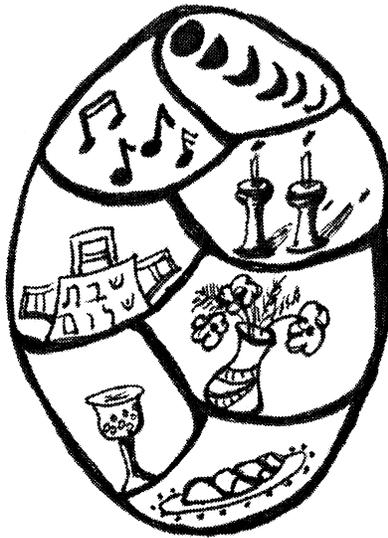


*During the Passover seder we sing a song known as "Dayeinu" (which means "it would have been enough for us.") We sing: "If the Holy One had only given us Shabbat, that would have been all we needed!" With all our love here we give it to you again -*

# The Gift of Shabbat

One seventh of our life is spent on Shabbat. If we live to be 119, that means 17 years of Shabbat! Let's enjoy those years.



Each of the first six days of creation had a mate, but the seventh day, Shabbat, was alone. God said, "The Jewish People will be your partner."

**This is a "Recipe Booklet" to help make Shabbat special and maybe even "holy" for you—**

## **Don't forget three important ingredients:**

- 1) Shabbat can be an island of time in the midst of our over-programmed lives. You can bring your family's own customs to that island, along side of old and new traditions of our people. You can discover for yourself when and where that island exists and then you can try to visit it every week!
- 2) Give yourself and your family permission to choose the best way to spend special times together. Remember that some of the ways we celebrate include singing, dancing, blessing each other, and especially enjoying each other's company. Some celebrate by reading, studying, storytelling, and appreciating each other in words, hugs, and blessings.
- 3) Shabbat is not just Friday night or Saturday morning worship—Shabbat can be celebrated in our hearts and homes if we figure out just what's right for all of us.

**Illustrations by  
Debbie Kopp**

Early Zionist pioneer Ahad Ha'am wrote that although the wine blessing from the Torah actually says, "The Jewish people preserved the Shabbat," it is more true to say that Shabbat preserved the Jewish people.



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Before Shabbat even begins for you here are three traditional things you can do:

- 1) Make part of the meal together – challah, dessert, or share the honors to call for take-out.
- 2) Run around and prepare yourself, your house, your table, etc., busily so you can relax more fully
- 3) Take all the change out of your pocket or purse and put it in your “pushke” (a charity or “Tzedakah” box). You can make one or buy one for yourself. You might take all the money out on your birthday or some other special day and give it to needy people or to a place that helps them.

## Lighting the Candles

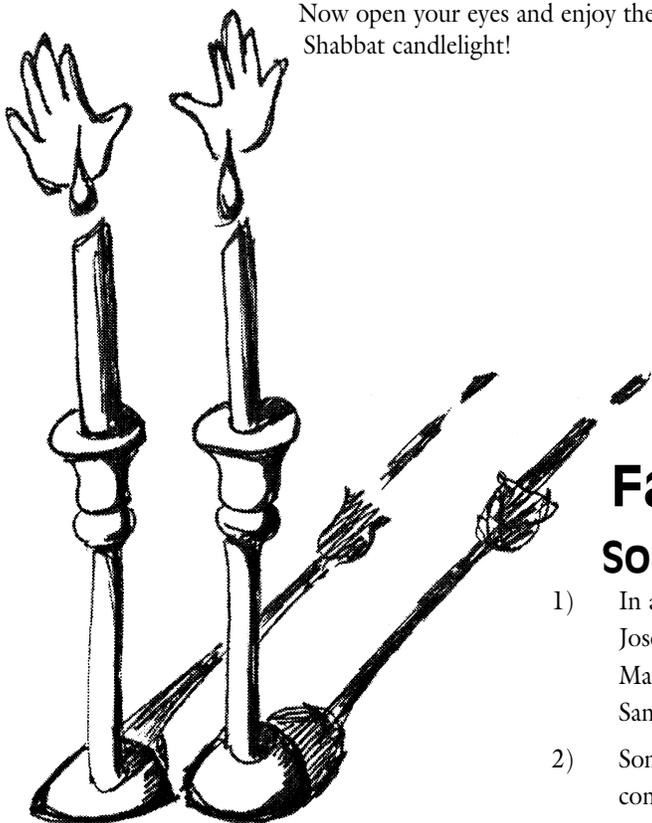
We light at least two candles to welcome Shabbat. They represent the two expressions in the Ten Commandments of experiencing Shabbat, remembering and observing. Some families do this before sunset and some light one candle for each member of the family. After lighting the candles, one custom is to circle your hands over them three times, then cover your eyes and say or sing:

