



KAB SHAB

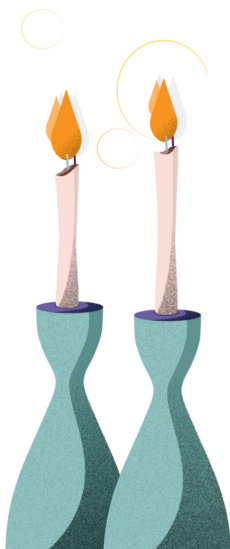


PRAYER FOR LIGHTING SHABBAT CANDLES

בְּרוּךְ אַתָּה יְיָ-הוּ-ה,
אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵיר שַׁבָּת.

Baruch Atah A-donai,
E-lo-heinu Melech
Ha-olam, Asher
Kid'shanu B'mitz'votav
V'tzivanu L'had'lik Neir
Shel Shabat.

Blessed are You, G-d,
our L-rd, King of the
Universe, Who has
sanctified us with His
commandments and
instructed us to kindle
the Shabbat lights.



BIM BAM

Bim bam bim bim bim bam
Bim bim bim bim bim bam

Shabbat shalom Shabbat shalom
Shabbat Shabbat Shabbat Shabbat shalom

Shabbat Shabbat Shabbat Shabbat shalom
(2x)

REFLECTIONS OF THE PAST
WEEK

L'CHA DODOI

לָכֶּה דוֹדַי לְקַרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

לָכֶּה דוֹדַי לְקַרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

Lecha dodi likrat kala, p'nei Shabbat n'kabelah!
Lecha dodi likrat kala, p'nei Shabbat n'kabelah!

Come, my friend, to meet the bride; let us
welcome the Sabbath.



BLESSING FOR THE CHILD

Place your hands on your child's head or bring your child into your arms, say the appropriate blessing and feel free to add your own blessing or words of praise.

For a son:

יְשִׁימְךָ אֱ-לֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה.

May the L-rd make you like
Ephraim and Menashe.

For a daughter:

יְשִׁימְךָ אֱ-לֹהִים כְּסָרָה, רִבְקָה,
רָחֵל וְלֵאָה.

May the L-rd make you like
Sarah, Rivka, Rachel and Leah.

יְבָרְכֶךָ י-ה-ו-ה וְיִשְׁמְרֶךָ. יָאֵר י-ה-ו-ה פְּנֵינוּ אֵלֶיךָ וְיַחַנֶּךָ. יִשָּׂא י-ה-ו-ה פְּנֵינוּ
אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם.

May G-d bless you and protect you. May G-d shine His light on you and be
gracious to you May G-d show you favor and grant you peace.



BLESSING ON THE WINE KIDDUSH

Put two challahs on the table, cover them with a cloth or napkin, fill a glass of wine or grape juice and say Kiddush on behalf of everyone at the table. After the final blessing and the chorus of "Amen" by those around the table, drink the majority of the glass.

Silently:

יְהִי עֶרֶב וְיְהִי בֹקֶר,

Aloud:

יּוֹם הַשְּׁשִׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם. וַיְכַל אֱ-לֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכַל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱ-לֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בּו שְׁבֹת מְכַל מְלַאכְתּוֹ אֲשֶׁר בְּרָא אֱ-לֹהִים לַעֲשׂוֹת.

סְבִרֵי מְרַנְּנו וְרַבּוֹתֵי:

בְּרוּךְ אַתָּה י-ה-ו-ה, אֱ-לֹהֵינוּ מֶלֶךְ הַעוֹלָם, בּוֹרֵא פְרִי הַגֶּפֶן. (אָמֵן)

בְּרוּךְ אַתָּה י-ה-ו-ה, אֱ-לֹהֵינוּ מֶלֶךְ הַעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְרָצָה בָּנוּ, וְשַׁבֵּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרַצוֹן הַנְּחִילָנוּ, זְכוֹרֵנוּ לְמַעֲשֵׂה בְרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָא קִדְּשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם. כִּי בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מְכַל הַעַמִּים, וְשַׁבֵּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרַצוֹן הַנְּחַלְתָּנוּ. בְּרוּךְ אַתָּה י-ה-ו-ה, מְקַדְּשׁ הַשַּׁבָּת. (אָמֵן)

Silently:

And it was evening and it was morning,

Aloud:

The sixth day. And the heaven and the earth and everything in them were completed. And on the seventh day the L-rd finished His work which He had done; and He abstained on the seventh day from all His work which He had done. And the L-rd blessed the seventh day and He sanctified it, because on it He abstained from all His work which He had created to do.

Your attention, my masters, rabbis and teachers:

Blessed are You, G-d, our L-rd, King of the Universe, Who creates the fruit of the vine. (Amen)

Blessed are you, G-d, our L-rd, King of the Universe, who has sanctified us through His commandments and was pleased with us, and [therefore] He gave us His holy Shabbat, lovingly and willingly, as a heritage, a reminder of the work of creation. Because it is the first of the holy days, a reminder of the exodus from Egypt. Because You have chosen us and sanctified us above all the nations, and You have given us Your holy Shabbat, lovingly and willingly, as a heritage. Blessed are you, G-d, who sanctifies the Shabbat. (Amen)



WASHING HANDS

Before we eat, we wash our hands to cleanse and purify ourselves both physically and spiritually for the meal. Washing before we eat reminds us that the meal is not merely a culinary experience, but a spiritual one as well.

Blessing after washing hands:



בְּרוּךְ אַתָּה י-ה-ו-ה
א-לֵהינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

Blessing after washing hands:

Blessed are you G-d, our L-rd, King of the Universe, Who sanctified us with His commandments and commanded us on the washing of hands. (Amen)

BLESSING FOR CHALLAH

Say the blessing below, having everyone around the table in mind. Cut or break pieces of challah, dip them into salt and pass around for everyone at the table.



בְּרוּךְ אַתָּה י-ה-ו-ה, אֱ-לֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ. (אָמֵן)

Blessed are You, G-d, our L-rd, King of the Universe, who brings forth bread from the earth. (Amen)

We use two loaves to remind us of the double portion of manna G-d gave us every Friday in the desert so that we would have enough to eat over Shabbat. We bless G-d, recognising and acknowledging that He is the true Source of the food and sustenance in our lives.

SHALOM ALECHEM

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.
בוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.
בְּרַכּוֹנֵי לְשָׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.
צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיוֹן,
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.



May peace come to you, angels of service, angels of G-d on high, who come from the King of all kings, the Holy One, Blessed is He.

Come in peace, angels of peace, angels of G-d on high, who come from the King of all kings, the Holy One, Blessed is He.

Bless me with peace, angels of peace, angels of G-d on high, who come from the King of all kings, the Holy One, Blessed is He.

Go in peace, angels of peace, angels of G-d on high, who come from the King of all kings, the Holy One, Blessed is He.