

**שבת בָּבִית**  
*SHABBAT BABAYIT*  
TAKING SHABBAT HOME



**קהילה אור שלום**  
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Shabbat begins on Friday night with candle-lighting, a special synagogue service called “Kabbalat Shabbat,” and a family meal with more special blessings and songs. On Saturday, there is a special service in the morning during which part of the Torah (5 books of Moses) is read. After that, the day is a day of rest, study, play, love, and of course, eating!

In order to set apart Shabbat as a day of rest, the Torah prohibits work and lighting fires on this holy day. Over the centuries, these rules have been interpreted and re-interpreted many times by the Jewish community. In our day, people observe these restrictions in various ways, refraining from “creating” (self-defined), spending money, using computers, or other activities of the work-week.

As the sun sets on Saturday and three stars appear in the sky, we bid Shabbat a wistful goodbye with a brief ceremony of blessings over a twisted candle, spices and wine. The ceremony is called, “havdalah,” meaning separation — a recognition that even though we are sad to say goodbye to Shabbat, we find meaning in the cycles of time.

— Rabbi Katie Mizrahí

## SHABBAT – A TASTE OF ETERNITY

The Jewish calendar reckons the beginning of each day to start as the sun sets, just as the very first day is described in the book of Genesis as starting with evening, “and there was evening, and there was morning, a first day,” (Gen. 1:5). When the sun sets on a Friday night, we mark the beginning of the holiest day of the week — Shabbat — the weekly day of rest.

Shabbat is a time to take a break from the routines of the work-week, to spend time with loved-ones, to count our blessings, and to enjoy living for its own sake. Shabbat is said to be both a taste of ‘the world to come’ and of the primordial Garden of Eden. In other words, it is a taste of perfection, a chance to practice living as we are meant to live. Shabbat reminds us — we are human beings, not human doings. If we choose to make Shabbat a part of our lives, it can teach us how to remember the essence of who we really are.

The traditions that we inherit from our ancestors can help us to set aside this special day and recognize its power to restore us and remind us about the most important things in life. These traditions guide us to mark Shabbat both through the special things we do, and through the ordinary things we refrain from doing.

## BLESSING OVER THE CANDLES



\* First light the candles. Then spread your hands out around them, drawing your hands inward in a circular motion three times to bring the light of Shabbat inward. Cover your eyes and recite the following blessing:

ברוך אתה ייִהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אשר קדשנו במצוותיו, וצונו להדליק  
נר של שבת.

*Baruch atah Adonai Eloheynu melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu lehadlik ner shel Shabbat.*

Blessed are You, Adonai our God, whose Presence fills the universe, who has sanctified us with commandments, and commanded us to kindle the light of Shabbat.

- Uncover your eyes and behold the Shabbat lights.

Breathe Deep – it's Shabbat!

The song below is a contemporary blessing over children created by Michael Baugh years ago, and is an *Or Shalom* favorite to this day.

### Or Shalom Blessing Song

Here we are on this night of Shabbat. The candles are lit, and do you know what?  
Now's our chance to bless all our kids, wherever you are, in college or cribs.

How shall we bless you? What do we want for you? Only everything...  
May you be healthy! May you be happy - having all you need and wish for!

Every day you brighten our lives, give warmth to our hearts, and light to our eyes.  
We're so glad that you kids are here, safe in our love, nothing to fear.

May you be happy! May you be healthy - having all you need ...  
Now and forever, with you wherever, may you know how much we love you.  
Yai lai lai ...

### BLESSING OVER THE CHILDREN

- Parents place their hands on their child's heads and say:

ישמך אלחים כאפרים וכםנסחה  
Yasim'cha Elohim k'ephraim v'chemenashe

May God bless you like Ephraim and Menashe

ישמך אלהם כשרה רבkah רחל ולאה  
Yesimech Elohim k'Sarah, Rivka, Rachel, v'Leah

May God bless you like Sara, Rebekah, Rachel and Leah

\*Some parents also offer spontaneous blessings from the heart appropriate to each child and each moment.

### Priestly Blessing (for all children)

יברך ה' וישמרך:  
בניך פניו אליך  
ויחנך:  
ישא ה' פניו אליך  
וישם לך שלום:

Yivarechecha Adonai  
vayishmerecha. Ya'er  
Adonai panavelecha  
vichuneka. Yisa  
Adonai panavelecha,  
vayasem lecha shalom

May Adonai bless you and keep you, May the face of Adonai shine upon you and be gracious to you, May the face of Adonai lift to you and grant you peace.



Peace be upon you, ministering angels, messengers of the Most High, from the Sovereign of Sovereigns, the Holy Blessed One

Come in peace, angels of peace, messengers of the Most High, from the Sovereign of Sovereigns, the Holy Blessed One

Bless me with peace, angels of peace, messengers of the Most High, from the Sovereign of Sovereigns, the Holy Blessed One

Go in peace, angels of peace, messengers of the Most High, from the Sovereign of Sovereigns, the Holy Blessed One

## A SONG OF THE BLESSING OF PEACE SHALOM ALEICHEM

As the group gathers around the table, we offer a song which welcomes the blessing of peace.

