

**Syllabus for Friday Night Seder Class**  
**Brenda Bergstein & Tamara Halle, co-leaders**

**Week 1 (April 6, 2021): Introductions and overview of the course**

- Introductions/Icebreaker
- Overview of the course
- Related Resources

**Week 2 (April 13, 2021): Preparation for Shabbat, Candle lighting, & Shalom Aleichem**

- Interactive activity
- Getting into the mindset of Shabbat (spiritual aspect)
- Getting into the nuts and bolts of Shabbat (physical aspect)
- Meaning behind the rituals
  - Candle lighting, Shalom Aleichem, Family Blessings
- Practicing the brachot
- Related Resources
- Assignments for the week:
  - Focus on doing one physical and one spiritual preparation for Shabbat this coming Shabbat
  - Do candle lighting & Shalom Aleichem this coming Shabbat

**Week 3 (April 20, 2021): Family Blessings, Kiddush, Washing hands & Blessing over bread**

- Reporting back on last week's assignment: How'd it go?
- Meaning behind the rituals
  - Family blessings
  - Kiddush, washing hands, blessing over bread
- Practicing the brachot
- Related Resources
- Assignment for the week:
  - Do family blessings, kiddush, hand washing, and blessing over bread
  - Extra credit: Making your own challah! (Brenda and Tamara are on-call for consultation)

**Week 4 (April 27, 2021): Shabbat meal & Havdalah**

- Reporting back on last week's assignment: How'd it go?
- Meaning behind the rituals: Shabbat meal
- Class discussion:
  - Family traditions? New recipes?
  - Things to do with children during the Shabbat meal
- Meaning behind the rituals: Havdalah
- Related Resources
- Assignment for the week: (choose one or more of the following)

- A: Turn off your computer and don't answer any phones during Friday night dinner this week
- B: Make a new/special dish for Friday night dinner
- C: Choose a conversation topic for dinner that relates to Shabbat, the parsha of the week, etc.
- D: Invite a guest to join you for Friday night dinner
- E: Do Havdalah at the end of Shabbat

#### **Week 5 (May 4, 2021): Zemirot, Part I**

- Reporting back: How'd it go? Which options did you choose/do?
- Meaning behind the ritual: Zemirot
- Introduce/practice several songs
  - Kid-friendly songs
- Related Resources
- Assignment for the week:
  - Sing a zemer during or after your Friday night dinner this week!

#### **Week 6 (May 11, 2021): Zemirot, Part II**

- Reporting back: How'd it go? Which options did you choose/do?
- Introduce/practice several songs
  - Kid-friendly songs
- Related Resources
- Assignment for the week:
  - Sing a zemer during or after your Friday night dinner this week!

### **May 18, 2021: Shavuot; NO CLASS**

#### **Week 7 (May 25, 2021): Blessings after the Shabbat meal**

- Reporting back: How'd it go?
- Meaning behind the ritual
  - Blessings after the Shabbat meal
- Practice blessings after food
- Discuss plans for final class
  - Assignments for leading parts of the Friday Night Seder on May 25
  - Shall we invite a guest?
- Assignment for the week:
  - Say/sing blessings after your Friday night dinner this week
  - Practice your part for next week's Friday night seder

#### **Week 8 (June 1, 2021): Putting it all Together: Friday Night Seder Run Through & Course Wrap-Up**

- Run through a Friday night from Preparation through Blessing after the Meal
- Reflections and Course evaluation