ברוך אתה יי אלהינו מלך העולם  
אשר קדשנו במצותיו, וצונו  
להדליק נר של שבת.

Baruch Atah, Adonai Eloheinu, Melech ha'olam,  
asher kid'shanu b'mitzvotav v'tzivanu  
l'hadlik neir shel shabbat.

Blessed are You, Our Eternal God, Ruler of the universe,  
who makes us holy with your mitzvot,  
and commands us to light the Shabbat candles.

Now open your eyes and enjoy the  
Shabbat candlelight!



## Blessing the Children

One custom is that parents bless their children before the Friday meal. Place your hands on your child(ren) and say:

### For daughters

ישמך אלהים כשרה רבקה רחל ולאה:

Y'simeich Elohim k'sarah, rivkah, racheil, v'lei'ah.

May God make you like Sarah, Rebecca, Rachel, and Leah.

### For sons

ישמך אלהים כעפרים וכמנשה:

Y'simcha Elohim k'efrayim v'chim'nasheh.

May God make you like Ephraim and Menasheh.

(Genesis 48:20 says future children are to be blessed via Joseph's sons, the first peaceful siblings in the Bible)

### For all children

יברכך יי וישמך:

יאר יי פניו אליך ויחנה:

ישא יי פניו אליך וישם לך שלום:

Y'varech'cha Adonai v'yishm'recha.

Ya'eir Adonai panav eilecha viy'chuneka.

Yisa Adonai panav eilecha, v'yaseim l'cha shalom.

May God bless you and keep you.

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

May God's face be lifted upon you and give you peace.

## Family Blessings—

### Some New Customs or Ideas

- 1) In addition or in place of the traditional blessings above, “May God make you like Joseph's sons or the matriarchs,” use a custom suggested by poet and liturgist Marcia Falk. Say something like may God help you be the best Josh, or Beth or Sam or Jessie you can be!
- 2) Some kids prefer holding hands in a circle to being blessed on the head or do a combination and let children bless parents as well.
- 3) Do a variation of the traditional blessing of the valiant woman of the household (known as “Eishet Chayyil,” in Proverbs 31) and bless your partner or friends.

## Shabbat Evening Kiddush

Raise the Kiddush cup filled with wine or grape juice.  
Some begin with Genesis 1:31-2:3, Vayehi erev Vayehi boker...)  
ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו, ושבת קדשו באהבה וברצון הנחילנו זכרון למעשה בראשית, כי הוא יום תחלה למקראי קדש, זכר ליציאת מצרים, כי בנו בחרת ואותנו קדשת מכל העמים, ושבת קדש באהבה וברצון הנחלתנו. ברוך אתה יי, מקדש השבת.

Baruch ata Adonai, Eloheinu melech haolam, borei p'ri hagafen.  
Baruch ata Adonai, Eloheinu melech haolam, asher kid'shanu b'mitzvotav v'ratza vanu, v'shabbat kodsho b'ahava uv'ratzon hinchilanu, zikaron l'ma'asei v'reisheet. Ki hu yom t'chila l'mikraei kodesh, zeicher litziat Mitzrayim. Ki vanu vacharta v'otanu kidashta mikol haamim, v'shabbat kodsh'cha b'ahava uv'ratzon hinchaltanu. Baruch ata Adonai m'kadeish haShabbat.

We praise you, Eternal God, Ruler of the universe, Creator of the fruit of the vine. We praise you, Eternal God, Ruler of the universe: You call us to holiness with the Mitzvot, favoring us with the holiness of Shabbat in love, a reminder of Creation, and of our liberation from Egypt. You gave our people the unique heritage of a loving and holy Shabbat. We bless You for making the Shabbat special.

