

## Waiving the Lulav and Etrog

It is a mitzvah (commandment) to wave the lulav (made up of the three leafy species palm, myrtle, willow) and the etrog on each of the first seven days of Sukkot (except Shabbat).

Before the blessing, the Lulav is picked up in the right hand and the Strog in the right hand. The etrog is held with its *pittum* (stemlike protrusion) pointed downward.

*Barukh atah Adonai Eloheinu melekh ha'olam asher kid'shanu b'mitzvotav v'tzivanu al netilat lulav.*

ברוך אתה יהוה אלוהינו מלך העולם אשר קדשנו במצוותיו, וצונו על נטילת lulav

Blessed are You, Lord our God, King of the Universe, who has sanctified us with His commandments and has commanded us concerning the waving of the lulav.

If this is your first time shaking the lulav this year  
you can also say the Shechyanu

*Baruch Ata Adonai, Eloheinu Melech Haolam, shehechiyanu, v'kiy'manu, v'higianu lazman hazeh.*

ברוך אתה יהוה אלוהינו מלך העולם שheckyanu וקיי'מןנו והגיאנו לזמן זהה:

**Blessed are You Lord our God who has given us life, sustained us and allowed us to arrive in this moment.**

At this point you wave/shake the lulav (together with the other three) in the following manner:

1. Stand facing east.
2. Hold the lulav out to the east (in front of you) and shake it three times.
3. Repeat the same motion three times to your right (south), behind over your shoulder (west), to your left (north), raising it up above you, lowering it down below you.
4. Now you can dance, sing and celebrate the blessings for a good year!



# CONGREGATION B'NAI MOSHE

## CELEBRATING THE BLESSINGS AND WELCOMING GUESTS TO YOUR SUKKAH



## Ushpizin—Sacred Ancient and Modern Guests

One of the traditions of Sukkot is to invite special guests— *Ushpizin*— into our Sukkah, to join us each night of the festival. As you can see from the liturgy below, these guests aren't the kind that take up a lot of space: It's a virtual welcome, inviting our long-gone Biblical ancestors to celebrate with us.

*Our text pairs distinguished women with the men traditionally invited. Some are husbands and wives, while others are related through various qualities which link them uniquely together.*

*We then take time to invite other guests who emulate the qualities of these specific guests. These can be people you know, people you knew who are no longer with us, or people that you would like to have as guests each night of sukkot.*

## Each night we begin the ritual with the following lines:

Sit, sit, oh lofty guests;...

    sit, sit oh holy guests...

        sit, sit oh guests of faith...

**May it be Your will.** Adonai our God and God of our ancestors, to cause Your divine spirit to dwell in our midst. **Spread over us Your shelter of peace**, and encompass us with Your glorious majesty, holy and pure. As for those who are hungry and thirsty, grant them sufficient bread and water. Grant us long life in the Land of Israel, that we may serve You with reverence. Praised be Adonai forever, amen, amen.

I am honored to welcome to my sukkah the following distinguished guests:

**Abraham, Isaac, Jacob, Joseph, Moses, Aaron, and David, Sarah, Rebecca, Leah, Rachel, Miriam, Deborah, and Ruth**

## Hand Washing

If you are eating **bread** then we precede the bread with a ritual handwashing (please use soap and water for health reasons first!)

Take a cup of water and pour it three times over the right hand and then three times over the left hand. While drying your hands please recite the following blessing:

**Barukh atah Adonai Eloheinu melekh ha'olam asher kideshanu b'mitzvotav v'tzivanu al netillat yada'im.**

ברוך אתה ה' אלוהינו מלך העולם אשר קדשנו במצוותיו וצונו על נטילת ידיים.

Blessed are You Lord our God who sanctified us with the commandment of lifting the hands



### Motzi



**Baruch atah, Adonai Eloheinu, Melech ha-olam, haMotzi lechem min haaretz.**

ברוך אתה יהוה אלוהינו מלך העולם המוציא לחם מן הארץ:

Blessed are You Lord our God who brought forth the bread from the earth



### Other Baked Foods That are Not Bread



These don't require the ritual washing but still count for a meal in the Sukkah.

**Baruch atah, Adonai Eloheinu, Melech haolam, Borei Miei Mizonot**

ברוך אתה יי' אלהינו מלך העולם בורא מיני מזונות

Blessed are You Lord our God who created the many types of sustaining foods

## Eating In The Sukkah

The Mitzvah in the Torah is specifically to dwell in the sukkah as it states in Exodus: **"In sukkot shall you dwell for seven days;**

The Rabbis of our tradition worked to specify what it actually meant to **"Dwell" in the sukkah**. While we are, ideally, to spend as much time in the Sukkah as possible (Sukkah movie night!!) The number one thing that we can do to show we are dwelling in the sukkah is to **EAT our main meals (we are Jews after all)**.

