

# שְׁחִינּוּ

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

שְׁחִינּוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְן הַזֶּה



# שֶׁהַיָּנוּ

Root: (י) - י - ה

Meaning - live/life

Word in the prayer with the same root: שֶׁהַיָּנוּ

The שֶׁהַיָּנוּ in the Reform Shabbat morning service is found in the fourth section, the Torah Service. During a b'mitzvah service, in our congregation, this is when the parents and grandparents pass the Torah scroll down from generation to generation. This prayer is said by the family and the congregation together.

The שֶׁהַיָּנוּ thanks God for keeping us alive, for keeping us going in the right direction, and for bringing us to this very special moment. Traditionally, the prayer is recited upon any new happening or occasion. It is used to thank God for reaching the particular moment and/or event.

Many parents recite the שֶׁהַיָּנוּ when one of their children does something for the very first time, whether a first haircut, learning a first Hebrew letter, or a first day of school. Other people recite the prayer when there is a unique occasion or gathering of people that is unlikely to happen again.

## Vocabulary

for giving us life - שֶׁהַיָּנוּ	the world/universe - הָעוֹלָם
and enabling us to reach - וְהִגִּיעֵנוּ	and sustaining us - וְקִיְמָנוּ

## Past Roots

choose ב-ה-ר	place, put ש-י-מ	bless ב-ר-כ
root for names of God and also the word "God" (ה)-ל-א		

## Translation

Blessed be you Adonai, our God, ruler of the world,  
for giving us life, for sustaining us, and for enabling us to reach this season