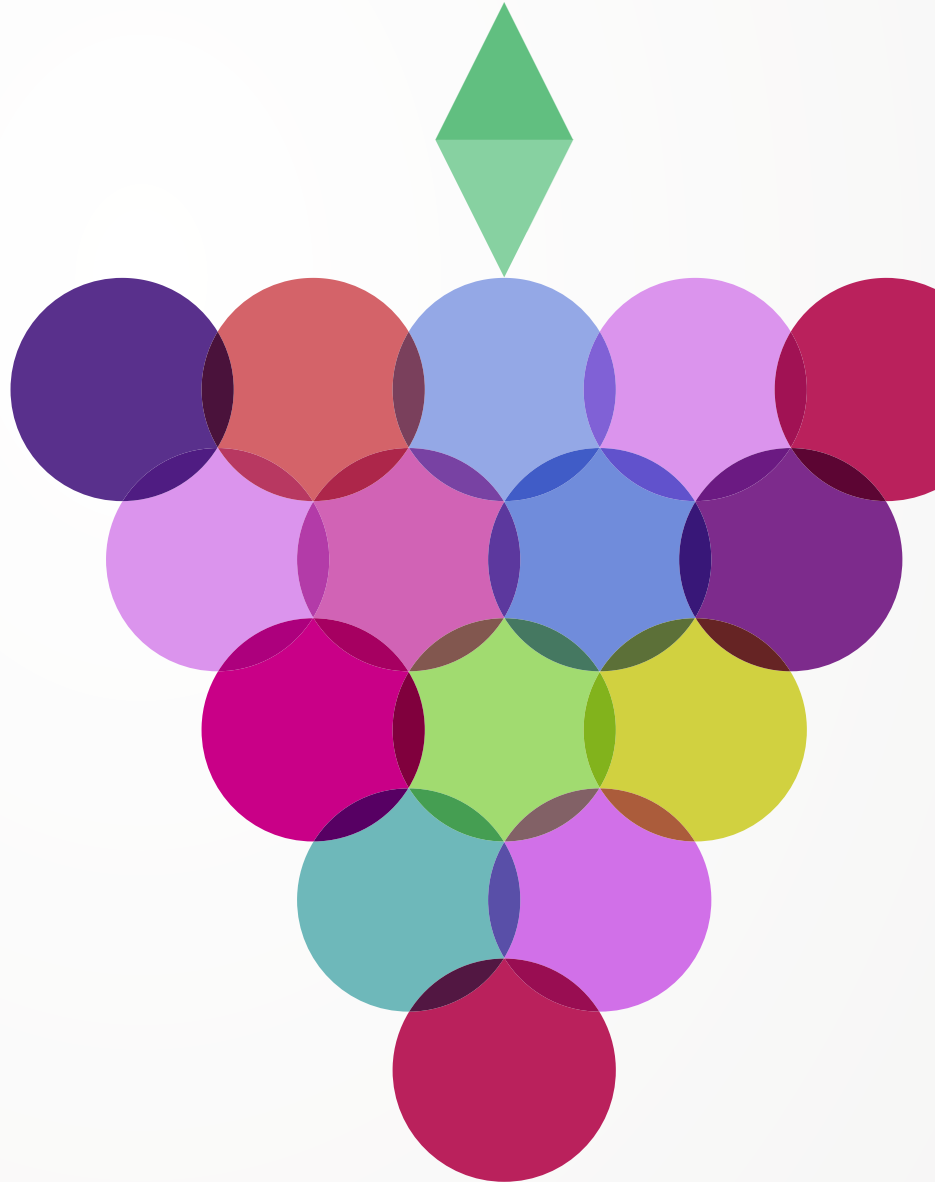




# YOUR SHABBAT TABLE TOOLKIT





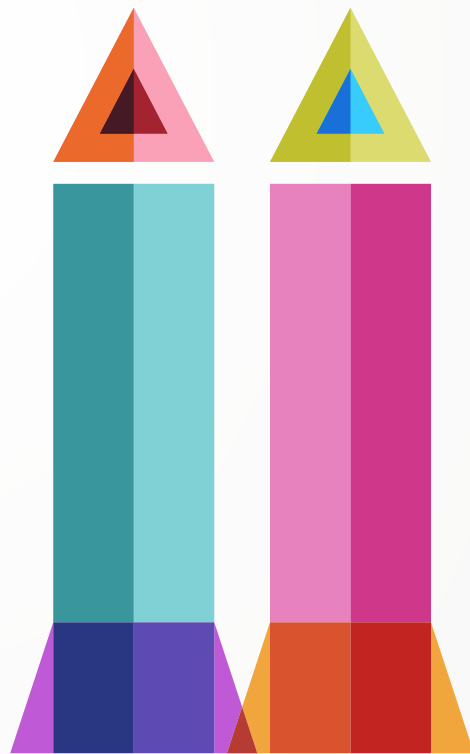
## Candle-lighting

**Our sages instituted that in every Jewish home, Shabbat candles should be lit before sunset on Friday to honor the Shabbat meal and nurture “peace of the home.”**

*The candles are traditionally lit by a woman on behalf of the household (if present, the wife and/or mother of the home), but a man can also light. Light two candles, cover your eyes with your hands and recite the blessing below, then look at the light. Rather than extinguish the match, simply put it down on a fireproof surface. For candle-lighting times, check online or see your Jewish calendar.*

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.

בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ  
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר  
שֶׁל שַׁבָּת.



### The light of love

The candles preserve peace in a very practical way – by illuminating the space we live in so that we are spared the distress of stumbling about in darkness. But in a deeper way, they create an atmosphere of tranquility, allowing us to savor the experience of being together on Shabbat, seeing each other's faces so that we can really connect. The pressures of the week place demands on our time and divert our attention from the people closest to us. The light of the candles helps us re-establish that intimate connection.



## Shalom Aleichem

**The sages teach us that angels accompany us to our Shabbat tables. We welcome these “angels of peace” to our tables with Shalom Aleichem.**

*Standing around the Shabbat table, sing each verse three times.*

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.

שְׁלוֹם עָלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי  
עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ  
בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשֵׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי  
עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ  
בְּרוּךְ הוּא.

בְּרַכּוּנִי לְשֵׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי  
עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ  
בְּרוּךְ הוּא.

צֵאתְכֶם לְשֵׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי  
עֲלִיוֹן, מִמְּלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ  
בְּרוּךְ הוּא.

### Angels of peace

We bless the “angels of peace” and acknowledge a newfound tranquility in our homes and in our hearts. On Shabbat, we can achieve peace of mind, a sublime inner restfulness that creates the ideal state for love and connection. It is not just a superficial calm and tranquility, but a deep state of being that is unflustered and undistracted, gentle, and kind, open to connection and love.



## Eishet Chayil

King Solomon's acrostic poem that appears in the Book of Proverbs, Eishet Chayil, describes the archetypal Jewish woman as energetic, righteous, creative, and capable. However, these deep, multi-layered verses also refer allegorically to the Divine presence, Torah, wisdom, the soul, and Shabbat itself. Perhaps most significantly, the Jewish woman is chosen as the prism through which to view these lofty spiritual concepts.

*Sing around the table together.*

Who can find a great woman,  
whose value is far beyond pearls?  
Her husband feels secure relying  
on her, and he will not lack for  
good.

She does good for him, and not  
bad, all the days of her life.

