

Rituals for Shabbat evening



Lighting Candles



How: Put at least 2 candles in candlesticks; light them; then wave your hands over your eyes, cover your eyes, and say the blessing:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah adonai, eloheinu melech ha-olam, asher kidshanu be-mitzvotav
ve-tzivanu le-hadlik ner shel shabbat.*

Blessed are You, Adonai, our God, Ruler of the universe. Your commandments add holiness to our lives, and You commanded us to light the Shabbat candles.



Shalom Aleichem



שְׁלוֹם עֲלֵיכֶם, מַלְאַכֵי הַשָּׁרֵת, מַלְאַכֵי עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
בוֹאֲכֶם לְשֵׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, מַלְאַכֵי עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
בְּרָכוּנֵי לְשֵׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, מַלְאַכֵי עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
צֵאתְכֶם לְשֵׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, מַלְאַכֵי עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

*Shalom Aleichem, mal'achei ha-sharet, mal'achei elyon
Mi-melech malchei ham'lachim ha-kadosh baruch hu.
Bo'achem le-shalom, mal'achei ha-shalom, mal'achei elyon
Mi-melech malchei ham'lachim ha-kadosh baruch hu.
Barchuni le-shalom, mal'achei ha-shalom, mal'achei elyon
Mi-melech malchei ham'lachim ha-kadosh baruch hu.
Tzeitchem le-shalom, mal'achei ha-shalom, mal'achei elyon
Mi-melech malchei ham'lachim ha-kadosh baruch hu.*

Peace to you, angels of peace, ministering angels of the Holy Blessed One.
Come in peace; bless us in peace; depart from us in peace.

Parents' Blessing:

How: Parents put their hands on their children's heads and then recite the blessing.

for a son: וְשִׂמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה
for a daughter: וְשִׂמְךָ אֱלֹהִים כְּסָרָה, רִבְקָה, רָחֵל וְלֵאָה.
for both: יְבָרְכֶךָ ה' וְיִשְׁמְרֶךָ: יָאֵר ה' פְּנֵינוּ אֱלֹהֵינוּ וְיַחְנֶךָ:
יִשָּׂא ה' פְּנֵינוּ אֱלֹהֵינוּ וְיִשֵּׂם לָךְ שָׁלוֹם:

FOR A SON: Yesimcha elohim ke-Efrayim ve-chi-M'nashe.

FOR A DAUGHTER: Yesimech elohim ke-Sarah, Rivkah, Rachel Ve-Leah.

FOR BOTH: Yevarechecha adonai ve-yishmerecha.

Ya'er adonai panav elecha vi-chuneka.

Yisa adonai panav elecha ve-yasem lecha shalom.

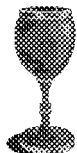
FOR A SON: May God make you as Efrayim and Menasseh.

FOR A DAUGHTER: May God make you like Sarah, Rebecca, Rachel & Leah.

FOR BOTH: May God bless you and keep you.

May God's face shine upon you and be gracious to you.

May God's face be lifted up to you, granting you peace.



Kiddush



(How: fill the cup with wine or grape juice.)

Recite or sing the blessing in Hebrew or English; then drink. The two lines in bold make a nice abbreviated version of Kiddush.)

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי. וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת
יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בּו שְׁבֹת מִכָּל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:
סְבָרִי מְרֻנּוֹ וְרַבְּנוֹ וְרַבּוֹתֵי:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבֹת קִדְּשׁוּ
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוּר לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זְכוּר
לְיִצְיַאת מִצְרַיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשִׁבֹת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן
הִנְחִילָתָנוּ. בְּרוּךְ אַתָּה יי, מֶלֶךְ הָעוֹלָם.

*Va-yechulu ha-shamayim ve-ha'aretz ve-chol tz'va'am, Va-yechal elohim bayom
ha-sh'vi'i melachto asher asah, Va-yishbot ba-yom ha-sh'vi'i mi-kol melachto asher asah.
Va-yevarech elohim et yom ha-sh'vi'i va-yekadesh oto, Ki vo shavat mi-kol melachto asher bara
elohim la'asot.*

Baruch atah adonai, eloheinu melech ha-olam, borei pri ha-gafen.

