



"There are four new years:

On the first of Nisan, the new year for the kings and the festivals. On the first of Elul, the new year for the tithing of animals. Rabbi Elazar and Rabbi Shimon say, on the first of Tishri. On the first of Tishri, the new year for the years, and the Sabbatical years and the jubilees, and for planting and for vegetables. On the first of Shevat, the new year for the trees, according to the House of Shammai. Beit Hillel says the fifteenth of that month."

#### Tu Bishvat Seder\*

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• To hold a proper Tu Bishvat seder, you will need to prepare a few items in advance: a bottle of red wine, a bottle of white wine, a dried fruits platter, including almonds, dates and figs, and a loaf of bread.

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The pamphlet was produced exclusively for internal educational purposes

Dear Friends,

Kabbalists in Safed in the 17th century were the first to institute the tradition of holding a Tu Bishvat seder. They wanted to impart their love for the Land of Israel to Diaspora Jews and hasten the coming of the redemption.

The Tu Bishvat seder custom was reintroduced with the arrival of the large waves of immigration (aliyot) that preceded the establishment of the State. At the time, it symbolized the awakening of the nation and the renewal of settlement in the Land of Israel. The pioneers and those who followed them planted trees and translated the idea of the New Year of the Trees from theory into practice.

In recent decades, the ecological future of planet Earth has become a main topic on the global agenda. Tu Bishvat has also taken on added meaning and is identified with the efforts to raise awareness about sustainability and the need to safeguard the planet.

Just like the Kabbalists in Safed, we too understand that there is nothing like Tu Bishvat to connect Jews and Israelis worldwide with the Land of Israel, with its soil, with its fruits, and with the traditions and symbols associated with the holiday.

In this pamphlet, we offer you a suggestion for a Tu Bishvat seder, whose theme is "sustainability and excellence in Israel."

Similar to the Passover seder, at the Tu Bishvat seder we will drink four cups of wine and ask how this night is different from all other nights. We will also become acquainted with Israeli technological innovations and achievements in the field of ecology and recite blessings over the fruits of the land.

We invite you to celebrate the seder with family members or at community gatherings, enjoy the texts taken from various Jewish sources, and sing the songs of the beautiful and good Land of Israel.

#### How is this night different from all other nights?

"On all other nights, we discuss a variety of topics; on this night, we discuss only the beauty of the land and praise its fruits.

On all other nights, we conquer nature and dominate its creatures; on this night, we and nature are one, and we mention our mission on earth, to work and preserve it.

On all other nights, we eat a variety of dishes; on this night, we eat only fruits.

On all other nights, we drink white or red wine; on this night, we drink white wine with red wine."

(Source: the Tu Bishvat Haggadah of the Israel Movement for Reform and Progressive Judaism, Rabbi Gilad Kariv)

#### Happy Holiday!

Gusti Yehoshua-Braverman, Head of the Department



"For the Lord your G-d is bringing you into a good land, a land with streams, springs and fountains that flow in valleys and mountains; a land of wheat and barley, vines and figs and pomegranates, a land of olive trees and honey; a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron, and from whose hills you can mine copper; And you will eat your fill, and you shall bless the Lord your G-d for the good land He has given you"

(Deuteronomy 8: 7-10)

At the Tu Bishvat seder we eat three types of fruits and grains, which signify the different worlds that make up the world we live in. The first world is the 'world of action' that is exemplified by fruits that are soft on the inside and whose outer shells are discarded, such as pomegranates, walnuts, almonds and citrus fruits.

(Source: The Tree of Life by Rabbi Chaim Vital)



Let us take the fruit of the almond tree, which comes from the 'world of action' and recite the blessing:

# Baruch atah Adonay, Eloheinu Melech HaOlam borei pri ha'etz

Blessed are You, Lord our G-d, King of the Universe, who creates the fruit of the tree

Let us eat and enjoy the flavorful taste of the fruit.

# The First Cup Contains Only White Wine

We are ready and prepared to fulfill the commandment of drinking the first cup of wine at the Tu Bishvat seder, which contains only white wine.

We drink this cup in honor of Israeli agriculture, which for years has excelled in inventions and groundbreaking innovations and is a model emulated by many countries across the globe.

Despite the unfavorable starting conditions, in a country endowed with multiple days of heat and sun which has coped with a serious shortage of water and land, Israeli agriculture is characterized by ever-growing efficiency, state-of-art mechanization, and sophisticated public research and development that have led it to accomplishments and productivity rates that are among the highest in the world.



