

WELCOMING SHABBAT

Kindling Shabbat Lights
Hadlakat Haneiroṯ—הַדְּלָקַת הַנֵּירוֹת

*Tradition invites us to light two candles as Shabbat begins.
Kindle these lights.*

We mark the beginning of this sacred time.
Shabbat: the day of rest.

We pause and remind ourselves
of the beauty of this world,
of the loves that embrace us,
of the blessings that fill us.

*Ba-ruch a-ta A-do-nai,
Eh-lo-hei-nu meh-lech ha-o-lam,
a-sheṯ ki-d'sha-nu b'mitz-vo-tav
v'tzi-va-nu l'had-lik ner
shel Shabbat.*

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר
שֶׁל שַׁבָּת.

We praise You, Eternal One, Sovereign God of the universe;
You call us to holiness, and enjoin us to kindle the Sabbath lights.

*May we be blessed with Shabbat joy.
May we be blessed with Shabbat peace.
May we be blessed with Shabbat light.*

Blessings for Loved Ones
 Birchot Hamishpacha—בְּרִכּוֹת הַמִּשְׁפָּחָה

In praise of a woman

A woman of valor, seek her out;
 She is to be valued above rubies.
 She opens her hand to those in need,
 And offers her help to the poor.

Adorned with strength and dignity,
 She looks to the future with cheerful trust.
 Her speech is wise; the law of kindness is on her lips.
 Those who love her rise up with praise and call her blessed:
 'Many have done well, but you surpass them all.'

Charm is deceptive and beauty short-lived,
 But a woman loyal to God truly has earned praise.
 Honor her for her work;
 Her life proclaims her praise.

[From Proverbs 31]

In praise of a man

Blessed is the man loyal to God,
 Who delights in the Eternal One's commandments!
 His descendants will be honored in the land:
 The generation of the upright will be blessed.
 His household prospers,
 And his righteousness endures forever.

Light dawns in the darkness for the upright;
 For the man who is gracious, merciful, and just.

He has been generous, has given freely to the poor;
 His righteousness endures forever;
 His life is exalted in honor.

[From Psalm 112]

For a child

Blessed is the parent and blessed is the child
 When our hearts are turned toward one another.

Blessed is the home filled with laughter and light,
 the spirit of Shabbat.

Seek truth always.
 Speak words of kindness.
 Be just and loving in your deeds.

A noble heritage has been entrusted to you;
 Guard it well.

May God bless you and guide you.

For a boy

יְשֻׁמְךָ אֱלֹהִים
 בְּאִפְרַיִם וּבְמְנַשֶּׁה.

*Y'sim-cha E-lo-him
 k'Ef-ra-yim v'chi-M'nash-eh.*

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

For a girl

יְשֻׁמְךָ אֱלֹהִים
 בְּשָׂרָה, רִבְקָה, לֵאָה וְרָחֵל.

*Y'si-mech E-lo-him
 k'Sa-ra, Riv-ka, Lei-a v'Ra-chel.*

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

For both boys and girls

Y'va-re-ch'cha Adonai v'yish-m're-cha. יְבָרְכֶךָ יְהוָה וַיְשַׁמְרֶךָ.

Ya-eir Adonai pa-nav יֵאָר יְהוָה פָּנָיו
ei-le-cha vi-chu-ne-ka. אֵלֶיךָ וַיְחַנֶּנְךָ.

Yi-sa Adonai pa-nav ei-le-cha יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ
v'ya-seim l'cha sha-lom. וַיְשִׂים לְךָ שְׁלוֹם.

May God bless you and keep you. May God look kindly upon you, and be gracious to you. May God reach out to you in tenderness, and give you peace.

*There might now be a moment of silence,
in which all present think of one another with blessing.*

Evening Kiddush—קִדּוּשׁ

*Fill a Kiddush cup with wine or grape juice (both are 'fruit of the vine').
Raise it and recite:*

“Six days you will work and achieve,
but the seventh day is dedicated to
the Eternal One, your God.”

