

FAMILY SHABBAT TABLE GUIDE

1. Tzedakah צדקה

As your final act before Shabbat begins, you might put some coins in your family's tzedakah box and talk about ways you can help those in need.

2. Candle Lighting הַדְּלֵקַת נְרוֹת

Light the candles, cover your eyes and say:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוֵּנוּ לְהַדְּלִיק נֵר שֶׁל שַׁבָּת.

Baruch atah A-donai e-loheynu melech ha'olam asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.

Blessed are You, Source of Light our God, the sovereign of all worlds, who has made us holy with your mitzvot, and commanded us to kindle the Shabbat light.

3. Family Blessings בְּרָכוֹת הַמְּשֻׁפָּחָה

Parents may whisper personal words of love and blessing to each child as they place their hands on their children and say these prayers:

For sons:

יְשִׁימְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה.

Y'sim'cha elohim k'efrayim v'chim'nasheh.

May you be like Ephraim and Menashe.

For daughters:

יְשִׁימְךָ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה.

Y'simech elohim k'Sarah, Rivkah, Rachel v'Leah.

May you be like Sarah, Rebecca, Rachel, and Leah.

For all children:

יְבָרְכֶךָ ה' וַיִּשְׁמְרֶךָ.

יֵאָר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ.

יִשָּׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם.

Y'varechecha A-donay v'yish'm'recha.

Ya'er A-donay panav elecha viy'chuneka.

Yisa A-donay panav elecha v'yasem l'cha shalom.

May God bless you and guard you.

May God's presence shine on you and be gracious to you.

May God's presence rise toward you and give you peace.

4. Kiddush for Shabbat Eve קדוש ליל שבת

Raise the kiddush cup full of grape juice or wine and say:

(וַיְהִי עֶרֶב וַיְהִי בֹקֶר)
יום הששי: וַיְכַלּוּ 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 שַׁבַּת מִכָּל-מְלַאכְתּוֹ אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:
סְבִירֵי חֲבֵרֵי:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן:
בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ וְשַׁבַּת קִדְּשׁוּ בְּאַהֲבָה
וּבְרָצוֹן הַנְּחִילָנוּ זְכוּרֵנוּ לְמַעֲשֵׂה בְּרֵאשִׁית: כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ זִכָּר לִיצִיאַת
מִצְרַיִם. כִּי בְּנוֹ בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הַנְּחַלְתָּנוּ.
בְּרוּךְ אַתָּה ה' מִקְדֵּשׁ הַשַּׁבַּת.

(Vayhi erev vayhi voker)

Yom hashishi: Vay'chulu hashamayim v'ha'aretz v'chol tz'va'am.

Vay'chal elohim bayom hash'vi'i m'lachto asher asah

vayishbot bayom hash'vi'i mikol m'lachto asher asah.

Vay'varech elohim et yom hash'vi'i vay'kadesh oto

ki vo shavat mikol m'lachto asher bara elohim la'asot.

Savrey chaveray.

Baruch atah A-donay e-loheynu melech ha'olam, borey p'ri hagafen.

Baruch atah A-donay e-loheynu melech ha'olam, asher kid'shanu b'mitzvotav v'ratzah vanu

v'shabbat kodsho b'ahavah u'vratzon hin-chilanu, zikaron lema'asey v'resheet. Ki hu yom

t'chillah l'mikra'ey kodesh, zecher liy'tzi'at mitzrayim. Ki vanu vacharta ve'otanu kidashta mikol

ha'amim, v'shabbat kod'sh'cha b'ahavah uv'ratzon hin-chaltanu.

Baruch atah adonay m'kadesh hashabbat.

(And there was evening and there was morning)

The sixth day. Heaven, earth, and all their beings were finished. God completed on the seventh day the work that had been done, and ceased upon the seventh day from all the work that had been done. God blessed the seventh day and set it apart. For on it God had ceased from all the work that had been done in carrying out Creation.

With the approval of my friends,

Blessed are You, The Boundless One our God, the sovereign of all worlds, who creates the fruit of the vine.

Blessed are you Adonai our God, the sovereign of all worlds, who has set up apart with your mitzvot and taken pleasure in us, and with love and favor made the holy Shabbat our possession, a remembrance of the work of Creation. The first of all the holy days proclaimed, a symbol of Exodus from Egypt, your holy Shabbat you have given us to keep in love and favor.

Blessed are You, Adonai, who makes the Shabbat holy.

5. Handwashing נְטִילַת יָדַיִם

Pour a cup of water on your hands, dry them and say:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם:

Baruch atah A-donai e-loheynu melech ha'olam asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.

Blessed are You, Source of Holiness, the sovereign of all worlds, who has made us holy with your mitzvot, and commanded us to wash our hands.

6. Blessing over Bread הַמּוֹצִיא

Uncover the challot and say:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ:

Baruch atah A-donai e-loheynu melech ha'olam hamotzi lechem min ha'aretz.

Blessed are You, Bountiful, the sovereign of all worlds, who brings forth bread from the earth.

7. Resources for Shabbat Table Torah Talk

Parents can use the weekly Torah portion as a starting point for Shabbat table talk. Consult a Jewish calendar or hebcal.com/sedrot/. For summaries and questions about the portion, see myjewishlearning.com/article/index-of-weekly-torah-portion-commentaries/; reformjudaism.org/learning/youth-families. Also see *A Torah Commentary for Our Times* by Harvey Fields (ccarpres.org), and *Text Messages* by Jeffrey Salkin (jewishlights.com).

8. Birkat Hamazon/Blessing after the Meal בְּרַכַּת הַמְּזוֹן

To be recited after the meal. This is a brief version. See a siddur or Shabbat booklet for more complete versions:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד
וּבְרַחֲמִים. בְּרוּךְ אַתָּה יי, הַזֵּן אֶת הַכֹּל.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל,
וְאָמְרוּ אָמֵן.

Baruch atah A-donai e-loheynu melech ha'olam, hazan et ha'olam kulo b'tuvo b'chen b'chesed uv'rachamim. Baruch atah A-donai, hazan et hakol.

Oseh shalom bim'romav hu ya'aseh shalomaleynu v'al kol yisrael, v'al kol yosh'vey tevel, v'imru amen.

Blessed are You, Bountiful, the sovereign of all worlds; you feed the world in goodness, favor, kindness, and mercy. Blessed are You, A-donai, who nourishes all.

May the maker of peace in the heavens make peace for us and for all Israel, and for all who dwell on earth, and we say Amen.

Refer to the Bet Am Shalom website for our schedule of Shabbat services and dinners.

שִׁבְתָּ שְׁלוֹם! *Shabbat Shalom!*