Let us raise the first cup and recite the blessing: Baruch atah Adonay, Eloheinu Melech HaOlam borei pri hagefen Blessed are You, Lord our G-d, King of the Universe, who

# PRIDE OF ISRAEL DID YOU KNOW?

- Cherry tomatoes, a favorite worldwide, were developed by Israeli agricultural researchers.
- Israel developed a new variety of seedless eggplants, making them less bitter. They are also healthier because they absorb less oil when fried.
- The Agricultural Research Organization (Volcani Center) at the Ministry of Agriculture found a solution to the strong odor emitted by guavas and developed a special variety of odorless guavas.
- Israeli researchers are working on developing biological pesticides, which are a type of 'green' pesticide that makes use of living organisms to control pest populations, just like in the natural food chain.
- New Israeli vineyards are being planted in the plains, Negev and Arava, and Israeli wines have won international prizes and acclaim.
- 20% of the global consumption of jojoba oil (produced from the jojoba plant that grows in the desert, which is used as a base for cosmetic applications) is supplied by a single kibbutz in the Israeli Negev – Hatzerim.
- After conducting market research which indicated that Israelis prefer to buy half a watermelon because a whole one is too cumbersome to schlepp home, an Israeli company developed a 'personal watermelon.' It weighs about four pounds and tastes the same as a regular watermelon.
- A beehive operated by artificial intelligence was developed in Israel, which makes use of solar energy, precise robotics and computer vision to oversee and analyze insects 24/7. The cutting-edge system is able to identify threats such as parasites or irregular temperatures and respond to them immediately for example, by spraying pesticides. This technology contributes to doubling pollination ability and honey production, while at the same time reducing the mortality rate of the bee colonies.

When it came time to part, Rabbi Nachman asked Rabbi Yitzhak to bless him. Rabbi Yitzhak replied: "What is this reminiscent of? Of a man who is wandering in the desert, weak with hunger, exhaustion and thirst, and he comes across a tree with sweet fruits, pleasant shade and a source of water flowing beneath it. He eats its fruits, drinks its water and sits under its shade. And when the time comes to leave, the man says" 'Oh tree, oh tree, how can I thank you? If I say to you: may your fruit be sweet – it is already sweet. May your shade be pleasant – it is already pleasant.

May you have a source of water flowing beneath you – a source of water already flows beneath you. So, I shall say: May all future saplings that grow out of you be like you."

(Babylonian Talmud, Tractate Ta'anit, p. 5)

#### SHIUR MOLEDET

Lyrics: Eitan Glass Music: Rami Kleinstein

Az beveit hasefer
Al hakir tmunah
Veha'eekar choresh ba
Et ha'adamah
U'vareka habroshim
Shmei sharav hivrim
Ha'eekar yatzmiach lanu lechem
Sheh'niyeh gdolim.

Vehamorah omeret:
"Od me'at kvar stav"
Be'shiur Moledet
Hee marah chatzav.
Hayoreh yavo achshav,
Shefa tipotav
Kevilon shakuf al pnei ha'emek
hapores sdotav.

Kach zeh hayah, pashtut rakah, Zeh hitzta'er beyaldutenu sheh'haytah yafah.

Vekach, bedimionenu hitrabu pla'ot Hapatishim nigenu Machreshot ranot Yesh kormim ve'yesh yogvim Eretz shel ro'im – Kach zeh hitzta'er beyaldutenu sheh'haytah yafah.

#### CHILDHOOD

Then, at school, a picture on the wall, in which the farmer is plowing the earth. In the background, the cypresses, A pale, desert wind sky. The farmer will make bread for us, So we will grow.

And the teacher says:
"Soon it will be autumn"
In our Homeland Lesson
She shows us a sea squill.
The first rains will now come,
Plenty of its drops,
Like a transparent curtain
over the valley,
And its scattered fields.

So it was, tender simplicity, That's how it looked in our childhood, that was beautiful.

And so we imagined the wonders multiplying.
The hammers made music Plows sang.
There are farmers and there are vintners,
A land of shepherds –
That's how it looked in our childhood,
that was beautiful.

anova - Freenik rom



Let us eat a second fruit which signifies the second world that makes up the world we live in - the 'world of formation.' That world is symbolized by fruits that are eaten together with their outer skin, but whose pits are not eaten. The pits, however, are not discarded because they are planted and form new life. For example: olives, dates, apricots and prunes.



