

The Art of Jewish Living

A Project of the Federation of Jewish Men's Clubs & the University of Judaism

THE SHABBAT SEDER

שבת

Dr. Ron Wolfson



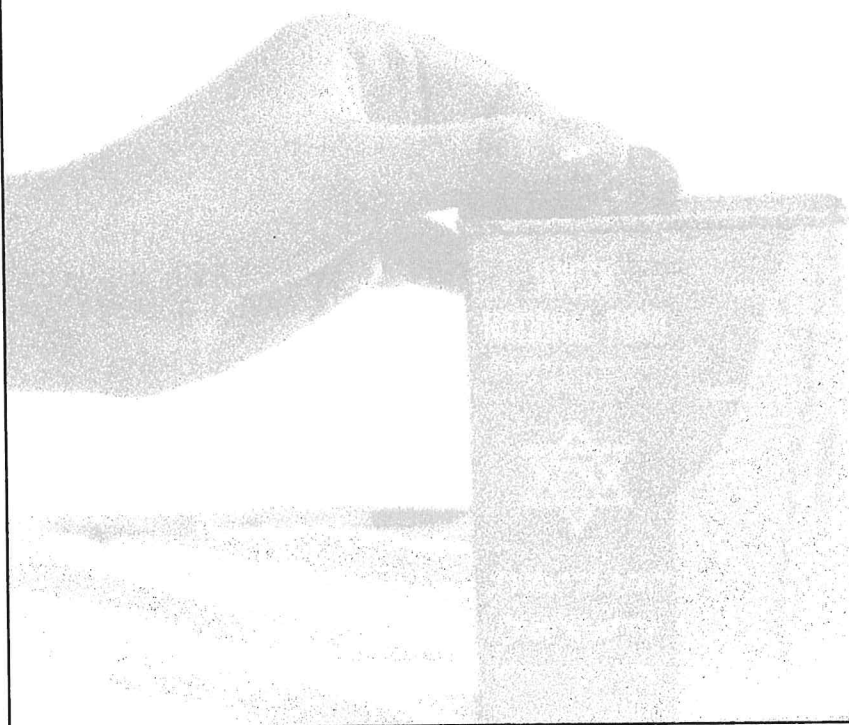
Booklet of
Blessings and
Songs

JEWISH LIGHTS PUBLISHING

1

הַכְנָה לַשַּׁבָּת *HAKHANAH L'SHABBAT* PREPARATION FOR SHABBAT

A festive Shabbat celebration requires preparation: preparing the home, preparing the meal, preparing the self. In honor of Shabbat, we contribute *tzedakah* for the support of the Jewish community.



2

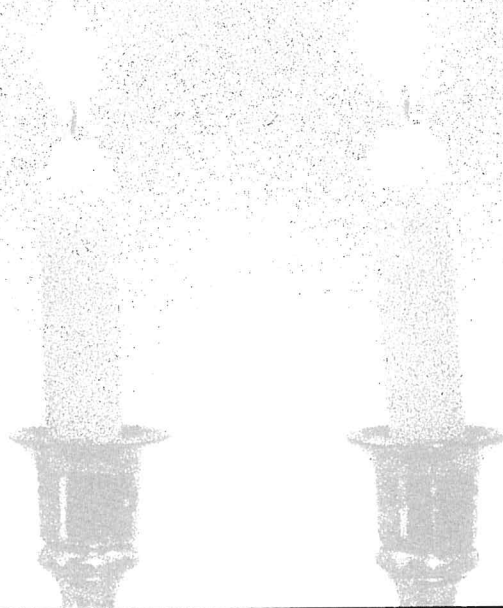
הַדְּלָקַת נֵרוֹת *HADLAKAT NEROT* CANDLE LIGHTING

At least two candles are lit, the eyes covered and the blessing recited. Upon completing the blessing, look at the lights and wish each other "Shabbat Shalom."

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

*Barukh attah Adonai
Eloheinu melekh ha-olam
asher kidshanu b'mitzvotav
v'tzivanu l'hadlik ner shel
Shabbat.*

Praised are You, Adonai,
our God, Ruler of the Universe,
who made us holy through the commandments
and commanded us to kindle the Shabbat lights.



3

שָׁלוֹם עֲלֵיכֶם SHALOM ALEIKHEM PEACE BE TO YOU

As we gather at the table, we join in singing this traditional hymn welcoming the Shabbat:

שָׁלוֹם עֲלֵיכֶם מַלְאָכֵי
הַשָּׁרָת
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְדוֹשׁ בְּרוּךְ הוּא.

