

TEFILLAH TIPS



Atoh Echad Veshimcha Echad

Shabbat *Mincha* continues with *Kriat HaTorah* which was instituted by Moses himself. We read three *Aliyot* from the *Parshah* of the following week. After returning the Torah to the ark and reciting *LeDovid Mizmor*, the reader continues with Half *Kaddish* and we recite the silent *Amidah*.

The body of the *Amidah* begins with *Atoh Echad Veshimcha Echad Umi Keomcha Goy Echad BaAretz* – *You are one, Your name is one and who is like Your nation Israel*.

What is the oneness we refer to throughout the *Tefillah*? How is oneness of the nation of Israel comparable to the oneness of G-d and His name? What is the theme behind the entire *Tefillah*? We have previously explained that the three different segments of Shabbat: Friday night, Shabbat morning and Shabbat afternoon, reflect three historic Shabbatot in world history. Friday night corresponds to the Shabbat of Creation; therefore the theme of the prayer is *Atoh Kidashta et Yom Hashviii Tachlit Maaseh Shamayim VaAretz*- *You sanctified the 7th day as the culmination of Creation*. Shabbat morning corresponds to the Shabbat of Revelation at Mt. Sinai; therefore the theme of the prayer is *Yismach Moshe Bematnat Chelko...Klil Tiferet Natata L...Al Har Sinai*- *Moses will rejoice upon his future reward...crowns of splendor he adorned when he stood at Mt. Sinai*. Shabbat *Mincha* corresponds to Shabbat in the Messianic Era – *may it come soon in our days*, when all of life will be Shabbat-like – *Yom Shekulo Shabbat*. At that time, G-d's presence will be recognized and appreciated by all nations on earth - there will be only **One G-d** perceived by all – *Atoh Echad*. At that time all the mysteries of the universe will be uncovered and all the unanswerable questions will be answered – *Veshimcha Echad* – *Your Name (presence) will be one*. Finally - at that time-Your nation Israel will also be one. There will be no more internal infighting and turf-wars; and no more external threats of anti-Semitism and extermination because Israel will be revered by all as G-d's One Nation.

The Talmud *Berachot 6b* asks an incredible question about G-d's *Tefillin*. We all know that the content written on the parchment of earthly/human *Tefillin* is *Shema Yisrael Hashem Elokeynu Hashem Echad* – G-d is One. In the *Talmud*, Rav Nachman bar Isaac asks, what are the contents written on the parchment of G-d's *Tefillin*? Rav Chiya bar Avin answers *Mi Keomcha Yisrael Goy Echad BaAraetz* – *Who is like Your nation Israel-one nation on earth*. This demonstrates that we attach G-d's oneness on our beings and G-d binds our oneness to Him. This connectivity is evident and palpable on the holy Shabbat, our one and only day of rest.

The *Tefillah Atoh Echad* is the final *Amidah* on Shabbat which reveals the eternity and the destiny of the world and the Jewish people. It projects a perfected Shabbat-like era when peace, truth, and oneness will be the standard; when the world will recognize our G-d as the one G-d and Israel as the one nation of G-d.

Take Home Tip: Shabbat is not only a time of personal rest and relaxation; it is also a time to contemplate and look forward to the time when the world will be in a state of continuous Shabbat-Yom *Shekulo* Shabbat.

Shabbat Shalom,

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