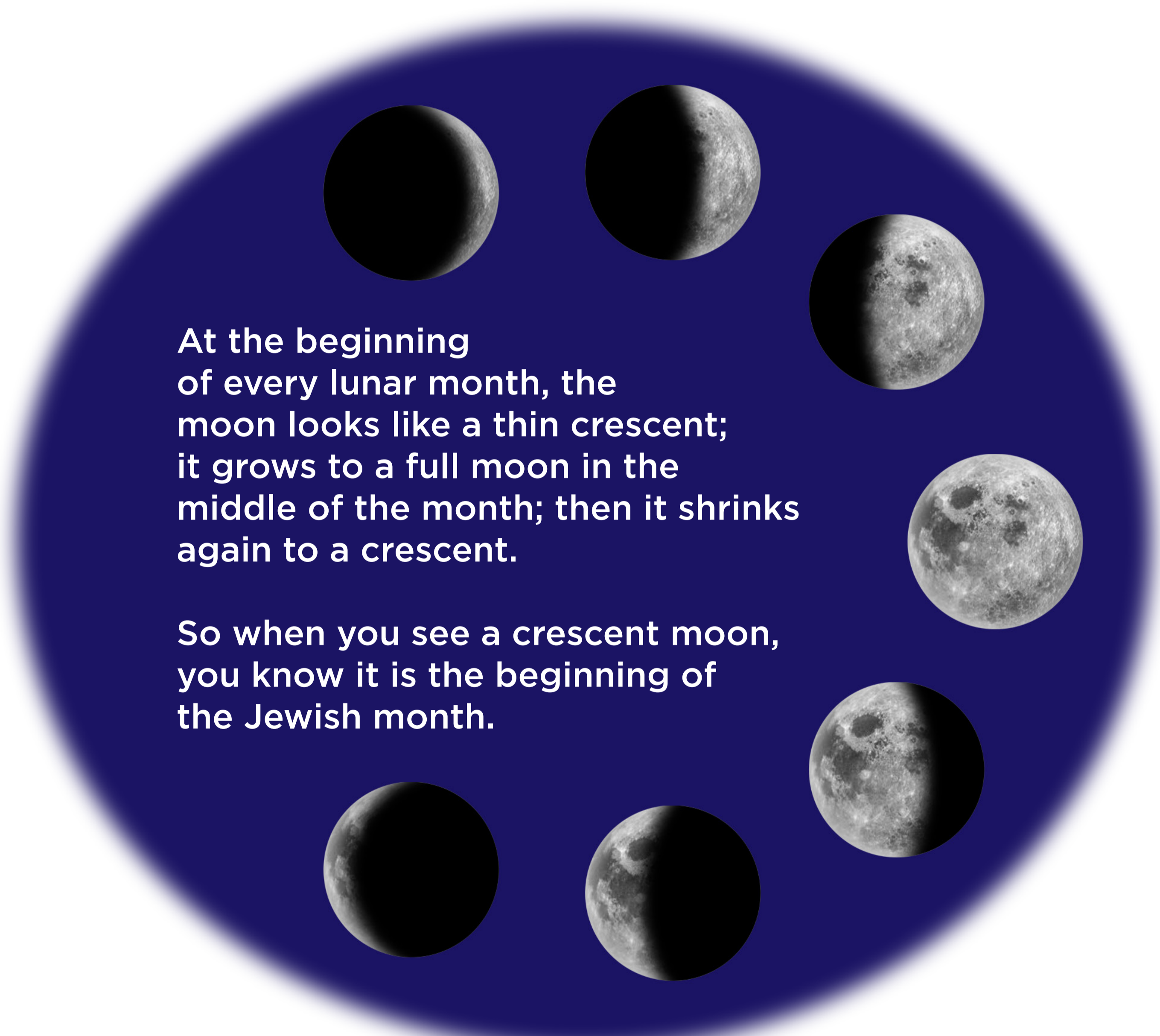


The Jewish Month

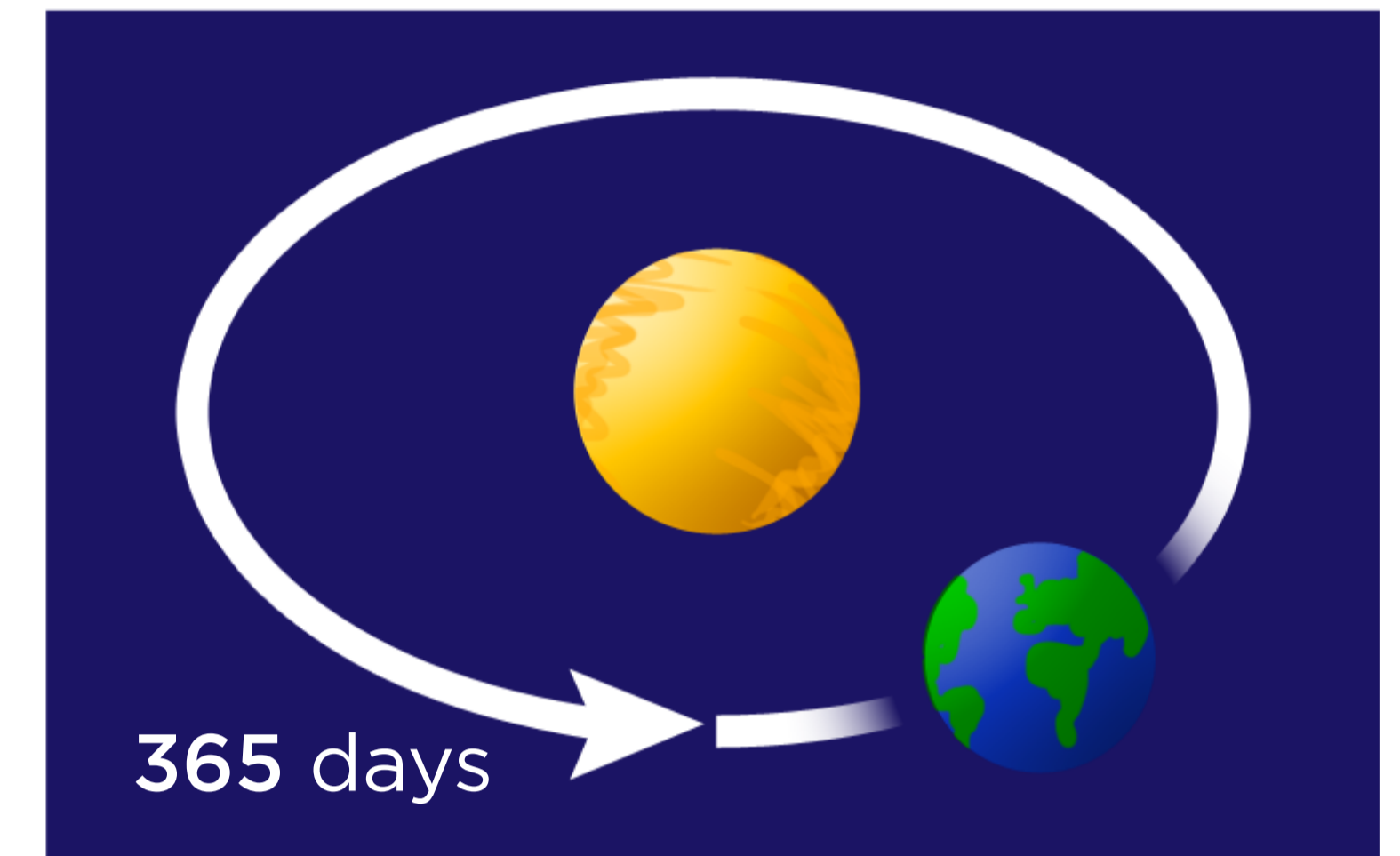
The moon goes around the earth every **29½ days** – this period is called a ‘lunar month’.



