

# Shabbat

Shabbat is a time for stepping back from the busyness of life to gain perspective on the meaning of life. Shabbat is an opportunity for “time out” from the pressures of the work week. Shabbat allows us time to make time for those people and experiences that matter to us most.

*To give Shabbat what Judaism calls a sense of kedusha—holiness—we refocus our activities for the day. Shabbat involves both rest and refreshing ourselves. We stop our regular weekday activities in order to leave behind our weekday mindset.*

Shabbat is also, however, more than a time for private introspection. It is more than a pleasant day away from the office. Shabbat is an intrinsically Jewish experience. Shabbat allows us to deal with the frantic pace and turmoil of contemporary life within the context of Judaism.

*Shabbat can anchor us weekly in the ceremonies and values sanctified by centuries of Jewish life. Shabbat reminds us that Jewish people need never stand alone. We can always draw on our roots in the Jewish experience and our relationship to Torah to help us with our daily lives.*

The Torah commands us: *You shall be holy, for I your God, am holy.* {Leviticus 19:1} Through our efforts to observe Shabbat, we too strive to bring wholeness and holiness into our lives.

*from: Gates of Shabbat, Mark Dov Shapiro*

## Shalom Aleikhem

## שְׁלוֹם עֲלֵיכֶם

שְׁלוֹם עֲלֵיכֶם, מְלַאכֵי הַשָּׁרֵת, מְלַאכֵי עֲלִיּוֹן, מְמַלְכֵי מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

Peace be to you, O ministering angels, messengers of the Most High, the supreme King of kings, the Holy One, blessed is He.

**Shalom** aleikhem mal'akhei ha-sharet, mal'akhei Elyon, Mi-melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

בוֹאֲכֶם לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי עֲלִיּוֹן, מְמַלְכֵי מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

Enter in peace, O messengers of peace, messengers of the Most High, the supreme King of kings, the Holy One, blessed is He.

**Bo'akhem** l'shalom mal'akhei ha-shalom, mal'akhei Elyon, Mi-melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

בְּרַכּוֹנִי לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי עֲלִיּוֹן, מְמַלְכֵי מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

Bless me with peace, O messengers of peace, messengers of the Most High, the supreme King of kings, the Holy One, blessed is He.

**Bar'khuni** l'shalom mal'akhei ha-shalom, mal'akhei Elyon, Mi-melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

צֵאתְכֶם לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי עֲלִיּוֹן, מְמַלְכֵי מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

Depart in peace, O messengers of peace, messengers of the Most High, the supreme King of Kings, the Holy One, blessed is He.

**Tzet'khem** l'shalom mal'akhei ha-shalom, mal'akhei Elyon, Mi-melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

## CANDLE LIGHTING

## הדלקת הנרות

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.  
*Barukh atah Adonai, Eloheinu melekh ha-olam asher kid-shanu b'mitzvotav vitzivanu  
l'hadlik ner shel Shabbat*

May these lights inspire us to work for the Great Sabbath of peace.

## KIDDUSH

## קידוש

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשִּׁשִּׁי.  
וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם. וַיִּכַּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה,  
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי  
וַיְקַדֵּשׁ אֹתוֹ, כִּי בּו שַׁבַּת מְכַל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

And it was evening and it was morning.—the sixth day.

And the heaven and the earth were finished and all their host. And on the seventh day God had finished his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and he hallowed it, because he rested thereon from all his work which God had created and made.

*Va-y'hi erev va-y'hi voker, Yom ha-shishi.*

*Va-y'khulu ha-shamayim v'ha-aretz v'khol tz'va-am. Va-y'khal Elohim ba-yom ha-sh'vi-i m'lakhto  
asher asah, va'yish-bot ba-yom ha-sh'vi-i mi-kol m'lakhto asher asah. Va-y'varekh Elohim et yom  
ha-sh'vi-i va-y'kadesh oto, ki vo shavat mi-kol m'lakhto, asher bara Elohim la'asot.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Praised are You Adonai our God, who rules the universe, creating the fruit of the vine.

