

## We Kindle the Sabbath Lights

It is customary to light two candles made especially for Shabbat, which remain burning until they go out. One explanation for the two candles is that they represent the two Torah commandments concerning Shabbat: “keep” and “remember”. Keeping Shabbat is understood as an obligation to observe Shabbat, and remembering Shabbat is associated with preparing for it. (Many people have a candle for each member of the family so that each person gets to light one.)

Between saying the blessing and lighting the candles, 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. The reason for covering the eyes is that the usual order is to say the blessing before doing the action, but in this case, if we said the blessing first, thereby beginning Shabbat, we technically could not light a fire!

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

'oŠlgv Qkœdhwot H-vT©QUŠ  
'u; lme'vše rJE  
, Š©kš r b ekŠ©všm

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

## We Welcome Shabbat with Song

As we sit down at the table on Friday night, it is traditional to begin with singing “Shalom Aleichem.” This song welcomes the Shabbat angels into the home.

Sha-lom a-lei-chem, mal-achei ha-sha-reit,  
mal-a-chei El-yon mi-melechh ma-le-chei  
ha-me-la-chim, ha-ka-dosh ba-ruch Hu.

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Bo-a-chem l'shalom mal-a-chei ha-shalom,  
ma-le-chei El-yon mi-melech ma-le-chei ha-  
melachim, ha-ka-dosh, ba-ruch Hu.

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Ba-re-chu ni le-shalom, mal-a-chei ha  
shalom, malachei El-yon mi melech  
malechei ha-meleachim, hakadosh baruch  
Hu

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Tseit chem. le shalom, malachei ha-  
shalom, malachei Elyon, mi melech  
malechei ha-melachim ha-kadosh baruch  
Hu.

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'ohŠš©hfEK©QKNh illgohfEK©  
/tUv QUŠ JIsE©

Peace be to You, O ministering angels, messengers of the Most High, the supreme Ruler of rulers, the Holy One of blessing. Enter in Peace, O messengers of peace messengers of the Most High, the supreme Ruler of rulers, the Holy One of blessing. Bless me with peace, O messengers of peace, messengers of the Most High, the supreme Ruler of rulers, the Holy One of blessing. Depart in peace, O messengers of peace, messengers of the Most High, the supreme Ruler of rulers, the Holy One of Blessing.

### Blessing Each Other on Friday night

It is customary for parents to bless their children and each other, concluding with the priestly blessing. 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.) As the parents say the blessing, they place their hands on the children's heads.

#### Traditional blessing for a girl:

Ye-si-maech Elohim k'Sarah, Rivkah, /v t k u k y r v e e v r i s e h o l y o t q n a h  
Rachel v'Leah.

May God make you like Sarah, Rebecca, Rachel, and Leah.

#### And for a boy:

Yesim'cha Elohim k'Efraim, v'chi- /v a b s f u o n p a t o h y o t w s g h  
Menasheh.

May God make you like Ephraim and Menasseh.

#### For all children we say:

Yivareche-cha Adonai v'yishmirecha. /v s s h h w c s l

May God bless you and keep you.

Ya-eir Adonai panav eylecha vi-chu-ne-ka. /~ p h w k e u n s h r v

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

Yi-sah Adonai panav eylecha /o l k a w k o a h w k e u n s h r t s f  
v'yasem l'cha shalom.

May God bestow favor upon you and grant you peace.

### We Sing Kiddush

**(Sanctifying Shabbat with a blessing over wine)**

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 Israel.

Va-yi-hi erev va-yi-hi voker, yom ha-shi-shi Va-yi-chu-lu ha-shamayim v'ha-aretz v'chol tzi-va-am. Va'yi-chal Elohim, ba-yom ha-sh-vi-l m'lachto asher asah. Vayish-boat, ba-yom hash-vi-l mikol mi-lach-to asher asah. Va-yi-va-rech Elohim et yom ha-sh'vi-l va-yikadesh oto. Ki vo Shabbat mi-kol mi-lach-to asher barah Elohim la-a-sot.

h' | @olhree h' h' crg h' h'  
:ot S' h' k' s' . r' t' v' u' h' : @UKC h'  
'h' h' s' @oIHC oh' 0t k' h'  
oIHC , @S h' v' G' s' r' J' E' IT' t' k' s'  
:v' G' s' r' J' E' IT' t' k' s' -k' s' h' 'h' h' s' @  
'h' h' s' @olh , t' oh' 0t Q' s' h'  
IT' t' k' s' -k' s' h' , c' J' I' c' h' 'I' , t' J' s' h'  
; , I' G' k' oh' 0t t' r' s' -r' J' E'

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 1:31, 2:1-3]

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

'o' s' l' g' v' Q' k' n' U' h' n' o' t' 'h' v' t' @' Q' u' r' s'  
/i' n' t' : i' p' b' @' h' p' o' t' m' c'

Baruch a-ta Adonai, Eloheinu Melech ha-olam, a-sheh ki-de-sha-nu b'mitz-vo-tav ve-ratsa vanu, v'shabbat kod-sho b'a-ha-va 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.