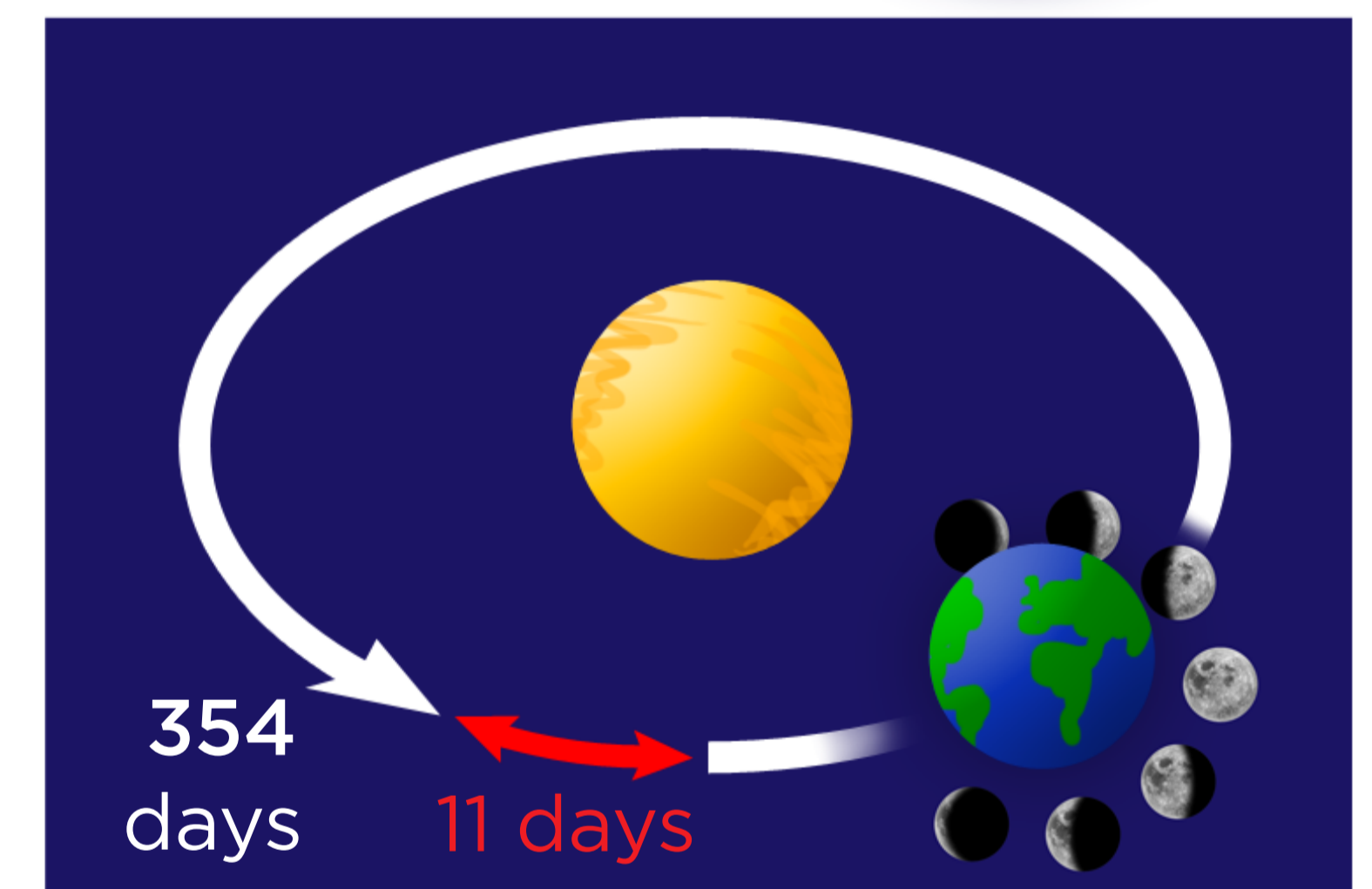
Jewish months last either 29 or 30 days so that over time they last an average of 29½ days – the same as a lunar month.

Leap Years

The earth goes around the sun in **365** days.



But 12 lunar months last a total of just **354** days – a difference of 11 days.