*Shalom aleikhem malakhei
ha-shareit
malakhei Elyon
mimelekh malkhei ha-melakhim
ha-Kadosh barukh hu.*

Peace be to you ministering angels, angels of the Most High
from the Ruler, the Ruler of Rulers, The Holy One, the One to be praised.

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי
הַשָּׁלוֹם
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְדוֹשׁ בְּרוּךְ הוּא.

*Bo'akhem l'shalom malakhei
ha-shalom
malakhei Elyon
mimelekh malkhei ha-melakhim
ha-Kadosh barukh hu.*

Come in peace, angels of peace, angels of the Most High
from the Ruler, the Ruler of Rulers, The Holy One, the One to be praised.

בְּרַכּוּנִי לְשָׁלוֹם מַלְאָכֵי
הַשָּׁלוֹם
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְדוֹשׁ בְּרוּךְ הוּא.

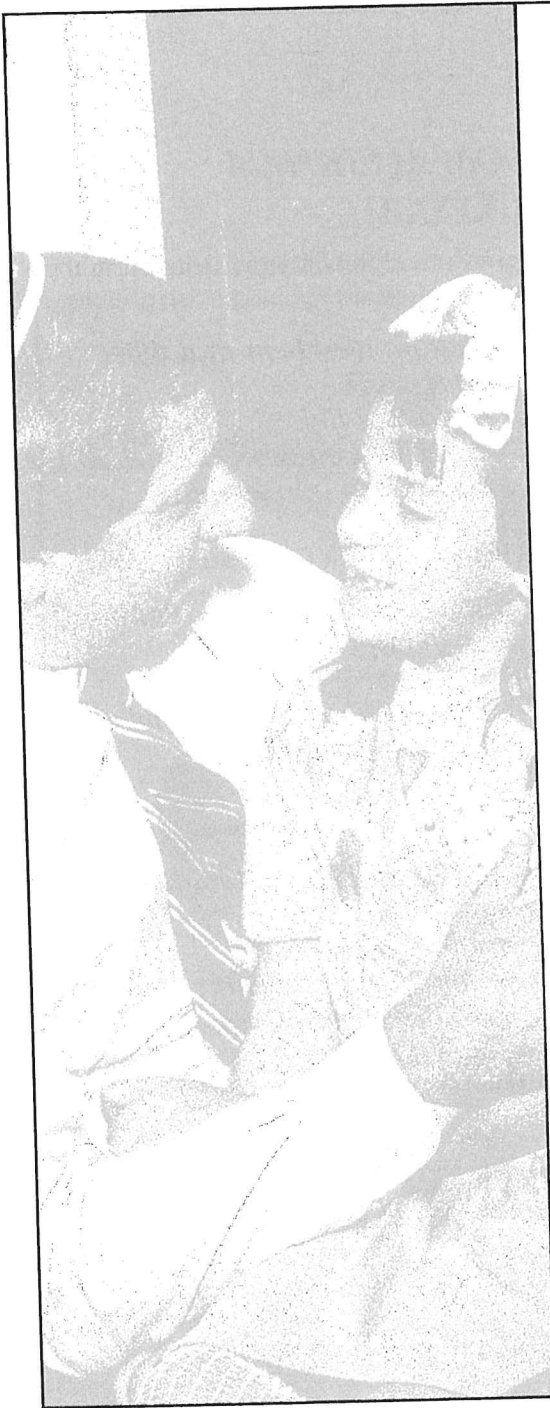
*Barkhuni l'shalom malakhei
ha-shalom
malakhei Elyon
mimelekh malkhei ha-melakhim
ha-Kadosh barukh hu.*

Bless me with peace, angels of peace, angels of the Most High
from the Ruler, the Ruler of Rulers, The Holy One, the One to be praised.

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי
הַשָּׁלוֹם
מַלְאָכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְדוֹשׁ בְּרוּךְ הוּא.

*Tzeitkhem l'shalom malakhei
ha-shalom
malakhei Elyon
mimelekh malkhei ha-melakhim
ha-Kadosh barukh hu.*

Go in peace, angels of peace, angels of the Most High,
from the Ruler, the Ruler of Rulers, the Holy One, the One to be praised.



4

בְּרִכּוֹת הַמִּשְׁפָּחָה *BIRKHOT HA-MISHPAHAH* FAMILY BLESSINGS

יְשִׁמְךָ אֱלֹהִים
בְּאִפְרַיִם וּבְמִנְשָׁה.

יְשִׁמְךָ אֱלֹהִים
בְּשָׂרָה רַבָּקָה רָחֵל וְלֵאָה.

יְבָרְכֶךָ יי
וּיְשַׁמְרֶךָ,
יֵאָר יי פָּנָיו אֵלֶיךָ
וַיַּחֲנֹךְ,
יֵשָׂא יי פָּנָיו אֵלֶיךָ
וַיִּשֶׂם לְךָ שְׁלוֹם.