She seeks out wool and linen, and  
her hands work eagerly.

She is like a merchant ship; she  
brings her food from afar.

She gets up while it is still night,  
and gives food to her household,  
and a portion to her helpers.

She assesses a field, and she buys  
it; from the profits of her work, she  
plants a vineyard.

She envelops herself with boldness  
and strengthens her arms.

She senses that her business is  
good; her lamp does not go out at  
night.

She stretches out her hand to the  
spinning wheel, and her palms  
hold the spindle.

אֵשֶׁת חַיִּיל מִי יִמְצָא, וְרוֹחַק מִפְּנִינִים מִכָּרָה.

בְּטַח בָּהּ לֵב בְּעֵלָהּ, וְשָׁלָל לֹא יִחְסֹר.

גְּמַלְתָּהּ טוֹב וְלֹא רָע, כֹּל יְמֵי חַיֶּיהָ.

דָּרָשָׁה צֹמֶר וּפְשָׁתִים, וַתַּעַשׂ בְּחִפְזָה כְּפִיָּהּ.

הָיְתָה כְּאֶנְיֹת סוֹחֵר, מִמֶּרְחָק תָּבִיא לַחֲמָה.

וַתִּקַּם בְּעוֹד לַיְלָה וַתִּתֵּן טָרְף לְבֵיתָהּ, וְחֵק  
לְנַעֲרֹתֶיהָ.

זָמְמָה שָׂדֶה וַתִּקְחָהּ, מִפְּרִי כְּפִיָּהּ נָטְעָה כֶּרֶם.

חִגְרָה בְּעָז מִתְנִיָּה, וַתֹּאמֶץ זְרוּעֹתֶיהָ.

טַעְמָהּ כִּי טוֹב סוֹחֵרָה, לֹא יִכְבֶּה בַּלַּיְלָה נֵרָהּ.

יָדֶיהָ שְׁלָחָה בַּפִּישׁוֹר, וְכַפֵּיהָ תִמְכּוּ פָלָךְ.

She opens her palm to the poor,  
and her hands reach out to the  
destitute.

She does not fear for her household  
in the snow, because everyone is  
clothed in [warm] scarlet wool.

She makes her own blankets; her  
clothing is of fine linen and purple  
wool.

Her husband is well known in the  
councils, as he sits among the  
elders of the land.

She makes a cloak and sells it;  
and gives a belt to the trader.

She is clothed in strength and  
glory, and she is joyful to the last  
day.

She speaks with wisdom, and the  
teaching of kindness is on her  
tongue.

She watches over the ways of her  
family, and does not eat the bread  
of laziness.

Her children rise and praise her,  
and her husband applauds her:

Many women have achieved great  
things, but you have surpassed  
them all.

Charm is false and beauty is  
empty; but a woman who is in awe  
of G-d – she deserves praise.

Give her the fruit of her hands; and  
let her be praised at the gates by  
her deeds.

כַּפָּה פָּרְשָׁה לְעָנִי, וַיִּדְיָה שְׁלַחָה לְאֲבִיוֹן.

לֹא תִירָא לְבֵיתָהּ מִשֶּׁלֶג, כִּי כָּל בֵּיתָהּ לְבָשׁ  
שָׁנִים.

מִרְבָּדִים עָשְׂתָהּ לָהּ, שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁהּ.

נוֹדַע בְּשַׁעְרִים בְּעֵלָהּ, בְּשִׁבְתּוֹ עִם זִקְנֵי אֶרֶץ.

סָדִין עָשְׂתָהּ וּתְמָכָר, וְחִגּוֹר נִתְּנָה לְכַנְעָנִי.

עוֹז וְהָדָר לְבוּשָׁהּ, וּתְשֻׁחַק לְיוֹם אַחֲרוֹן.

פִּיהָ פְּתִיחַת בְּחָכְמָה, וְתוֹרַת חֶסֶד עַל לְשׁוֹנָהּ.

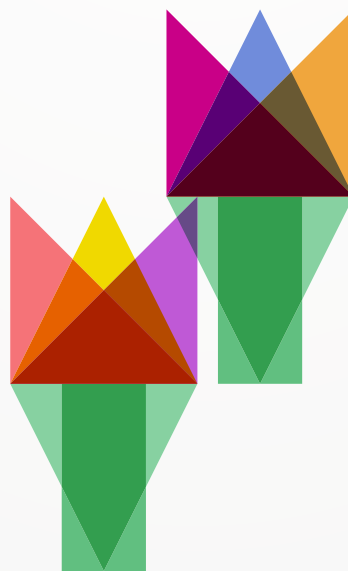
צוֹפִיָּה הַלִּיכוֹת בֵּיתָהּ, וְלֶחֶם עֲצָלוֹת לֹא תֹאכַל.

קָמוּ בָנֶיהָ וַיֹּאשְׁרוּהָ, בְּעֵלָה וַיְהַלְלָהּ.

רְבוֹת בָּנוֹת עָשׂוּ חֵיל, וְאֵת עֲלִית עַל כָּלָנָהּ.

שִׁקְרַת הַחַן וְהַבֵּל הַיָּפִי, אֲשֶׁה יִרְאֵת ה', הִיא  
תִּתְהַלֵּל.

תִּנּוּ לָהּ מִפְּרֵי יָדֶיהָ, וַיְהַלְלוּהָ בְּשַׁעְרִים מַעֲשֵׂיהָ.





## Blessing for the children

**There is a custom to bless one's children on Shabbat night. The wording is based on the blessing that Jacob gave his grandchildren, as recorded in the Torah.**

*Place your hands on your child's head or bring your child into your arms and say the appropriate blessing. You can also add your own personal blessing with words of praise and encouragement.*

### **For a son:**

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

### **For a daughter:**

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

### **For a son:**

יְשִׁימֶךָ אֱ-לֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.  
יְבָרְכֶךָ ה' וַיִּשְׁמְרֶךָ.  
יְאָר ה' פְּנֵיו אֵלֶיךָ וַיַּחֲנֶנְךָ.  
יֵשֵׂא ה' פְּנֵיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

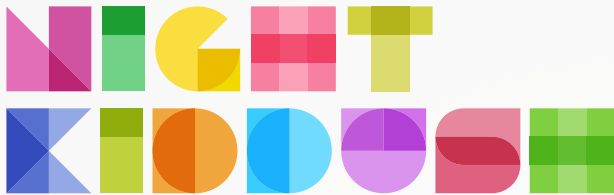
### **For a daughter:**

יְשִׁימֶךָ אֱ-לֹהִים כְּסָרָה, רַבֵּקָה, רָחֵל וְלֵאָה.  
יְבָרְכֶךָ ה' וַיִּשְׁמְרֶךָ.  
יְאָר ה' פְּנֵיו  
אֵלֶיךָ וַיַּחֲנֶנְךָ.  
יֵשֵׂא ה' פְּנֵיו  
אֵלֶיךָ וַיִּשֶׂם  
לְךָ שְׁלוֹם.



### **Precious moments**

Shabbat, described as the “source of blessing,” is blessed by G-d, and is therefore an appropriate time for us to bless our children. We need this time. The week goes by in a blur. We seldom have the opportunity to notice the people who matter most to us. It is a great privilege to have a set time each week to stop what we are doing, gaze lovingly at our children, and put our hands on their heads and bless them. In these precious moments, we devote a few moments of undivided attention – of quiet intentionality and deep affirmation – to each child. What could be more beautiful? What could be more important? What greater gift could we give those we have brought into the world? These are moments that nurture families.