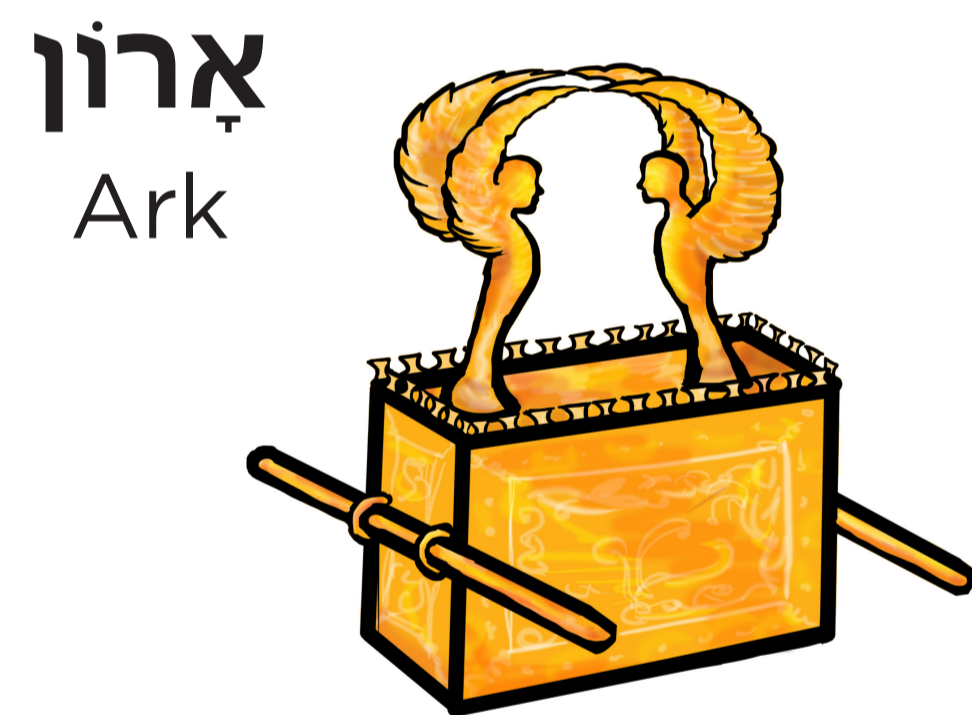


In order to make up the difference of 11 days, we add an extra month 7 times in every 19 years. These years, which have 13 months, are called leap years. The extra month is called *Adar Rishon* and comes just before *Adar* which is renamed *Adar Sheini*.



Inside the *Mishkan*

The *Mishkan* was a travelling *Bet Hamikdash* (temple) that went with the Jews through the desert.



The High Priest

The High Priest (כֹּהֵן גָּדוֹל) wore eight different garments.



The Mishnah

The *Torah* is called the Written Law (תּוֹרָה שְׁבִכְתָּב) because it was written down.

The *Mishnah* is called the Oral Law (תּוֹרָה שְׁבִעַל פֶּה) because it was passed down through the generations. Eventually, it was written down by Rabbi *Yehudah Hanasi*.

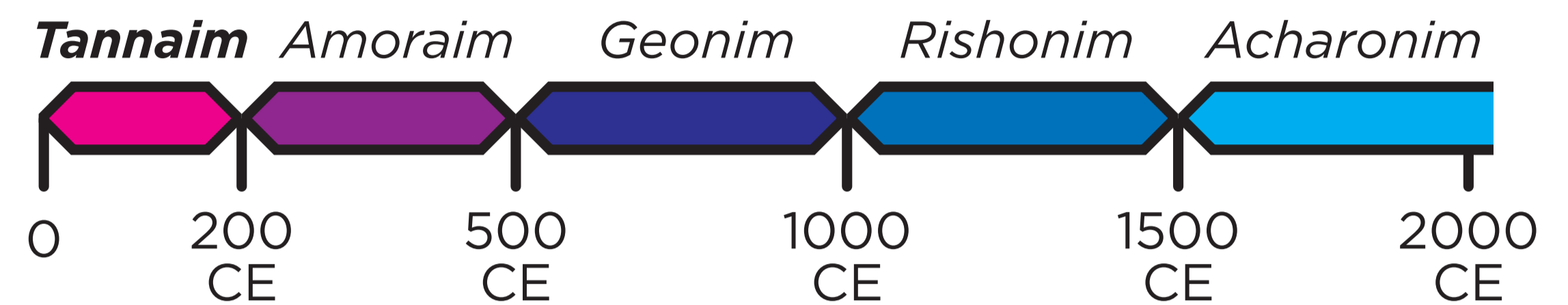
The *Mishnah* explains the laws of the *Torah*. It is split into 6 sections (*sedarim*) with a total of 63 books (*massechtot*).