In the spirit of *sh'lom bayit*—"peace in the home"—we offer blessings for our children.

For the Sons

Y'simkha Elobim

k'Efrayim v'khiMenashe.

(May) God make you like Ephraim and Menasseh.

For the Daughters

Y'simeikh Elobim

k'Sarah Rivka Rahel v'Leah.

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

For all Children

Y'varekh'kha Adonai

v'yishm'rekha.

*Ya'er Adonai panav elekha
vihuneke.*

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

(May) the Lord bless you and watch over you.

(May) the Lord cause the Divine face to shine upon you and be gracious to you.

(May) the Lord lift up the Divine face toward you and give you peace.



5

קידוש KIDDUSH

SANCTIFICATION OF THE DAY

By reciting the *Kiddush*, we acknowledge the sanctity of the Shabbat through blessing a cup of wine. The cup is lifted and we say:

Vayekhulu

וַיְהִי עֶרֶב וַיְהִי בֹקֶר	<i>Vay'hi erev vay'hi voker:</i>
יוֹם הַשְּׁשִׁי.	<i>yom ha-shishi.</i>
וַיְכַלּוּ הַשָּׁמַיִם	<i>Vayekhulu ha-shamayim</i>
וְהָאָרֶץ וְכָל-צָבָאָם.	<i>V'ha-aretz v'khol tz'va'am.</i>
וַיְכַל אֱלֹהִים בַּיּוֹם	<i>Vay'khal Elohim bayom</i>
הַשְּׁבִיעִי	<i>ha-shvi'i</i>
מִלְאֲכָתוֹ אֲשֶׁר עָשָׂה,	<i>m'lakhto asher asa;</i>
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי	<i>Va'yishbot bayom ha-shvi'i</i>
מִכָּל-מִלְאֲכָתוֹ אֲשֶׁר עָשָׂה.	<i>mikol m'lakhto asher asa.</i>
וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם	<i>Vay'varekh Elohim et yom</i>
הַשְּׁבִיעִי,	<i>ha-shvi'i</i>
וַיְקַדֵּשׁ אוֹתוֹ,	<i>vay'kadesh oto</i>
כִּי בּוֹ שָׁבַת מְקַל-	<i>ki vo shavat mikol</i>
מִלְאֲכָתוֹ	<i>m'lakhto</i>
אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.	<i>asher bara Elohim la'asot.</i>

And there was evening and there was morning; the sixth day.
And the heavens were completed and the earth and all its components (were completed). And God completed on the seventh day the work which God had been doing; and rested on the seventh day from all the work which had been done. And God blessed the seventh day and sanctified it, because on it, God rested from all the work which God had created through doing.

Borei p'ri ha-gafen

בָּרוּךְ אַתָּה יְיָ	<i>Barukh attah Adonai</i>
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	<i>Eloheinu melek ha-olam</i>
בוֹרֵא פְרֵי הַגָּפֶן.	<i>borei p'ri ha-gafen.</i>

Praised are You, Adonai, our God, Ruler of the universe,
Creator of the fruit of the vine.

M'kadesh ha-Shabbat

בָּרוּךְ אַתָּה יְיָ	<i>Barukh attah Adonai</i>
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	<i>Eloheinu melekh ha-olam</i>
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו	<i>asher kidshanu b'mitzvotav</i>
וּרְצָה בָּנוּ	<i>v'ratza vanu.</i>
וּשְׁבַת קִדְּשׁוֹ בְּאַהֲבָה	<i>V'Shabbat kodsho b'ahava</i>
וּבְרָצוֹן	<i>u-v'ratzon</i>
הִנְחִילָנוּ	<i>binhīlanu—</i>
זִכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.	<i>zikaron l'ma'asei v'reishit.</i>
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי	<i>Ki hu yom t'hilah l'mikra'ei</i>
קֹדֶשׁ	<i>kodesh—</i>
זִכְרֵ לִיצִיַּאת מִצְרַיִם.	<i>zekher litziyat Mitzrayim.</i>
כִּי בָנוּ בְּחֶרֶף	<i>Ki vanu vaharta</i>
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל-	<i>v'otanu kidashta mikol</i>
הָעַמִּים	<i>ba-amim;</i>
וּשְׁבַת קִדְּשָׁךְ בְּאַהֲבָה	<i>v'Shabbat kodsh'kha b'ahava</i>
וּבְרָצוֹן	<i>u-v'ratzon</i>
הִנְחַלְתָּנוּ.	<i>binhaltanu.</i>
בָּרוּךְ אַתָּה יְיָ	<i>Barukh attah Adonai</i>
מְקַדֵּשׁ הַשַּׁבָּת.	<i>M'kadesh ha-Shabbat.</i>

Praised are You, Adonai, our God, Ruler of the universe, who made us holy through the commandments and who is pleased with us. And the holy Shabbat, with love and satisfaction, God gave us as an inheritance—a remembrance of the work of Creation. For it was first among the sacred days of assembly—a remembrance of the Exodus from Egypt. For you have chosen us and You have sanctified us from (among) all the peoples; and Your holy Shabbat with love and satisfaction You gave us as an inheritance. Praised are You, Adonai, Sanctifier of the Shabbat.