Let us take a date from a palm tree that comes from the 'world of formation' and recite the blessing:

# Baruch atah Adonay, Eloheinu Melech HaOlam borei pri ha'etz

Blessed are You, Lord our G-d, King of the Universe, who creates the fruit of the tree

Let us eat and enjoy the flavorful taste of the date.

# The Second Cup Contains Mostly White Wine Mixed with a Little Red Wine

We are ready and prepared to fulfill the commandment of drinking the second cup of wine at the Tu Bishvat seder, most of which contains white wine that is mixed with a little

We drink this cup in honor of the 'victory' of the State of Israel over the desert, for making it a blooming garden, for overcoming the arid starting conditions that compelled Israelis to develop cutting-edge technologies for conserving, recycling and desalinating water, and for making the country a global 'water superpower' that exports water-related knowhow and innovations worldwide.



Let us raise the second cup and recite the blessing:

Baruch atah Adonay, Eloheinu Melech HaOlam borei pri hagefen Blessed are You, Lord our G-d, King of the Universe, who

# **PRIDE OF ISRAEL DID YOU KNOW?**

- From a global perspective, drip irrigation technology is one of Israel's most important inventions. Thanks to this technology, precisely measured drops of water and fertilizer can be conveyed directly to the roots of a plant, without them being wasted on the soil surrounding the
- The State of Israel is the most advanced country in the world when it comes to recovering wastewater for agricultural uses. Around 70% of all wastewater in Israel is treated and reused for agricultural irrigation purposes. Another use for treated water was conceived by the Society for the Protection of Nature in Israel: water recovery for rehabilitating seven streams and regenerating their habitats.
- · Israel is regarded as a global leader in seawater desalination. There are five seawater desalination plants in Israel, including the one in Sorek, which is largest of its kind in the world. Using a desalination and purification process, these facilities filter seawater and saline groundwater and convert them into high-quality water that is supplied to the national water system for household consumption, including drinking water.
- Israel developed a technology that converts the city water system into a smart system, achieved by constant monitoring of water quality in real time. Using this technology, one can identify up to eight different water quality parameters. Backed by management software and analytical software, which does data weighting, users of the technology can learn the water's 'fingerprint' and identify any deviation from the norm.
- The Israeli water technology that is most futuristic is a global patent for making drinking water out of air, achieved by extracting the vapor in the atmosphere and converting it into potable water. A single generator is capable of producing enough water out of air to supply clean drinking water to a hospital for a whole day. And just a few generators can meet the daily water consumption of a village or even an entire city.

Just as water extends from one end of the world to the other - so does the Torah extend from one end of the world to the other...

Just as water lives forever - so does the Torah live forever...

Just as water comes from heaven - so does the Torah come from heaven...

Just as water cleanses the body – so does the Torah cleanse the body...

And just as water comes down drop by drop and forms streams - so is it with the Torah: a man studies two verses today and two tomorrow until it becomes like a flowing

And just like a scholar who is not ashamed to ask a less educated man for some water - so is it with the Torah, as a scholar is not ashamed to ask a less educated man: read me a chapter, a verse, a word or even a

And just like water when a man does not know how to row on it, he eventually drowns - so is it with the Torah, when a man does not know how to row on or navigate it, he eventually drowns...

(Song of Songs Rabbah 1)

#### TAPUCHIM U'TMARIM

Lvrics: Eitan Glass Music: Rami Kleinstein

Eem telech el hashuk tir'eh otah bochah Eeshah yafah bein hapeirot motzi'ah od mim'chatah

Ha'rochlim lah tzo'akim mah karah lach chamudah Zeh ahuvi sheh'lo rotzeh Hu matza lo na'arah

Ke'hee lach tapuchim u'tmarim Ham'tiki et yomech Hu lo shaveh et hake'ev sheh'mitrotzetz etzlech balev

Hee ohevet et ha'eesh sheh'lo ohev otah Simlat prachim, lechevaim shoshanim le'hah lo mas'pikim

Atah rotzeh eeshah plakat blee nisayon chaim Atah rotzeh yaldah na'arah kefu'ah uv'li kematim

Ke'hee lach...

Ve'hee po me'hakah bein de'huney sh'vakim sheh'atah tirtzeh otah ahuvah rak ksheno'ach umat'im

APPLES AND DATES

If you go to the market you'll see her crying A pretty woman among the fruits taking out another handkerchief

The sellers yell to her what happened to you sweetie It's my beloved who doesn't want me He's found himself a young girl

Take some apples and dates Sweeten your day He's not worth the pain that's running around your heart

She loves the man who doesn't love her A dress of flowers, cheeks of roses They aren't enough for you

You want a poster girl without life experience You want a young girl frozen and without wrinkles

Take some ...

