

# Your Hebrew Name

Traditionally a Hebrew name consists of a child's name, followed by "son/daughter/child of" each of their parents' first names.

If anyone in your family does not have a Hebrew name, there are many ways to choose one:

1. Contact any of our Temple Micah rabbis to discuss options.
2. Find out the Hebrew name of a deceased relative who had special meaning to your family.
3. Seek out any of these additional resources:
  - a. The website [hebrewname.org](http://hebrewname.org)
  - b. Reference books: Who's Who in the Jewish Bible by David Mandell or The Comprehensive Dictionary of English and Hebrew Names by Alfred Kolatch

## English Name of Student:

\_\_\_\_\_

(English First Name)

(English Last Name)

## Hebrew Name of Student:

\_\_\_\_\_ **ben/bat/bet**  
(Student's Hebrew Name) (son/daughter/child of)

\_\_\_\_\_ **v'** \_\_\_\_\_  
Parent 1 (Hebrew) First Name \* (and) Parent 2 (Hebrew) First Name \*\*

\* A parent without a Hebrew name can put their English name.

\*\* If more than two parents, please include additional names here:

\_\_\_\_\_

\*Please fill out and return this sheet to the Temple Micah office.\*

## *L'dor Vador*: From Generation to Generation

Our Hebrew names remind us of where we come from and who we are. In Judaism, no one person exists in a vacuum; we are all connected from generation to generation.

How does it feel to read your Hebrew name, \_\_\_\_\_ child of \_\_\_\_\_?  
How is that different from being known by your English name?

When we pray the *Amidah*, or the *T'filah*, we begin by invoking the names of our matriarchs and patriarchs. Why do you think we start our prayer that way? What does it feel like to think of your name as a link on the chain that begins in ancient times?

"...there is no doctrine of the immortality of the soul in the Hebrew Bible...but there is... the distinct idea of the survival of the name as the predominant vehicle for carrying the memory of the dead... My claim is that in the Bible one's name is not just a convenient tool for preserving one's memory but is taken as intimately related to one's essence. If the name survives, the essence somehow survives."

-Avishai Margalit

### EACH OF US HAS A NAME

Each of us has a name given by God and given by our parents

Each of us has a name given by our stature and our smile and given by what we wear

Each of us has a name given by the mountains and given by our walls

Each of us has a name given by the stars and given by our neighbors

Each of us has a name given by our sins and given by our longing

Each of us has a name given by our enemies and given by our love

Each of us has a name given by our celebrations and given by our work

Each of us has a name given by the seasons and given by our blindness

Each of us has a name given by the sea and given by our death.

-Zelda