Laws	Book
<i>Brachot, Tefillah, Farming</i>	זְרָעִים
Calendar, Festivals	מוֹעֵד
Marriage	נְשִׁים
Property, Business, Justice	נְזִיקִין
Sacrifices, <i>Shechitah</i> , <i>Kashrut</i>	קְדָשִׁים
Purity	טְהָרוֹת

To remember the 6 books, we can use the initials:

זַמ"ן נְק"ט

Tannaim

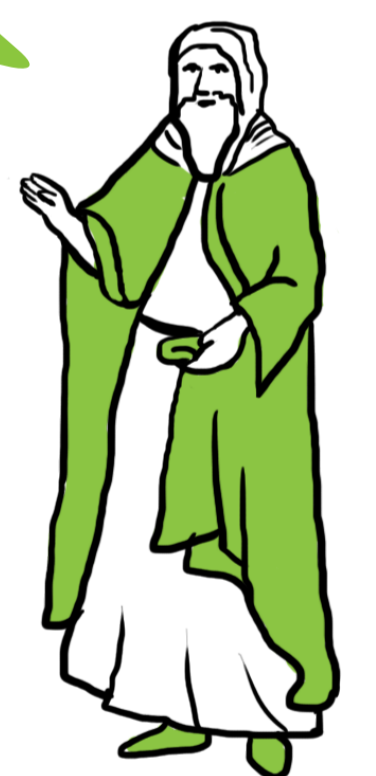


The **Tannaim** were the Sages who lived about 2000 years ago in Israel. The earliest include *Hillel* and *Shammai*. The last one was Rabbi *Yehudah Hanasi* who wrote down the sayings of the *Tannaim* in the *Mishnah*.

Leading Tannaim

“Don’t do unto others what you don’t want done to yourself.”

Hillel
הִלֵּל



Rabbi *Akiva*
רַבִּי אֶקִיבָא

“Everything is foreseen by God, yet we have freedom of choice.”

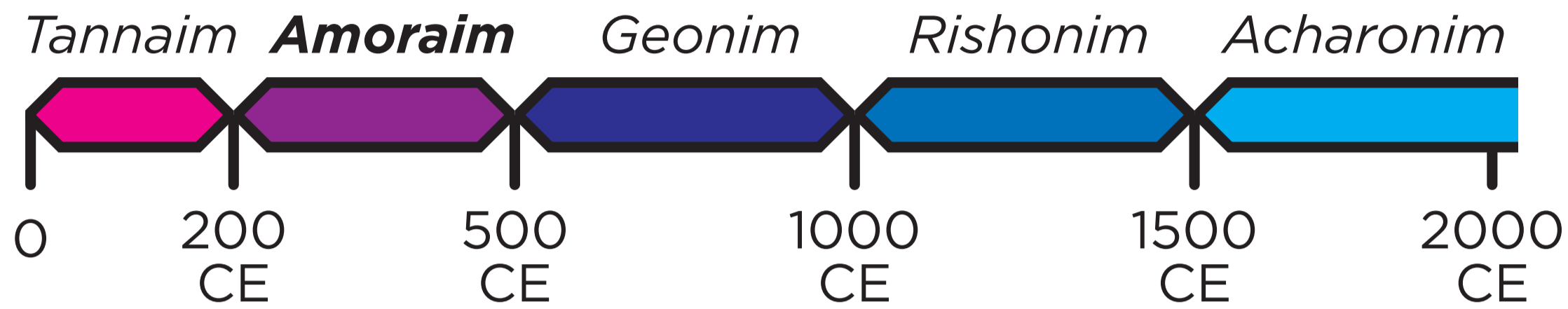


“Be as careful with a simple *mitzvah* as with a difficult one.”



Rabbi *Yehuda Hanasi*
יְהוּדָה הַנָּשִׂיא

Amoraim



The **Amoraim** were the Sages who explained the *Mishnah*. Their explanations were written down in the *Gemara*. The *Amoraim* lived in Babylon (Iraq) and Israel.

Leading Amoraim

Rav
רַב

“It is better to cast oneself into a fiery furnace than to shame another in public.”



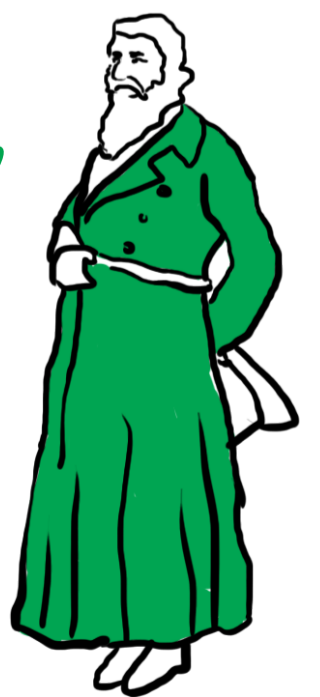
Resh Lakish
רֶשֶׁ לָקִישׁ

“A convert is dearer to God than all of the Jewish people at Sinai.”



