



# Shavuot at Home

## שבועות

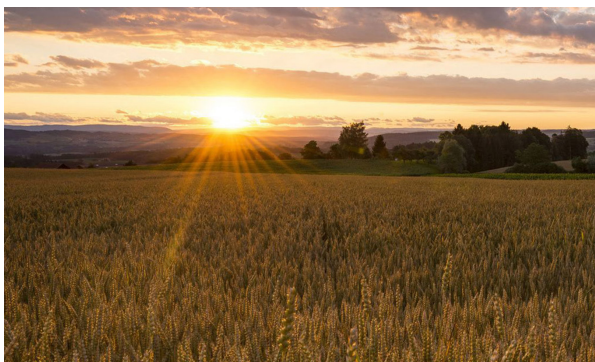
Shavuot:

**THE  
BIG  
IDEA**

Shavuot marks the anniversary of Revelation, the receiving of the Torah on Mt. Sinai. And so we celebrate with tasty food (dairy) and Torah study.

In the Western world, “Bible study” conveys an intellectual experience, like taking a religion course in college. But in the Jewish tradition, “Torah study” is much more. Sure it’s intellectual. But it’s also a spiritual experience, one that strengthens the relationship between us and G-d. And an emotional experience, meant to inspire us to elevate our behavior and morals.

“Torah study” touches the head, hand, heart, and soul.



### The Guide

While the food is delicious, the Shavuot meal offers more: the opportunity for family memories, personal meaning, communal solidarity, and holiness.

### The order of the meal

1. Candle Lighting
2. Reciting Kiddush (the blessing over the wine)
3. Washing Hands
4. Reciting Hamotzi (the blessing over the bread)
5. The Meal
6. Reciting Birkat HaMazon (Grace after Meals)

## 1. Candle Lighting

Like Shabbat, the holiday begins at sundown, as we mark the boundary between ordinary time and extraordinary (holy) time. Only by making distinctions can we mark some times as being unique.

ברוך אתה יי אלהינו מלך העולם,  
אשר קדשנו במצותיו, וצונו  
להדליק נר של (שבת ושל)  
יום טוב.



*Barukh atah Adonai eloheinu  
melekh ha-olam, asher kid'shanu  
b'mitzvotav v'tzivanu l'hadlik ner shel  
(shabbat v'shel) yom tov.*

Praised are You, Adonai our God,  
Ruler of the Universe Who command-  
ed us to kindle lights for (Shabbat and  
for) the Festival.

**After lighting the candles, we say the  
Blessing of She-heheyanu, thanking  
God for allowing us to live another  
year and experience this moment.**

ברוך אתה יי אלהינו מלך העולם, שהחיינו  
וקיימנו והגיענו לזמן הזה.

*Barukh atah Adonai eloheinu  
melekh ha-olam, she-heheyanu  
v'kiymanu v'higianu lazman  
ha-zeh.*

Praised are You, Adonai our  
God, Ruler of the Universe,  
for enabling us to live, for  
sustaining us, and for bringing  
us to this moment.



## 2. Reciting Kiddush

Whenever we make a blessing over wine or grape juice - like on Shabbat - we never declare the wine itself to be holy; otherwise we couldn't drink it. Instead, we use the wine as a vessel to declare something else to be holy: the holiday time itself.

(First paragraph and words in parentheses on Shabbat only)

ויהי ערב ויהי בקר יום הששי. ויכלו השמים והארץ וכל צבאם. ויכל  
אלהים ביום השביעי מלאכתו אשר עשה, וישבת ביום השביעי מכל  
מלאכתו אשר עשה. ויברך אלהים את יום השביעי ויקדש אתו, כי בו  
שבת מכל מלאכתו, אשר ברא אלהים לעשות.

סברי מרגן ורבען ורבותי. ברוך אתה יי אלהינו  
מלך העולם, בורא פרי הגפן.

ברוך אתה יי אלהינו מלך העולם, אשר בחר בנו מכל עם ורוממנו  
מכל לשון, וקדשנו במצותיו. ותתן לנו יי

אלהינו באהבה (שבתות למנוחה ו)מועדים  
לשמחה, חגים וזמנים לששון, את יום (השבת  
הזה ואת יום) חג השבעות הזה, זמן מתן תורתנו  
(באהבה) מקרא קדש, זכר ליציאת מצרים.

כי בנו בחרת ואותנו קדשת מכל העמים, (ושבת) ומועדי קדשך  
(באהבה וברצון) בשמחה ובששון הנחלתנו. ברוך אתה יי, מקדש  
(השבת ו) ישראל והזמנים.  
ברוך אתה יי אלהינו מלך העולם, שהחיינו וקיימנו והגיענו לזמן הזה.

(On Saturday night add the following before She-heheyanu)

(ברוך אתה יי אלהינו מלך העולם, בורא מאורי האש.  
ברוך אתה יי אלהינו מלך העולם, המבדיל בין קדש לחול, בין אור לחושך, בין  
ישראל לעמים, בין יום השביעי לששת ימי המעשה. בין קדש שבת לקדשת י  
ום טוב הבדלת, ואת יום השביעי מששת ימי המעשה קדשת, הבדלת וקדשת  
את עמך ישראל בקדשתך. ברוך אתה יי, המבדיל בין קדש לקדש.)

