

Observing Shabbat at Home

עֶרֶב שַׁבָּת

Erev Shabbat – Shabbat Evening



LIGHTING THE SHABBAT CANDLES

- ✧ We light two candles which remain burning until they go out.
- ✧ Some families have a candle for each member of the family so that each person gets to light one.
- ✧ **After** lighting the candles but **before** the blessing is said some people symbolically draw in the light from the candles with gentle circular hand motions over the flame. We then cover or close our eyes while reciting the candle lighting blessing.

Baruch Atah Adonai, Eloheinu Melech
ha-olam, asher kidshanu b'mitzvotav,
v'tzivanu l'hadlik ner shel Shabbat.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed are You, Adonai our God, Ruler of the universe, who has sanctified us with commandments and commanded us to light the Shabbat candles.

KEY QUESTIONS

WHY 2 CANDLES? The two candles represent the two Torah commandments concerning Shabbat: “keep” and “remember”. *Keeping* Shabbat means we are obligated to observe Shabbat, and *remembering* Shabbat means we should prepare for it in a special way.

WHY COVER YOUR EYES FOR THE BLESSING?

Usually we say a blessing before we do something, but in this case we light candles and say the blessing afterwards. This is because if we said the blessing first, thereby beginning Shabbat, we technically could not light a fire! Since we don't want to 'benefit' from the light of the Shabbat candles until we have said the proper blessing, we cover our eyes.

SINGING SHALOM ALEICHEM

☆ As we sit down at the table on Friday night, it is traditional to begin with singing "Shalom Aleichem." This song welcomes the Shabbat angels into the home.

Shalom Aleichem

שלום עליכם

Sha-lom a-lei-chem, mal-a-chei ha-sha-reit, mal-a-chei El-yon mi-melech ma-le-chei ha-m'la-chim, ha-ka-dosh ba-ruch Hu.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,
מַלְאָכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo-a-chem l'shalom mal-a-chei ha-shalom, mal-a-chei El-yon mi-melech ma-le-chei ha-m'la-chim, ha-ka-dosh, ba-ruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Ba-re-chu-ni le-shalom, mal-a-chei ha shalom, mal-a-chei El-yon mi-melech mal-a-chei ha-m'la-chim, hakadosh baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tseit-chem le shalom, mal-a-chei ha-shalom, mal-a-chei Elyon, mi-melech mal-a-chei ha-m'la-chim, ha-kadosh baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,
מַלְאָכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Peace be to you, O ministering angels, messengers of the Most High, the supreme Ruler of rulers, the Holy One of blessing. Enter in peace, O messengers of peace, messengers of the Most High, the supreme Ruler of rulers, the Holy One of blessing. Bless me with peace, O messengers of peace, messengers of the Most High, the supreme Ruler of rulers, the Holy One of blessing. Depart in peace, O messengers of peace, messengers of the Most High, the supreme Ruler of rulers, the Holy One of blessing.

SHARING IN BLESSING

- ☆ Parents can bless their children and each other, concluding with the priestly blessing.
- ☆ As the parents say the blessing, they place their hands on the children's heads.
- ☆ Many couples also bless each other, or say a few loving words. Traditionally a man recites a passage from Proverbs 31:10-31... known as *Eyshet Chayil* (woman of valor) to his wife. Women can offer Psalm 112... Or You can read from your ketubah (marriage contract.)

For girls we say:

Yis-maech Elohim k'Sarah, Rivkah, יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה לֵאָה וְרַחֵל.
Leah, v'Rachel

May God inspire you to live in the tradition of Sarah, Rebecca, Leah and Rachel, who carried forward the life of our people.

For boys we say:

Ye-sim-cha E-lo-him ke-Ef-ra-yi ve- יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.
chi- Me-na-she.

May God inspire you to live in the tradition of Ephraim and Manasseh, who carried forward the life of our people.

For all children we say:

Yivareche-cha Adonai v'yismirecha. יְבָרְכֶךָ יְיָ וְיִשְׁמְרֶךָ.

May God bless you and keep you.

Ya-eir Adonai panav eylecha vi-chu-ne-ka. יָאֵר יְיָ פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ.

May the light of God's presence shine upon you and be gracious to you.