## Night Kiddush

**There is a Torah mitzvah to verbally sanctify Shabbat. Our sages enacted that we do this over a cup of wine, with a special formula they composed to impress upon us the significance of the day.**

*Cover the challahs with a cloth or napkin, fill a glass of wine or grape juice (containing no less than 86ml), hold the cup and say Kiddush, having in mind that this is being said on behalf of everyone at the table, who should listen with the same intent. Drink the majority of the wine or grape juice in the glass.*

*(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)

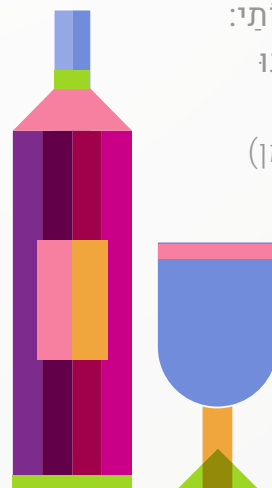
*(Silently)*

וַיְהִי עֶרֶב וַיְהִי בֹקֶר,

*(Aloud)*

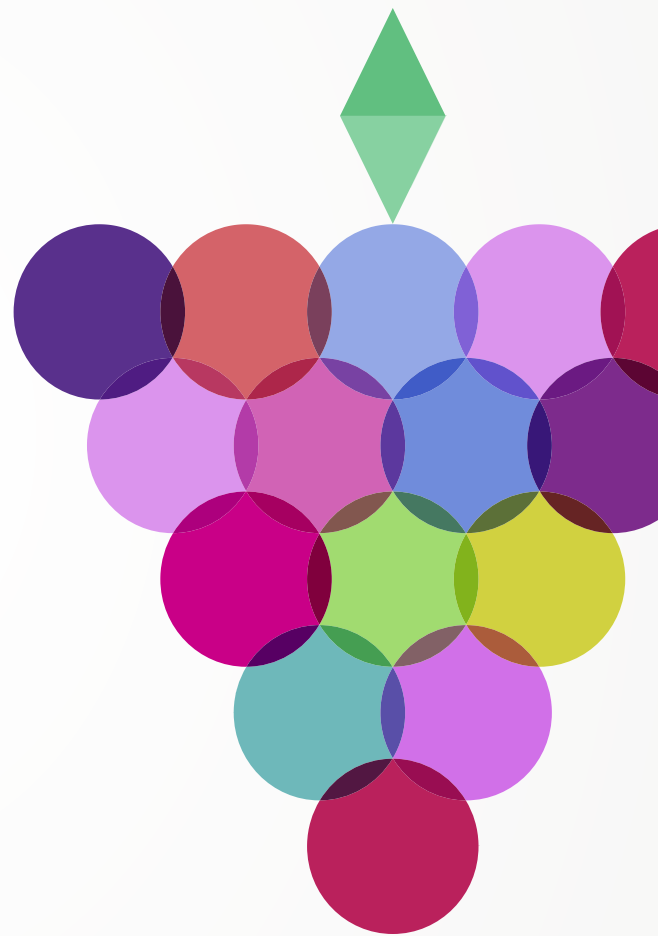
יוֹם הַשְּׁשִׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צִבְאָם. וַיְכַל אֱ-לֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכַל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱ-לֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ, כִּי בּו שְׁבֹת מְכַל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱ-לֹהִים לַעֲשׂוֹת.

סְבָרֵי מְרַנֵּן וְרַבָּנֵן וְרַבּוֹתֵי: בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן. (אָמֵן)



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)

בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְרָצָה בָּנוּ, וְשִׁבַּת קִדְּשׁוֹ  
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, זְכוֹרֹן לְמַעֲשֵׂה  
בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי  
קִדְּשׁ, זְכוֹר לִיציאת מצרים. כִּי בָנוּ בְּחֵרְתָּ  
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשִׁבַּת קִדְּשָׁךְ  
בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה ה',  
מְקִדֵּשׁ הַשַּׁבָּת. (אָמֵן)



### Foundational facts

In reciting the words of Kiddush over a cup of wine, we testify, with our families, that G-d created the universe and that he freed us from Egypt – the foundational tenets of Judaism. As we affirm with these words that G-d created the world, we testify that the beauty and engineering brilliance of the universe is His work and acknowledge that existence is not the product of a random accident, of molecules colliding haphazardly. Rather, it is the purposeful creation of an awesome Being beyond our comprehension. And as we testify that G-d freed us from Egypt, we affirm that G-d is deeply invested in human affairs; that He guides history, cares about us and watches over us – and that He gave us, a mission to live by.





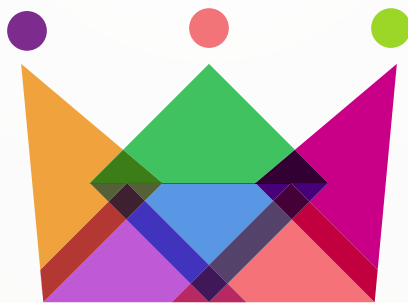
## Wash hands

**Our sages enacted that we wash our hands before eating bread as a means of spiritual preparation for the meal.**

*Remove all rings, fill a cup with water, pour the water twice on your right hand and twice on your left hand and say the blessing below. Remain silent until you eat a piece of challah. Dry your hands after reciting this blessing:*

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).

בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ  
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת  
יָדַיִם. (אָמֵן)



### Mindful eating

We don't just sit down and consume. We stop. We consider what is about to enter our mouths. We acknowledge the source of the food and give thanks for its tastiness, its nourishing goodness. We enter a state of mindfulness, which elevates the entire process of eating, and with it, our own selves. This idea is embodied in the mitzvah of washing our hands before eating bread. In doing so, we elevate ourselves, connecting the act of eating to something higher, something greater than merely satiating our hunger.



## Make Hamotzi

**Before eating any food, we thank G-d for creating it; for blessing our world with the natural elements needed to produce it, and for the creative intelligence that G-d has imbued in humanity to achieve this process.**

*Have two challahs on the table. Hold them together and say the blessing below, having in mind everyone around the table. Cut or break pieces of challah, dip them into salt, and pass around for everyone at the table. (You don't have to eat both challahs.)*

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

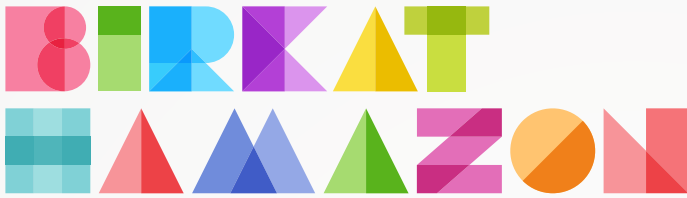
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בְּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ  
מֶלֶךְ הָעוֹלָם, הַמוֹצֵיא לֶחֶם  
מִן הָאָרֶץ. (אָמֵן)



### Manna from heaven

Shabbat instills in us trust in G-d. This is symbolized by the two challahs on the Shabbat table for each of the meals, representing the double portion of manna that miraculously fell from the sky on Friday so that the Jewish people would have enough for Shabbat. Each week, seeing the two challahs on our Shabbat tables, we remember how G-d provided for our people in the desert for forty years, and that our own sustenance today is just as miraculous – that it comes from Heaven even if it doesn't fall out of the sky.



