



Temple Israel Presents
“How to Shabbat”

A guide for those celebrating Shabbat (and Havdalah) at home

WHAT WILL I NEED?

Shabbat:

- Two candle holders
- Two Shabbat candles
- Challah bread
- Challah cover
- Kiddush cup (can use any wine glass or cup)
- Wine or grape juice

Havdalah:

- Grape Juice or wine
- Kiddush cup
- Braided candle
- Spice box or spices to smell

SHABBAT

We are commanded by God in the Ten Commandments to remember and keep the Sabbath. Shabbat is the 7th day, the day that God rested after creating the world. Traditionally, we are forbidden to do any work on the Sabbath. Shabbat is a great opportunity to take a break from work or school and spend some relaxing, quality time with family and friends. Shabbat begins at sunset on Friday night, and ends at sunset on Saturday night with *Havdalah*, which means separation. With your family, you can create your own Shabbat rituals and traditions that work for you. You can say the blessings at home, or many people go to services on Friday nights, where all of the blessings and rituals are also said. Shabbat Shalom!

BLESSING THE SHABBAT CANDLES

At least two candles should be lit. These represent “*shamor*” (keep) and “*zakhor*” (remember), the first words of the commandments concerning Shabbat.

First light the candles, then say:

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

Barukh atah Adonai Eloheinu melek ha'olam asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.

Blessed are You, Lord our God, Ruler of the Universe, who has sanctified us with commandments, and commanded us to light Shabbat candles.

KIDDUSH

Kiddush means holiness in Hebrew. On Friday night, the Kiddush is recited over a full cup of wine or grape juice before sitting down for Shabbat dinner and before saying the Motzi, the blessing over the challah. After the Kiddush is recited, the cup is passed around so that everyone can take a sip from it. Many families have a special cup, called a Kiddush cup, reserved for this purpose. Kiddush cups can be purchased at Judaica stores and online.

Blessing over the wine or grape juice:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגֶּפֶן.

Baruch atah, Adonai Eloheinu, Melech Haolam, borei p'ri hagafen.

Praise to You, Adonai our God, Sovereign of the universe,
Creator of the fruit of the vine.

CHALLAH BREAD

Challah is a special Jewish ceremonial bread, from which a small portion has been set aside as an offering, usually braided, and eaten on Sabbath and Jewish holidays. Before the bread is blessed, it is first covered with a cloth covering during the blessing of the wine. It is customary to use a dedicated cloth called a challah cover for this purpose, although any improvised cover is acceptable. After the prayer is recited, everyone tears off a piece of the challah to taste and passes the loaf around.

Prayer over the Challah:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

*Baruch Atah Adonai, Eloheinu Melech haolam,
Hamotzi lechem min haaretz.*

Our praise to You, Eternal our God, Sovereign of the universe,
Who brings forth bread from the earth.

COMMON CUSTOMS:

Blessing the children: Many Jewish parents embrace the custom of blessing their children on Friday evening. The words of the blessing are taken from the priestly blessing (Numbers 6:24-26) and the introduction is altered depending on whether the child being blessed is a boy or girl.

For boys, the introductory line is:

May you be like Ephraim and Menashe.

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה.

For girls, the introductory line is:

May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׁמְךָ אֱלֹהִים כְּסָרָה רַבֵּקָה רָחֵל וְלֵאָה.

For both boys and girls, the rest of the blessing is:

May God bless you and guard you.

בְּרַכְךָ יְהוָה! יְשַׁמְרְךָ!

May God show you favor and be gracious to you.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַן

May God show you kindness and grant you peace.

IDEAS OF HOW TO INVOLVE KIDS ON SHABBAT

- Have your kids decorate a piece of fabric or a thin towel as a Challah cover
- Let the kids say the blessings or light the candles (with supervision!)
- Have a family cooking day and bake Challah and make dinner together
- During dinner, everyone says what the best part of their week was or what they are looking forward to in the week ahead

THE SHABBAT MEAL

Here are a few ideas of traditional foods eaten on Shabbat that you can either purchase or make at home. Shabbat meals vary depending on the family's background and preferences!

Traditional Shabbat Foods: Challah, chicken, kugel, and soup.

Challah recipes:

<http://allrecipes.com/recipe/23806/miriams-not-so-secret-challah/?internalSource=staff%20pick&referringId=14742&referringContentType=recipe%20hub&clickId=cardslot%20>

<http://allrecipes.com/recipe/77478/shabbat-challah/?internalSource=hub%20recipe&referringId=14742&referringContentType=recipe%20hub&clickId=cardslot%20>

http://www.chabad.org/library/article_cdo/aid/3435337/jewish/Cinnamon-Raisin-Challah.htm

Kugel recipes:

<http://www.joyofkosher.com/2016/11/13-kugel-recipes/>

<http://www.myjewishlearning.com/recipe/sweet-potato-kugel/>

HAVDALAH

Havdalah means "separation" in Hebrew. It marks the end of Shabbat and the beginning of a new week. On Saturday night at sundown, you can conclude the Sabbath by observing Havdalah.

For Havdalah, there are prayers over wine, a twisted/braided candle, and spices. If you don't have a spice box, you could smell some cinnamon or cloves from your spice rack!

The Blessing over Wine or Grape Juice

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן

Baruch atah, Adonai, Elohaynu melech ha'olam, boray pri hagafen.

Blessed are You, God, our Lord, King of the universe, Creator of the fruit of the vine.

The Blessing over Spices

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְּנֵי בְשָׂמִים.

Baruch atah, Adonai, Elohaynu melech ha'olam, boray minay vesamim.

Blessed are You, God, our Lord, King of the universe, Creator of the different spices.

The Blessing over the Candle

ברוך אתה יי, אלהינו מלך העולם, בורא מאורי האש.

Baruch atah, Adonai, Elohaynu melech ha'olam, boray me'oray ha'aysh.

Blessed are You, God, our Lord, King of the universe, Creator of the fire's lights.

The Blessing over Havdalah

ברוך אתה יי, אלהינו מלך העולם, המבדיל בין קדש לחול, בין אור לחושך, בין ישראל לעמים, בין יום השביעי לששת ימי המעשה. ברוך אתה יי, המבדיל בין קדש לחול.

Baruch atah, Adonai, Elohaynu melech ha'olam, hamavdil bayn kodesh lechol bayn or lechoshech bayn Yisrael la'amim bayn yom hashevi'i leshayshet yemay hama'aseh. Baruch atah, Adonai, hamavdil bayn kodesh lechol.

Blessed are You, God, our Lord, King of the universe, who separates between the holy and the profane; between the light and dark; between Israel and the other nations; between the seventh day and the six days of the week. Blessed are You, God, who separates between the holy and the profane.

At the end of the prayers, it is customary to extinguish the candle into the cup of wine and listen to the sizzling sound. Then we say: Shavuah Tov! Have a good week!

MORE RESOURCES/READING

<http://www.kveller.com/article/shabbat-basics/>

<http://www.kveller.com/article/shabbat-for-families/>

<http://www.kveller.com/article/unplugging-for-shabbat/>

<http://www.kveller.com/what-a-candle-spice-box-and-grape-juice-can-really-do-for-your-family/>

Please feel free to contact Rabbi Amy Feder afeder@ti-stl.org or **314-432-8050** with any questions regarding how you can observe Shabbat or Havdalah in your home!