And she's waiting here between the market stalls For you to want her as your beloved Just when it's convenient and suits you

Take some ...





"The Holy One, blessed be He, said to Israel: When you enter the land, even though you will find it full with all that is good, do not say 'we will sit and not plant.' Rather, you must make sure to plant, as is written: 'You shall plant any kind of food tree.' And why is that? Just as when you entered the land and found the plantings that others had planted, you, too, shall plant for your children."

(Leviticus Rabbah: 25)

PRIDE OF ISRAEL – DID YOU KNOW?

Let us eat a third fruit that signifies the third world, the highest of them all, that makes up the world we live in – the 'world of creation.' That world is symbolized by fruits that are eaten in their entirety, including their skins or peels, such as grapes (raisins), figs, apples and strawberries.



Let us take some figs/raisins from the 'world of creation' and recite the blessing:

## Baruch atah Adonay, Eloheinu Melech HaOlam borei pri ha'etz

Blessed are You, Lord our G-d, King of the Universe, who creates the fruit of the tree Let us eat and enjoy the flavorful taste of the fig/raisins.

# The Third Cup Mostly Red Wine Mixed with a Little White Wine

We are ready and prepared to fulfill the commandment of drinking the third cup of wine at the Tu Bishvat seder, most of which contains red wine that is mixed with a little white wine.

We drink this cup in honor of the trees, the orchards and the forests that were planted by KKL-Jewish National Fund in the soil of Israel, turning a desert wasteland into a blooming garden. This cup is in honor of KKL-Jewish National Fund, which for over 100 years has been planting trees in the Land of Israel, researching and developing cutting-edge methods for cultivating the land, and resolving climatic and geographical problems for the benefit of humans and agriculture.



Let us raise the third cup and recite the blessing:

Baruch atah Adonay, Eloheinu Melech HaOlam borei pri hagefen Blessed are You, Lord our G-d, King of the Universe, who Did you know that the custom of planting trees on Tu Bishvat started in 1890 when the teacher and author, Ze'ev Yavetz, took his students on a festive tree planting outing in Zichron Yaakov. By doing so, he officially made tree planting on Tu Bishvat an educational activity for children in Israel.

- There were no forests or parks in the Land of Israel when the first Zionist pioneers arrived in the country at the end of the 19th century. What they found was a desolate land with no shade whatsoever.
- The tree planting project started by KKL-Jewish National Fund at the beginning of the 20th century is still in existence today. Since its founding, KKL-Jewish National Fund has planted more than 240 million trees, covering an area of 230,000 acres!
- The reasons why trees are planted have changed over time.
   In the past, the planting of the forests sought to protect wide expanses of land and conserve the soil. Nowadays, forests fill a variety of additional functions, such as improving environmental quality green zones meeting recreational needs, and more.
- Israel has had impressive accomplishments in desert afforestation, and that is not all: in 2015, the United Nations declared Israel an expert in addressing desertification. (Desertification is a process whereby a relatively arid region becomes totally barren).
- KKL-Jewish National Fund is known internationally for its fight against desertification. Senior personnel from the Food and Agriculture Organization of the United Nations come to Israel to learn how its advanced farming and afforestation methods can be implemented in developing countries around the world, as part of the global effort to eradicate hunger.
- The Yatir Forest in the Negev is the largest man-made forest in the world that was planted in a semi-desert region. The forest is located on the desert fringe (a desert fringe is a narrow strip that separates a desert from a non-desert climatic region), which actually keeps the desert in check. Before the Yatir Forest was planted, people worldwide believed that it was impossible to plant a forest in a region that has less than 23.6 inches of rain a year. The Yatir Forest was planted in a region that has less than 10 inches of rain a year.
- The State of Israel is one of the few countries in the world where the number of its trees in the 21st century has not decreased, but rather has increased.