“A life without friends is not worth living.”

Rabbi Yochanan
רַבִּי יוֹחָנָן



The Talmud

The *Talmud* (תַּלְמוּד) is the combination of the *Mishnah* and the *Gemara* in one written work of many volumes.

There are two versions of the *Talmud*.

- **תַּלְמוּד בַּבְּלִי** - written in Babylon
- **תַּלְמוּד יְרוּשָׁלַמִי** - written in Israel

Page of Talmud

The image shows a page from the Talmud with a central text block and two callout boxes. The top callout box is pink and labeled 'Mishnah text', pointing to a specific line of text in the Talmud page. The bottom callout box is purple and labeled 'Gemara text', pointing to a different section of the page. The Talmud page itself contains Hebrew text, including a heading 'מאמתי פרק ראשון ברכות' and a large decorative box with the word 'מאמתי'.

Theodor Herzl

(1860-1904)

אם תרצו, אין זו אגדה
 "If you will it, it is no dream"
 (Herzl)

Theodor Herzl was a Jewish Hungarian journalist who was shocked by the anti-Jewish feeling in Europe. He decided that Jews needed their own state in order to protect themselves.

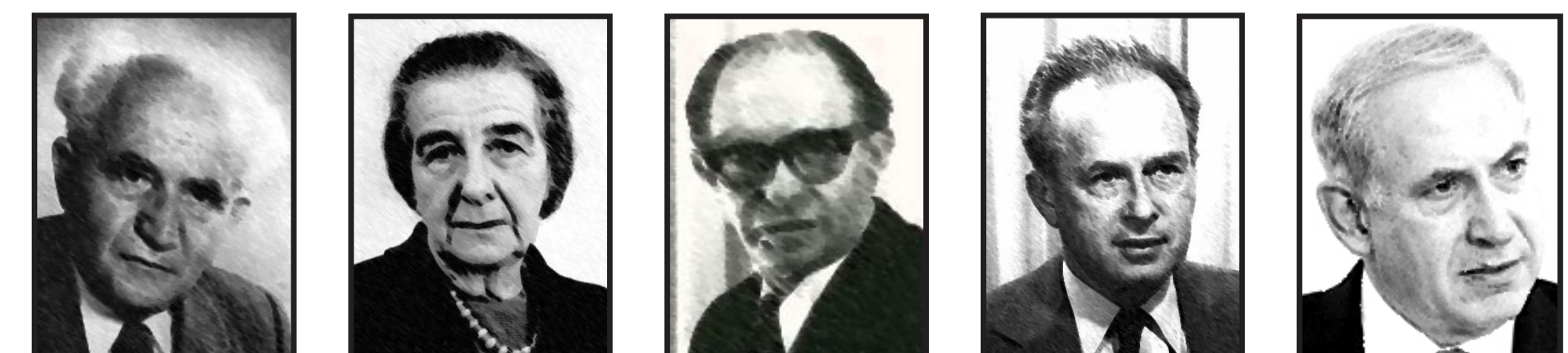


In 1897, Herzl organised the First Zionist Congress in Basle, Switzerland. Exactly 50 years afterwards, the State of Israel was born.

Today, Israel is home to millions of Jews as well as Muslims, Christians, Druze and others.