Because it is a mitzvah (commandment) we have the opportunity to say a blessing over the simple act of eating "a meal" in the sukkah. So, take your meal (or big snack) out to the sukkah.

**Make a blessing over the food (see the next page for the best blessing to say)...**

And THEN say the blessing over "dwelling in the sukkah" below ...

*Barukh atah Adonai Eloheinu mel-ekh ha'olam asher kideshanu b'mitzvotav v'tzivanu leishev ba'sukkah..*

ברוך אתה יהוה אלהינו מלך העולם אשר קדשנו במצוותיו. וצונו לישב בסוכה:

**Blessed are you Lord our God who has sanctified us with your commandments and commanded us to dwell in the sukkah.**

If this is your first time eating the sukkah this year  
you can also say the Shechiyanu

*Baruch Ata Adonai, Eloheinu Mel-ekh Haolam, shehechiyanu, v'ki-y'manu, v'higianu lazman hazeh.*

ברוך אתה יהוה אלהינו מלך העולם שheckיינו וקייּמנו והגינו לזמן זהה:

**Blessed are You Lord our God who has given us life, sustained us and allowed us to arrive in this moment.**

## *On the first evening:*

**Welcome Abraham, welcome Sarah.** You parented a faith together in Haran and carried your beliefs wherever you traveled. May we, like you, be models of faithfulness and fortitude in all we do

**Tonight** we invite those who inspire(d) us with their courage OR made us feel welcome? **WHO are you inviting into your sukkah tonight?**

## *On the second evening:*

**Welcome Isaac, welcome Rebecca.** You carried forward the foundation laid by your forebears, and prospered as you passed on their legacy. May we, like you, honor the ways of our parents and cause their inheritance to flourish.

**Tonight** we invite those who help(ed) to pass on traditions and those who really dedicate(d) themselves to the centrality of family. **WHO are you inviting into your sukkah tonight?**

## *On the third evening:*

**Welcome Jacob, welcome Leah,** primary progenitors of Israel. Through you did Israel grow in size and might. May we, like you, overcome all obstacles to ensure a strong and confident future.

**Tonight** we invite those who built something for those that came after them fighting for a better future OR those who made mistakes and learned from them to go on to be stronger people. **WHO are you inviting into your sukkah tonight?**

## **On the fourth evening:**

Welcome Joseph, welcome Rachel, nurturers of generations past, caretakers of generations to come. May we, like you, merit blessing through compassion, vision, hope, and our dreams .

**Tonight** we invite those who are/were dreamers, visionaries, and believers and those who work(ed) to see their dreams come to fruition OR those who fought against all odds to not only survive but thrive in their lives. **WHO are you inviting into your sukkah tonight?**

## **On the fifth evening:**

Welcome Moses, welcome Miriam. You brought Israel out of Egypt, and led her in singing "This is my God" at the Sea of Reeds. May we always rejoice in our freedom; may we always sing songs of praise to God, our Redeemer.

**Tonight** we invite those who work(ed) for the community, taking on leadership positions not for their own ego, but because they knew it was what needed to be done making sure that the communal needs are/were always met. **WHO are you inviting into your sukkah tonight?**

## **On the sixth evening:**

Welcome Aaron, welcome Deborah. You shaped Israel's destiny, one with words of peace, one with a call to battle. May we have the wisdom always to strive for peace, but never lack the courage to oppose injustice.

**Tonight** we invite those who are/were either the peace makers always seeking a means of making peace or the ones who are/were always fighting for justice, seeing that no one in society was trampled, overlooked, or left behind. **WHO are you inviting into your sukkah tonight?**

## **On the seventh evening:**

Welcome David, welcome Ruth. You represent the living legacy of Israel, the future as well as the past. As you embraced God with all your being, may we too live in dignity and honor, a source of pride to God and to our heritage.

**Tonight** we invite those who either rose against all odds to be a leader, someone who unites people together but is not afraid of admitting to mistakes as a leader. OR someone who came from the outside but contributed beyond anybody's beliefs. **WHO are you inviting to your Sukkah tonight?**

## **On the eighth evening:**

*There is a tradition that in the diaspora, on the eve of Sh'mini Atzeret, we welcome an eighth pair of visitors to our sukkah as we prepare to take leave of the Festival*

**Welcome Solomon, welcome Esther.** You each exercised royal judgment in the interests of Israel's well-being. May we, in tribute to your example, live with wisdom and determination for the preservation and betterment of our people

**Tonight** we invite those who exemplify(ed) brave leadership and/or deep wisdom and insight. **WHO are you inviting into your sukkah tonight?**

## **On each evening we conclude with this meditation:**

We call upon you, revered elders - Abraham, Isaac, Jacob, Joseph, Moses, Aaron, and David (and Solomon), Sarah, Rebecca, Leah, Rachel, Miriam, Deborah, and Ruth (and Esther) - to join us in this sukkah. May God's presence also dwell among us and bring us honor, prosperity, and peace