## Grace after meals

**The Torah mandates that once we have eaten a full meal with bread, we thank G-d for our sustenance. We do so through the Birkat Hamazon, a text composed by generations of our sages and prophets to express our gratitude to G-d for the meal and all the other blessings in our lives.**

*After the meal, sing along together or quietly say the text below.*

*On Shabbat and Yom Tov, recite the following Psalm:*

A song of elevation. When G-d returns the captivity of Zion, we will be like dreamers. Then our mouths will be filled with laughter and our tongues with celebration. Then they will say among the nations that G-d has done great things with these [people]. [And they answered], "Indeed, G-d has done great things with us; we were gladdened." [And they said in the exile], "G-d, return us from our captivity like rushing water on the dry land." [So that] those who sow [in the dry land] in tears will reap [after the water comes] in joy. One who goes out carrying his measure of seeds crying [for fear they will not grow], will return in celebration carrying his sheaves.

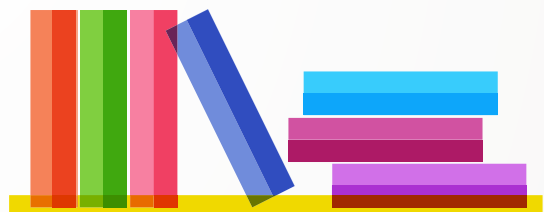
*Some add:*

My mouth will speak the praise of G-d, and everyone will bless His holy Name forever. We will bless G-d from now and forever, Halleluyah. Give thanks to G-d, for He is good, for His kindness lasts forever. Who can express [all the] might of G-d, make known all His praise?

*If three or more men over bar mitzvah have eaten together, a leader is appointed. The leader recites the "Rabotai N'varech" prelude responsively with the others at the table. When a minyan is present, the words in brackets are added.*

*On Shabbat and Yom Tov, recite the following Psalm:*

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב ה' אֶת שִׁיבַת צִיּוֹן, הֵייוֹנוּ כְּחֹלְמִים.  
אֲזַיִּמְלֵא שְׂחוֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה, אֲזַיִּאמְרוּ בְּגוֹיִם,  
הַגְּדִיל ה' לַעֲשׂוֹת עִם אֱלֹהֵי. הַגְּדִיל ה' לַעֲשׂוֹת עִמָּנוּ, הֵייוֹנוּ  
שְׂמֵחִים. שׁוּבָה ה' אֶת שְׁבִיתֵנוּ, כְּאֶפְיָקִים בְּנֶגֶב. הַזֹּרְעִים  
בְּדַמְעָה בְּרִנָּה יִקְצְרוּ. הַלֹּוֹךְ יֵלֵךְ וּבָכָה נֶשֶׂא מִשֶּׁךְ הַזֶּרַע  
בֹּא יבֹא בְרִנָּה נֶשֶׂא אֲלֵמְתָיו.



*Some add:*

תְּהִלַּת ה' יִדְבַר פִּי וּיְבָרֵךְ כָּל בְּשָׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד.  
וְאֶנְחֵנוּ נִבְרָךְ יְיָ מִעַתָּה וְעַד עוֹלָם הַלְלוּ-הָ. הוֹדוּ לַה'  
כִּי טוֹב כִּי לְעוֹלָם חֲסִדוֹ. מִי יִמְלֵל גְּבוּרוֹת ה' יִשְׁמִיעַ כָּל  
תְּהִלָּתוֹ.

*If three or more men over bar mitzvah have eaten together, a leader is appointed. The leader recites the "Rabotai N'varech" prelude responsively with the others at the table. When a minyan is present, the words in brackets are added.*

*Leader:*

My teachers, let us bless.

Those present followed by Leader:

May the Name of G-d be blessed from now and forever.

*Leader:*

With the permission of our masters, rabbis, and teachers: Let us bless (our L-rd) from whose we have eaten.

*Those present:*

Blessed is (our L-rd) the one from whom we have eaten and through whose goodness we live

*Leader:*

Blessed is (our L-rd) the one from whom we have eaten and through whose goodness we live.

Blessed are You, G-d, our L-rd, King of the Universe, Who feeds the whole world in His goodness, with graciousness, kindness and mercy. He gives food to every living thing because His kindness is forever. In His great goodness, we've never lacked – and may we never lack – food. [We ask for food so that we can serve G-d] for the sake of His great Name, because He is The L-rd, Who feeds everyone and does good for all, and He prepares food for all His creatures, which He created. Blessed are You, G-d, Who feeds all. (Amen)

We thank You, G-d, our L-rd, for having given our forefathers a desirable, good, wide land. And [we thank You] for bringing us out, G-d, our L-rd, from the land of Egypt, freeing us from being slaves; And [we thank You] for Your covenant which You made [through Brit Milah] on our bodies; And [we thank You] for Your Torah which You taught us; and for Your mitzvot which You made known to us; And [we thank You] for the life, favor and kindness You have graced us with; and for the food You always give us to sustain and support us, every day, every season, every hour.

*Leader:*

רבותי נברך.

*Those present followed by Leader:*

יהי שם ה' מברך מעתה ועד עולם.

*Leader:*

ברשות מרנן ורבנן ורבותי נברך (א-להינו) שאכלנו משלו.

*Those present:*

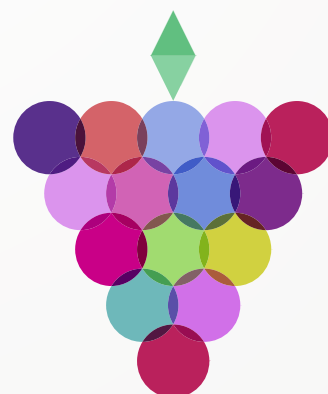
ברוך (א-להינו) שאכלנו משלו ובטובו חיינו.

*Leader:*

ברוך (א-להינו) שאכלנו משלו ובטובו חיינו.

ברוך אתה ה' א-להינו מלך העולם, הן את העולם כולו בטובו, בהן בחסד וברחמים, הוא נותן לחם לכל בשר, כי לעולם חסדו. ובטובו הגדול, תמיד לא חסר לנו, ואל יחסר לנו מזון לעולם ועד, בעבור שמו הגדול, כי הוא אל זן ומפרנס לכל, ומטיב לכל, ומכין מזון לכל בריותיו אשר ברא. ברוך אתה ה', הן את הכל. (אמן)

נודה לך ה' א-להינו, על שהנחלת לאבותינו ארץ חמדה טובה ורחבה. ועל שהוצאתנו ה' א-להינו מארץ מצרים, ופדיתנו מבית עבדים, ועל בריתך שחתמת בבשרנו, ועל תורתך שלמדנתנו, ועל חקיך שהודעתנו, ועל חיים חן וחסד שחוננתנו ועל אכילת מזון שאתה זן ומפרנס אותנו תמיד, בכל יום ובכל עת ובכל שעה.



And for everything, G-d, our L-rd, we thank You and bless you; May Your Name be blessed by the mouths of every living thing, always and forever. As it is written [in the Torah]: "You shall eat and be satisfied, and bless G-d, your L-rd, for the good land that He has given you." Blessed are You, G-d, for the land and for the food. (Amen)

Have mercy, G-d, our L-rd, on Israel, Your people, on Jerusalem, Your city, on Zion, the home of Your glory, and on the royal house of David, the one You anointed, and on the great and Holy House [the Beit Hamikdash] which carries Your Name. Our L-rd, our Father, look after us, feed us, support us, sustain us, and relieve us soon from our troubles. Please, G-d, our L-rd, do not make us need gifts from other people, nor their loans, but only [to be supported] from Your full, open, holy, and generous hand, so that we don't feel shame, for ever and all time.