*Barukh atah Adonai, Eloheinu melekh ha-olam, borei p'ri ha-gafen*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשַׁבַּת קִדְּשׁוֹ  
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֵן לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ,  
זְכוֹר לִיצִיאַת מִצְרַיִם.

כִּי בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ.  
בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot, and cherishing us by granting us His holy Shabbat lovingly, gladly, a reminder of Creation. It is the first among our days of sacred assembly that recall the Exodus from Egypt. Thus You have chosen us--endowing us with holiness--from all peoples, granting us Your holy Shabbat lovingly and gladly. Praised are You Adonai, who hallows Shabbat.

*Barukh atah Adonai, Eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'ratzah vanu, v'shabbat kodsho b'ahavah u-v'ratzon hinhi-lanu, zikaron l'ma-aseh v'reshit. Ki hu yom t'hilah limikra-ei kodesh, zekher li-y'tzi-at mitzrayim.*

*Ki vanu vaharta v'otanu kidashta mikol ha-amim, v'shabbat kod'sh'kha b'ahavah u-v'ratzon hin-hal-tanu.*

*Barukh atah Adonai, m'kadesh ha-shabbat*

## WASHING THE HANDS

## נטילת ידיים

*On washing the hands, before partaking of a Meal, say:—*

**בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם.**

Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us to rinse our hands.

*Barukh atah Adonai, Eloheinu melekh ha-olam, asher kid'shanu b'mitvotav v'tzivanu al n'tilat yada'im*

## HA-MOTZI BLESSING

**בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.**

Blessed art thou, O Lord our God, King of the universe, who bringest forth bread from the earth.

*Barukh atah Adonai, Eloheinu melekh ha-olam, ha-motzi lehem min ha-aretz.*

## BIRKAT HAMAZON

## ברכת המזון בקצרה

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יְיָ אֶת שְׂיִבַת צִיּוֹן, הָיִינוּ כְּחֻלְמִים. אֲזַי יִמְלֵא שְׂחוֹק פִּינוּ וְלִשְׁוֹנֵנוּ רִנָּה, אֲזַי יֵאמְרוּ בְּגוֹיִם, הַגִּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי. הַגִּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ, הָיִינוּ שְׂמֵחִים. שׁוּבָה יְיָ אֶת שְׂבִיתָנוּ, כְּאֶפְיָקִים בְּנִיגָב. הַחֲרָעִים בְּדַמְעָה, בְּרִנָּה יִקְצְרוּ. הַלֹּחֵף יִלֵּךְ וּבִכְהָ נִשְׂא מִשָּׁךְ הַחֲרָע, בֵּא יָבֵא בְרִנָּה נִשְׂא אֶלְמָתָיו.

A Song of Ascent. When Adonai restored our exiles to Zion, it was like a dream. Then our mouths were filled with laughter; joyous song was on our tongues. Then it was said among the nations: "Adonai has done great things for them." Great things indeed has Adonai done for us; therefore we rejoiced. Bring back our exiles, Adonai, like streams returning to the Negev. Those who sow in tears shall reap in joyous song. The seed bearer may plant in tears, but will come home singing, carrying ample sheaves of grain.

*He who says Grace commences thus:—*

**רַבּוֹתַי נִבְרָךְ. Rabotai n'varekh**

*All respond:—*

**יְהִי שֵׁם יְיָ מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם. Y'hi shem Adonai m'vorakh me-atah v'ad olam**

*He who says Grace proceeds:—*

**יְהִי שֵׁם יְיָ מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם. בְּרִשׁוֹת מְרִנָּן וּרְבִנָּן וּרְבִיתִי, נִבְרָךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ.**

*Y'hi shem Adonai m'vorakh me-atah v'ad olam. Bir'shut, m'ranan v'rabanan v'rabotai, n'varekh Eloheinu she-akhalnu mi-shelo.*

*The others respond:—*

בְּרוּךְ (אֱלֹהֵינוּ) שֶׁאֶכְלֵנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ.  
*Barukh Eloheinu she-akhalnu mi-shelo u-v'tuvo hayinu.*

