

# Shabbat at Home



# שַׁבָּת

Shabbat is a weekly vacation. Moreover, Shabbat brings people together: family and friends around the table, community at the synagogue. Gathering together for a wonderful dinner makes Shabbat fun and creates family memories. But it's more than that. The rituals add holiness to the evening, connecting us to family across time and to Jews across space.

In the spirit of Rabbi Abraham Joshua Heschel, six days we focus on *doing* while the seventh is about *being*.

## What do these lists have in common?

### Vacation

- no work
- time to relax
- time with family
- time with friends
- good food
- time to read
- no emails

### Shabbat

- no work
- time to relax
- time with family
- time with friends
- good food
- time to read
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## The Guide

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

## The order of the meal

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

## 1. Candle Lighting

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

**Invite your kids to cover their eyes and sing the blessing together.**

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

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

Praised are You, Adonai our God, Ruler of the Universe Who commanded us to kindle lights for Shabbat.



## 2. Singing Shalom Aleikhem

We greet Shabbat and our guests by singing this song of welcome and peace.

**Put your arms around each other as you sing together.**

שלום עליכם, מלאכי השרת, מלאכי עליון, ממלך  
מלכי המלכים, הקדוש ברוך הוא.  
בואכם לשלום, מלאכי השלום, מלאכי עליון,  
ממלך מלכי המלכים, הקדוש ברוך הוא.  
ברכוני לשלום, מלאכי השלום, מלאכי עליון,  
ממלך מלכי המלכים, הקדוש ברוך הוא.  
צאתכם לשלום, מלאכי השלום, מלאכי עליון,  
ממלך מלכי המלכים, הקדוש ברוך הוא.

*Shalom aleikhem, malakhei ha-shareit, malakhei elyon,  
Mi-melekh malkhei, ha-m'lakhim, Ha-Kadosh Barukh Hu.*

*Bo-akhem l'shalom, malakhei ha-shalom,  
malakhei elyon...*



## 4. Reciting Kiddush (the blessing over the wine)

Whenever we make a blessing over wine or grape juice - like on Shabbat and holidays - 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 as holy: the Shabbat time itself.

**Purchase special "Kiddush cups" for each child that they're excited about. These can either be "real" silver Kiddush cups or fun plastic cups that are special for Shabbat.**

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 מרנו ורבונו ורבותי:

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.  
ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו ורצה  
בנו, וישבת קדשו באהבה וברצון הנחילנו זכרון למעשה ברא  
שית, כי הוא יום תחלה למקראי קדש, זכר ליציאת מצרים, כי  
בנו בחרת ואותנו קדשת מכל העמים, וישבת קדשך באהבה ו  
ברצון הנחלתנו. ברוך אתה יי, מקדש השבת.



### 3. Blessing the Children

Shabbat brings together parents and children and creates a ritual for parents to express their love and wishes for their children.



Invite your kids make a blessing for each other in their own words - after you do.

יְשִׁימָךְ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה. **For boys**

יְשִׁימָךְ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רַחֵל וְלֵאָה **For girls**

יְבָרְכֶךָ יְהוָה, וְיִשְׁמְרֶךָ **For both**

יֵאָר יְהוָה פְּנֵי אֲלֵיךָ, וַיַּחַנֶּךָ

יִשָּׂא יְהוָה פְּנֵי אֲלֵיךָ, וַיִּשֶׂם לְךָ שְׁלוֹם

**For boys:** *Y'sim'kha Elohim k'efrayim v'khim-nasheh.*

**For girls:** *Y'simekh Elohim k'sarah, rivkah, rahel, v'leah.*

**For both:** *Y'varekh'kha Adonai v'yishm'rekha.*

*Ya-er Adonai panav eilekha vihuneka.*

*Yisa Adonai panav eilekha v'yasem l'kha shalom.*

**For boys:** May God make you like Ephraim and Manasseh.

**For girls:** May God make you like Sarah, Rebecca, Rachel, and Leah

**For both:** May God bless and protect you. May God's face shine upon you and be gracious to you.

May God lift his face toward you and grant you peace.

*Bar'khuni l'shalom, malakhei ha-shalom, malakhei elyon...  
Tzeit'khem l'shalom, malakhei ha-shalom, malakhei elyon...*

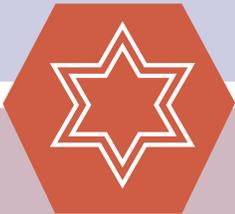
Peace to you, ministering angels, messengers of the Most High, sent by the Sovereign, the sovereign of all sovereigns, the Holy One Blessed be He.

Come in peace, angels of peace, messengers of the Most High...

Bless me with peace, angels of peace, messengers of the Most High...

Go in peace, angels of peace, messengers of the Most High...

(Some families choose to sing here Eishet Hayil, Proverbs 31, in praise of the women.)



*Vie-hi erev vie-hi voker. Yom hashishi 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.*

*Savri maranan vrabanen vrabotai. Barukh atah Adonai eloheinu melekh ha-olam, borei pri ha-gafen.*

*Barukh atah Adonai eloheinu melekh ha-olam, asher kidshanu b-mitzvotav v'ratzah vanu, v'shabbat kodsho b'ahavah uv'ratzon hin'hilanu zikaron l'ma'aseh v'reishit. Ki hu yom t'hilah l'mikra'ei kodesh zeikher litziat mitzrayim. Ki vanu vaharta v'otanu kidashta mikol ha-amim, v-shabbat kodsheha b'ahava uvratzon hin-haltanu. Barukh atah Adonai, m'kadesh ha-shabbat.*

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 sanctified us with His commandments and desired us, Who bestowed on us the Shabbat with love and desire, which is a reminder of the world's creation. For it is the first of sacred times, a reminder of the Exodus from Egypt. You have chosen us and sanctified us among all the peoples, and you have bestowed upon us Your holy Shabbat with love and desire. Praised are You, Adonai, Who sanctifies Shabbat.

## 5. Washing Hands

This ritual cleansing of the hands before eating 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.

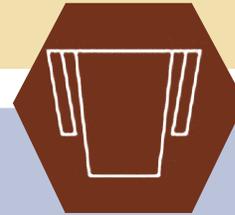
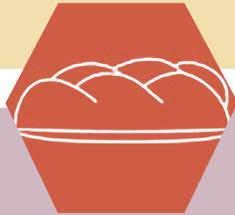
ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו במצותיו,  
וצוננו על נטילת ידים.

*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.



**Help your child wash his hands and ask them to help you.**



## 6. Reciting Hamotzi (the blessing over the bread)

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



**Invite the kids to lead the blessing and pass out the Challah.**

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

*Barukh atah Adonai eloheinu melek 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 discussion about Shabbat or the Parsha 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.



**Invite your kids to ask or answer a question to start the conversation.**

## 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.



**Teach your kids the first paragraph and sing together.**

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.