

congregation bet haverim



Shabbat at Home
March 25, 2022 – 23 Adar II 5782
Resources

Blessing the Shabbat Candles

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

*Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu
l'hadlik ner shel Shabbat.*

Blessed is the Oneness that makes us holy and commands us to kindle the light of Shabbat.

Blessing each other

*May the Holy One bless you and keep you.
May the divine light shine upon you and be gracious to you.
May the Holy One be with you and give you peace.*

Or

*Be who you are –
and may you be blessed
in all that you are.*

For children

*Yesimcha Adonai k'Sarah, Rivka, Rachel, Leah, Ephraim u'Menashe
May God make you like Sarah, Rebecca, Rachel, Leah, Ephraim and Menashe.*

*May the Holy One bless you and keep you.
May the divine light shine upon you and be gracious to you.
May the Holy One be with you and give you peace.*

Blessing over the Wine/Grape Juice –Kiddush

ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן. ברוך אתה יי מקדש השבת.

*Baruch Atah Adonai Eloheinu Melech ha'olam borei p'ri ha'gafen. Baruch Atah Adonai m'kadesh
ha'Shabbat.*

Blessed is the Creator of the fruit of the vine.

Blessed is the Oneness that sanctifies the Sabbath.

Blessing over the Challah – Ha-Motzi

Baruch Atah Adonai Eloheinu Melech ha'olam ha Motzi lechem min ha'aretz

Blessed is the Oneness that makes us holy and brings forth bread from the earth

Blessing for washing hands

ברוך אתה ה' אלהינו מלך העולם אשר קדשנו במצותיו וצונו על נטילת ידיים.

Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu al netilat yadayim

Songs

Bim Bam

Bim bam, Shabbat shalom.

Hineh mah tov

Hineh mah tov u'mah na-im

Shevet kulam gam yachad.

How good and pleasant it is for all of us to be together.

Shalom Aleichem

Slow melody (traditional Ashkenazic)

A livelier Sephardic version

Mah Yafeh Hayom

Mah yafeh hayom, shabbat shalom.

How lovely is this day, Shabbat peace.

For Discussion (Adults)

The Purpose of Shabbat

Have one participant read the text, then all who wish respond to the questions.

“These are the things that the Divine commanded to do. Six days work may be done, but on the seventh day you shall have sanctity, a day of complete rest to God...”

1. What does sanctity (holiness) mean to you?
2. Can you think of a moment when you experienced holiness?
3. What does rest look like for you?

“If...you call the Sabbath a delight (oneg), ...and you honor it by not doing your habituated ways, by not pursuing your affairs and speaking words, then, you shall delight with God...” Isaiah 58:13

1. What “habituated ways” might you want to give up on Shabbat?
2. What might it mean to “delight with God?”

“By moving us from incessant doing to the pleasure of being present with the Source of all existence, Shabbat can transform our lives. We will then become more aware of our surroundings, and take better care of God’s creation. “

Rabbi Yonatan Neril, My Jewish Learning

1. Take a moment to think about a time when you were able to simply be present without doing, working, or making anything.

Activities for Families with Kids

1. *Skit:*
<https://www.jewbelong.com/holidays/shabbat/skits/really-got-shabbat-skit-whole-family/>
2. [Shabbat Mad Libs](#)
3. *Freeze tag*
The group is divided into two teams. Each team goes to opposite ends of the playing area. At each end a "base" (a chair or any other object) is placed and a center-line is decided upon to divide the playing area in half. The object of the game is for team A to get to team B's base or vice versa. However, once a member from either team crosses into the other team's area, they can be tagged, which "freezes" them in their place until they are "unfrozen" (tagged) by a member of their own team. The winning team is the first team to have one of its members reach the other team's base.
4. *Steal the seat*

Play in a circle The players are seated in a circle. One player is chosen to lead the game, and s/he removes their chair from the circle. The object is for the player to "steal" a seat from another player, and sit in it. To do this, the leader uses three commands: Shinui Yemin- Everyone must shift one seat to the right. Shinui Smol- Everyone must shift one seat to the left. Shinui Shinui- Everyone must run to any other chair and sit in it (except the two chairs on either side of him/her). The leader can use any command to gain a seat. When they get a seat, the player left without a seat becomes the new leader and play continues.

Birkat haMazon: blessings after the meal

[This](#) is the abbreviated version that the Talmud says we can say when we are on the road or pursued by robbers!

*Brich rachamana Malka d'alma maray d'hai pitah.
You are the source of Life for all that is
And Your blessings flow through us.*

Closing: share one gift you received this Shabbat