שָׁלוֹם עֲלֵיכֶם, מֶלֶאכִי הַשְּׁرָת, מֶלֶאכִי עַלְיוֹן,  
מֶמְלָךְ מֶלֶכִי הַמֶּלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.  
בָּוֹאֶכְם לְשָׁלוֹם, מֶלֶאכִי הַשָּׁלוֹם, מֶלֶאכִי עַלְיוֹן,  
מֶמְלָךְ מֶלֶכִי הַמֶּלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.  
בָּרְכֻנִי לְשָׁלוֹם, מֶלֶאכִי הַשָּׁלוֹם, מֶלֶאכִי עַלְיוֹן,  
מֶמְלָךְ מֶלֶכִי הַמֶּלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.  
צָאֶתְכֶם לְשָׁלוֹם, מֶלֶאכִי הַשָּׁלוֹם, מֶלֶאכִי עַלְיוֹן,  
מֶמְלָךְ מֶלֶכִי הַמֶּלֶכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

*Shalom Aleichem, malachei hasharet,  
malachei elyon, mimelech, malchei  
hamelachim, hakadosh baruch hu*

*Bo'achem leshalom, malachei hashalom ...*

*Barechunileshalom, malachei hashalom ...*

*Tzetchem leshalom, malachei hashalom ...*

ברוך אתה ייִהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אשר קדשנו במצוינו וברצונו בני, ושבת  
 קדשו באהבה וברצונו הנחילנו זכרון  
 למעשה בראשית, כי הוא יום תחילת  
 למקראינו קדש, זכר ליציאת מצרים, כי בנו  
 בחרת ואותנו קדשת עם כל (מלך)  
 העמים, ושבת קדש באהבה וברצונו  
 הנחלתו. ברוך אתה ייִהוָה מקדש השבת.

*Baruch atah Adonai Eloheynu melech ha'olam  
 asher kid'shanu b'mitzvotav v'ratza vanu, v'shabat  
 kodsho, b'ahavah u'vratzon hinchaltanu zikaron  
 l'ma'aseh bereshit. Ki hu yom techila l'mikra'ei  
 kodesh, zecher letziyat mitzrayim, ki vanu bacharta,  
 v'otanu kidashta, im (mi) kol ha'amim, v'shabbat  
 kodshecha b'ahavah u'vratzon hinchaltanu.  
 Baruch Atah Adonai, m'kadesh ha Shabbat.*

Blessed are You, Adonai our God, sovereign of the universe, who sanctifies us with commandments, takes pleasure in us, and lovingly gives us Your holy Shabbat — a remembrance of the works of creation. This day, the first of the days called “holy,” is a remembrance of the exodus from Egypt. For You have chosen us and made us holy with (from among) all peoples, and You have given us Your holy Shabbat as our heritage. Blessed are You Adonai, who sanctifies Shabbat.

## BLESSING OVER THE WINE - KIDDUSH

This blessing can be said over grape juice or wine, both of which are symbols of the joy and holiness of Shabbat.

ברוך אתה ייִהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בורא פרי הארץ.

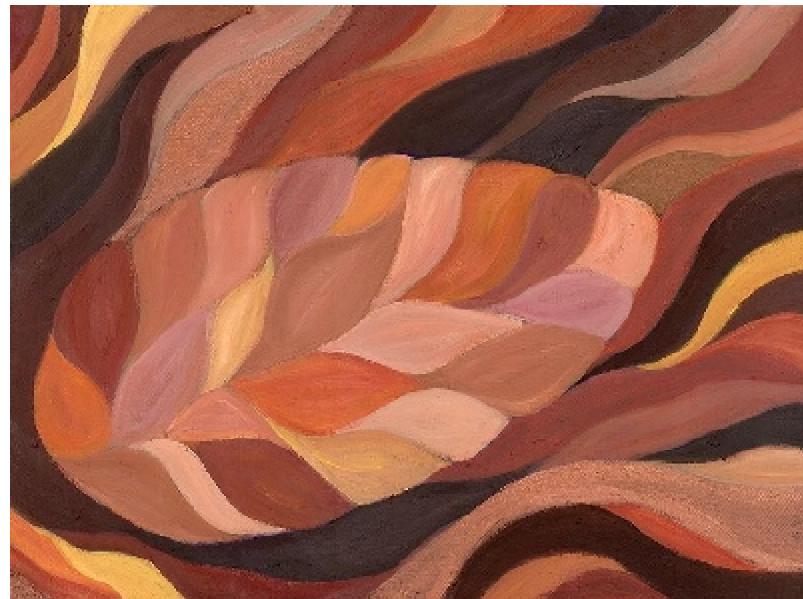
*Baruch atah Adonai Eloheynu melech  
 ha'olam borei p'ri hagafen*

Blessed are You Adonai our God, whose Presence fills the universe, creator of the fruit of the vine



## BLESSING OVER THE BREAD - MOTZI

ברוך אתה ייִהוּ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמּוֹצִיא לְחֵם מִן הָאָרֶץ.



