

# Thanks for Bringing Home Your Class' SHABBAT BAG!

This bag holds a special Shabbat experience for your family!

## What's Inside?

- Candles, Grape Juice, Challah
- This "Observing Shabbat at Home" GUIDE
- A special LTRS COLORING BOOK for you to keep!
- For some classes, your special MASCOT to help you celebrate
- A Shabbat card from a few of our 7<sup>th</sup> graders
- A CLASS JOURNAL to write about your family's celebration for others to read
- A small gift from the URJ Eisner & Crane Lake Camps

## What Can You Do?

1. Make a special Friday night dinner
2. Gather the family around the table
3. Follow the Guide!

To get a reminder of the tunes for the blessings and songs, visit  
[LarchmontTemple.org/ShabbatAtHome](http://LarchmontTemple.org/ShabbatAtHome)

Shabbat Shalom      שַׁבַּת שְׁלוֹם

# Observing Shabbat at Home

עֶרֶב שַׁבָּת

Erev Shabbat – Shabbat Evening



For a more in-depth guide visit: [www.LarchmontTemple.org/ShabbatAtHome](http://www.LarchmontTemple.org/ShabbatAtHome)

## LIGHTING THE SHABBAT CANDLES

- ✧ We light two candles which remain burning until they go out.
- ✧ Some families have a candle for each member of the family so that each person gets to light one.
- ✧ **After** lighting the candles but **before** the blessing is said some people symbolically draw in the light from the candles with gentle circular hand motions over the flame. We then cover or close our eyes while reciting the candle lighting blessing.

Baruch Atah Adonai, Eloheinu Melech  
ha-olam, asher kidshanu b'mitzvotav,  
v'tzivanu l'hadlik ner shel Shabbat.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ, וְצִוִּינוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

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

### KEY QUESTIONS

**WHY 2 CANDLES?** The two candles represent the two Torah commandments concerning Shabbat: “keep” and “remember”. *Keeping* Shabbat means we are obligated to observe Shabbat, and *remembering* Shabbat means we should prepare for it in a special way.

### WHY COVER YOUR EYES FOR THE BLESSING?

Usually we say a blessing before we do something, but in this case we light candles and say the blessing afterwards. This is because if we said the blessing first, thereby beginning Shabbat, we technically could not light a fire! Since we don't want to 'benefit' from the light of the Shabbat candles until we have said the proper blessing, we cover our eyes.

## SINGING!

- ☆ As we sit down at the table on Friday night, it is traditional to begin with singing.  
Visit the Temple website for more ideas of songs to sing!

### Bim Bam

Bim bam bim bim bim bam  
Bim bim bim bim bim bam  
Shabbat shalom Shabbat shalom  
Shabbat Shabbat Shabbat Shabbat  
shalom

בם בם  
בם בם, בם בם בם בם  
בם בם בם בם בם בם  
שַׁבַּת שְׁלוֹם, שַׁבַּת שְׁלוֹם,  
שַׁבַּת שְׁלוֹם שַׁבַּת שְׁלוֹם שַׁבַּת שְׁלוֹם

### Hinei Mah Tov

Hinei mah tov umah na'im,  
Shevet achim, gam yachad.

הִנֵּה מַה טוֹב  
הִנֵּה מַה טוֹב וּמַה נְעִים  
שְׁבֵט אַחִים גַּם יַחַד

## SHARING IN BLESSING

- ✧ Parents can bless their children and each other, concluding with the Priestly Blessing.
- ✧ As the parents say the blessing, they place their hands on the children's heads.

### For girls we say:

Yis-maech Elohim k'Sarah, Rivkah, וְרַחֵל. וְרַחֵל וְרִבְקָה רַבָּקָה לֵאָה וְרַחֵל.  
Leah, v'Rachel

May God inspire you to live in the tradition of Sarah, Rebecca, Leah and Rachel, who carried forward the life of our people.

### For boys we say:

Ye-sim-cha E-lo-him ke-Ef-ra-yi ve-chi- וְמַנַּשֶּׁה. וְמַנַּשֶּׁה וְעִפְרַיִם וְכַמְנַשֶּׁה.  
Me-na-she.

May God inspire you to live in the tradition of Ephraim and Manasseh, who carried forward the life of our people.

### For all children we say:

Yivareche-cha Adonai v'yismirecha. וְיִשְׁמְרֶךָ וְיִבְרַכְךָ.  
*May God bless you and keep you.*

Ya-eir Adonai panav eylecha vi-chu-ne-ka. וְיִחַנְנֶךָ.  
וְיִחַנְנֶךָ וְיִפְנֹו אֱלֹהֶיךָ וְיִחַנְנֶךָ.

May the light of God's presence shine upon you and be gracious to you.