*On Shabbat say:*

Grant us favor and rest, G-d, our L-rd, through Your commandments, and through the commandment of the seventh day, this great and holy Shabbat. Because today is great and holy before You, to rest on it and be tranquil on it, in love, in accordance with the commandment of Your will. And through Your will, allow us, G-d, our L-rd, that there be no trouble and [no] anguish and [no] sighing on our day of rest. And show us, G-d, our L-rd, the comforting of Zion Your city, and the building of Jerusalem, Your holy city, for You are the master of salvation and comforting.

*On Rosh Chodesh and Yom Tov say:*

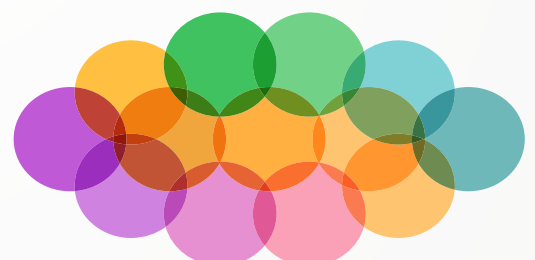
Our L-rd and L-rd of our fathers, may there arise, come, reach, be seen, find acceptance, be heard, be remembered and be recalled – our remembrance and consideration of us; the remembrance of our fathers; the remembrance of the Messiah, the son of David Your servant; the remembrance of Jerusalem, Your holy city; and the remembrance of Your whole nation, the people of Israel before You, for salvation, for goodness, for graciousness, for kindness, compassion, life and peace, on this day of:

ועל הכל ה' א-להינו אֲנַחֲנו מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל חַי תָּמִיד לְעוֹלָם וָעֶד. כְּפֶתוּב, וְאֶכְלֶתָ וְשִׂבַעְתָּ, וּבִרְכַתְּ אֶת ה' א-לֵהֶיךָ, עַל הָאָרֶץ הַטּוֹבָה אֲשֶׁר נָתַן לָךְ. בְּרוּךְ אַתָּה ה', עַל הָאָרֶץ וְעַל הַמָּזוֹן. (אָמֵן)

רַחֵם ה' א-להינו על ישראל עַמְּךָ, וְעַל יְרוּשָׁלַיִם עִירְךָ, וְעַל צִיּוֹן מִשְׁכַּן כְּבוֹדְךָ, וְעַל מַלְכוּת בֵּית דָּוִד מְשִׁיחֶךָ, וְעַל הַבַּיִת הַגָּדוֹל וְהַקְּדוֹשׁ שֶׁנִּקְרָא שְׁמֶךָ עָלָיו. א-להינו, אָבִינוּ, רַעֲנוּ, זִוְנֵנוּ, פְּרַנְסֵנוּ וְכַלְכַּלְנוּ וְהַרְוִיחֵנוּ, וְהַרְוַח לָנוּ ה' א-להינו מְהֵרָה מִכָּל צָרוֹתֵינוּ. וְנָא אַל תַּצְרִיכֵנוּ ה' א-להינו לֹא לַיָּדֵי מִתְּנַת בָּשָׂר וְדָם וְלֹא לַיָּדֵי הַלּוֹאֲתָם, כִּי אִם לַיָּדָה הַמְּלֵאָה, הַפְּתוּחָה וְהַקְּדוּשָׁה וְהַרְחֵבָהּ, שְׁלֹא נִבּוֹשׁ וְלֹא נִקָּלַם לְעוֹלָם וָעֶד.

*On Shabbat say:*

רָצָה וְהַחֲלִיצֵנוּ ה' א-להינו בְּמִצְוֹתֶיךָ וּבְמִצְוֹת יוֹם הַשְּׁבִיעִי הַשְּׁבֶת הַגָּדוֹל וְהַקְּדוֹשׁ הַזֶּה. כִּי יוֹם זֶה גָּדוֹל וְקְדוֹשׁ הוּא לְפָנֶיךָ לְשֶׁבֶת בּוֹ וְלַנּוּחַ בּוֹ בְּאַהֲבָה כְּמִצְוֹת רְצוֹנָה. וּבְרַצוֹנָה הֵנִיחַ לָנוּ ה' א-להינו שְׁלֵא תְהֵא צָרָה וְיִגוֹן וְאִנְחָה בְּיוֹם מְנוּחָתֵנוּ. וְהִרְאֵנוּ ה' א-להינו בְּנִחְמַת צִיּוֹן עִירְךָ וּבְבִנְיַן יְרוּשָׁלַיִם עִיר קְדֻשָּׁה כִּי אַתָּה הוּא בַעַל הַיְשׁוּעוֹת וּבַעַל הַנְּחֻמוֹת.



*On Rosh Chodesh and Yom Tov say:*

א-להינו וְא-לֵהֵי אֲבוֹתֵינוּ, יַעֲלֶה וְיָבֵא וְיִגִיעַ וְיִרְאֶה וְיִרְצֶה וְיִשְׁמַע וְיִפְקֵד וְיִזְכֹּר וְיִזְכְּרֵנוּ וּפְקֻדוֹתֵינוּ וְזִכְרוֹן אֲבוֹתֵינוּ, וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד עַבְדְּךָ וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קְדֻשָּׁה וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ לְפַלְטָה לְטוֹבָה לְחַן וּלְחֶסֶד וּלְרַחֲמִים, לַחַיִּים וּלְשָׁלוֹם בְּיוֹם:

*On Rosh Chodesh say:*  
The new month

*On Pesach say:*  
The Festival of Matzah

*On Shavuot say:*  
The Festival of Shavuot

*On Sukkot say:*  
The Festival of Sukkot

*On Shemini Atzeret say:*  
The festival of Shemini Atzeret

*On Rosh Hashanah say:*  
Remembrance

Remember us on it, G-d, our L-rd, for the good, and consider us on it for blessing, and save us on it for life. And regarding the matter of salvation and compassion, have compassion and graciousness and mercy on us and save us, because our eyes are turned to You because You are the L-rd and King of graciousness and compassion.

*At all times continue here:*

And rebuild Jerusalem, the holy city, soon, in our time. Blessed are You, G-d, Who in His mercy rebuilds Jerusalem. Amen. (Amen)

Blessed are You, G-d, our L-rd, King of the Universe – the L-rd, our Father, our King, our Ruler, our Creator, our Rescuer, our Maker, our Holy One, the Holy One of Jacob. [He is] our Shepherd, the Shepherd of Israel, the good King who does good to all. Every day He has done good, is doing good, and will do good for us. He has been kind, is being kind, and will always be kind to us, giving us favor, kindness and mercy, relief and rescue, success, blessing and salvation, comfort, support and sustenance, mercy and life, and peace and all good things, and may He never let us go without. (Amen)

May the Merciful One always reign over us. May the Merciful One be blessed in heaven and on earth. May the Merciful One be praised from generation to generation and always be proud of us and always be honored by us. May the Merciful One support us with dignity. May the Merciful One end our oppression and lead us with pride to our land. May the Merciful One send us great blessing to this house and this table that we have eaten upon. May the Merciful One send us Elijah the Prophet, may he be remembered for good – to bring us good news [the coming of the Messiah] and salvation and consolation.