*He who says Grace replies:—*

בְּרוּךְ (אֱלֹהֵינוּ) שֶׁאֶכְלֵנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ. בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.  
*Barukh Eloheinu she-akhalnu mi-shelo u-v'tuvo hayinu. Barukh hu u-varukh sh'mo.*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם כְּלוּ בְטוֹבוֹ בְּחֵן בְּחֶסֶד  
וּבְרַחֲמִים, הוּא נוֹתֵן לֶחֶם לְכֹל בֶּשֶׂר כִּי לְעוֹלָם חֶסֶדּוֹ. וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא  
חָסַר לָנוּ, וְאֵל יַחְסֹר לָנוּ מִזֹּון לְעוֹלָם וָעֶד. בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֵן  
וּמְפָרֵס לְכֹל וּמְטִיב לְכֹל, וּמַכִּין מִזֹּון לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יְיָ, הַזֵּן  
אֶת הַכֹּל.

Praised are You Adonai our God, who rules the universe, graciously sustaining the whole world with kindness and compassion, providing food for every creature, for God's love endures forever. God, abounding in kindness, has never failed us; may our nourishment be assured forever. God sustains all life and is good to all, providing every creature with food and sustenance.  
We praise you Adonai, who sustains all life.

*Barukh atah Adonai, Eloheinu melkh ha-alom, ha-zan et ha-olam kulo b'tuvo, b'hen b'hessed u-vrahamim. Hu noten lehem l'khol basar, ki l'olam hasdo. Uv'tuvo ha-gadol tamid lo hasar lanu, v'al yehsar lanu mazon l'olam va-ed. Ba-avur sh'mo ha-gadol, ki hu zan u-m'farnes la-kol, u'metiv la-kol, u-mekhin mazon l'khol b'riyotav asher bara. Barukh atah Adonai, ha-zan et ha-kol.*

נוֹדָה לְךָ, יְיָ אֱלֹהֵינוּ, עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחֲבָה, בְּרִית וְתוֹרָה, חַיִּים  
וּמְזוֹן.

We thank You, Adonai our God, for the pleasing, good and spacious land which you gave to our ancestors, the covenant of the Torah, life and sustenance.

*Nodeh l'kha Adonai Eloheinu al she-hin-halta la-avoteinu eretz hemdah tovah u-r'havah, b'rit v'Torah, hayim u-mazon.*

וְעַל הַכֹּל יְהוּה אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים אֲנַחְנוּ לְךָ וּמְבָרְכִים אוֹתְךָ, יְתַבְּרֶךְ שְׁמֶךָ בְּפִי כָל-חַי  
תָּמִיד לְעוֹלָם וָעֶד. כִּכְתוּב, וְאָכַלְתָּ וּשְׂבַעְתָּ, וּבִרְכַתְּ אֶת-יְהוָה אֱלֹהֶיךָ עַל הָאָרֶץ הַטּוֹבָה  
אֲשֶׁר נָתַן לְךָ. בְּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמְּזוֹן.

For all this we thank You and praise You, Adonai our God. You shall be forever praised by every living thing. Thus is it written in the Torah: "When you have eaten and are satisfied, you shall praise Adonai your God for the good land that God has given you." Praised are you Adonai, for the land and for sustenance.

*V'al ha-kol Adonai Eloheinu, anahnu modim lakh u-m'varkhim otakh, yit-barakh shimkha b'fi kol hai tamid l'olam va-ed. Ka-katuv v'akhalta v'sava-ta, u-verakhta et Adonai Elohekha al ha-aretz ha-tovah asher natan lakh. Barukh atah Adonai, al ha-aretz v'al ha-mazon.*

רְצֵה וְהַחֲלִיצֵנוּ יְיָ אֱלֹהֵינוּ בְּמִצְוֹתֶיךָ וּבְמִצְוַת יוֹם הַשְּׁבִיעִי הַשַּׁבָּת הַגָּדוֹל וְהַקְּדוֹשׁ הַזֶּה. כִּי יוֹם זֶה גָּדוֹל וְקְדוֹשׁ הוּא לְפָנֶיךָ, לְשַׁבַּת בּוֹ וְלַנּוּחַ בּוֹ בְּאַהֲבָה כְּמִצְוַת רִצּוֹנְךָ.

