



FOUNDATIONS OF JUDAISM: SHABBAT

39 PROHIBITED LABORS – CHEAT SHEET

Gavriel Z. Bellino

The Order of Bread				
1	Plowing	Choreish	חורש	Digging, raking, dragging chairs.
2	Sowing	Zoraya	זורע	Planting, fertilizing, watering.
3	Reaping	Kotzair	קוצר	Picking fruit, flowers.
4	Gathering	M'amer	מעמר	Collecting fallen fruit, raking leaves.
5	Threshing	Dash	דש	Husking corn, squeezing fruit.
6	Winnowing	Zoreh	זורה	Arerosol Can (?).
7	Sorting	Borer	בורר	Removal of bad fruit, bones.
8	Grinding	Tochain	טוחן	Grinding coffee, pepper, mincing.
9	Sifting	Tochain	מרקד	Sifting with a utensil.
10	Amalgamation	Lash	לש	Making paste, dough.
11	Baking/Cooking	Bishul/Ofeh	בישול/אופה	Cooking, baking, frying, reheating.
Making Clothes				
12	Shearing	Gozez	גוזז	Removing wool, cutting nails.
13	Scouring	Melabein	מלבן	Laundering, bleaching.
14	Combing	Menapeitz	מנפיץ	Separating fibers. Combing a wig.
15	Dyeing	Tzovea	צובע	Coloring, painting, food coloring.
16	Spinning	Toveh	טווה	Making yarn, wicks, tzitzit.
17	Warping	Maisach	מיסך	Creating skeleton of garment.
18	Constructing 2 Loops	Oseh Shtei	עושה שתי בתי	Making netting.
19	Weaving	Oreig	אורג	Basket weaving.
20	Unravelling	Potzea	פוצע	Pulling a loose thread.
21	Tying	Koshair	קושר	Making permanent knots.
22	Untying	Matir	מתיר	Untying permanent knots.
23	Sewing	Tofair	תופר	Sewing, stapling.
24	Tearing	Koraya	קורע	Tearing a fabric to be sewn.
9 Steps for Writing				
25	Trapping	Tzad	צד	Trapping a wild/stray animal.
26	Slaughtering	Shochait	שוחט	Killing, spreading poison, causing bleeding.
27	Flaying	Mafshit	מפשט	Removing animal skin.
28	Tanning	M'abaid	מעבד	Tanning, poilishing.
29	Smoothing	Memachaik	ממחק	Sanding, smoothing, applying creams.
30	Scoring	Mesartait	משרטט	Scoring, folding paper for cutting.
31	Measured Cutting	Mechataich	מחטך	Cutting non-food to specific size.
32	Writing	Kotaiv	כותב	Writing a meaningful character.
33	Erasing	Mochaik	מוחק	Erasing a meaningful symbol.
6 Steps of Building a House				
34	Building	Boneh	בונה	Creating shelter, building.
35	Demolishing	Sotair	סותר	Constructive destruction.
36	Extinguishing	Mechabeh	מכבה	Extinguishing a flame.
37	Kindling	Mavir	מבעיר	Striking a match, turning on oven, lights.
38	Final Hammer Blow	Makeh b'Fatish	מכה בפטיש	Acts of completion. (Very ambiguous).
39	Transferring	Hotza'ah	הוצאה	Carrying from one domain to another.