



Shabbat Shalom at Home

Candlelighting

We light candles at the beginning of Shabbat, ideally 18 minutes before sundown. We light at least two; some homes have the custom of lighting one candle for each member of the family. We leave them burning until they've gone out on their own.

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת

Baruch ata Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat.

Blessed are You, God, Ruler of the universe, Who sanctified us with Your commandments and commanded us to light the flame of Shabbat.

Blessing of Children

It's customary for parents to bless their children, as Shabbat begins, with the words of the priests to the people of Israel. (B'midbar, Numbers, 6:23–27)

בְּרַכַּת כֹּהֲנִים

Birkat Kohanim (Priestly Blessing)

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ. יְאֵר יי פָּנָיו אֵלֶיךָ וְיַחֲנֶנְךָ. יִשָּׂא יי פָּנָיו אֵלֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם

Y'varech'cha Adonai v'yishm'recha, Ya'eir Adonai panav eilecha vichuneka,
Yisa Adonai panav eilecha v'yaseim l'cha shalom

May God bless you and keep you. May God brighten God's face towards you and be gracious to you. *May God lift God's face towards you and give you peace.*

Shalom Aleichem

We welcome the angels who are said to attend Shabbat, into our own homes, with peace—and we release them with peace as well.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
בוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
בְּרַכּוֹנֵי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

Shalom aleichem, mal'achei hashareit, mal'achei elyon
mimelech mal'chei ham'lachim, HaKadosh Baruch Hu

Bo'achem l'shalom, mal'achei hashalom, mal'achei elyon
mimelech mal'chei ham'lachim, HaKadosh Baruch Hu

Barchuni l'shalom, mal'achei hashalom, mal'achei elyon
mimelech mal'chei ham'lachim, HaKadosh Baruch Hu

Tzeitchem l'shalom, mal'achei hashalom, mal'achei elyon
mimelech mal'chei ham'lachim, HaKadosh Baruch Hu

*Peace upon you, ministering angels, messengers of the Most High,
from the Ruler of Rulers, the Holy Blessed One*

Come in peace, angels of peace, messengers of the Most High...

Go in peace, angels of peace, messengers of the Most High...

Kiddush

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשִּׁשִּׁי. וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ, כִּי בּו שְׁבֹת מִכָּל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת

Vayhi erev, vayhi boker. Yom hashishi. Vaychulu hashamayim v'ha'aretz v'chol tz'va'am. Vaychal Elohim bayom hash'vi'i m'lachto asher asah. Vayishbot bayom hash'vi'i mikol m'lachto asher asah. Vayvarech Elohim et yom hash'vi'i vaykadeish oto. Ki vo shabbat mikol m'lachto asher bara Elohim la'asot.

(B'reishit, Genesis, 2:1–3)

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that God had been doing, and God ceased on the seventh day from all the work that God had done. And God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation that God had done.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבֹּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמַקְרָאֵי קִדְּשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשִׁבֹּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִלְתָּנוּ. בְּרוּךְ אַתָּה יי, מְקַדְּשׁ הַשְּׁבֹת

Baruch atah Adonai, Eloheinu melech ha'olam, borei p'ri hagafen.

Baruch ata Adonai, Eloheinu melech ha'olam, asher kid'shanu b'mitzvotav v'ratza vanu, v'shabbat kodsho b'ahava uvratzon hinchilanu, zikaron l'ma'aseih b'reishit. Ki hu yom t'chila l'mikra'ei kodesh, zeicher litziat mitzrayim. Ki vanu vacharta v'otanu kidashta mikol ha'amim. V'shabbat kodsh'cha b'ahava uvratzon hinchaltanu. Baruch ata Adonai, m'kadeish haShabbat.

Blessed are You, God, Ruler of the universe, Creator of the fruit of the vine.

Blessed are You, God, Ruler of the Universe, Who sanctified us with God's commandments, and hoped for us, and with love and intent invested us with God's sacred Shabbat, as a memorial to the deed of Creation. It is the first among the holy festivals, commemorating the exodus from Egypt. For You chose us, and sanctified us, out of all nations, and with love and intent You invested us with Your Holy Shabbat.

N'tilat yadayim

We wash our hands ritually to be ready to bless and then tear and eat the challah.

ברוך אתה אֱדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Baruch atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav vitzivanu al n'tilat yadayim.

Blessed are You, God, Ruler of the universe, Who has sanctified us with Your commandments, and command us about washing hands.

HaMotzi

We bless and then eat challah bread, giving this meal a taste of holiness. On Shabbat, many families and communities choose to bless two loaves of challah, recalling the double serving of mannah (bread from heaven) that God gave to the Israelites during their desert wanderings, so that they would not have to work to gather food on Shabbat.

ברוך אתה אֱדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch atah Adonai, Eloheinu Melech ha'olam, hamotzi lechem min ha'aretz.

Blessed are You, God, Ruler of the universe, Who has brought forth bread from the earth.

La'asok b'divrei Torah

One of our dearest Shabbat customs is to interact with Torah—to hear it, to read it, to study it, to learn it. When we are not at a service where Torah is being read publicly from the scroll, we say this blessing over the Torah that we're about to learn.

ברוך אתה יהוה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְעִסֵּק בְּדִבְרֵי-תוֹרָה.

Barukh atah Adonai Eloheinu melekh ha'olam asher kid'shanu b'mitzvotav v'tzivanu la'asok b'divrei Torah.

Blessed are You, Lord our God, Ruler of the Universe, who has sanctified us with commandments, and commanded us to busy ourselves with words of Torah.