*On Rosh Chodesh say:*  
ראש החודש

*On Pesach say:*  
חג המצות

*On Shavuot say:*  
חג השבועות

*On Sukkot say:*  
חג הסוכות

*On Shemini Atzeret say:*  
השמעני חג העצרת

*On Rosh Hashanah say:*  
הזכרון

הָזָה, זְכַרְנוּ ה' אֱ-לֹהֵינוּ בּוֹ לְטוֹבָה, וּפְקֹדֵנוּ בּוֹ לְבִרְכָה, וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים, וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים; חוּס וְחַנּוּן, וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ, כִּי אֵלֶיךָ עֵינֵינוּ, כִּי אֵל-מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

*At all times continue here:*

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה ה', בּוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן. (אָמֵן)

בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, הָאֵל-אֲבִינוּ מְלַכְנוּ אֲדִירְנוּ בּוֹרְאֵנוּ גְּאֻלְנוּ יּוֹצְרֵנוּ קְדוֹשֵׁנוּ קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל, הַמֶּלֶךְ הַטוֹב וְהַמִּיטִיב לְכָל. שֶׁבְּכָל יוֹם וְיוֹם הוּא הִיטִיב, הוּא מִיטִיב, הוּא יִיטִיב לָנוּ. הוּא גִמְלָנוּ הוּא גּוֹמְלָנוּ הוּא יְגַמְלָנוּ לְעַד, לְחַן וְלַחֲסֵד וְלְרַחֲמִים וְלְרוּחַ הַצְּלָה וְהַצְּלָחָה בְּרַכָּה וְיִשׁוּעָה נְחֵמָה פְּרִיטָה וְכַלְכָּלָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם וְקַל טוֹב, וּמְקַל טוֹב לְעוֹלָם אֵל יַחֲסֵרְנוּ. (אָמֵן)

הַרְחֵמֵנוּ הוּא יְמַלֹּךְ עָלֵינוּ לְעוֹלָם וָעֶד. הַרְחֵמֵנוּ הוּא יִתְבַּרֵךְ בְּשֵׁמִים וּבְאֲרָץ. הַרְחֵמֵנוּ הוּא יִשְׁתַּבַּח לְדוֹר דוֹרִים, וְיִתְפָּאֵר בָּנוּ לְעַד וּלְנֶצַח נְצָחִים, וְיִתְהַדַּר בָּנוּ לְעַד וְלְעוֹלָמֵי עוֹלָמִים. הַרְחֵמֵנוּ הוּא יְפָרְסֵנוּ בְּכַבּוֹד. הַרְחֵמֵנוּ הוּא יִשְׁבּוֹר עָלֵנוּ מֵעַל צְוָאֲרָנוּ, וְהוּא יוֹלִיכֵנוּ קוֹמָמִיּוֹת לְאַרְצָנוּ. הַרְחֵמֵנוּ הוּא יִשְׁלַח לָנוּ בְּרַכָּה מְרֻבָּה בְּבֵית הָזֶה, וְעַל שְׁלֹחַן זֶה שְׂאֵכְלֵנוּ עָלֵינוּ. הַרְחֵמֵנוּ הוּא יִשְׁלַח לָנוּ אֶת אֱלֹהֵינוּ הַנְּבִיא זְכוֹר לְטוֹב, וְיִבְשֶׁר לָנוּ בְּשׁוֹרוֹת טוֹבוֹת וְיִשׁוּעוֹת וְנַחֲמוֹת.

*If you are eating at your own table:*

May the Merciful One bless me (and my wife | my husband | my children) and all that I have,

*If you are eating at someone else's or your parents' table:*

May the Merciful One bless (my father, my teacher,) the man who heads this home, and (my mother, my teacher,) the woman who heads this home, them, and their children and all that they have, [together] with us and all that we have,

*At all times continue here:*

Just as our forefathers Abraham, Isaac and Jacob were blessed in everything, from everything, with everything, so may He bless all of us with a complete blessing, and let us say: Amen.

In heaven, may merit be found for them and for us, to be granted a protection of peace. May we carry blessing from G-d, and charity from the L-rd who saves us, and may we find favor and good understanding in the eyes of the L-rd and people.

*On Shabbat say:*

May the Merciful One give us as an inheritance a day which is all rest and tranquility for eternal life.

*On Rosh Chodesh say:*

May the Merciful One renew for us this month for goodness and blessing.

*On Yom Tov say:*

May the Merciful One give us as an inheritance a day which is all good.

*On Rosh Hashanah say:*

May the Merciful One renew for us this year for goodness and for blessing.

*On Sukkot, including Chol HaMoed Sukkot, say:*

May the Merciful One establish for us the fallen sukkah of David.

*If you are eating at your own table:*

הַרְחֵמֵן הוּא יְבָרֵךְ אוֹתִי (וְאֶת אִשְׁתִּי | וְאֶת בְּעָלִי | וְאֶת זְרַעִי), וְאֶת כָּל אֲשֶׁר לִי,

*If you are eating at someone else's or your parents' table:*

הַרְחֵמֵן הוּא יְבָרֵךְ אֶת (אָבִי מוֹרִי) בְּעַל הַבַּיִת הַזֶּה, וְאֶת (אִמִּי מוֹרֵתִי) בְּעֵלֶת הַבַּיִת הַזֶּה, אוֹתָם וְאֶת בֵּיתָם וְאֶת זְרַעָם וְאֶת כָּל אֲשֶׁר לָהֶם, אוֹתָנוּ וְאֶת כָּל אֲשֶׁר לָנוּ,

*At all times continue here:*

כְּמוֹ שֶׁנִּתְבָּרַכְנוּ אֲבוֹתֵינוּ אַבְרָהָם, יִצְחָק וְיַעֲקֹב בְּכָל מְכַל כָּל, כֵּן יְבָרֵךְ אוֹתָנוּ כָּלְנוּ יַחַד בְּבִרְכַּה שְׁלָמָה, וְנֹאמַר: אָמֵן.

בְּמָרוֹם יִלְמְדוּ עֲלֵיהֶם וְעֲלֵינוּ זְכוּת שְׁתֵּהא לְמִשְׁמֶרֶת שְׁלוֹם. וְנִשְׂא בְּרַכָּה מֵאֵת ה', וְצִדְקָה מֵאֱ-לֹהֵי יִשְׂרָאֵל, וְנִמְצָא חֵן וְשִׂכָּל טוֹב בְּעֵינֵי אֱ-לֹהִים וְאָדָם.

*On Shabbat say:*

הַרְחֵמֵן הוּא יְנַחֵלְנוּ יוֹם שְׁכָלוּ שְׁבֵת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

*On Rosh Chodesh say:*

הַרְחֵמֵן הוּא יְחַדֵּשׁ עֲלֵינוּ אֶת הַחֹדֶשׁ הַזֶּה לְטוֹבָה וְלִבְרָכָה.

*On Yom Tov say:*

הַרְחֵמֵן הוּא יְנַחֵלְנוּ יוֹם שְׁכָלוּ טוֹב.

