



Who Knows Ten?

So we sang at Passover Seder Night, in the song Who Knows One, just a short time ago.
And what was the answer in the song?

“Ten are the Aseret HaDibrot – the Ten Commandments”!

Now, after seven weeks of counting the Omer, from Pesach until now, we have arrived at our destination: Shavuot, the festival of the giving of the Torah where we received the Ten Commandments at Mount Sinai-Ten core values, which are the foundation of humanity's moral code.

On this festival we all have an opportunity to re-connect to the Commandments and discover their relevant message for us and our families.

We have prepared for you a guide for a new family tradition, to take place around your festive ‘Yom Tov’ table:

“Haggada of Shavuot”.

We invite you to read, to discuss, to sing, and to experience the activities.
Together we will explore the depth and relevance of the Ten Commandments as our core values.

Let's begin!

What you need to prepare:

- Festival ‘Yom Tov’ meal
- Four cups of wine or grape juice per person
- A printed version of the ‘Haggadah of Shavuot’



About Us:

Project Aseret - The Ten Commandments Project - aims to establish the Ten Commandments "Aseret HaDibrot", our core values, as a central element of Israeli and Jewish identity. The project runs programs in elementary schools and middle schools, university students and women's empowerment programs, in Israel and around the world

Link: projectaseret.org

The Yachad Program, part of the **Ohr Torah Stone** network, strengthens Jewish, Israeli and Zionist identity, heals rifts and builds strong, cohesive communities throughout Israel based on common heritage and goals. The program works through, and in conjunction with the Israeli Corporation of Community Centers.

Link: yachadzehut.org.il

Shavuot Fun!

Here are some great suggestions for additional games and activities to play at the table:

1. **Charades:** We ask a volunteer to present one Commandment in pantomime and the rest have to guess which it is.
2. **Bob the Builder:** Build a model of the Luchot HaBrit (Tablets of Stone) from any objects on the table (knives, forks etc). This can be a competition between two teams.
3. **Name that Song:** Quickly think of songs which include the following words: Torah, Shavuot, Chalav (milk), Am Yisrael.
4. **Ten Commandments Live:** With the help of your children, act out the scene of the giving of the Torah using the text provided at the start of this Haggada. The person playing Moshe could wear a headscarf and hold a broomstick, representing his staff. You could use a chair as Mount Sinai and two books for the Luchot HaBrit (Tablets of Stone).
5. **The Commandment that speaks to me:** Lead an open discussion whereby each family member speaks about the Commandment that means most to them and why.
6. **The Commandment that speaks to us:** Discuss which Commandment is most lacking in our time.
7. **Our Family Commandment:** Is there a value, connected to a Commandment, that your family particularly excels in? For example: honesty and speaking the truth (Do not testify falsely), honor (Honor your father and mother) etc.

We'd love to hear your feedback - **Press here**





Haggada of Shavuot



We will learn the Commandments in-between our drinking the 4 cups and over the meal, going from 10 to 1, starting with the 10th Commandment of 'Do not be envious' and ending with the 1st, "I am the Lord your God".



We start with Kiddush. Let us now drink the first of the four cups of wine.

ברוך אתה ה' אלקינו מלך העולם, בורא פרי הגפן.

ברוך אתה ה' אלקינו מלך העולם, אשר בחר בנו מכל עם ורוממנו מכל לשון וקדשנו במצותיו ונתת לנו ה' אלקינו באהבה מועדים לשמחה, חגים וזמנים לששון, את יום חג השבועות הזה, זמן מתן תורתנו מקרא קדש זכר ליציאת מצרים. כי בנו בחרת ואותנו קדשת מכל העמים, ומועדי קדשך בשמחה ובששון הנחלתנו. ברוך אתה ה', מקדש ישראל והזמנים.

ברוך אתה ה' אלקינו מלך העולם שהחיינו וקיימנו והגיענו לזמן הזה



We wash our hands and recite the following blessing:

ברוך אתה ה' אלקינו מלך העולם אשר קדשנו במצותיו וצונו על כטילת ידים

We take two challot and recite the following blessing:

ברוך אתה ה' אלקינו מלך העולם, המוציא לחם מן הארץ.



Just before starting the meal, have a brief family quiz: "Who knows Ten?". Try to remember all the Commandments, using your fingers to count off each one. When all fingers have been raised, you've reached the goal!