Zionist Leaders

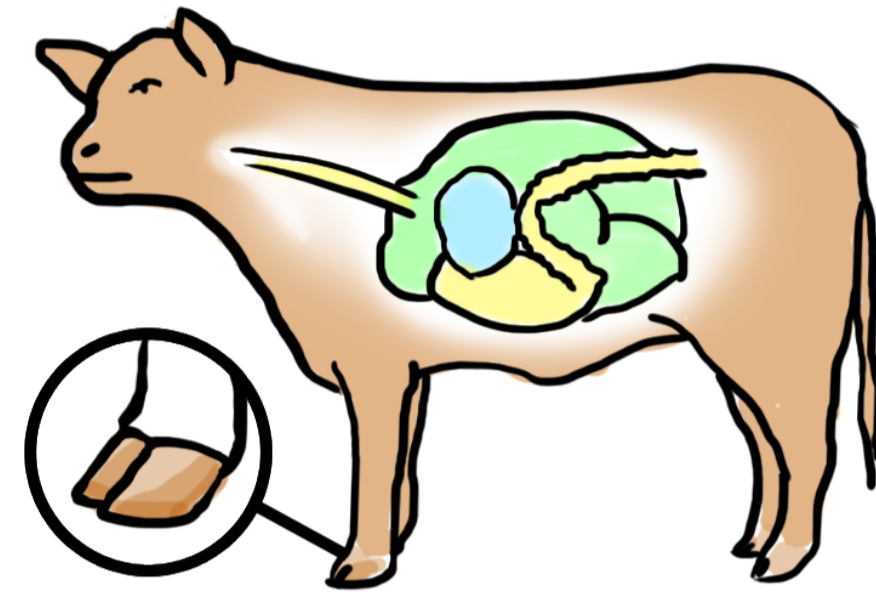
Name	Role
Eliezer Ben Yehudah	Created Modern Hebrew
Theodor Herzl	Founder of modern Zionism
Rabbi Avraham Kook	1 st Chief Rabbi
Chaim Weizmann	1 st President
David Ben Gurion	1 st Prime Minister
Golda Meir	First woman Prime Minister of Israel
Menachem Begin	Prime Minister who made peace with Egypt
Yitzchak Rabin	Prime Minister who was killed by a Jewish extremist
Benjamin Netanyahu	Current Prime Minister



Kosher Animals

Animals

Two signs identify an animal as kosher: it has split hooves and chews the cud. Kosher animals only eat plants, never other animals.



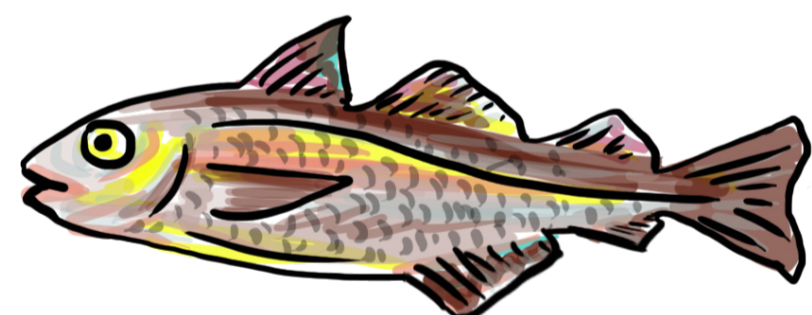
Birds

The *Torah* forbids us from eating 24 different birds, many of which are birds of prey. Today, we eat only those birds for which there is a tradition, like chicken, duck and goose.



Fish

A fish must have both fins and scales to be kosher. All shell fish - like prawns, lobsters and crabs - are not kosher.



Insects

Almost all insects are not kosher. However, four species of locust are listed as kosher in the *Torah*.



Meat and Milk

“You shall not boil a kid in its mother’s milk.”
(*Shemot*)

The *Torah* mentions in three places that we must not mix meat and milk foods together. From this we learn that Jews must not:

- **Eat** meat and milk together
- **Cook** meat and milk together
- **Sell or get any benefit** from meat and milk together

After a meat meal, we wait before eating dairy foods. People wait between 1 and 6 hours according to their custom.

Food that contains neither milk nor meat is called *parev*. *Parev* foods include fish, eggs, vegetables and fruit.



Brachot before Food

Before we eat food, we say a *brachah* to thank God. There are different *brachot* for different types of food:



בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

This *brachah* is said before eating bread or *matzah* and we must first wash our hands.



בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְּנֵי מְזוֹנוֹת

This *brachah* is said over cakes, biscuits and pretzels.



בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגֶּפֶן

This *brachah* is said over wine and grape juice.

Brachot before Food



בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָעֵץ

This *brachah* is said over things that grow on trees – e.g. apples, oranges and avocados. If the food is cooked or dried and you can still identify it, you say this *brachah*.



בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָאֲדָמָה

This *brachah* is said over any food that has grown in the ground – e.g. pepper, tomato, melon – as well as bananas and pineapples even though they are fruits.



בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ

This *brachah* is said over any food or drink for which we do not say the previous *brachot* – e.g. meat, fish, eggs, tea, juice.