Yi-sah Adonai panav eylecha v'yasem l'cha וְיִשָּׂא לְךָ שְׁלוֹם. וְיִשָּׂא לְךָ שְׁלוֹם.  
shalom.

May God bestow favor upon you and grant you peace.

### KEY QUESTIONS

**Where do these blessings come from?** The sources of the tradition for blessing children are biblical. Isaac blessed his sons, Jacob and Esau. And Jacob blessed his grandsons Ephraim and Menasseh. The blessings for girls recalls the matriarchs of our people. The priestly blessing is taken from the biblical book of Numbers (6:24-26).

## SINGING KIDDUSH

- ✧ We mark Shabbat as holy by saying a blessing over wine or grape juice.
- ✧ On Friday night the Kiddush has four parts. The first part recalls the biblical account of the creation of Shabbat. The second part is the blessing over wine. The third describes the gift of Shabbat, its meanings and symbolism. And the fourth describes Shabbat as a sign of covenant between God and the Jewish people.

There was evening and there was morning. On the sixth day, the heavens and the earth and all their hosts were completed. And God completed, on the seventh day, God's work, which God had made, and God ceased on the seventh day, all God's work in which God had been engaged. And God blessed the seventh day and sanctified it; because on it God ceased all God's work which God had created.

[Genesis 1:3-5, 2:1-3]

### Kiddush

### קדוש

Baruch Atah Adonai, Eloheinu Melech ha-  
olam, borei p'ri ha gafen. Amen.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרִי הַגֶּפֶן: אָמֵן.

Baruch Atah Adonai, Eloheinu Melech  
ha-olam, a-sher ki-de-sha-nu b'mitz-vo-tav  
ve-ratsa vanu, v'shabbat kod-sho b'ahava  
u've-ratson hin-chi lanu, zi-karon le-ma-ah-  
sei v'reit-shit. Ki hu yom t'chi-la, le-mikra-ei  
ko-desh ze-cher l'tsi-at Mits-ra-yim.

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי וְרָצָה בְּנוֹ, וְשִׁבַּת  
קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן  
לְמַעֲשֵׂה בְּרֵאשִׁית כִּי הוּא יוֹם תְּחִילָה  
לְמִקְרָאֵי קִדְּשׁ, זְכוֹר לְיִצְיַאת מִצְרָיִם.

Ki va-nu va-char-ta v'o-ta-nu ki-dash-ta mi-  
kol ha-a-mim. V'shab-bat kod-she-cha be-a-  
hava u've-ra-tson hin-chal-ta-nu

כִּי-בָנוּ בְּחַרְתָּ, וְאוֹתָנוּ קִדְּשָׁתָּ  
מִכָּל-הָעַמִּים וְשִׁבַּת קִדְּשָׁתָּ  
בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ:

Baruch Atah Adonai, m'ka-deish ha  
Shabbat. Amen.

בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת. אָמֵן.

Blessed are You, Adonai our God, Ruler of the universe, who creates the fruit of the vine. We praise You Adonai our God, Ruler of the Universe, who hallows us with mitzvot and favors us with the holy Shabbat, lovingly and graciously bestowed upon us, a memorial of the act of creation, first of the holy assemblies, a remembrance of the going forth from Egypt. You have chosen us and hallowed us from among all peoples, by lovingly and graciously bestowing upon us Your holy Sabbath. We praise You, O God, who sanctifies Shabbat.

## HA-MOTZI

### RECITING THE BLESSING OVER THE CHALLAH

- ✧ The challah remains covered while Shabbat is being sanctified with the blessing over the wine so as not to embarrass it [the challah.]
- ✧ The person saying the blessing traditionally holds two loaves together. These correspond to the two portions of manna that fell from heaven on Fridays so that the Israelites, wandering in the desert, would have enough food to last through Shabbat.
- ✧ Some people tear their challah instead of using a knife.
- ✧ Some people sprinkle salt on their challah before eating it.
- ✧ Newly weds should put honey on their challah for the first year of their marriage!

*You may want to start with this English introduction:*

*Ha motzi lechem min ha-aretz.* We give thanks to God for bread. Our voices rise in song together. As our joyful prayer is said:

### Ha-Motzi

### המוציא

Baruch Atah, Adonai Eloheinu melech  
ha-olam ha motsi lechem min ha-arets.

ברוך אתה יי אלהינו מלך העולם  
המוציא לחם מן הארץ

We praise You, Adonai our God, Ruler of the Universe, who brings forth bread from the earth.

# בתיאבון!

**\*B'tayavon! A Healthy Appetite! Enjoy your Special Shabbat Family Meal!**

# שבת שלום!

**\*Shabbat Shalom!**