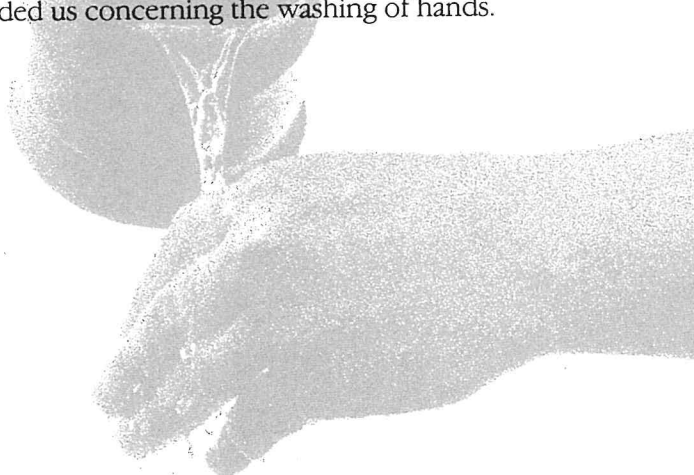
6

נְטִילַת יָדִים NETILAT YADAYIM WASHING THE HANDS

As the Rabbis did in the days of the Temple, we ritually cleanse our hands in order to sanctify the act of eating. We cover our hands with water and recite:

בָּרוּךְ אַתָּה יְיָ,	<i>Barukh attah Adonai</i>
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	<i>Eloheinu melekh ha-olam</i>
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,	<i>asher kidshanu b'mitzvotav</i>
וְצִוָּנוּ	<i>v'tzivanu</i>
עַל נְטִילַת יָדִים.	<i>al netilat yadayim.</i>

Praised are You, Adonai, our God, Ruler of the universe,
who has made us holy through the commandments
and commanded us concerning the washing of hands.



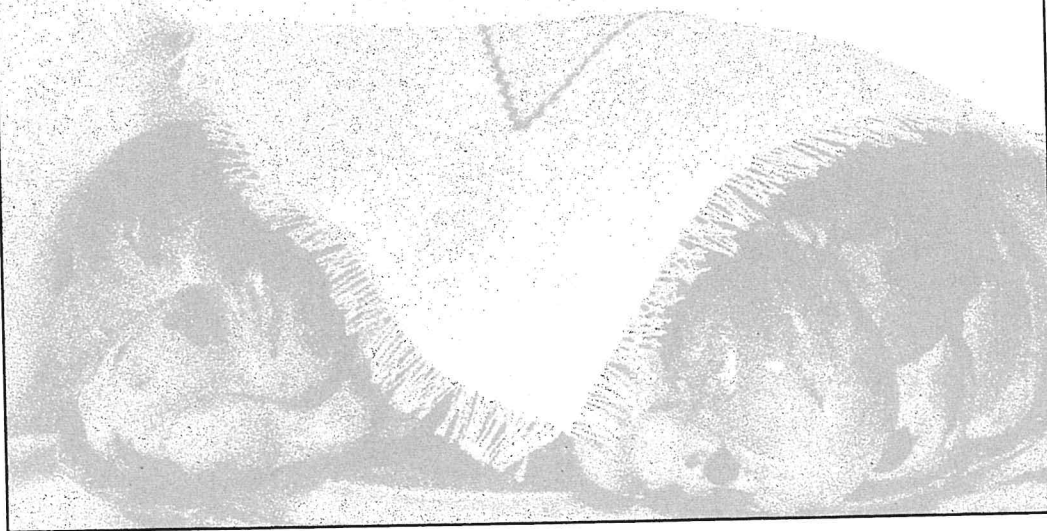
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הַמוֹצִיא *HA-MOTZI* BLESSING OVER BREAD

