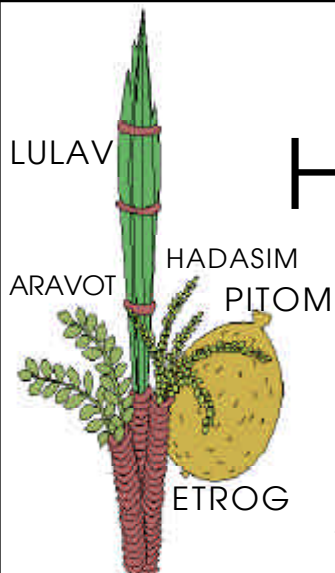


How To BENCH LULAV



1. Pick up the LULAV in your RIGHT hand and the ETROG in your LEFT hand with the PITOM (stem) facing DOWN. Hold your hands together.

2. Say the Following Bracha:

Barukh attah Adonai, Eloheinu

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ

Praised are you, Lord our God

melekh ha-olam, asher

מֶלֶךְ הָעוֹלָם אֲשֶׁר

King of the universe whose

kid'shanu b'mitzvotav vitzivanu

קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

mitzvot add holiness to our lives and who gives us the mitzvah

al n'tilat lulav

עַל נְטִילַת לוּלָב.

to take up the lulav

If this is the first time you are saying the blessing over the Lulav & Etrog this year then say:

Barukh attah Adonai, Eloheinu

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ

Praised are You, Lord our God

melekh ha-olam, she-heheyanu

מֶלֶךְ הָעוֹלָם שֶׁהֵחֵינּוּ

King of the universe, for granting us life,

v'kiy'manu v'higi'anu laz'man ha-zeh

וְקִיְּמָנוּ וְהִגִּיעֵנוּ לַזְּמַן הַזֶּה.

for sustaining us and for helping us to reach this day

3. After you say the brachot, turn the ETROG so that the PITOM (stem) is facing up.

4. The Lulav is then shaken in 6 different directions—

Facing East:

Forward, Right, Back, Left, Up, Down

(To shake the Lulav "down" hold the Lulav facing to the sky and lower your hands slightly while you shake in this direction)

OR

East, South, West, North, Up, Down

Want to remember which way to shake? Try this:

Eat Some Wet Noodles Upside Down!!

5. Smell the ETROG!!

The Four Species symbolize a person!

The lulav stands for the spine of a person.

1. What have you done during the year that makes you stand up with pride?
2. Who are the people who supported and did things for you during the past year?

The myrtle stands for the eyes.

1. Think of the seasons, and name some beautiful things you have seen in nature during the year?

2. Think of something beautiful that you have seen a person do during the past year?

The willow stands for the mouth

1. If you could thank God for one thing over the year, what would you say to him?
2. What words are the best to say and to hear?

And the etrog stands for the heart

1. What things did you wish for during the past year that came true?
2. What happened over the past year that really made your heart feel glad or sad?

We express our desire to praise and worship God with all of ourselves

Name a mitzvah that uses all of the different parts of the body represented by the four species.