Now let us recount the Torah's description of our nation's defining moment: receiving the Ten Commandments at Mount Sinai. **One participant is invited to read out-loud:**

It came to pass on the third day when it was morning, that there were thunder claps and lightning flashes, and a thick cloud was upon the mountain, and a very powerful blast of a shofar, and the entire nation that was in the camp shuddered. Moses brought the people out toward God from the camp, and they stood at the bottom of the mountain. And the entire Mount Sinai smoked because the Lord had descended upon it in fire, and its smoke ascended like the smoke of the kiln, and the entire mountain quaked violently. The sound of the shofar grew increasingly stronger; Moses would speak and God would answer him with a voice. (Exodus 19, 16-19)

We must educate our children...to turn every time anew to the Ten Commandments (Shimon Peres)

Zionism does not only intend to return and reconstitute the Jewish people to be a living nation...but also to serve as an example of a nation...that both internally and in its relationship to the world adheres to policies based on the Ten Commandments (Max Nordau, Early Zionist Leader)





God spoke all these words, saying:

- | | |
|---|---|
| <p>(1) I am the Lord, your God. Who took you out of the land of Egypt, out of the house of bondage.</p> <p>(2) You shall not have any other gods in My presence...</p> <p>(3) You shall not take the name of the Lord, your God, in vain...</p> <p>(4) Remember the Sabbath day to sanctify it. Six days may you work and perform all your labor, but the seventh day is a Sabbath to the Lord, your God...</p> <p>(5) Honor your father and your mother, in order that your days be lengthened on the land that the Lord, your God, is giving you.</p> | <p>(6) You shall not murder.</p> <p>(7) You shall not commit adultery.</p> <p>(8) You shall not steal.</p> <p>(9) You shall not testify as a false witness against your neighbor.</p> <p>(10) You shall not be envious of your neighbor's house. You shall not be envious of your neighbor's wife, his manservant, his maidservant, his ox, his donkey, or anything else that is your neighbor's.</p> |
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All this took place over 3300 years ago, somewhere in the Sinai Desert.

But what about today? How do the Commandments speak to us today?

Now, let's begin with the first course, and afterwards we will start discussing what some consider to be the most difficult of all the Commandments. Do you know which one it is?

10. Do not be envious **Be happy with what you have, don't compare yourself to, and be jealous of, others; happiness is found within.**

"Envy, lust, and the seeking of honor, drive a person out of the world" (Pirkei Avot)

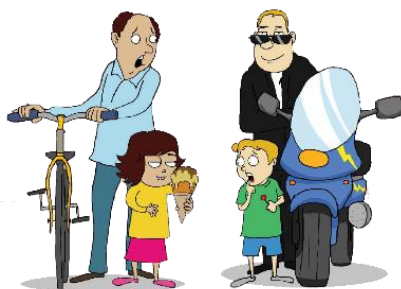
Instead of being envious, we need to learn to be happy when others find success.



Question for discussion: What makes the Commandment "Do not be envious" so difficult? How can social media like Facebook and Instagram influence our sense of jealousy?



Family activity: "Who is rich? One who is happy with his portion" (Pirkei Avot)
Share **five** things in your life that you are happy with.



The words of the Ten Commandments are, even today, the foundation for all of Western culture (Shimon Peres, in his inaugural address as the 9th President of the State of Israel)





9. Do not testify as a false witness against your neighbor

Giving false testimony is forbidden, as is any form of lying, mocking, insulting and gossiping. We must only use words that bring goodness, healing, and positivity to others.

"As well as warning about this, that one should not testify falsely, included [in this prohibition] are: one who mocks his fellow, one who speaks 'lashon ha'ra' (negative speech), a gossip and one who embarrasses one's friend in public, and other such actions. (Abarbanel)

Lies give flowers but no fruit. (African proverb)

"[The Hebrew word] Sheker – שקר (falsehood) does not have 'legs'." (Alphabet of Rabbi Akiva)

*In Hebrew, each of the letters of the word 'Sheker' are written such as that they do not have more than one point to 'rest on', showing that the concept of falsehood has no legs i.e. it does not rest on solid ground.



Family activity: Play the game 'True or False'. Each person says one sentence about themselves which is true and another which is false. Others have to guess which is true and which is false. The more complicated the sentence, and the more interesting the story, the better!



Pour the second cup of wine. This cup is drunk in honor of the giving of the Torah at Mount Sinai, when together we were transformed from a large tribe of slaves with a common fate to a nation with a destiny, and a purpose of Tikkun Olam' (fixing the world). It was then and there that we heard the Ten Commandments which became our moral compass as individuals and as a nation. **L'chaim - to life!**

8. Do not steal Even cheating on an exam, avoiding paying taxes and cutting the line are all forms of stealing.

"Do not steal money and do not deceive. Do not deceive others and do not deceive yourself, since often a person makes promises to himself to do big things yet does not fulfil them". (The Kotzker Rebbe)

"Included in the category of theft: kidnaping, stealing money and deception" (Sforno)

"Let the property of your fellow be as precious to you as your own" (Pirkei Avot)



Story Time!