*Baruch atah adonai, eloheinu melech ha-olam, asher kid'shanu be-mitzvotav ve-ratzah
vanu, ve-shabbat kodsho be-ahavah uv-ratzon hinchilanu, zikaron le-ma'aseh ve-reishit, ki hu
yom techilah le-mikra'ei kodesh zecher li-tzi'at mitzrayim. Ki vanu vacharta ve-otanu kidashta*

mi-kol ha-amim, ve-shabbat kodshecha be-ahavah uv'ratzon hinchaltanu. Baruch atah adonai, mekadesh ha-shabbat.

'And it was evening and morning, the sixth day. And the heavens and earth were finished, and all that is in them. God's work was all finished on the sixth day, and God rested on the seventh day from all the work that God had done. God blessed the seventh day and made it holy, because on that day, God rested from all the work that God had done.'

Blessed are You, Adonai, our God, Sovereign of the universe, creator of the fruit of the vine. Blessed are You, Adonai, our God, Sovereign of the universe. Your commandments add holiness to our lives. You have lovingly favored us with the gift of Shabbat, a reminder of creation, first among the sacred days that recall the Exodus from Egypt. You have chosen us for Your service, and You have given us a sacred purpose in life. In loving favor, You have given us Your holy Shabbat as our heritage. **Blessed are You, Adonai, who makes Shabbat holy.**



Hamotzi

(How: (traditionally:) Take two unbroken loaves of bread; hold them up and say the blessing, in Hebrew or English. Then sprinkle a little salt on one of the loaves, and slice it or tear it into pieces for the people who are eating.)

*Hamotzi lechem min ha'aretz
We give thanks to God for bread
Our voices join in song together
as our thank-you prayer is said:*

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah adonai, eloheinu melech ha-olam, ha-motzi lechem min ha'aretz.

Blessed are You, Adonai, our God, Sovereign of the universe, who brings forth bread from the earth.

Blessing after the meal (short version)

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יי אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים: אִזּוּ יִמְלֵא שְׂחוֹק פִּינוּ וּלְשׁוֹנֵינוּ רִנָּה אִזּוּ
לֹא מָרוּ בַּגּוֹיִם הַגְּדִיל יי לַעֲשׂוֹת עִם אֱלֹהֵי: הַגְּדִיל יי לַעֲשׂוֹת עִמָּנוּ הָיִינוּ שְׂמֵחִים: שׁוּבָה יי אֶת
שְׁבִיתֵנוּ כְּאֶפִיקִים בְּנִגְב: הַזְרְעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ: הַלֹּחַד יִלְךְ וּבִכָּה נִשְׂא מִשָּׁד הַזָּרַע בֵּא
יבֵא בְרִנָּה נִשְׂא אֲלֻמוֹתַי:

Shir ha-ma'alot, beshuv adonai et shivat tziyon, hayinu ke-cholmim. Az yemalei s'chok pinu, ul'shoneinu rinah. Az yomru va-goyim higdil adonai la'asot im eleh. Higdil adonai la'asot imanu, hayinu smeichim. Shuvah adonai et sh'viteinu ka'afikim ba-negev. Ha-zor'im be-dim'ah be-rinah yiktzoru. Haloch yelech u-vacho nosei meshech ha-zara bo yavo (yavo) ve-rinah nosei alumotav.

(Psalm 126) A Song of Ascents. When the LORD brought back those that returned to Zion, we were like dreamers. Then was our mouth filled with laughter, and our tongue with singing; then said they

among the nations: 'The LORD has done great things with these.' The LORD has done great things with us; we rejoiced! Turn our captivity, O LORD, as the streams in the dry land. They that sow in tears shall reap in joy. Though he goes on his way weeping when carrying measure of seed, he shall come home with joy, bearing his sheaves.

הַמְזוּמִין: חֲבֵרֵי נְבָרָךְ!