'o' s' l' g' v' Q' k' n' U' h' n' o' t' 'h' v' t' @' Q' u' r' s'  
, @' Q' u' r' s' v' s' i' r' u' h' ' i' n' t' @' U' J' s' e' r' J' E'  
i' l' r' e' z' U' s' h' y' i' l' m' r' e' u' v' s' e' c' c' d' a' s' e'  
v' s' h' j' s' o' l' h' t' v' h' f' , h' j' t' h' e' v' G' g' o' k'  
/o' h' r' a' h' , @' h' i' k' r' e' s' e' h' i' r' s' h' k'

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

T' s' s' e' U' ; I' t' u' T' s' s' U' s' h' f'  
W' s' s' e' , @' Q' u' r' h' N' g' v' > k' s' h'  
: U' t' k' o' h' y' i' l' m' r' e' u' v' s' e' c' c'  
/i' n' t' / , s' c' c' J' s' e' s' 'h' v' t' @' Q' u' r' s'

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.

## We Sing haMotzi

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.

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

ברוך אתה יהוה אלהינו  
/ . עֲטִיבִי בְּיַדְךָ תִּמְנוּעֵי הַלֶּחֶם

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

# SHABBAT SHALOM

## Songs we sing on Shabbat

### L'chu N'ranena (*Psalm 95*)

L'chu n'ra-ni-na L'Adonai na-ri-ah  
l'tzur yishay-nu, n'kadma fanav  
b'todah b'zmirot na-riah lo.

:UgS hrUnk/vShpkk vRe-UR/oo  
:lk ghpe, Irraz vSI, Culp vñSch

Come, let us sing to the Eternal One; let our song ring out to our sheltering Rock.

### Shir Chadash (*Psalm 96*)

Shiru la-do-nai kol ha-aretz  
Shiru la-do-nai shir chadash. (repeat)

/. röv>kŠkk Urhpe  
/Jšj rhJ kk Urhpe

Sing unto God all the earth a new song, I will sing unto God a new song.  
Sing unto God and we'll all sing along, all the earth a new song unto God.

### Yism'chu Hashamayim (*Psalm 96*)

Yis-m'-chu ha-sha-ma-yim (repeat)  
V'-ta-geil ha-a-retz;  
Yir-am ha-yam (repeat)  
Yir-am ha-yam u-m'-lo-o.

ohJ@Uj sšh  
/. ršv kd; u  
/It lks@ogshu

Let the heavens be glad and the earth rejoice; let the sea roar and all that fills it.

### Or zarua (*Psalm 97*)

Or za-ru-a la-tsa-dik ul'yish-rei leiv simchah  
Or za-ru-a la-tsa-dik ul'yish-rei leiv simchah.

:elŠM gærIt  
/vj ŠG ck hšPkk

Light is sown for the righteous, and gladness for the upright in heart.

### Rom'mu (*Psalm 99*)

Rom'mu Adonai Eloheinu  
V'hist'ta-chavu l'har kod'sho  
Ki kadosh Adonai Eloheinu.

UjCS yuUho t hUhsIr  
:Uho t h JIsë h IJŠë r@%

Exalt the Eternal our God, and worship at God's holy mount,  
For the Eternal our God is holy.

**Hinei mah tov**

Hinei mah tov, u-mah nayim  
Shevet Achim gam yachad.

o h b v u c i y v o v b y  
/ s j o d o h j e , t j

How good it is, and how pleasant when we dwell together in unity.

**Shabbat shalom/shir hamaalot**

Shab-bat sha-lom shab-bat sha-lom  
Shir ha- ma'a-lot b'shuv A-do-nai et shi-  
vat tzi-yon h-yi-nu k'chol-mim  
Shab-bat sha-lom shab-bat sha-lom  
Shab-bat sha-lom u'-m'vo-rach.

o l k j , s j  
, t h c u e o l k g o r h j  
: o h k g o l l i h , c h j  
o l k j , s j  
/ q r e s u o l k j , s j

A song of ascent, a song of highs, a Sabbath of Peace.