In contrast to the thief stands the person who benefits from one's own hard work, as it says in Tehillim (Psalms), "When you eat the fruit of your labor, happy and fortunate are you". The person who puts in the effort can rejoice in one's achievements and appreciate the produce one has worked so hard for. The following story illustrates this well:

There once was a rich person, whose son was talented – but also very lazy. When the son wanted to get married, his father agreed, but on the condition that he would work for a while and earn a living for himself. The lazy son was disappointed and complained that he had no energy to work. His mother took pity on him and gave him a gold coin - an average working day's wage – which he presented to his father as if he had earned it. His father threw the coin into the fire. When the son questioned why he had done this, his father replied, "This is not money that you have earned". And so the story repeated itself for several days. After a while, his mother decided to probe the matter. "Go out and work in the market and see what your father says then", she told him. Out of curiosity, the son went and worked hard in the market and brought home money at the end of the day. Like every other day, his father began to throw the coin into the fire. However, as he was throwing it, the son cried out,





reached for his father's hand and shouted "No father! Don't throw away my coin!". His father's face lit up and he returned the money, saying, "Now I know that you have earned this coin". "But how did you know?", asked the mother. "I saw how he cried out for the money he had earned, and how it was so precious to him since he had worked so hard to achieve it. Now he will be able to appreciate his money!". (Adapted from a Georgian folk story)



Family activity: Each person takes a turn in sharing an achievement in life that they worked particularly hard for.

7. Do not commit adultery **Be loyal in all relationships: to my spouse, my friends, my country and to myself.**

"One who loses his trustworthiness – has nothing else to lose" – Seneca the Younger (Roman philosopher)

"When trust is absent, the most beautiful flower in the love bouquet is missing (Goethe)

"If love depends on a specific cause, when the cause ends, so does the love. If love does not depend on a specific cause, then it never ends" (Pirkei Avot)



Family activity: Who is a trustworthy person? Someone to whom you can rely on to catch you when you fall backwards with your eyes closed.

'Falling, full of trust': A volunteer falls backwards with his eyes closed and another volunteer stands behind him and catches him. Good luck!



6. Do not murder **Character assassination, violence, intimidation, shaming: these are all types of murder.**

"Anyone who humiliates another in public [insults or shames], it is as though he were spilling blood...since we see that after he blushes, he turns pale (the blood runs from the face) (Tractate Bava Metzia)

"It was for this reason that humanity was first created in the form of one person [Adam], to teach you that whoever destroys a soul, it is considered as if he destroyed an entire world. And whoever saves a life, it is considered as if he saved an entire world." (Talmud Yerushalmi, Tractate Sanhedrin)



Question for discussion: Even the negative commandments have core values which can be expressed in positive ways. How can we fulfil the core value of Do not murder in positive ways?



Now that we have learned five Commandments, this is the time to eat the main course of the meal.



Pour the third cup of wine. This cup is drunk in honor of the Ten Commandments, a few biblical sentences that changed the world. The Ten Commandments still illuminate the way for us today and guide our behavior and choices. They encompass all areas of life and remain relevant in every generation. They are the essence of the Torah and the core values of the Jewish people. They are the key to building a better world. **L'chaim - to life!**





5. Honor your father and mother, so that your days will be lengthened
Honoring one's parents is both a responsibility and a privilege. To be grateful to our parents for all their care for us and our needs, and for giving us the gift of life.

"There are three partners in the forming of a person: God, one's father and one's mother. When a person honors one's father and mother, God says: I consider it as if I lived amongst them and they honored Me as well" (Tractate Kiddushin)

"Just as he looks up to his parents, so will his own children someday look up to him. Without this connection between parents and children, the chain of generations is broken, the hopes of the Jewish past are lost for the future, and the Jewish nation ceases to exist. The Torah teaches the importance of this role of parents by giving them this place of prominence of being in the Ten Commandments".

(Rabbi Samson Raphael Hirsch)

"The main way to honor parents is to bring them nachat (gratification), whether through words or deeds". (Rabbeinu Yonah, Iggeret HaTeshuva)



Family activity: Each child takes a turn in thanking their parents for a specific thing that they have given them, such as a character trait, talent, or insight. Then, the parents themselves share with the family the main things that they received from their parents, and for which they are full of gratitude.

4. Remember Shabbat to sanctify it **Shabbat is like a gas station, giving fuel to the body and the soul. It is a golden opportunity to pause from our busy lives and to connect to the important things in life: to ourselves, our families, and our Jewish tradition.**

"Eretz Yisrael (the Land of Israel) will never be built without Shabbat, rather it will be destroyed...without Shabbat there can be neither Eretz Yisrael nor Jewish culture". (Chaim Nachman Bialik)

"Over 3,000 years ago, the most advanced social law in human history was enacted, the day of rest every seventh day...a divine command obligating man to rest from his toil on the Shabbat day and bring some sanity into his life. In a revolutionary way, the same right was given to his workers, even if they were not Jewish, and even to his animals".

