“How-To” Celebrate Shabbat

“More than Jews have kept Shabbat, Shabbat has kept the Jews.” —Ahad Ha’am

Shabbat at Beth Am

Jewish tradition commands us to observe Shabbat each week, and at Congregation Beth Am it’s central to our identity. Be it worship, study, community, music and more; there are a host of ways to join Beth Am for Shabbat.

Shabbat at Home

Celebrating Shabbat at home is equally important and worthwhile. In our hectic lives, Shabbat can be countercultural, an opportunity to slow down, spend time with friends and loved ones, do things we enjoy, or just appreciate the majesty of the world around us. There’s no “wrong” way to celebrate this weekly 25-hour holiday. If observing Shabbat is new to you, start simply by finding a way to separate this day from the rest of the week. Unplug a little, have dinner in the dining room, use the good plates, take a walk, hang out with family and friends, study Torah, sing songs, read stories to children, take a nap and just chill out.

Havdalah

The end of Shabbat is traditionally marked by a ritual called Havdalah during which songs are sung and blessings are said over wine or grape juice, spices and light (a special twisted candle is used), separating Shabbat from the rest of the week.

Blessings

We’ve provided the traditional Shabbat blessing for candles, wine and challah for the start of Shabbat below.

Share Your Experience

We want to hear from you. Please tell us how you celebrate Shabbat! Never celebrated Shabbat before? Try it! Make a small change in your Friday routine and tell us how it felt. Send us your experience in words, photos or video to belong@betham.org. Whatever you choose to do, make Shabbat a part of your week in your own way.

Blessing for Lighting Shabbat Candles

Baruch atah Adonai Eloheinu Melech haolam, asher kidshanu b’mitzvotav, v’zivanu l’hadik ner shel Shabbat.

ברוך אתה אדונاي אלהינו מלך העולם אשר קדשנו במצוותיו ויזיקנו הנר של שבת.

Blessed are You, Adonai our God, Who has sanctified us with His commandments, and has commanded us with the light of Shabbat.

Blessing Over Wine/Grape Juice

Baruch atah Adonai Eloheinu Melech haolam, borei p’ri ha’agafen.

ברוך אתה אדונاي אלהינו מלך העולם בורא פרי הגינה.

Blessed are You, Adonai our God, Creator of the world, Who brings forth the fruit of the vine.

Blessing Over Challah

Baruch atah Adonai Eloheinu Melech haolam, ha-motzi lechem min ha’aretz.

ברוך אתה אדונאי אלהינו מלך העולם המוציא לחם mín ha’aretz.

Blessed are You, Adonai our God, Who brings forth bread from the earth.

Shabbat Shalom

From Congregation Beth Am

For more Shabbat inspiration visit: betham.org/shabbatcorner