

“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 counter-cultural, 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.

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 kid’shanu b’mitzvotav, v’tzivanu l’hadlik ner shel Shabbat.

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

Blessed are You, Adonai our God,
Sovereign of all, who hallows us with
mitzvot, commanding us to kindle
the light of Shabbat.

Blessing Over Wine/Grape Juice

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

ברוך אתה יי אלהינו מלך העולם
בורא פרי הגפן.

Blessed are You, Adonai our God,
Sovereign of the universe, Creator of
the fruit of the vine.

Blessing Over Challah

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

ברוך אתה יי אלהינו מלך העולם
המוציא לחם מן הארץ.

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