"There is a story about Emperor Hadrian who was going to war and was marching with his soldiers to fight against a rebellious state. En route, he met an old man who was planting fig trees. Hadrian asked him: 'How old are you?' The old man told him that he was 100 years old. And Hadrian said: 'You're 100 years old and you're still going to the trouble of planting the trees. Do you really believe that you'll eat their fruits?' The old man answered: 'My master, the Emperor, I am planting now and if I'm fortunate I'll eat the fruits of my planting. And, if not – just like my ancestors labored for me, I will labor for my descendants.' Hadrian was at war for three years. On his way home, he found the same old man standing in the same place. And what did the old man do? He took a basket and filled it with some beautiful early ripening figs and placed them before Hadrian, and said: 'My master, the Emperor, I am the same old man you came across along the way three years ago, standing here and planting. And I have already had the fortune of eating from the fruits of my plantings, and the ones that are in the basket - are some of them. Please accept them from me, your servant.' After that, Hadrian immediately told his servants to take the basket from the old man and fill it with gold coins." (Midrash Tanchuma, Kedoshim 25)

ETZ HASADEH

Lyrics: Nathan Zach Music: Shalom Hanoch

Kee ha'adam - etz hasadeh, K'mo ha'adam gam ha'etz tzome'ach; K'mo ha'etz, ha'adam nigda, Va'ani lo yode'ah efo hayiti ve'efo ehyeh, K'mo etz hasadeh!

Kee ha'adam - etz hasadeh, K'mo ha'etz hu sho'ef lemalah; K'mo ha'adam, hu nisraf ba'esh, Va'ani lo yode'ah efo hayiti ve'efo ehyeh, K'mo etz hasadeh!

Ahavti, vegam saneti, Ta'amti mizeh umizeh; Kavru oti be'helkah shel afar, Umar li - mar li bapeh, K'mo etz hasadeh, k'mo etz hasadeh!

Kee ha'adam - etz hasadeh, K'mo ha'etz hu tzameh le'mayim; K'mo ha'adam, hu nish'ar tzameh, Va'ani lo yode'ah efo hayiti ve'efo ehyeh K'mo etz hasadeh!

Ahavti...

FOR MAN IS LIKE A TREE OF THE FIELD

For man is like a tree of the field, Like man, the tree also grows; Like the tree, man is also chopped down, And I don't know where I've been and where I'll be, Like a tree of the field!

For man is like a tree of the field, Like the tree, he strives to rise up; Like man, it burns in fire, And I don't know where I've been and where I'll be, Like a tree of the field!

I loved and hated too, I tasted this and that; They buried me in a plot of dust, And it's bitter – bitter in my mouth, Like a tree of the field! (x2)

For man is like a tree of the field, Like the tree, he thirsts for water; Like man, it remains thirsty, And I don't know where I've been and where I'll be, Like a tree of the field!

I loved...

Lovelvdav12 - Freepik com

# SUN

"When God created Adam, God led him around all the trees of the Garden of Eden and said: "Look at My works! See how beautiful they are—how superior! For your sake I created them all. See to it that you do not spoil or destroy My world; for if you do, there will be no one to repair it after you."

(For your Sake I Created – Ecclesiastes Rabbah 7:13)

Before drinking the last cup of wine, let us eat some bread that signifies the wheat, which is the first of the seven species. Because bread is made from five types of grains, one would assume that the blessing over it would be Borei pri ha'adama - who creates the fruit of the earth, just like we bless all the species that grow out of the earth. However, our sages introduced a special blessing for wheat due to its great importance, being the main staple food that people eat. As is said: "...and bread which sustains man's heart."

(Psalms 104:15)



Let us wash our hands, take a piece of bread and recite the blessing

Baruch atah Adonay, Eloheinu Melech HaOlam hamotzi lechem min ha'aretz

Blessed are You, Lord our G-d, King of the Universe, who brings forth bread from the earth.

Let us eat some bread.

### The Fourth Cup Contains Only Red Wine

We are ready and prepared to fulfill the commandment of drinking the fourth cup of wine at the Tu Bishvat seder, which contains only red wine.

We drink this cup in honor of the Israeli sun that gives us light and heat, which are an infinite source of environmentfriendly, inexpensive and renewable energy. And also in honor of the State of Israel, which has been blessed with 280 days of sun on average per year and with young startup companies that never stop inventing different ways to utilize solar energy.