Yi-sah Adonai panav eylecha v'yasem יֵשֵׁא יְיָ פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.
l'cha shalom.

May God bestow favor upon you and grant you peace.

KEY QUESTIONS

Where do these blessings come from? The sources of the tradition for blessing children are biblical. Isaac blessed his sons, Jacob and Esau. And Jacob blessed his grandsons Ephraim and Menasseh. The blessings for girls recalls the matriarchs of our people. The priestly blessing is taken from the biblical book of Numbers (6:24-26).

SINGING KIDDUSH

- ☆ We mark Shabbat as holy by saying a blessing over wine or grape juice.
- ☆ On Friday night the Kiddush has four parts. The first part recalls the biblical account of the creation of Shabbat. The second part is the blessing over wine. The third describes the gift of Shabbat, its meanings and symbolism. And the fourth describes Shabbat as a sign of covenant between God and the Jewish people.

There was evening and there was morning. On the sixth day, the heavens and the earth and all their hosts were completed. And God completed, on the seventh day, God's work, which God had made, and God ceased on the seventh day, all God's work in which God had been engaged. And God blessed the seventh day and sanctified it; because on it God ceased all God's work which God had created.

[Genesis 1:31, 2:1-3]

Kiddush

קדוש

Baruch Atah Adonai, Eloheinu Melech ha-olam, borei p'ri ha gafen. Amen.

ברוך אתה יי, אלהינו מלך העולם, בורא פרי הגפן: אמן.

Baruch Atah Adonai, Eloheinu Melech ha-olam, a-sher ki-de-sha-nu b'mitz-vo-tav ve-ratso vanu, v'shabbat kod-sho b'ahava u've-ratson hin-chi lanu, zi-karon le-ma-ah-sei v'reit-shit. Ki hu yom t'chi-la, le-mikra-ei ko-desh ze-cher l'tsi-at Mits-ra-yim.

ברוך אתה, יי אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו, ושבבת קדשו באהבה ובכבוד הנחילנו זכרון למעשה בראשית כי הוא יום תחילה למקראי קדש, זכר ליציאת מצרים.

Ki va-nu va-char-ta v'o-ta-nu ki-dash-ta mi-kol ha-a-mim. V'shab-bat kod-she-cha be-ahava u've-ra-tson hin-chal-ta-nu

כי־בנו בחרת, ואותנו קדשת מפל־העמים ושבבת קדשך באהבה ובכבוד הנחלתנו:

Baruch Atah Adonai, m'ka-deish ha Shabbat. Amen.

ברוך אתה, יי, מקדש השבת. אמן.

Blessed are You, Adonai our God, Ruler of the universe, who creates the fruit of the vine. We praise You Adonai our God, Ruler of the Universe, who hallows us with mitzvot and favors us with the holy Shabbat, lovingly and graciously bestowed upon us, a memorial of the act of creation, first of the holy assemblies, a remembrance of the going forth from Egypt. You have chosen us and hallowed us from among all peoples, by lovingly and graciously bestowing upon us Your holy Sabbath. We praise You, O God, who sanctifies Shabbat.

HA-MOTZI

RECITING THE BLESSING OVER THE CHALLAH

- ☆ The challah remains covered while Shabbat is being sanctified with the blessing over the wine so as not to embarrass it [the challah.]
- ☆ The person saying the blessing traditionally holds two loaves together. These correspond to the two portions of manna that fell from heaven on Fridays so that the

You may want to start with this English introduction:

Ha motzi lechem min ha-aretz. We give thanks to God for bread. Our voices rise in song together. As our joyful prayer is said:

Ha-Motzi

מוציא

Baruch Atah, Adonai Eloheinu melech
ha-olam ha motsi lechem min ha-arets.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

We praise You, Adonai our God, Ruler of the Universe, who brings forth bread from the earth.