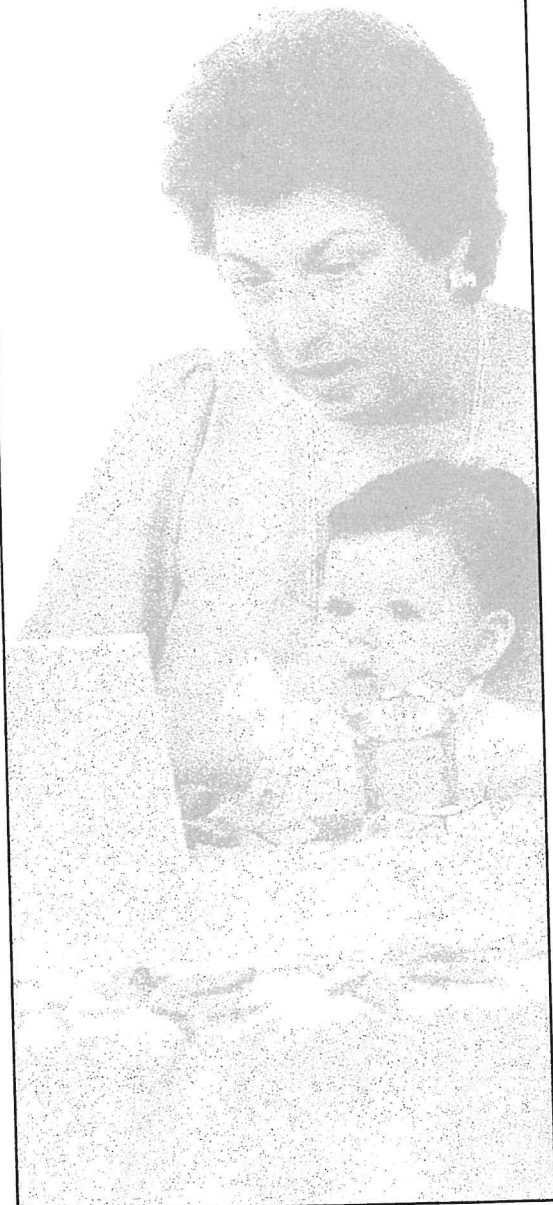
The two special Shabbat loaves, *Hallot*, are uncovered, and we say:

בָּרוּךְ אַתָּה יְיָ,	<i>Barukh attah Adonai</i>
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	<i>Eloheinu melekh ha-olam</i>
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.	<i>ha-motzi lehem min ha-aretz.</i>

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



שִׁיר הַמַּעֲלוֹת
בְּשׁוּב יְיָ אֶת־שִׁיבָת
צִיּוֹן
הֵינּוּ כְּחֻלְמִים:
אֲזַ יִמְלֹא
שְׂחֹק פִּינוּ
וּלְשׁוֹנֵנוּ
רִנָּה.
אֲזַ יֹאמְרוּ בְּגוֹיִם
הִגְדִּיל יְיָ לַעֲשׂוֹת עִם־
אֱלֹהִים:
הִגְדִּיל יְיָ לַעֲשׂוֹת עִמָּנוּ,
הֵינּוּ שְׂמֵחִים:
שׁוּבָה יְיָ אֶת־שְׁבִיתֵנוּ
כַּאֲפִיקִים בְּנִגְב:
הִזְרְעִים בְּדִמְעָה,
בְּרִנָּה יִקְצְרוּ:
הַלֹּךְ יֵלֶךְ וּבָכָה,
נִשְׂא מִשְׁךְ־הַזֶּרַע.
בְּאִיבָא בְּרִנָּה,
נִשְׂא אֶלְמִתּוֹ:



10

בִּרְכַּת הַמֶּזֶן *BIRKAT HA-MAZON* BLESSING AFTER FOOD

To complete our Shabbat Seder, we praise God for providing us good food, our families and friends, and the Shabbat itself:

SHIR HA-MA'ALOT

Shir ha-Ma'alot:

B'shuu Adonai et shivat

Tzion

bayinu k'holmim.

Az yimalei

s'hok pinu

u-l'shoneinu

rina.

Az yomru va'goyim:

*"Higdil Adonai la'asot im
eileh."*

Higdil Adonai la'asot imanu;

bayinu s'meihim.

Shuva Adonai et sh'viteinu

ka'afikim ba'Negev.

Ha-zorim b'dima

b'rina yiktzoru;

Halokh yeilekh u-vakho

nosei meshekh ha-zara—

boyavo v'rina,

nosei alumotav.

A song of ascents:

When Adonai restores the fortunes of

Zion,

we will be as in a dream.

Then our mouths will be filled with

laughter

and our tongues (filled with) songs of

joy.

Then they will say among the nations:

"Adonai did great things for them."

Adonai will do great things for us;

we will be happy.

The Lord will restore our fortune

like streams in the Negev.

Those who sow in tears,

with songs they shall reap;

One who walks along and weeps,

carrying a sack of seeds—

that one will come back with song,

carrying sheaves.