The phrase “Shir ha-ma’a-lot” begins some of the Psalms. It reminds us of the ascent to Jerusalem. As worshipers would walk up to the Temple in Jerusalem, their souls would be uplifted.

## Birkat HaMazon Blessing after the meal (Reform version)

*(on Shabbat)*

Shir ha-ma-a-lot bshuv A-do-nai  
Et shi-vat Tzi-yon ha-yi-nu k'-chol-mim  
Az y'-ma-lei s'-chok pi-nu ul-sho-nei-nu ri-  
na. Az yom-ru va-go-yim hig-dil  
A-do-nai la-a-sot im ei-leh hig-dil  
A-do-nai et sh'-vi-tei-nu ka-a-fi-kim ba-ne-  
gev ha-zo-rim b'-dim-ah b'-ri-nah yik-tzo-  
ru. Ha-loch yei-leich u-va-cho no-sei me-  
shech ha-za-ra. Bo ya-vo v'-ri-na no-sei a-  
lu-mo-tav.

H-cW%oIkgD@rhJ  
 :ohkgoP/llh'eillm, chJ, t  
 vBr UllE RllhD'elJ S t kNhzt  
 , IGgk Hkkl\$y oHdc UrStkzt  
 Ullg , IGgk Hkkl\$y :vK'og  
 UllcS , t H-vSU :ohj NS Ullie  
 vSS\$%oIhSZ@:cUeohp tF  
 t Gk v fSUQkhQlkv :Urns hv Br%  
 Br%obcht & gC@QJre  
 :uh' NKE t Gk

When we return to Zion, it will seem like a dream. Our mouths will fill with laughter, out tongues with joyful song. Then the nations will say, "God has done great things for them." It is for us that God is doing great things; we will rejoice. Restore us once again, O God, like sudden flood streams in the desert. Those who sew in tears shall reap in joy. Those who go forth reaping, bearing the seed for sowing, will return bearing the sheaves with song and with laughter. (Psalm 126)

**Leader:** Cha-vei-rai n'-va-reich  
**Community followed by leader:** Y'-hi sheim A-  
do-nai m'-vo-rach mei-a-tah v'-ad o-lam  
**Leader:** Bir-shut cha-vei-rai n'-va-reich E-  
lo-hei-nu She-a-chal-nu mi-she-lo  
**Community followed by leader:** Ba-ruch E-lo-  
hei-nu she-a-chal-nu mi-she-lo Uv-tu-vo  
cha-yi-nu.

!QMS'hctj  
 /oŠlg sguvTgY Q'reS HoY h/h  
 (Ullvot) QMS'hctj , UGSC  
 /IKah URGe J  
 IKah URGe J (Ullvot) Q'rs  
 /UllieIcUyeUk

Friends, let us praise God. Let the name of God be praised from now to eternity. Let us praise of God of whose bounty we have partaken. Let us praise our god of whose bounty we have partaken and by whose goodness we live. May God and God's name be praised.



B'-ra-cha m'-ru-ba ba-ba-yit ha-zeh  
V'-al shul-chan zeh she-a-chal-nu a-lav.

'vʔ, lʔ vʔ vʔ vʔ  
/uʔ uʔ vʔ vʔ kʔ

(On Shabbat)  
*Ha-ra-cha-man hu yan-chi-lei-nu*  
*Yom she-ku-lo Sha-bat u-m'-nu-cha*  
*L'-cha-yei ha-o-la-min.*

IKʔ olhʔ hʔ tʔ vʔ inʔ  
/ohʔ lʔ hʔ vʔ uʔ, ʔ

May the Merciful One reign over us forever and ever. May the Merciful One be blessed in heaven and on earth. May the Merciful One send us abundant blessing to this house, and upon this table at which we have eaten. (Shabbat) May the Merciful One cause us to inherit a Shabbat of eternal peace.

O-se-sha-lom bim-ro-mav  
Hu-ya-a-se sha-lom a-lei-nu  
V'-al kol Yis-ra-eil v'-im-ru a-mein.

'olkʔ vʔ hʔ tʔ vʔ inʔ  
:inʔ uʔ tʔ kʔ vʔ kʔ

The one who makes peace in the heavens will make peace for us and all Israel, and we say, Amen.

A-do-nai oz l'-a-mo ti-tein  
A-do-nai y'-va-reich et a-mo va-sha-lom.

Qʔ hʔ iʔ hʔ kʔ hʔ  
:olkʔ cʔ inʔ, ʔ

May God give strength to our people. May God Bless all peoples with peace.