

TEFILLAH TIPS



Atoh Echad Veshimcha Echad II

The commentary *Siach Yitzchak* in the *Siddur Hagrah*, demonstrates that the body of our *Tefillah* corresponds to the three famous *Shabatot* in Jewish history and destiny. Since *Shabbat Mincha* reflects all three *Shabatot*, the prayer is written partly in the past tense, partly in the present tense and partly in the future tense.

Shabbat is the-

1. *Tiferet Gedulah* – Splendor of greatness – i.e. Shabbat is the culmination of **Creation**.
2. *VeAteret Yeshua* – the crown of salvation - i.e. refers to the Crowns worn by the Israelites on the **Shabbat at Mt. Sinai**.
3. *Yom Menuchah Ukedushah Leamcha Natata* – a day of contentment and holiness have you given your people - i.e. refers to the time of **Shabbat Moshiach and Olam Haboh**.

Avraham Yagail – Abraham will rejoice and *Yitzchak Yeranein* – Isaac will exult – **BECAUSE** *Yaakov Uvanav Yanuchu Vo* – Jacob and all of his descendants will rest and celebrate the *Shabbat*.

Avraham produced a Yitzchak but also Yishmael; and Yitzchak produced a Yaakov but also and Esau. It is specifically our father Yaakov that fathered the twelve tribes of Israel. It is through his descendants (us) that the legacy, traditions, and values of Hashem and His Torah, taught to us originally by Avraham and Yitzchak continue.

The prayer then describes the spiritual tranquility of *Shabbat*:

1. *Menuchat Ahavah Unedava...Emet Veemuna* – A rest of love and magnanimity, truth and faith – this reflects **Creation** in which G-d demonstrated unconditional loving kindness by creating the world.
2. *Menuchat Shalom Veshalvah Vehashkeyt Vavetach* – A rest of peace, serenity, tranquility and security – this reflects the **Shabbat of Mt. Sinai** because *Torah* is the pathway to peace.

3. *Menuchah Shelaymah Sheatoh Rotzeh Bah* – a perfect rest in which You find favor – this refers to the time when there will be perfection in the world **Shabbat in the Messianic Era**.

Finally – *Yakiru Vanecha Vayaydu...Ve-al Menuchatam Yakdeeshu et Shemecha* – May your children know that from You comes this rest and that by resting they sanctify Your name.

Take Home Tip: The *Avudraham* explains that as opposed to so many other Mitzvot like charity, donning *tefillin*, and eating kosher, whereby we fulfill the commands of G-d; on Shabbat we actually emulate G-d by resting and take pleasure in His divine rest. Maintaining the Shabbat is literally walking in the spiritual footsteps of G-d.

Shabbat Shalom,

Orthodox Union Department of Community Services
Frank Buchweitz, National Director
Hannah Chornock, Program Associate
Maya Carni, Administrative Assistant

Rabbi Ephraim Epstein, for Tefillah Tips

Prepared by Rabbi Ephraim Epstein—Congregation Sons of Israel, Cherry Hill, NJ
Rabbi Epstein@sonsisrael.org
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