Strengthen us, Adonai our God, with Your mitzvot, particularly the mitzvah of this great and holy Shabbat. You have sanctified it lovingly, that we may rest thereon, according to Your will.

*R'tzei v'ha-halitzenu Adonai Eloheinu b'mitzvotekha, u-v'mitzvat yom ha-sh'vi-i, ha-shabbat ha-gadol v'ha-kadosh ha-zeh, lish-bot bo v'lanu-akh bo b'ahavah k'mitzvat r'tzonekha.*

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְּרַחֲמֶיךָ יְרוּשָׁלַיִם. אָמֵן.

Rebuild Jerusalem, the holy city, soon, in our day. Praised are you Adonai, who in mercy rebuilds Jerusalem. Amen.

*U-v'neh Y'rushalayim ir ha-kadosh bi-m'herah v'yameinu. Barukh atah Adonai, boneh v'rahamav Y'rushalayim. Amen.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל, אֲבִינוּ מִלְּפָנֶיךָ, אֲדִירָנוּ בּוֹרְאָנוּ גּוֹאֲלָנוּ, יוֹצְרָנוּ, קְדוֹשָׁנוּ קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל, הַמְּלֶכֶךְ הַטּוֹב וְהַמְּטִיב לְכָל, שְׁפָכֶל—יוֹם וַיּוֹם הוּא הַטֵּיב, הוּא מְטִיב הוּא יְיָ טֵיב לָנוּ. הוּא גֹמְלָנוּ, הוּא גּוֹמְלָנוּ, הוּא יְגַמְלָנוּ לְעַד.

Praised are You Adonai our God, who rules the universe, our Provider, our Sovereign, our Creator and Redeemer, our Holy One, the Holy One of Jacob, our Shepherd, the Shepherd of Israel, Sovereign who is good to all, whose goodness is constant throughout all time. May You continue to bestow upon us grace, kindness, and compassion.

*Barukh atah Adonai, Eloheinu melekh ha-olam, ha-El Avinu Malkeinu Adirenu Bor'enu Go'alenu Yotz'renu K'doshenu, K'dosh Ya'akov, Ro-enu Ro-eh Yisra-el. Ha-Melekh ha-tov v'ha-metiv la-kol, she-b'khol yom va-yom hu hetiv, hu metiv, hu yetiv lanu. Hu g'malanu, hu gomlenu, hu yigm'lenu la-ad.*

הַרְחֵמֵנוּ, הוּא יְבָרֶךְ אֶת—כָּל—הַמְּסוּבִין כְּאֵן.

May the Merciful bless all who are gathered here.

הַרְחֵמֵנוּ, הוּא יִנְחִילָנוּ יוֹם שְׁפָלוֹ שַׁבָּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

May the Merciful grant us a day of true Shabbat rest, reflecting the life of eternity.

הַרְחֵמֵנוּ, הוּא יְבָרֶךְ אֶת—הָאָרֶץ הַזֹּאת וְיִשְׁמְרָהּ.

May the Merciful bless this land and preserve it.

הַרְחֵמֵנוּ, הוּא יְבָרֶךְ אֶת—מְדִינַת יִשְׂרָאֵל, רֵאשִׁית צְמִיחַת גְּאֻלָּתָנוּ.

May the Merciful bless the State of Israel, the promise of our redemption.

הַרְחֵמֵנוּ, הוּא יִזְכְּנוּ לַיָּמֹת הַמְּשִׁיחַ וְלַחַיֵּי הָעוֹלָם הַבָּא.

May the Merciful consider us worthy of the messianic era and life in the world to come

מְגֹדֹל יְשׁוּעוֹת מְלָכוֹ, וְעֵשֶׂה חֶסֶד לְמִשְׁיחוֹ, לְדָוִד וּלְזָרְעוֹ עַד עוֹלָם. עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

God is a source of deliverance for His king, of lovingkindness for His anointed, for David and his descendants forever. May the One who brings peace to His universe bring peace to us and to all the people Israel. And let us say: Amen.

*Migdol y'shu-ot malko, v'oseh hesed li-m'shiho, l'david u-l'zar-o ad olam. Oseh shalom bi-m'romav, hu ya'aseh shalom aleinu v'al kol Yisra-el, v'imru amen.*