



## Intergenerational - International Tu B'Shevat Seder

The Tu B'Shevat seder is a celebration of our relationship with nature and with fruit trees in particular plus a time for reflection. The Tu B'Shevat Seder is divided into four sections, each reflecting the seasons and symbolizing different aspects of the trees and our own lives.



**Wheat** - Baruch Ata Adonai  
Eloheinu Melech Ha-Olam, Borei Minei Mezonot

ברוך אתה ה' אלוהינו

מלך העולם בורא מיני מזונות

Praised are you, Lord our God, Ruler of the  
Universe who creates various kinds of foods.



**Wine** - Baruch Ata Adonai, Eloheinu melech Ha-olam, Borei  
P'ri ha-Gafen.

ברוך אתה ה' אלוהינו מלך העולם בורא פרי הגפן

Blessed be you, the One who creates the fruit of the vine.

Kol Ha'olam kulo  
Gesher Tsar me'od  
Gesher Tsar me'od  
Gesher Tsar me'od

The whole world  
is a very narrow bridge  
a very narrow bridge  
a very narrow bridge



Kol Ha'olam kulo  
Gesher Tsar me'od  
Gesher Tsar me'od.

The whole world  
is a very narrow bridge -  
A very narrow bridge.

Veha'ikar - veha'ikar  
Lo lefached -  
lo lefached klal.

And the main thing to recall -  
is not to be afraid -  
not to be afraid at all.

Veha'ikar - veha'ikar  
lo lefached klal.

And the main thing to recall -  
is not to be afraid -  
not to be afraid at all.



## First Cup – The World of Asiyah (Actualization)

*Fruits and nuts with a hard outside and an edible inside*

Although seemingly inedible from the outside, each of the foods eaten at the level of Asiyah, when peeled or shelled, hold gifts that transcend their outward appearance. Like winter, where everything lays dormant and hidden, these fruits and nuts contain inside them the potential to reveal what is hidden within. Because of their hard exterior, these foods can represent the human tendency to judge others by their outer appearance. They can also represent the ways we separate ourselves from other people. Eating these fruits reminds us that whoever we are, we all carry a divine spark within.



*Discuss: When have you “judged a book by its cover” only to realize that you were mistaken?*



**Eat: Walnuts | Almonds | Pomegranates | Coconuts | Pistachios**

Baruch Ata Adonai Eloheinu Melech Haolam Bora Peri Ha-Etz

ברוך אתה ה' אלוהינו מלך העולם בורא פרי העץ

Praised are you, Lord our God, Ruler of the Universe who creates the fruit of the tree.



Youth Council of Akko will sing  
with us the song  
*The Almond Tree is Blooming*

### **HASH'KEDIYAH PORACHAT**

T"U BISH'VAT HIGI'A

Hash'kedyah porachat  
veshemesh paz zorachat,  
tziporim merosh kol gag  
mevarshot et bo hachag.

T"u bish'vat higi'a  
chag la'ilanot.

T"u bish'vat higi'a  
chag la'ilanot.

### **THE ALMOND TREE IS BLOOMING**

TU BISHVAT IS HERE

The almond tree is  
blooming  
and the golden sun is  
shining,  
birds atop each roof  
brush (bless) the arrival  
of the festival.

Tu bishvat has arrived  
(it's) the festival of  
trees.

Tu bishvat has arrived  
(it's) the festival of trees

## Second Cup – The World of Yetzirah (Formation)

*Fruits with pits at their center*

[Add a few drops of red wine and fill the rest with white. Drink half or more]



We now drink our second cup of wine. Just as each new stream begins with a trickle, each flower with a single bud, just a few drops of color transform the hue of our wine. Although we discard the pits of these fruits, they are the seeds, the means to rebirth. These fruits can remind us that every flowering tree was once bare and that the means to growth can sometimes come from the innermost overlooked places. They can symbolize the potential within us that we have not tapped.

*Discuss: What is something you have done or created that started out very small and became bigger or more important over time?*



**Eat: Cherries | Olives | Plums | Apricots | Avocado**

### Hineh Ma Tov Uma Na'im

Hineh ma tov uma na'im  
Shevet achim gam yachad.