With the fruit of the vine, our sweet symbol of joy,
we celebrate this sacred day.

We give thanks for life and its blessings,
for work and for rest,
for the opportunity to gain and the privilege to give,
for home and friendship and love.

Some continue here, others at the next paragraph

Va-y'chu-lu ha-sha-ma-yim v'ha-a-retz וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ
v'chol tz'va-am. וְכָל-צְבָאָם:

Va-y'chal E-lo-him ba-yom ha-sh'vi-i וַיִּכַּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי
m'lach-to a-sher a-sa, מְלַאכְתּוֹ אֲשֶׁר עָשָׂה
va-yish-bot ba-yom ha-sh'vi-i וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי
mi-kol m'lach-to a-sher a-sa. מִכָּל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:

Va-y'va-rech E-lo-him et וַיְבָרֶךְ אֱלֹהִים אֶת-
yom ha-sh'vi-i va-y'ka-deish o-to, יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ
ki vo sha-vat mi-kol m'lach-to כִּי בּוֹ שָׁבַת מִכָּל-מְלַאכְתּוֹ
a-sher ba-ra E-lo-him la-a-sot. אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:

Now the whole universe—sky, earth, and all their array—was completed. With the seventh day God ended the work of creation, resting on the seventh day, with all the work completed. Then God blessed the seventh day and sanctified it, this day having completed the work of creation.

WELCOMING SHABBAT

*Ba-ruch a-ta A-do-nai,
Eh-lo-hei-nu meh-lech ha-o-lam,
bo-rei p'ri ha-ga-fen.*

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרֵי הַגֶּפֶן.

*Ba-ruch a-ta A-do-nai,
Eh-lo-hei-nu meh-lech ha-o-lam,
a-sher ki-d'sha-nu b'mitz-vo-tav
v'ra-tza va-nu, v'shabbat ko-d'sho
b'a-ha-va u-v'ra-tzon hin-chi-la-nu,
zi-ka-ron l'ma-a-sei v'rei-shit.*

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וּרְצָה בָּנוּ, וְשַׁבַּת קִדְּשׁוֹ
בְּאַהֲבָה וּבְרִצּוֹן הִנְחִילָנוּ,
זָכוֹר לְמַעֲשֵׂה בְרֵאשִׁית.

*Ki hu yom t'chi-la
l'mik-ra-ei ko-desh,
zei-cher li-tzi-at Mitz-ra-yim.*

כִּי הוּא יוֹם תְּחִלָּה
לְמִקְרָאֵי קֹדֶשׁ,
זָכוֹר לִיצִיאַת מִצְרַיִם.

*Ki va-nu va-char-ta
v'o-ta-nu ki-dash-ta
mi-kol ha-a-mim,
v'sha-bat kod-sh'cha
b'a-ha-va u-v'ra-tzon
hin-chal-ta-nu.*

כִּי בָנוּ בְּחֵרְתָּ
וְאוֹתָנוּ קִדְּשָׁתָּ
מִכָּל־הָעַמִּים,
וְשַׁבַּת קִדְּשָׁךְ
בְּאַהֲבָה וּבְרִצּוֹן
הִנְחַלְתָּנוּ.

*Ba-ruch a-ta A-do-nai,
m'ka-deish ha-sha-bat.*

בָּרוּךְ אַתָּה יי,
מְקַדֵּשׁ הַשַּׁבָּת.

We praise You, Eternal One, Sovereign God of the universe:
You create the fruit of the vine.

We praise You, Eternal One, Sovereign God of the universe: You call us to holiness with the Mitzvah of Shabbat: the sign of Your love, a reminder of Your creative work, and of our liberation from Egyptian bondage, our day of days. On Shabbat especially, we hearken to Your call to serve You as a holy people.

We praise You, Eternal One, for the holiness of Shabbat.