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# The Bedtime Sh'ma



## Synopsis

The sages of Jewish tradition understood the power of bedtime and wisely put together a Jewish "good night book" in the form of the Kriat Sh'ma al haMitah, the Bedtime Sh'ma. This beautifully illustrated adaptation of the Kriat Sh'ma is a wonderful introduction to one of the oldest and most fundamental of Jewish prayers.

## Book Information

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## Customer Reviews

The beautiful artwork and simple language of this unique book for very young Jewish children provides families with a satisfying bedtime ritual with which to end the day. Sarah Gershman has adapted the collection of psalms, poems and prayers of the Kriat Sh'ma al HaMitah, into child-friendly verses that focus on themes of protection and preparing for sleep. The accompanying serene and lovely artwork by Kristina Swarner, in hues of deep purples and blues, along with the flowing typeface design, make this a truly beautiful adaptation of the Bedtime Sh'ma, invoking traditional traditional nighttime blessings of peace and protection and recalling the wonder of our waking hours. --Jewish Book World: Spring 2008 Reading picture books to a child is a beloved bedtime activity, a comforting and reassuring interlude before the lights go out and the darkness descends... The Bedtime Sh'ma: A Good Night Book, adapted by educator Sarah Gershman from the liturgy, is a beautiful and sensitive interpretation of excerpts from the traditional Jewish prayers and psalms that focus on the theme of protection and preparing for sleep. Kristina Swarner provides enchanting, dreamlike illustrations. A companion CD featuring musical selections from the Bedtime Sh'ma is also available. --Jewish Woman Magazine, Winter 2008 A quality of reverence and wonder imbues this bedtime story. Borrowing from and paraphrasing the words of the Shema prayer, the

story evokes a world where children are under the loving protection of their parents and God. The softly-colored illustrations reflect this comforting message, offering calm and reassurance to the child going to bed. Four pages of text where the Shema is written in both English and Hebrew are designed to sweep across the pages in a graceful curve. An audio recording (CD) is included, featuring vocals of going-to-bed prayers in Hebrew and English with guitar accompaniment. --Linda R. Silver, Best Jewish Books for Children and Teens

Got this for my grandsons (who are Jewish) after my sister who is a pastor did a book study on this at a Christian retreat. Bought on for myself, too. Lovely.

I love this CD. I have a lot of trouble sleeping due to many painful physical conditions. I read the reviews on this and thought why not try it. I am an adult Christian but I love the sound of the Hebrew language. These songs are so calming and soothing. I of course do not know many of the words but that makes no difference. In fact it may help, if I knew the words I'd be trying to sing along. this way I just relax and drift off. I recommend this to anyone who just wants to be at peace. The Rabbi has a beautiful voice and you cannot help but feel God's love.

For non-Orthodox Jews\*, this book is absolutely delightful. The translations are very sweet, gentle and soothing, and the illustrations go perfectly. My daughter actually tried drawing in the style of the illustrator, she loved them so much. We read this one, and the companion "Modeh Ani" almost every day. \*If you are Orthodox, you might object to the name written in English, and to the translation of the second line of the Sh'ma itself.

Very sweet bedtime book for young children wanting to learn the Sh'ma and what the prayer means. The beautiful illustrations gradually get darker reminding me of Goodnight Moon...

I bought this CD to accompany the book. My one year old twins listen to music at bedtime, and I wanted something new for them. I thought this would be a wonderful choice. Even though I didn't permit me to sample the songs before purchasing, the positive reviews made me feel confident about the music, so I bought it anyway. Eight glowing reviews still don't do this CD justice. The tunes are familiar to my children, the songs are soothing, and even the few pieces with lyrics are still calming. This is truly a beautiful CD, and I find myself wanting to purchase another copy to replace my own bedtime music! I can guarantee that the book and CD will be my go-to gift for new parents in

the future, as this is truly a wonderful set and I am more than happy with my purchase.

My mom is in Boston and my husband and son and are in NYC. Every night, we FaceTime and say bedtime prayers together. We gave this to my mom for Chanukkah and kept a copy for ourselves too. It's sweet. The translation is a bit iffy in places but I'm not writing a scholarly article, I'm sharing a tradition with my son and his very adoring Grammy. Perfect.

It's the perfect book to read before putting my baby to sleep. Beautiful words and pictures! I hope it will help us reflect on our days when we read it together when he's older. We love it!

I have to say i really like the book, except for the first page that focuses on if the baby did something wrong or hurt someone. Otherwise, i read the book to my baby every night and she seems focused.

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