חברי נְבִרָה:

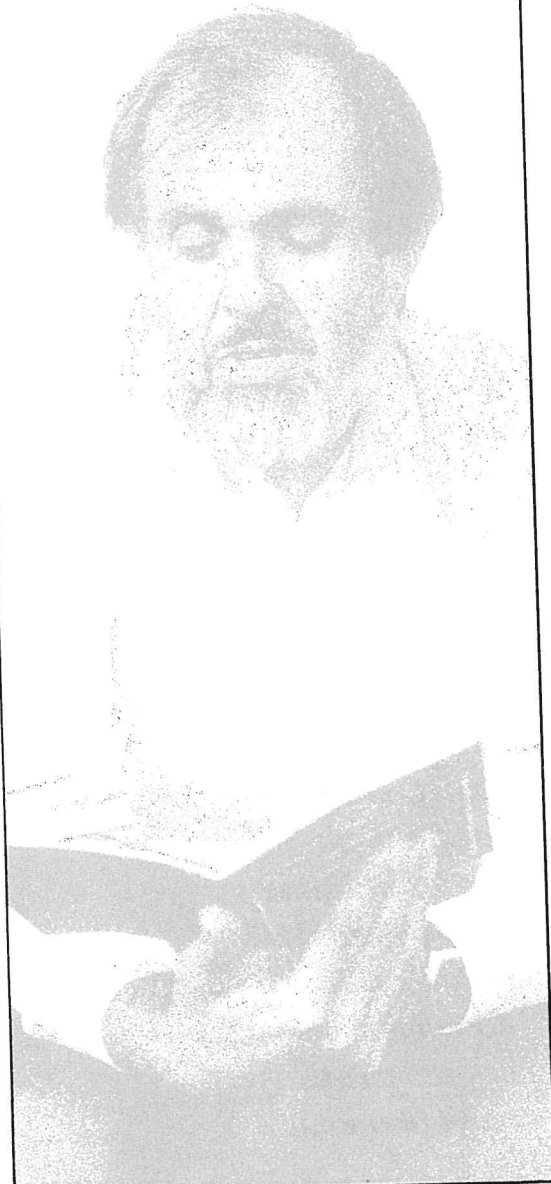
יְהִי שֵׁם יי
מְבָרַךְ מַעֲמָה וְעַד עוֹלָם:

יְהִי שֵׁם יי מְבָרַךְ
מַעֲמָה וְעַד עוֹלָם:
בְּרָשׁוֹת חֲבֵרִי
נְבִרָה (אֱלֹהֵינוּ)
שְׂאֲכַלְנוּ מִשְׁלוֹ:

בְּרוּךְ (אֱלֹהֵינוּ)
שְׂאֲכַלְנוּ מִשְׁלוֹ:
וּבְטוֹבוֹ חַיֵּינוּ:

בְּרוּךְ (אֱלֹהֵינוּ)
שְׂאֲכַלְנוּ מִשְׁלוֹ
וּבְטוֹבוֹ חַיֵּינוּ:

בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:



ZIMMUN

The *Zimmun* is recited responsively when there are 3 or more adults present. The word *Eloheinu* is added to the *Zimmun* if 10 or more adults are present.

Leader

Haverai n'varekh.

My friends, let us praise.

Everyone

*Yehi shem Adonai
m'vorakh me'attah v'ad olam.*

May Adonai's name be praised from
now and until forever.

Leader

*Yehi shem Adonai m'vorakh
me'attah v'ad olam.*

May Adonai's name be praised
from now and until forever.

*Bir'shut haverai,
nevarekh (Eloheinu)
she'akhal nu mishelo.*

With the consent of my friends,
let us praise (our God) the One whose
food we have eaten.

Everyone

*Barukh (Eloheinu)
she'akhal nu mishelo
u-v'tuvo hayinu.*

Praised is (our God) the One of whose
(food) we have eaten,
and by whose goodness we live.

Leader

*Barukh (Eloheinu)
she'akhal nu mishelo
u-v'tuvo hayinu.*

Praised is (our God) the One of whose
(food) we have eaten,
and by whose goodness we live.

