



ONE MELACHA AT A TIME

# My One Melacha Journey

Learn. Explore. Revisit. One step at a time.

MARK WHAT THIS MELACHA HOLDS FOR YOU

☐ LEARNED

☐ EXPLORED

☐ REVISITED

|                                    |     |                                            |     |                                         |     |
|------------------------------------|-----|--------------------------------------------|-----|-----------------------------------------|-----|
| 01 <b>Planting</b><br>Zoreia       | 000 | 14 <b>Combing</b><br>Menapetz              | 000 | 27 <b>Skinning</b><br>Mafshit           | 000 |
| 02 <b>Plowing</b><br>Choresht      | 000 | 15 <b>Dyeing</b><br>Tzoveia                | 000 | 28 <b>Tanning</b><br>Me'abeid           | 000 |
| 03 <b>Reaping</b><br>Kotzer        | 000 | 16 <b>Spinning</b><br>Toveh                | 000 | 29 <b>Smoothing</b><br>Memachek         | 000 |
| 04 <b>Gathering</b><br>Me'amer     | 000 | 17 <b>Warping</b><br>Meisach               | 000 | 30 <b>Scoring</b><br>Mesarteit          | 000 |
| 05 <b>Threshing</b><br>Dash        | 000 | 18 <b>Making loops</b><br>Oseh Batei Nirin | 000 | 31 <b>Measured cutting</b><br>Mechatech | 000 |
| 06 <b>Winnowing</b><br>Zoreh       | 000 | 19 <b>Weaving</b><br>Oreg                  | 000 | 32 <b>Writing</b><br>Koteiv             | 000 |
| 07 <b>Selecting</b><br>Borer       | 000 | 20 <b>Separating threads</b><br>Potzeia    | 000 | 33 <b>Erasing</b><br>Mocheik            | 000 |
| 08 <b>Grinding</b><br>Tochen       | 000 | 21 <b>Tying</b><br>Kosheir                 | 000 | 34 <b>Building</b><br>Boneh             | 000 |
| 09 <b>Sifting</b><br>Meraked       | 000 | 22 <b>Untying</b><br>Matir                 | 000 | 35 <b>Demolishing</b><br>Soteir         | 000 |
| 10 <b>Kneading</b><br>Lash         | 000 | 23 <b>Sewing</b><br>Tofeir                 | 000 | 36 <b>Extinguishing</b><br>Mechabeh     | 000 |
| 11 <b>Cooking</b><br>Bishul / Ofeh | 000 | 24 <b>Tearing</b><br>Koreia                | 000 | 37 <b>Kindling</b><br>Mav'ir            | 000 |
| 12 <b>Shearing</b><br>Gozez        | 000 | 25 <b>Trapping</b><br>Tzad                 | 000 | 38 <b>Final touch</b><br>Makeh B'patish | 000 |
| 13 <b>Laundering</b><br>Melaben    | 000 | 26 <b>Slaughtering</b><br>Shochet          | 000 | 39 <b>Transferring</b><br>Hotza'ah      | 000 |

There is no prescribed order and no finish line. Let each mark remember a meaningful encounter.

ONEMELACHA.ORG