## Shabbat Daytime Kiddush

ישמרו בני ישראל את השבת, לעשות את השבת לדורתם ביום עולם. ביני ובין בני ישראל אות היא לעולם, כי ששבת ימים עשה יי את השמים ואת הארץ, וביום השביעי שבת ונפשו.

Veshameru venei Yisrael et hashabbat, la'asot et hashabbat, ledorotam berit olam. Beini uvein b'nei Yisrael ot hi l'olam, ki sheisheet yamim asa Adonai et hashamayim v'et ha'arets, u'vayom hashevi'i shavat vayinafash.

The people of Israel shall keep Shabbat, observing Shabbat in every generation as a covenant for all time. It shall be a sign forever between Me and the people of Israel, for in six days God made heaven and earth, and on the seventh day God rested and was refreshed. (Exodus 31:16-17)

Some add Exodus 20:8-11, zachor et yom hashabbat...)

על כן ברוך יי את יום השבת ויקדשהו. ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן. Al kein beirach Adonai et yom hashabbat vayekadesheihu. Baruch ata Adonai Elohei-nu, melech haolam, borei peri hagafen.

Therefore, Adonai blessed the seventh day and called it holy. We praise You, Our Eternal God, Ruler of the universe, Creator of the fruit of the vine.

## Washing and Blessing over Bread

After Kiddush some families wash hands before the “Motzi” over bread, perhaps passing a pitcher, basin, and towel around or at a sink, pouring the water over one hand and then the other.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצננו על נטילת ידים

Baruch atah Adonai, Eloheinu Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim. Blessed are You, our Eternal God, Ruler of the universe, who sanctifies us with mitzvot and calls upon us to lift up our hands (for washing).

One custom for each Shabbat meal is to place two loaves of challah on the table and cover them. The two loaves remind us of the double portion of manna that the wandering Israelites gathered on the eve of Shabbat. After Kiddush, we remove the cover and recite the blessing over bread..

ברוך אתה יי אלהינו מלך העולם המוציא לחם מן הארץ  
Baruch Atah, Adonai Eloheinu, Melech ha'olam, hamotzi lechem min ha'arets.

Blessed are You, our Eternal god, Ruler of the universe, who brings forth bread from the earth.

The challah is then sliced or broken into pieces and passed around the table. Some sprinkle salt on the bread before passing portions, remembering the practice of salting offerings on the altar (which the Shabbat table replaces!)

### During the Meal

You may choose to do and say things that are special for Shabbat. Add Spice (appreciate each other in words), SALT, (Study A Little Torah), and Soul (singing). For suggestions see the next page.

### Blessing after the Meal

*Bircat Hamazon.* There are many traditional blessings of thanks after the meal. They all express the theme of this blessing:

ברוך אתה יי הן את הכל  
Baruch Attah Adonai, Hazan Et Hakol

We call you blessed, Our Eternal God, You nurture all beings. To this blessing we add our hopes and prayers for the wondrous day when no one in the world will go hungry. Let us commit ourselves to help bring that time soon.

### A Third Meal (in Hebrew Se'udah Shlisheet)

On Shabbat one custom is to have a third festive meal, another opportunity for singing and togetherness before marking the departure of Shabbat with Havdalah.



## Add SALT, Spice, and Soul to Your Meal (or Shabbat /Family Talk)

- 1) Study Torah in all its meanings: read part of the torah portion for the week, ask and answer questions like we do on Passover (See URJ.org/torah or templeshalom.net); or read an Israeli poem; read from another part of Jewish literature or folklore, including collections of family midrash like Rabbi Marc Gellman's *Does God Have a Big Toe?*
- 2) Add spice to your conversation – go around the table and let each person express what they appreciate about themselves and the others present from the past week; review the week that was, its joys and challenges.
- 3) Add soul – songs and chants from all over the world – this one perhaps before the meal:

שְׁלוֹם עֲלֵיכֶם, מַלְאַכֵי הַשָּׁרָת, מַלְאַכֵי עֲלִיוֹן, מִמְלַךְ מַלְכֵי הַמַּלְכִּים, הַקְדוֹשׁ בְּרוּךְ הוּא:  
 בּוֹאֲכֶם לְשָׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, בְּרַכּוֹנֵי לְשָׁלוֹם, צִאתְכֶם לְשָׁלוֹם

Shalom aleichem mal'achei hashareit, mal'achei elyon, mimelech mal'chei ham'lachim, Hakadosh Baruch Hu  
 Bo'achem l'shalom, mal'achei hashalom, malachei elyon (as above)  
 Bar'chuni l'shalom...Tzetchem l'shalom...