Everyone

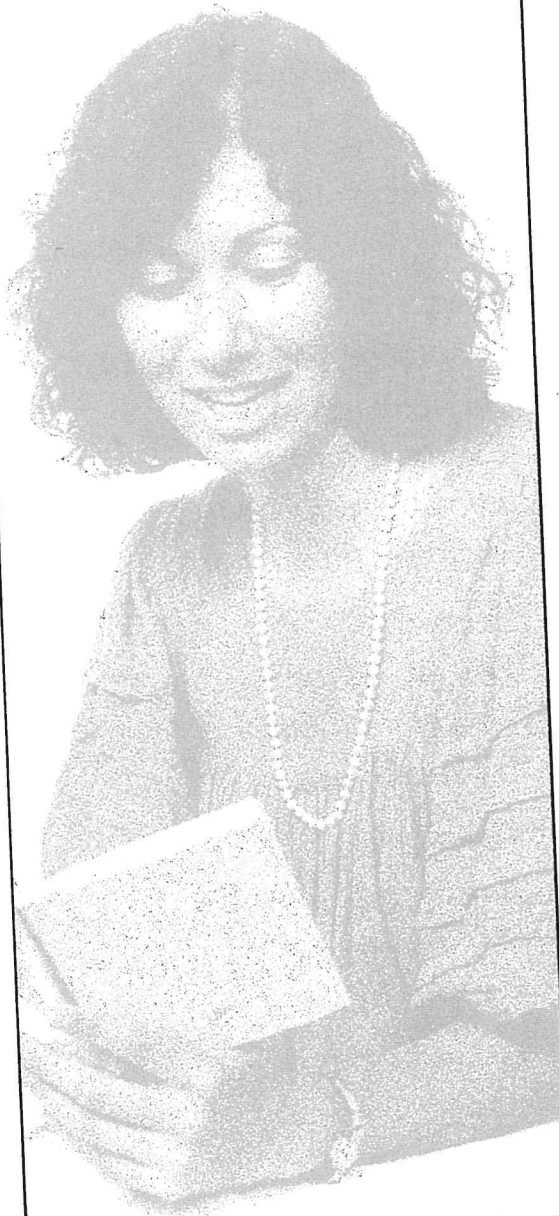
Barukh hu u-varukh sh'mo.

Praised be God and praised be God's
name.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַזֶּן אֶת־הָעוֹלָם
כֹּל בְּטוֹבוֹ
בְּחֵן בְּחֶסֶד וּבְרַחֲמִים

הוא נותן לָחֶם לְכָל־בָּשָׂר
כִּי לְעוֹלָם חֶסֶדוֹ
וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא
חָסַר לָנוּ
וְאֵל יַחֲסֹר לָנוּ מִזֶּזֶן לְעוֹלָם
וְעַד
בְּעִבּוּר שְׁמוֹ הַגָּדוֹל
כִּי הוּא אֵל זֶן וּמַפְרִיֵּס לְכָל

וּמַטִּיב לְכָל
וּמַכִּין מִזֶּזֶן לְכָל־
בְּרִיּוֹתָיו
אֲשֶׁר בָּרָא:
בְּרוּךְ אַתָּה יְהוָה הַזֶּן
אֶת־הַכֹּל:



HAZAN ET HA-KOL

*Barukh attah Adonai
Eloheinu melekh ha-olam
hazan et ha-olam
kulo b'tuvo
b'hen b'hesed u-v'rahmamim.*

Praised are You, Adonai,
Our God, Ruler of the universe,
who feeds the world,
all of it with goodness,
with graciousness, with love, and with
compassion.

*Hu notein lehem l'khol basar
ki l'olam hasdo.
U-v'tuvo ha-gadol tamid lo
hasar lanu
v'al yeh'sar lanu mazon l'olam
va'ed
ba'avur sh'mo ha-gadol.
Ki hu El zan u-m'farnes la-kol*

God provides food to every creature
because Divine love (endures) forever.
And through it, God's great goodness
has never failed us,
and food will not fail us ever,

*u-meitiv la-kol
u-mei'khin mazon l'khol
b'riyotav
asher bara.*

for the sake of God's great name.
Because God who feeds provides for
all,
and does good for all,
and prepares food for all creatures

*Barukh attah Adonai Hazan
et ha-kol.*

which God created.
Praised are You Adonai,
the Provider of food for all.

נוֹדָה לָךְ יְיָ אֱלֹהֵינוּ
עַל שֶׁהִנְחַלְתָּ לְאַבֹּתֵינוּ
אֶרֶץ חֲמֻדָּה טוֹבָה וְרַחֲבָה,
בְּרִית וְתוֹרָה, חַיִּים וּמִזֹּן.

יִתְבָּרַךְ שְׁמֶךָ
בְּפִי כָל־חַי תָּמִיד לְעוֹלָם
וָעֵד,
בְּכַתוּב:
וְאָכַלְתָּ וּשְׂבַעְתָּ

וּבִרְכַּת אֶת־יְיָ
אֱלֹהֶיךָ
עַל הָאֶרֶץ הַטּוֹבָה אֲשֶׁר
נָתַן לָךְ.
בָּרוּךְ אַתָּה יְיָ,
עַל הָאֶרֶץ וְעַל הַמִּזֹּן.