(Shelly Yachimovich, Israeli politician)

"God said to Moshe: I have a wonderful gift in My storehouse named 'Shabbat,' and I wish to give it to the Jewish people; go and tell them." (Tractate Shabbat)



Family Activity: Shabbat is a day that allows us to make a shift in the way we relate to ourselves and our world. For 6 days of the week, we are engaged in the world of accomplishment, of doing, of becoming. On Shabbat we choose to stop "doing" and rest into a conscious state of "being". This is the essence of Yishuv HaDaat (reconnecting ourselves to our state of consciousness) or what today is called mindfulness. Shabbat is a day devoted to Yishuv HaDaat. A day to remind ourselves who we are.

Invite a participant to lead the following guided meditation by slowly reading out the following:

Let us all take one minute now, close our eyes, and relax our bodies, emotions, and minds. Watch the flow of your breath and from that quiet and still place of awareness within us, remember who we are. Identify





yourself with your soul. We are not our thoughts, our emotions, our bodies, or even what we do. We are eternal souls. Remembering Shabbat means to remember that God created this universe and us in it with higher purpose. Let us together reflect in peaceful awareness on the expansive, timeless quality of our souls. This is a taste of the Gift called Shabbat.



You're invited to sing the song "Matanot Ketanot" (Little Gifts), which reminds us how much of a gift Shabbat is for us.

3. Do not take the name of the Lord your God in vain **Do not use God's name in vain, and do not behave in ways that brings shame to the Jewish people.**

Do not carry His name in vain – each one of us must maintain not only our individual reputation but also our reputation as a Jew, and as a person with a divine soul. Every person has a soul with the potential to achieve personal greatness and make the world a better place. Every one of us, through our behaviour, represents ourselves, our people, our soul, and our God. Therefore, we must consciously strive to act in an exemplary manner. One who behaves in an unethical way, in which life is merely a pursuit after desire, money and honor, takes his own name in vain. We must be aware of the divine power within us and realize our great potential, as individuals and as an ethical nation.

(Rav Bezalel Safra)

"It is an obligation upon you to live a life worthy of "the name of God to be called upon you".

(Rabbi Samson Raphael Hirsch)

"A dead elephant leaves behind his ivory, a leopard – his spots, and a person – his name"

(Indonesian proverb)



Family activity: Who am I and what is my name? This commandment teaches us about the importance of names and how we relate to them.

Share with everyone how you relate to the name you were given by your parents, and if and how it influences you in life.

Now ask your parents about your surname, what does it mean? Where did it come from, etc..



2. Have no other gods beside Me **Do not be enslaved to idols, in all their forms: including money, people, success, status, ego, honor, or "what will others say?"**

"Included in this (commandment) is the greatest idol worship that exists strongly in our current reality today, namely: when people direct all their thoughts and activities towards success in earning money and acquiring property. This makes these goals into their personal gods, upon which they rely and are drawn after in faith...and that is in itself idol worship and its essence".

(Rabbi Isaac Arama)

"Anyone who becomes angry is like one who worships idols"

(Maimonides)





Family activity: Discuss how each of the following can become forms of idol worship: Money, career, winning, food, beauty, honor, sports, love, social media, computer games, news obsession...

Give examples of how each of these areas of life can turn into idol worship. What is the common denominator of the examples you have given? In light of this, try to create a definition of idol worship. Discuss how to avoid being enslaved to them.



1. I am the Lord your God who brought you out of the land of Egypt

This is God's business card – and ours too.

In the first Commandment God introduces Himself not as the creator of the world, but rather as the helper of the weak (bringing us out of Egypt). This is the business card that He chose to present. And we should take inspiration from this to learn a basic principle – help others! This should also be our business card, throughout all of our lives, and in this way we will be partners in perfecting the world.



"The greatest thing in the world is to do good for someone else" (The Piatzetznar Rebbe)

As the meal draws to a close, serve an appetizing dessert and pour the fourth and last cup of wine:



Pour the fourth cup of wine This cup is drunk in honor of the unity of the Jewish people. At Mount Sinai, a rare spirit of unity descended on the Jewish people. "And Israel encamped opposite the mountain" – Rashi explains that the fact that the Torah says the word "Vayichan – And it camped", using the singular person to describe the nation of Israel, shows that the people camped there "like one person with one heart". Just as then, also today we pray for unity and understanding between us. May all shades of the political, social, and religious spectrum merit to unite around our common denominator and our core values - the Ten Commandments. And together, we will build a better world. **L'chaim - to life!**



Time to sing!

There's no better way to end than with song. Some suggested songs connected to Shavuot include: Am Yisrael chai, Hinay ma Tov, Aitz chaim hee, Leshana HaBa beYerushalayim, Ata bechartanu, Vesamachta bechagecha, Ki meTzion tatzai Torah
 Others... And your family favorites!

Chag Sameach!