BIRKAT HAMAZON

Blessing after the meal (Reform version)

(on Shabbat)

Shir ha-ma-a-lot bshuv A-do-nai
Et shi-vat Tzi-yon ha-yi-nu k'-chol-
mim Az y'-ma-lei s'-chok pi-nu ul-sho-
nei-nu ri-na. Az yom-ru va-go-yim
hig-dil
A-do-nai la-a-sot im ei-leh hig-dil
A-do-na la-a-sot i-ma-nu ha-yi-nu s'-
mei-chim. Shu-vah A-do-nai et sh'-vi-
tei-nu ka-a-fi-kim ba-ne-gev ha-zo-
rim b'-dim-ah b'-ri-nah yik-tzo-ru. Ha-
loch yei-leich u-va-cho no-sei me-
shech ha-za-ra. Bo ya-vo v'-ri-na no-
sei a-lu-mo-tav.

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ
אֶת שִׁיבַת צִיּוֹן הֵינּוּ כְּחֻלְמִים:
אֲזַי יִמְלֵא שְׂחוֹק פִּינּוּ וּלְשׁוֹנֵינוּ רִנָּה
אֲזַי יֵאמְרוּ בְּגוֹיִם הַגְּדִיל יְיָ לַעֲשׂוֹת
עִם אֱלֹהֵי: הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ
הֵינּוּ שְׂמֵחִים: שׁוּבָה יְיָ אֶת שְׁבִיתָנוּ
כְּאֶפְיָקִים בְּנֹגֵב: הֲזָרְעִים בְּדַמְעָה
בְּרִנָּה יִקְצְרוּ: הַלֹּדֶף יִלְדֵף וּבִכָּה נִשְׂא
מִשְׁדֵּף הֲזָרַע בָּא יָבֵא בְּרִנָּה
נִשְׂא אֶלְמֵתָיו:

When we return to Zion, it will seem like a dream. Our mouths will fill with laughter, our tongues with joyful song. Then the nations will say, "God has done great things for them." It is for us that God is doing great things; we will rejoice. Restore us once again, O God, like sudden flood streams in the desert. Those who sow in tears shall reap in joy. Those who go forth reaping, bearing the seed for sowing, will return bearing the sheaves with song and with laughter. (Psalm 126)

Leader: Cha-vei-rai n'-va-reich

חֲבֵרֵי נְבָרָךְ!

Community followed by leader: Y'-
hi sheim A-do-nai m'-vo-rach mei-a-
tah v'-ad o-lam

יְהִי שֵׁם יְיָ מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

Leader: Bir-shut cha-vei-rai n'-va-
reich E-lo-hei-nu She-a-chal-nu mi-
she-lo

בְּרִשׁוֹת חֲבֵרֵי נְבָרָךְ (אֱלֹהֵינוּ)
שְׂאֲכַלְנוּ מִשְׁלוֹ.

Community followed by leader:
Ba-ruch E-lo-hei-nu she-a-chal-nu
mi-she-lo Uv-tu-vo cha-yi-nu.

בְּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכַלְנוּ מִשְׁלוֹ
וּבִטּוּבוֹ הֵינּוּ.

Friends, let us praise God. Let the name of God be praised from now to eternity. Let us praise of God of whose bounty we have partaken. Let us praise our God of whose bounty we have partaken and by whose goodness we live. May God and God's name be praised.

(Community)

Ba-ruch hu u-va-rach sh'-mo : Ba-ruch
A-tah A-do-nai
E-lo hei-nu me-lech ha-o-lam
Ha-zan et ha-o-lam ku-lo b'-tu-vo
B'-chein b'-che-sed uv-ra-cha-mim
Hu no-tein le-chem l'-chol ba-sar
Ki l'-o-lam chas-do. Uv-tu-vo ha-ga-
dol ta-mid lo cha-sar la-nu. V'-al
yech-sar la-nu ma-zon l'-o-lam va-ed.
Ba-a-vur sh-mo ha-ga-dol, ki hu Eil
zan um-far-neis la-kol, u-mei-tiv la-
kol u-mei-chin ma-zon L'-chol b'-ri-o-
tav a-sheer ba-ra. Ba-ruch A-tah A-do-
nai ha-zan et ha-kol.

בָּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ: בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם
כָּלֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים הוּא
נוֹתֵן לָחֵם לְכָל בֶּשָׂר כִּי לְעוֹלָם חֶסֶד־ו.
וּבְטוֹבוֹ הַגָּדוֹל תִּמְיֵד לֹא חָסַר לָנוּ,
וְאֵל יַחְסֹר לָנוּ מִזֹּון לְעוֹלָם וָעֶד.
בְּעִבוּר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֵן
וּמַפְרִיֵס לְכָל וּמַטִּיב לְכָל,
וּמַכִּין מִזֹּון לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.
בָּרוּךְ אַתָּה יְיָ, הַזֵּן אֶת הַכֹּל:

Blessed are you Adonai, our God, Sovereign of the Universe, who nourishes the entire world, with God's goodness, with grace with Kindness, and with mercy. God gives nourishment to all flesh, for God's kindness is eternal. Through God's kindness, mercy and compassion all existence is eternally sustained. God is forever faithful. God's surpassing goodness fills all time and space. Sustenance there is for all. None need ever lack, no being want for food. We praise You, O God, the One sustaining all.

Ka-ka-tuv: v'-a-chal-ta v'-sa-va-ta u-vei-
rach-ta et A-do-nai E-lo-he-cha. Al ha-a-
retz ha-to-va a-sheer na-tan lach. Ba-ruch
A-tah A-do-nai Al ha-a-retz v'-al ha-ma-
zon.

כַּכְּתוּב, וְאָכַלְתָּ וְשָׂבַעְתָּ, וּבֵרַכְתָּ
אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ הַטֹּבָה
אֲשֶׁר נָתַן לָךְ. בָּרוּךְ אַתָּה יְיָ, עַל
הָאָרֶץ וְעַל הַמִּזֹּון:

As it is written in the Torah: "You shall eat, be satisfied and bless Adonai your God for the good land given you." We praise you, O God, for the earth and for substance."

U-v'-nei Y'-ru-sha-la-yim ir ha-ko-desh
Bim-hei-rah v'-ya-mei-nu. Ba-ruch A-tah

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהְרָה
בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ, בּוֹנֵה

A-do-nai bo-neh v'-ra-cha-mav Y'-ru-sha-la-yim, a-mein.

בְּרַחֲמֵי יְרוּשָׁלַיִם. אָמֵן

And build Jerusalem, O God, speedily in our day. We praise You, O God, whose compassion builds Jerusalem.

Ha-ra-cha-man hu yim-loch
A-lei-nu l'-o-lam va-ed
Ha-ra-cha-man hu yit-ba-rach
Ba-sha-ma-yim u-va-a-retz

הַרְחֵמֵנו, הוּא יִמְלֹךְ עָלֵינוּ
לְעוֹלָם וָעֶד.

הַרְחֵמֵנו, הוּא יִתְבָּרֵךְ
בְּשָׁמַיִם וּבָאָרֶץ.

Ha-ra-cha-man hu yish-lach la-nu
B'-ra-cha m'-ru-ba ba-ba-yit ha-zeh
V'-al shul-chan zeh she-a-chal-nu a-lav.

הַרְחֵמֵנו, הוּא יִשְׁלַח לָנוּ
בְּרָכָה מְרֻבָּה בְּבֵית הַזֶּה,
וְעַל שֻׁלְחָנוֹ זֶה שְׂאֵכְלָנוּ עָלָיו.

(On Shabbat)

Ha-ra-cha-man hu yan-chi-lei-nu
Yom she-ku-lo Sha-bat u-m'-nu-cha
L'-cha-yei ha-o-la-min.

הַרְחֵמֵנו, הוּא יִנְחִילָנוּ יוֹם שְׁכָלוֹ
שַׁבָּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

May the Merciful One reign over us forever and ever. May the Merciful One be blessed in heaven and on earth. May the Merciful One send us abundant blessing to this house, and upon this table at which we have eaten. (Shabbat) May the Merciful One cause us to inherit a Shabbat of eternal peace.

O-se-sha-lom bim-ro-mav
Hu-ya-a-se sha-lom a-lei-nu
V'-al kol Yis-ra-eil v'-im-ru a-mein.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם,
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

The one who makes peace in the heavens will make peace for us and all Israel, and we say, Amen.

A-do-nai oz l'-a-mo ti-tein
A-do-nai y'-va-reich et a-mo va-sha-lom.

יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ
אֶת עַמּוֹ בְּשְׁלוֹם:

May God give strength to our people. May God Bless all peoples with peace.