וּבִנְיָה יְרוּשָׁלַיִם
עִיר הַקֹּדֶשׁ בְּמַהֲרָה
בְּיָמֵינוּ
בָּרוּךְ אַתָּה יְיָ
בּוֹנֵה בְּרַחֲמָיו
יְרוּשָׁלַיִם. אָמֵן.



AL HA-ARETZ V'AL HA-MAZON

<i>Nodeh lekha Adonai Eloheinu</i>	We thank You Adonai, Our God,
<i>al she'hinhalta la'avoteinu:</i>	for Your inheritance to our ancestors:
<i>eretz hemdah tovah u-r'havah</i>	a land—desirable, good, and spacious,
<i>b'rit v'Torah hayim u-mazon.</i>	the covenant and the Torah, life and food.
<i>Yitbarakh shimkha</i>	May Your name be praised
<i>b'fi khol hai tamid l'olam</i>	by the mouth of every living thing.
<i>va'ed.</i>	
<i>Kakativ:</i>	As it is written:
<i>"v'akhalta v'savata</i>	"and (when) you have eaten, and are
	satisfied,
<i>u-veirakhta et Adonai</i>	you shall praise Adonai, Your God,
<i>Elohekha</i>	
<i>al ha-aretz ha-tovah asher</i>	for the good land which He gave to
<i>natan lakh."</i>	you."
<i>Barukh attah Adonai</i>	Praised are You, Adonai,
<i>al ha-aretz ve'al ha-mazon.</i>	for the land and for the sustenance.

BIRKAT YERUSHALAYIM

<i>U-v'nei Yerushalayim</i>	Rebuild Jerusalem,
<i>ir ha-kodesh bim'heirah</i>	the Holy City, soon, and in our days.
<i>v'yameinu.</i>	
<i>Barukh attah Adonai</i>	Praised are You, Adonai,
<i>boneh v'rahamav</i>	who with compassion rebuilds
<i>Yerushalayim, Amen.</i>	Jerusalem, Amen.

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמֶּלֶךְ הַטוֹב וְהַמְּטִיב
לְכָל.
הוא הטיב, הוא מְטִיב.
הוא יְטִיב לָנוּ.
הוא גִּמְלָנוּ הוא גּוֹמְלָנוּ
הוא יִגְמְלָנוּ לְעֵד
חַן וְחֶסֶד וְרַחֲמִים
וַיַּצֵּבנוּ לַיָּמֹת הַמְּשִׁיחַ.
הַרְחֵם הוּא יַחֲיֵלנוּ
יוֹם שְׂכָלוֹ שַׁבָּת
וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.



BIRKAT HA-TOVAH

*Barukh attah Adonai
Eloheinu melekh ha-olam
ha-melekh ha-tov v'ha-meitiv
la-kol.*

*Hu beitiv hu meitiv
hu yeitiv lanu.*

Hu gemalanu hu gomleinu

*hu yigm'leinu la'ad
hen vahesed verahamim
vizakeinu limot ha-mashiah.*

Praised are You, Adonai,
Our God, Ruler of the universe,
the Ruler who is good and does good
for all.
God has been good, God is good,
God will be good to us.
God bestowed upon us, God bestows
upon us,
God will bestow upon us forever,
grace, kindness, and compassion,
and gain for us the days of the Messiah.

HA-RAHAMAN

*Ha-Rahaman hu yanhileinu
yom she'kulo Shabbat
u-menuha l'hayei ha-olamim.*

(May) the Merciful One give us as an
inheritance
a day that is completely Shabbat,
and rest in life everlasting in the world
to come.

וְנִשָּׂא בִּרְכָה מֵאֵת
יְיָ
וְצִדְקָה מֵאֱלֹהֵי
יִשְׂרָאֵל
וְנִמְצָא חַן
וְשָׂכָל טוֹב
בְּעֵינֵי אֱלֹהִים וְאָדָם.
עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו

הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ
וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.



OSEH SHALOM

<i>Venisa verakha mei'eit</i>	Then shall we receive blessing from
<i>Adonai</i>	Adonai
<i>u-tzedakah me'Elohei</i>	and justice from the God of our
<i>yisheinu.</i>	deliverance.
<i>Venimtza hen</i>	And may we find favor and good
<i>veseikhel tov</i>	understanding
<i>b'einei Elohim v'adam.</i>	in the eyes of God and people.
<i>Oseh shalom</i>	The One who makes peace in the
<i>bimromov</i>	heavens,
<i>hu ya'aseh shalom aleinu</i>	(May) that One make peace for us
<i>v'al kol Yisrael v'imru, Amen.</i>	and for all Israel, and let us say, Amen.

אמן.