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

*Barukh atah Adonai eloheinu melekh ha-olam,  
borei pri ha-gafen*



## (the blessing over the wine)

*Barukh atah Adonai eloheinu melekh ha-olam, asher baḥar banu mikol am v'rom'manu mikol lashon, v'kid'shanu b'mitzvotav. Va-titten lanu Adonai eloheinu b'ahavah (shabbatot limnuchah u) moadim l'simcha chagim uzmanim l-sasson. Et yom (ha-shabbat ha-zeh v'et yom) chag ha-shavuot hazeh, zman matan torateinu (b'ahavah) mikra kodesh, zeikher litziat mitzrayim. Ki vanu vaḥarta v'otanu kidashta mikol ha-amim, v-shabbat u-moadei kodsheha (b-ahava uvratzon) b'simcha uv-sasson hin-haltanu. Barukh atah Adonai, m'kadesh (ha-shabbat v') yisrael v'hazmanim.*

*Barukh atah Adonai eloheinu melekh ha-olam, she-heheyanu v'kiymanu v'higianu lazman ha-zeh.*

There was evening, there was morning, the sixth day. The heavens and the earth were completed, with all their array. On the seventh day, God finished the work He had made. He rested on the seventh day from all His work He had done. God blessed the seventh day and made it holy, for on it He ceased from all His work that God had made.

Praised are You, Adonai our God, Ruler of the Universe, Who creates the fruit of the vine.

Praised are You, Adonai our God, Ruler of the Universe, Who chose us from among the nations; exalted us from other peoples; and sanctified us with His commandments. Lovingly You, Adonai our God, gave us (Shabbatot for rest and) festivals for joy, sacred days and times for rejoicing, the day of (Shabbat and the day of) Shavuot, time of our receiving the Torah, (with love), a sacred time, a reminder of the exodus from Egypt. For You chose us and sanctified us from among all the nations. (And the Sabbath) and Your holy festivals (with love and with favor) in joy and gladness have You granted us as a heritage. Praised are You, Adonai, Who sanctifies (the Sabbath and) Israel and the seasons.

Praised are You, Adonai our God, Ruler of the Universe, for enabling us to live, for sustaining us, and for bringing us to this moment.



## 3. Washing Hands

**This ritual cleansing of the hands before bread has a symbolic purpose: to remind us that the food we're about to eat should be utilized to add goodness to the world.**

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

*Barukh atah Adonai eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.*

Praised are You, Adonai our God, Ruler of the Universe Who commanded us to wash our hands.



## 4. Reciting HaMotzi (the blessing over the bread)

**The blessing over bread, the staff of life, articulates our gratitude to God for the feast.**

ברוך אתה יי, אלהינו מלך העולם, המוציא לחם  
מן הארץ.

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

Praised are You, Adonai our God, Ruler of the Universe Who brings forth bread from the earth.

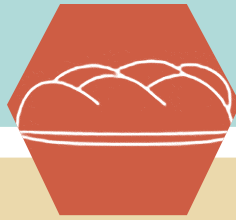


## 7. The Meal

Enjoy! Consider having a Shavuot-themed discussion at some point - perhaps before dessert - to make the meal more special. Feel free to lead your own or check out the enclosed Table Talk. The tradition is to eat dairy foods on the holiday.

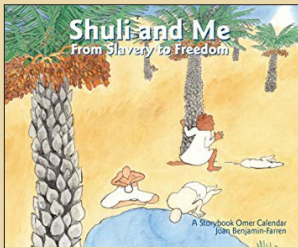
## 8. Reciting Birkat HaMazon (Grace after Meals)

Gratitude is a muscle that should be exercised daily. We do so by thanking God before eating bread with Birkat HaMotzi and afterward with Birkat HaMazon, among other things. You can find Birkat HaMazon in any Siddur or bencher book.



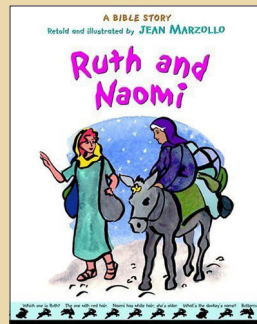
## Shavuot Books to Share with Your Family:

### Shuli and Me by Joan Benjamin-Farren



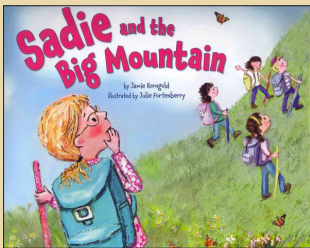
Includes the text for counting the Omer in Hebrew and English along with a young girl's narration of what happened to the Children of Israel from their first Passover until the giving of the Torah.

### Ruth and Naomi: A Bible Story by Jean Marzollo



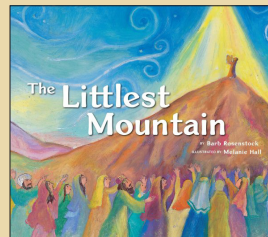
This story of hope, family loyalty, and courage follows widowed Ruth, as she, along with her mother-in-law Naomi, journeys to a new city where she gets a second chance at love and happiness with a farmer named Boaz.

### Sadie and the Big Mountain by Jamie Korngold



When her synagogue's nursery school plans a hike to celebrate Shavuot, Sadie is not sure she will be able to climb a huge mountain like Moses.

### The Littlest Mountain by Barb Rosenstock



Discusses how Mount Sinai was chosen as the site for the giving of the Ten Commandments. Check one out from our Pinsof Children's Reading Room or purchase a copy from your favorite bookseller.

North Suburban Synagogue  
**Beth El**  
בית כנסת בית אל

Transliterations from Siddur Lev Shalem.  
When finished with this guide, please place in  
Geniza at Beth El, as it contains God's name.