Let us raise the fourth cup and recite the

Baruch atah Adonay, Eloheinu Melech HaOlam borei pri hagefen Blessed are You, Lord our G-d, King of the Universe, who

#### PRIDE OF ISRAEL - DID YOU KNOW?

- Israel has played a trailblazing role in the history of renewable energy, starting with the vision laid out by the first Prime Minister, David Ben-Gurion. Soon after the State was established, scientists in Israel were instructed to develop the selective surface (the Tabor Surface), which was the technological basis for the first solar power plants installed in different places around the world. In the 1980's, the Jerusalem-based company, Luz International, built the first solar thermal power plants in the United States, which still produce electricity even today. That accomplishment changed the face of traditional energy sources and opened the door to producing electricity from renewable sources in large quantities.
- At the beginning of the 1950's, an Israeli scientist named Prof. Zvi Tabor was researching how natural energy sources in the country could be utilized. The findings of his research led to the invention of the solar water heater. Today, it is hard to imagine any building in Israel or numerous homes across the globe without a solar heater on the roof. Solar water heaters significantly reduce the cost of heating water and are one of the most prominent inventions in the field of solar energy – using the sun's rays to produce energy.
- The Government of Israel encourages and allocates budgets to the research and development of electricity production technologies powered by solar energy. At present, there are three research institutes in operation: at Sde Boker in the Negev, at Ben-Gurion University in Beer-Sheva, and at Kibbutz Ketura in the Arava.
- A growing number of 'solar farms' are being established in the Negev and the Arava. Solar farms, also known as solar fields, are large installations in the desert where solar-powered electricity is produced using thousands of photovoltaic panels. In effect, each farm is a small and green power plant that does not require nonrenewable resources in order to produce electricity.

Technologies developed by startup companies in recent years:

- A window that produces electricity while bringing in natural light. The product is intended for office buildings where many windows are installed.
- A new technology that makes it possible to convert any surface into a solar panel, including building rooftops, infrastructure facilities and roads.
- Flexible solar panels which, thanks to their elasticity and low weight, can be easily installed even on non-flat surfaces. In so doing, solar energy can be produced on buildings and surfaces where inflexible and heavy panels cannot be installed - for example on surface water or on a moving car, in addition to offgrid applications.

David Ben-Gurion, Israel's first Prime Minister, made the following remarks in the Knesset in 1962:

"No useful structure can replace a 70-yearold tree that has been cut down. There is no replacement for an old tree. Whoever destroys such a tree is pulling up human roots. No building or electricity is more important than a thick eucalyptus, an old sycamore, or an oak forest. They are the roots of man. A building can be built here or there – a 100-year-old tree has no replacement. It's not only vandalism, but also undermines the future. And with what ease are trees cut down here. We'll always hear that trees get in the way of someone or something – whether the straight line of the sidewalk or a utility pole or a small city square that someone initiated in his shortwinged imagination..."

OR

Lyrics & Music: Naomi Shemer

Or oleh ba'boker Al agam rachok (zocheret) Ken, ani zocheret Velo echdal velo eshtok Or sheh'mevaser et Ha'hashkama, ve'hazricha (zocheret) Rak lirot od pa'am, Yoter mi'zeh eini tzricha.

Chorus: Shemesh, ha'veeu shemesh Eem shamai me'unanim Otzemet et einai Aval hashemesh hi bifnim.

Or ba'tzaharayim al ha'adama (Zocheret) Al chelkat ha'mayim Ve'al shatil ve'al kama. Or yored ba'erev Al sdot ha'yai (zocheret) Od ani zocheret Zeh or vomi Zeh or yamai

Chorus

LIGHT

Light rises in the morning Over a distant lake (I remember) Yes. I remember And I won't stop and won't be silent Light that heralds the Early rising and the sunrise (I remember) Just to see it one more time I need no more than that.

Chorus: Sun, bring the sun If my skies are cloudy I close my eyes But the sun is within

Light at noontime over the ground (I remember) Over the calm waters And over a sapling and ripe grain. Light descends in the evening Over the fields of my life (I remember) I still remember This is the light of my day This is the light of my days

Chorus

End:

Light descends in the evening (sun) Light at noontime (sun) Light rises in the morning Light!





Blessed are You, Our Lord our G-d, King of the Universe, for the sustenance and for the provisions, and for the vineyards, and for the trees and for the fruits of the tree, and for the yield of the fields, and for the precious, good and spacious land which You have graciously given as a heritage to our forefathers and foremothers, to eat of its fruit and be satiated with its goodness. Have mercy, Lord our G-d, on Israel Your people, on Jerusalem Your city, and complete the rebuilding of Jerusalem, the holy city, quickly and in our lifetime. And we have rejoiced in the building of the State of Israel, and we will eat of its fruit and be satiated with its goodness, and we will bless You for it in holiness and purity. Blessed are You for the land, for the sustenance, for the provisions, for the fruit of its vine and for its fruits. (Al Hamichya Blessing)