Shalom to you, angels who accompany me, messengers of the Most High, the supreme Sovereign, the Holy One of Blessing. Enter in Shalom, bless me with Shalom, then depart in Shalom, peaceful messengers of the Most High.

(This song reflects a tradition that “angels,” sparks of holiness, accompany us on our spiritual journeys, to and fro, on Shabbat.)

## Havdalah – Ending Shabbat Together

Just as we greet Shabbat with blessings, wine, and candlelight, so do we say goodbye on Saturday evening with three symbols (and a wish.) Over wine we recite blessings to the Creator of the fruit we are using to mark distinctions in our lives, between work and rest, light and dark, holy time and ordinary time, etc. The spices help revive us as we move from Shabbat with its special soulfulness to the rest of the week. Our candle of multiple wicks shows our unity within our diversity as a human family. We chant Eliyahu Hanavi in the hope that our work in coming week will bring him and his message of peace and justice to the world, and we conclude with the chanting of Shavua Tov, may it be a good week, a week of peace, with gladness and joy on the increase!

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch atah adonay eloheynu melech ha'olam borey peri hagafen.

In some families everyone takes a sip of the wine (grape juice) here. Others wait until after the final blessing.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי בְּשָׂמִים:

Baruch atah adonay eloheynu melech ha'olam borey miney vesamin.

After this blessing, the leader smells the spices and passes them around for every one to smell in order to revive our spirits as the special spirit of Shabbat departs.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.

Baruch atah adonay eloheynu melech ha-olam borey me-orey ha-esh.

After reciting the blessing over fire, we hold out our hands before the candle flame to use it, our fingers looking radiant or casting shadows on our palms.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחֹל  
 בֵּין אוֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשַּׁבָּת לְשִׁשֶּׁת יְמֵי הַמַּעֲשֶׂה:

Baruch atah adonay eloheynu melech ha-olam hamavdil

beyn kodesh lechol beyn or lechoshech, beyn yisrael la'amim,  
 beyn yom hashevi'i lesheshet yemey hama-aseh.

Baruch atah adonay hamavdil beyn kodesh lechol.

The candle is now extinguished. Some families do this by immersing it in wine from the cup, or more dramatically in a liqueur in a ceramic plate. We continue in song, hoping that the next week may be one of liberation by recalling the tradition of Elijah the Prophet who will bring this news to us, and by chanting Shavua Tov (a good week!)

Blessed are You, our Eternal God, Ruler of the Universe, Creator of the fruit of the vine, diverse spices, and the lights of the fire.

Blessed are You, our Eternal God, Ruler of the Universe, Creator of diversity, You distinguish between holy and ordinary, light and dark, the Jewish people and other peoples, the seventh day of rest and the six days of work. Blessed are You to distinguish the holy from the ordinary.

אֱלֹהֵינוּ הַנְּבִיא אֱלִיָּהוּ הַתְּשִׁבִי אֵלֵינוּ הַגִּלְעָדִי  
 בְּמַהֲרָה בְּיָמֵינוּ יָבֹא אֵלֵינוּ עִם מְשִׁיחַ בֶּן-דָּוִד:

Eliyahu Hanavi, Eliyahu HaTishbi  
 Eliyahu, Eliyahu, Eliyahu Ha Gileadi  
 Bimheirav B'yameinu Yavo Eleinu  
 Im Mashiach, Ben David (2)  
 (Repeat first two lines)

May Elijah the Tishabite,  
 The Gileadite prophet  
 Come speedily in our time  
 To bring peace and justice to the world  
 (i.e., bring the Messiah, descendant of David)

## שבוע טוב

Shavua Tov (chant eight times)  
 A Good Week, a week of peace,  
 may gladness reign and joy increase!