*Baruch atah Adonai Eloheynu melech  
ha'olam hamotzi lechem min ha'aretz*

Blessed are You Adonai our God, whose Presence fills  
the universe, who brings forth bread from the earth

## HANDWASHING BLESSING

As a way to sanctify the meal, it is traditional to wash the hands before breaking bread. After washing the hands, the following blessing is said, and no words interrupt between this blessing and the blessing over the bread.

Many people sing a wordless melody or niggun during this gap as everyone finishes washing. Holding the silence can become a fun game-like moment for families with children, during which communication happens only with gestures.

ברוך אתה ייִהוּ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אשר קדשנו במצותיו, וצונו על נטילת  
יָדִים.

*Baruch atah Adonai Eloheynu melech  
ha'olam, asher kid'shanu b'mitzvotav  
v'tzivanu al netilat yadayim*

Blessed are You, Adonai our God, whose Presence fills  
the universe, who has sanctified us with commandments, and  
commanded us to raise up our hands

## BLESSING AFTER THE MEAL BENCHING



After any meal (but especially on Shabbat) it is fitting to offer a blessing of thanks. The traditional formula is a very long musical prayer called the *birkat hamazon*, which can be found in booklets called, *benchers*. ("Benching" means "blessing" in Yiddish.) Benchers also include many songs, and after the meal, family and guests may linger at the table with an array of songs and stories.

The Rabbis of old realized that there might be occasions in which the long version of the blessing would be difficult to manage, and so they gave us a short form which has resurfaced in popularity in our day.

Blessed be the Compassionate One, Whose Presence  
fills the universe, master of our sustenance

**בריך רחמנא מלְכָא דַלְמָא מֵרָא  
דְהַאי פִיטָא**

*Brich Rachamana malka de'alma, marei  
dehai pita.*

You are the source of life for all that is  
and Your blessing flows through us.

- Raise the glass, but wait to drink until after the final blessing

ברוך אתה ייִהוּ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בָּרוּךְאָ פָרִי הַגָּפָן.

*Baruch atah Adonai Eloheynu melech  
ha'olam borei p'ri hagafen*

Blessed are You Adonai our God, whose Presence fills the universe, creator of the fruit of the vine.

- Pass around the spices to smell during the following

ברוך אתה ייִהוּ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בָּרוּךְאָ מִינֵּינוּ בְשָׁמָים.

*Baruch atah Adonai eloheinu melech  
ha'olam, borei minei besamim*

Blessed are You Adonai our God, whose Presence fills the universe, creator of the variety of spices.

## HAVDALAH CEREMONY – SAYING GOODBYE TO SHABBAT



Blessed are You Adonai our God, whose Presence fills the universe, the One who separates between the sacred and the mundane, between light and darkness, between Israel and other peoples, between the seventh day and the six days of the workweek. Blessed are You who separates between the holy and the mundane.

\*Sip the wine/juice and extinguish the flame with it

Sing: (A message of hope as we enter the week)

Eliyahu Hanavi Eliyahu Hatishbi,

Eliyahu (x3) HaGiladi

Bimherah beyameynu yavo elenu

In Mashiach ben David (x2)

Elijah the prophet, the Tishbite from Gilad, come speedily to us hailing messianic days.

Shavuah tov, shavuah tov, shavuah tov,  
shavuah tov (x2)

A good week, a week of peace, may  
gladness reign  
and joy increase (x2)

**שבת טוב**

SHAVUAH TOV – HAVE A GOOD WEEK!

\*Look at the reflection of the flames in your fingernails

**ברוך אתה ייִהוּ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בָּרוּךְ מָאֹרֶךְ הַאֲשָׁר.**

*Baruch atah Adonai eloheinu melech ha'olam, borei m'orei ha'eish*

Blessed are You Adonai our God, whose Presence fills the universe, creator of the light of fire.

**ברוך אתה ייִהוּ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמַּבְדִּיל בֵּין קָדוֹשׁ לְחֹול, בֵּין אָזְרָעָל לְחַשָּׁךְ,  
בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְׁבִּיעִי  
לְשֶׁשֶׁת יָמִי הַמְּפֻעָשָׁה. ברוך אתה ייִהוּ,  
הַמַּבְדִּיל בֵּין קָדוֹשׁ לְחֹול.**

*Baruch atah Adonai, eloheinu melech ha'olam, hamavdil bein kodesh l'chol, bein or l'choshech, bein yisra'el la'amim, bein yom hashvi'i l'sheishet y'mei hama-aseh.  
Baruch atah Adonai, hamavdil bein kodesh l'chol.*