הַמְסוּבִין: יְהִי שֵׁם יְיָ מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

הַמְזוּמִין: בְּרִשׁוֹת חֲבֵרֵי, נְבָרָךְ (אֱלֹהֵינוּ) שְׁאַכְלָנוּ מִשְׁלוֹ.

הַמְסוּבִין: בְּרוּךְ (אֱלֹהֵינוּ) שְׁאַכְלָנוּ מִשְׁלוֹ וּבִטְוֵבוֹ חַיֵּינוּ. בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הִזָּן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בַּחֵן בְּחֶסֶד וּבְרַחֲמִים הוּא נוֹתֵן לֶחֶם לְכָל בֶּשֶׂר כִּי לְעוֹלָם חֶסֶד. וּבִטְוֵבוֹ הַגָּדוֹל תִּמְיֵד לֹא חֶסֶר לָנוּ, וְאֵל יַחְסֹר לָנוּ מִזֶּזֶן לְעוֹלָם וְעַד. בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זָן וּמְפָרֵס לְכָל וּמְטִיב לְכָל, וּמְכִין מְזוֹן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יְיָ, הִזָּן אֶת הַכֹּל:

כְּפִתּוּב, וְאֶכְלֶת וְשִׁבְעֶת, וּבִרְכַת אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ הַטְּבָה אֲשֶׁר נָתַן לָךְ. בְּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמְזוּן:

וּבִנְהַי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְּרַחֲמֵי יְרוּשָׁלַיִם. אָמֵן
הַרְחֵם, הוּא יַחְלִילָנוּ יוֹם שֶׁכֻּלּוֹ שֶׁבֶת וּמְנוּחָה לְחַיֵי הָעוֹלָמִים.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם, עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Leader: *Haverei Nevarech.*

Community: *Yehi shem adonai mevorach me-atah ve-ad olam.*

Leader repeats above line, and continues: *Birshut haverei, nevarech eloheinu she-achalnu mi-shelo.*

Community: *Baruch eloheinu she-achalnu mishelo, uv'tuvo chayinu.*

Leader repeats above line; then all say: *Baruch hu u-varuch shemo.*

Baruch atah adonai, eloheinu melech ha-olam, hazan et ha-olam kulo be-tuvo be-chen uve-chesed uv-rachamim. Hu notein lechem lechol basar ki le-olam chasdo. Uv'tuvo ha-gadol tamid lo chasar lanu ve-al yechar lanu mazon le-olam va-ed, ba'avur shemo ha-gadol, ki hu el zatan um'farnes la-kol, u-meitiv lakol u-meichin mazon le-chole bryotav asher bara. Baruch atah adonai hazan et ha-kol.

Kakativ ve-achalta ve-savata u-verachta et adonai elohecha al ha-arets ha-tovah asher natan lach. Baruch atah adonai al ha-arets ve-al ha-mazon.

Uv'neh yerushalayim ir ha-kodesh bimherah ve-yameinu. Baruch atah adonai, boneh verachamav yerushalayim, amen.

Harachaman, hu yanchileinu yom she-kulo shabbat um'nuchah, le-chayei ha-olamim.

Oseh shalom bimromav, hu ya'aseh shalom aleinu ve-al kol yisrael, ve-imru amen.

Blessed are You, Adonai our God, Sovereign of the universe. With your goodness you nourish the whole world with favor, love and mercy. You give food to all living things, because Your love is always with us. Out of Your great goodness, You never let us lack for food. Blessed are You, Adonai, who feeds everyone.

As it is written in the Torah: "You shall eat and be satisfied and bless Adonai Your God for the good land which God has given You." Blessed are You Adonai, for the land and for the food.

May Jerusalem, the holy city, be rebuilt soon in our day. Blessed are You, Adonai, who rebuilds Jerusalem.

May the Merciful One grant us the day that will be the ultimate Shabbat and soul-renewal in the world to come.

May God who establishes peace in the heavens, grant peace to us and to all Israel, and to all who dwell on earth, and we say Amen.