How good and pleasant it is  
For brothers & sisters to sit together.

Hineh ma tov uma na'im  
Shevet achim gam yachad.

How good and pleasant it is  
For brothers & sisters to sit together.

*Chorus*

*Chorus*

Hineh ma tov  
Shevet achim gam yachad.

How good it is  
For brothers & sisters to sit together.

### The CDC Kids

The students in the CDC have learned a special dance and song - "Hineh Ma Tov Uma Ha'im"

They sing and dance it exactly like the kids in Israel, since they participate in the Partnership2GETHER initiative - "Hava Nagila Gan"- a program of exchanging songs and dancing from both sides of the ocean!







### Third Cup – The World of Beriah (Creation)

*Fruits that are entirely edible*

[Refill the glass so that there is now half red and half white wine.  
Drink half or more.]

We drink our third cup of wine. We now have half a cup of red wine and half a cup of white - even though the trees will be full and green and their flowers will blossom, their growth is not complete. So much more will be created; so much more is to come. These fruits can remind us of the wholeness of the world, where nothing is wasted and everything nourishes everything else. We can take this time to look at the fruit of our own creations and actions and consider how to *deepen* our relationships in the world and with the earth.



*Discuss: When do you feel truly whole and happy?*

**Eat: Grapes | Raisins | Apples | Pears | Blueberries | Raspberries**



**The 5th and 6th grade students of Friedel Jewish Academy** volunteer once a month in the Blumkin Home with a musical activity with Eliad Eliyahu. Let's hear the songs the kids are singing with a lot of joy and happiness!

**The kids from Yasmin Kindergarten in Akko** will bless the Jewish Community Center in Omaha and sing with a special song about the trees in the Carmel Mountain. Yasmin Kindergarten is connected to the CDC and to the kindergarten class in Friedel Jewish Academy. They experience a unique, musical twinning program during the year with varied activities around the holidays.



## Fourth Cup – The World of Atzilut (Presence, Emanation, Birth)



We now come to our final cup. This final section represents what is invisible to the eye. *Instead of eating fruit, we may enjoy sweet smells like cinnamon and rosemary.* Beyond the cycle of eating is the cycle of breathing, when something lives both within and without us at the same time, when it is so much a part of us that we cannot even see it.



At this level all things are already part of each other. We all have this kind of connection with the earth and with God. Like smells, the ways we remember this connection are subtle: the feel of the soil or the smell of dew, the color of the changing leaves, the sounds of birds migrating, or the clasp of a hand.

Discuss: *What helps you remember and appreciate what you cannot see?*

Baruch atah Hashem Elokeinu Melech ha-olam bore' minei vesamim"

ברוך אתה ה' אלוהינו מלך העולם בורא מיני בשמים

Blessed are You, Hashem, our G-d, King of the universe, Who creates species of fragrance

**The seniors from Kibbutz Gesher Haziv** will bless us and sing with us the Israeli song - "Thus Walk The Planters", which symbolizes the rebuilt of the land of Israel for the next generations. The school in Kibbutz Gesher Haziv has strong educational twinning relationship with temple Israel teens. Last December the Israeli teens hosted Omaha's Temple Israel teens in the Western Galilee for five days of volunteer activities, joint learning and a lot of fun!



### Thus Walk The Planters

Kach holchim hashotlim  
ron balev ve'et bayad  
min ha'ir umin hak'far,  
min ha'emek, min hahar  
bet"u bish'vat, bet"u bish'vat.

Thus walk the planters  
song in the heart, spade in hand  
from the city and from the village,  
from the valley, from the mountain  
on Tu Bishvat, on Tu Bishvat.



The Intergenerational - International Tu B'Shevat Seder is presented by the Center for Jewish Life as a part of the Community Shaliach program and in conjunction with Partnership2GETHER.

Partnership2GETHER a program of the Jewish Agency for Israel which is coordinated in Omaha by the Center for Jewish Life promotes people-to-people relationships between Israel and communities throughout the world. Omaha is one of 12 cities in the U.S. partnering with the city of Akko and the Matte Asher region in northern Israel, sharing cultural, social, medical, educational and economic programs.



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