*On Rosh Hashanah say:*

הַרְחֵמֵן הוּא יְחַדֵּשׁ עֲלֵינוּ אֶת הַשָּׁנָה הַזֹּאת לְטוֹבָה וְלִבְרָכָה.

*On Sukkot, including Chol HaMoed Sukkot, say:*

הַרְחֵמֵן הוּא יְקִים לָנוּ אֶת סִכַּת דָּוִד הַנוֹפֶלֶת.

*At all times continue here:*

May the Merciful One make us worthy of the days of the Messiah and the life of the World to Come.

*On Shabbat, Rosh Chodesh, Yom Tov, Chol HaMoed and at a Melave Malka meal, substitute the bracketed segment for the preceding one:*

He [G-d] gives great (He [G-d] is a tower of) salvation to His king and does kindness with His anointed one, David, and his descendants forever. He [G-d] who makes peace in His heavens, may He also make peace for us and for all Israel. Amen.

May G-d's holy ones be in awe of Him, because those who are in awe of Him will not lack anything. Even young lions can want and be hungry, but those who seek G-d will not lack any good. Give thanks to G-d because He is good, for His kindness lasts forever. You open Your Hand and satisfy the wants of every living thing. Blessed is the person who trusts in G-d, and for whom G-d is his protection. I was once young, now I am old, and I have not seen a righteous person abandoned, whose children had to beg for food. G-d will make His nation strong, G-d will bless His nation with peace.

*At all times continue here:*

הַרְחֵמֵן הוּא יִזְכְּנֵנו לַיְמֵי הַמְּשִׁיחַ וְלַחַיֵּי הָעוֹלָם הַבָּא.

*On Shabbat, Rosh Chodesh, Yom Tov, Chol HaMoed and at a Melave Malka meal, substitute the bracketed segment for the preceding one:*

מְגִדִיל (מְגִדוֹל) יְשׁוּעוֹת מִלְכּוֹ וְעֲשָׂה חֶסֶד לַמְּשִׁיחַ, לְדוֹד וּלְזָרְעוֹ עַד עוֹלָם. עֲשָׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאַמְרוּ אָמֵן.

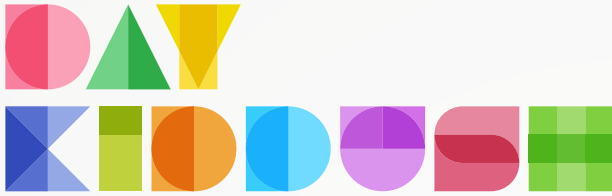
יִרְאוּ אֶת ה' קְדוֹשׁוֹ, כִּי אֵין מַחְסוֹר לִירְאָיו. כְּפִירִים רָשׁוּ וְרַעְבּוּ, וְדָרְשׁוּ ה' לֹא יַחְסְרוּ כֹּל טוֹב. הוֹדוּ לַה' כִּי טוֹב, כִּי לְעוֹלָם חֶסֶד. פּוֹתַח אֶת יָדָהּ, וּמִשְׁבִּיעַ לְכָל חַי רִצּוֹן. בְּרוּךְ הַגֹּבֵר אֲשֶׁר יִבְטַח בּוֹ, וְהָיָה ה' מִבְּטָחוֹ. נַעַר הָיִיתִי גַם זָקֵנְתִי, וְלֹא רָאִיתִי צָדִיק נֶעְזֵב וְזָרְעוֹ מִבְּקֶשׁ לֶחֶם. ה' עוֹ לַעֲמוֹ יִתֵּן, ה' יְבָרֵךְ אֶת עַמּוֹ בְּשְׁלוֹם.



### **From satisfaction to gratitude**

Birkat Hamazon teaches us an important lesson in gratitude. The source of this mitzvah is the verse: “When you eat and are satisfied, you shall bless the L-rd your G-d,” which teaches us that from satisfaction we need to move to gratitude – recognizing G-d as the source of all our blessings. Gratitude transforms our relationships. That applies no less to our relationship with our Creator. By taking careful note of His unceasing kindnesses to us, we are inspired with love for G-d and bring ourselves closer to Him. But gratitude also transforms us. We learn to appreciate the small things in life, to find moments of joy everywhere.





## Day Kiddush

**Just as there is a Torah obligation to sanctify Shabbat on Friday night, there is a rabbinic obligation to sanctify Shabbat during the day, before eating, following the Shabbat prayer service.**

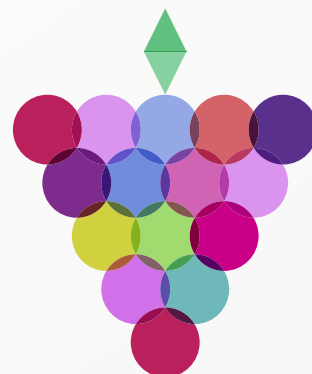
*Fill a glass of wine or grape juice (containing no less than 86ml), hold the cup in your dominant hand and say Kiddush on behalf of everyone at the table. Drink the majority of the wine or grape juice in the glass.*

And the Jewish People shall keep the Shabbat, to make the Shabbat an eternal covenant throughout their generations. It is an everlasting sign between Me and the Jewish People, that in six days G-d made the heavens and the earth, and on the seventh day He abstained and was refreshed.

Remember the day of Shabbat to sanctify it. Six days you will labor and do all of your work. And the seventh day will be Shabbat for G-d, your L-rd, do not do any work: not you, nor your son or daughter, your manservant or maidservant, your animal, or the stranger in your gates, because in six days G-d made the heavens and the earth, the ocean and everything in them, and He abstained on the seventh day. Therefore G-d blessed the Shabbat day and made it holy.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת  
אֶת הַשַּׁבָּת לְדֹרֹתֵם בְּרִית עוֹלָם. בֵּינִי וּבֵין  
בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם כִּי שֵׁשֶׁת  
יָמִים עָשָׂה ה' אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבְיוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

זְכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ. שֵׁשֶׁת  
יָמִים תַּעֲבֹד וְעָשִׂיתָ כָּל מְלֹאכְתְּךָ, וּבְיוֹם  
הַשְּׁבִיעִי שָׁבַת לַה' אֱ-לֹהֶיךָ, לֹא תַעֲשֶׂה  
כָּל מְלֹאכָה, אֶתָּה וּבִנְךָ וּבִתְּךָ, עַבְדְּךָ  
וְאִמְתְּךָ וּבְהֵמָתְךָ, וְגֵרְךָ אֲשֶׁר בְּשַׁעְרֶיךָ.  
כִּי שֵׁשֶׁת יָמִים עָשָׂה ה' אֶת הַשָּׁמַיִם וְאֶת  
הָאָרֶץ, אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם, וַיִּנַּח  
בְּיוֹם הַשְּׁבִיעִי, עַל כֵּן בֵּרַךְ ה' אֶת יוֹם  
הַשַּׁבָּת וַיְקַדְּשֶׁהָ.



