praise unto God,
Who spread out the heaven,
and established the earth.,
whose glory is revealed in the heavens above,
and whose greatness is manifest throughout the world.
You are our God and there is none else.
Therefore we bow in awe and thanksgiving
before the One who is sovereign over all, the Holy and Blessed One.**

**Va'anachnu korim umishtachavim umodim
Lif'nei melech ha'm'lachim.**

Discuss:

What does God look like?

Where does God live?

What does God do on Shabbat?

Does God hear your prayers?

Do:

What/who/where is God for you?

Write your answer(s) and draw a picture

KADDISH

Discuss:

Root of word kaddish – kodosh “holy”

Ask if they know these words:

Kiddush – sanctification over the wine on Shabbat & holidays

Kodosh - holy

Kadish – to become holy

Kidesh – to sanctify

Beginning of Kaddish – “Yitgadal v’yitkadash shemaeh rabah...”

Discuss:

What makes something holy?

What can you think of that is holy?

Ark – aron kodesh

Ner Tamid – eternal flame - symbol of God’s holy presence

Torah

Kittel – white robe worn on High Holy Days

The sanctuary itself

Do:

Draw a picture of something holy you might find in our temple.

Do:

10 minutes before the end of each class go down to the sanctuary and find some holy things.