Your attention, my masters,  
rabbis and teachers:

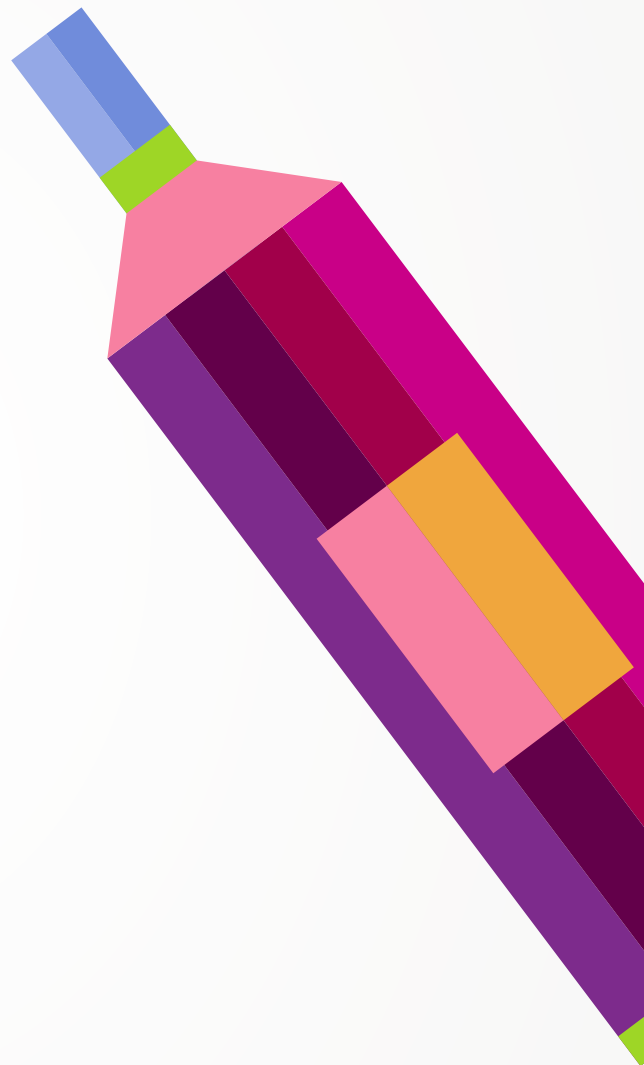
Blessed are You, G-d, our L-rd,  
King of the Universe, Who creates  
the fruit of the vine. (*Amen*)

### Our soulmate

We don't just keep Shabbat; we connect deeply with it. Shabbat is our soulmate. And it has been since the beginning of time. On the verse: "Remember the day of Shabbat to sanctify it," which we recite in Kiddush on Shabbat day, the Midrash says that 'remember' refers to the moment that G-d declared Shabbat to be our soulmate, and that 'to sanctify it' means to consecrate Shabbat in marriage. Every week, when we reconnect with Shabbat, we feel like we have come home to a loving soulmate, who is always there to hold us and nurture us with love and wisdom.

סְבִירֵי מְרִנָּן וְרַבָּנָן וְרַבּוֹתַי:

בָּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְרֵי הַגֶּפֶן. (אָמֵן).





## Havdalah

**Shabbat ends with the emergence of three stars on Saturday night. Just as we mark the entrance of Shabbat with Kiddush to declare the holiness of the day, we mark the exit of the day with Havdalah to declare its uniqueness in relation to the rest of the week. We smell spices to revive our spirits, which are bereft of the extra level of holiness experienced on Shabbat, and we light a multi-wicked candle to symbolize the beginning of the work week. Like Kiddush, we make Havdalah over a cup of wine to give added significance to the occasion.**

*Light a multi-wicked candle, have a pleasant-smelling spice (like cinnamon) ready, and say the prayer below over a cup of wine or grape juice (containing no less than 86ml). At the conclusion of these blessings, drink the majority of the wine or grape juice in the glass.*

*Holding the cup in your dominant hand say:*

Behold, the L-rd is my salvation, I will trust and will not fear. The strength and praise of G-d has been my salvation. And you will draw water in joy from the springs of salvation. To G-d is salvation, on your nation is Your blessing, forever. G-d of Hosts is with us, the G-d of Jacob is a fortress of strength for us, forever. G-d of Hosts, fortunate is the one who trusts in You. G-d will save, the King will answer us on the day that we call. For the Jews there was light, happiness, joy, and honor – so may it be for us. I will lift up a cup of salvation and call out in the Name of G-d.

*Holding the cup in your dominant hand say:*

הִנֵּה אֶל יְשׁוּעָתִי אֲבֹטַח וְלֹא אֶפְחָד. כִּי עָזִי  
וְזַמְרַת יְיָ ה' וַיְהִי לִי לִישׁוּעָה. וּשְׂאֲבַתֶּם  
מִיָּמִים בְּשִׂשׁוֹן מִמַּעֲיָנִי  
הַיְשׁוּעָה. לְה'  
הַיְשׁוּעָה, עַל עַמְּךָ  
בְּרַכְתֶּךָ סֵלָה. ה'  
צְבָאוֹת עִמָּנוּ מִשְׁגֹּב  
לָנוּ אֱלֹהֵי יַעֲקֹב  
סֵלָה. ה' צְבָאוֹת  
אֲשֶׁר־י אָדָם בֹּטַח בְּךָ.  
ה' הוֹשִׁיעָה הַמְּלָךְ  
יַעֲנֵנוּ בַּיּוֹם קָרְאֵנוּ.  
לַיהוּדִים הַיְתֵה אוֹרָה  
וְשִׂמְחָה וְשִׂשׁוֹן וִיקָר  
כִּן תִּהְיֶה לָנוּ. כּוֹס  
יְשׁוּעוֹת אֲשָׂא וּבָשִׂם  
ה' אֶקְרָא.



Your attention, my masters,  
teachers and rabbis:

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

*Transfer the cup to your weaker  
hand, pick up the spices and make  
the following blessing. Then smell  
the spices and hand them around to  
everyone else to smell as well.*

### **Blessing on spices**

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

*Put down the spices, say the  
following blessing and hold up your  
fingernails to the light of the flame.*

### **Blessing on fire**

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

*Holding the cup in your dominant  
hand say:*

Blessed are you, G-d, our L-rd, King  
of the Universe, Who separates  
between holy and mundane,  
between light and darkness,  
between Israel and the nations,  
between the seventh day and the  
six days of work. Blessed are You,  
G-d, Who separates between holy  
and mundane. (Amen)

### **Burning the candle at both ends**

This light of Shabbat is reflected in its two inflection points – as Shabbat goes in and as it goes out. We light candles to bring Shabbat in, and we see it out with the fire of the Havdalah candle. Havdalah literally means ‘distinguishing’ – marking as separate the light of Shabbat from that of the days of the week. At the beginning of every Shabbat, we reconnect with this Divine light. And at the end of every Shabbat, we carry this light with us into the week ahead.

סְבִירֵי מִרְנָן וְרַבָּנָן וְרַבּוֹתַי:

בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי  
הַגֶּפֶן. (אָמֵן)

*Transfer the cup to your weaker  
hand, pick up the species and make  
the following blessing. Then smell  
the spices and hand them around to  
everyone else to smell as well.*

### **Blessing on spices**

בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא  
מִיְנֵי בְשָׂמִים. (אָמֵן)

*Put down the spices, say the  
following blessing and hold up your  
fingernails to the light of the flame.*

### **Blessing on fire**

בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא  
מְאוּרֵי הָאֵשׁ. (אָמֵן)

*Holding the cup in your dominant  
hand say*

בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְבַדֵּיל  
בֵּין קֹדֶשׁ לְחֹל בֵּין אֹר לְחֹשֶׁךְ בֵּין יִשְׂרָאֵל  
לְעַמִּים בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה.  
בְּרוּךְ אַתָּה ה' הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחֹל. (אָמֵן)