



**LIGHT:** Shabbat begins by turning on the (candle) lights. Light two or more. In some traditions each dinner guest lights a candle as all gather around the table. Dim the lights.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

*Baruch Atah Adonai Eloheinu Ruach Ha-Olam asher kideshanu b'mitzvotav v'tzeevanu l'hadlik ner shel Shabbat.*

**A blessing:** We pause to celebrate the Source of All Life, for making our lives holier by instructing us to light the candles of Shabbat.

"My favorite moment of the candle lighting is the pause after the blessing is said, when the eyes are still covered, just before the candle lights are revealed. It's the perfect moment for a quickie personal prayer." - Shira Kline

# SHABBAT SHALOM



**DRINK:** Raise a glass of wine or your variety of choice to take a sip of Sabbath. (Who said anything about sweet red stuff? Go Merlot)

## Kiddush for Friday Night: short version

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן

*Baruch atah Adonai Eloheinu ruach ha'olam boreh pri hagafen*

**A blessing:** We celebrate the Source of all life, creating the wine from the vine.

## Kiddush for Friday Night: long version (ashkenaz)

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשֵּׁשִׁי:  
וַיְכַלֵּו הַשָּׁמַיִם וְהָאָרֶץ וְכָל צָבָאָם:  
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:  
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:  
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אוֹתוֹ כִּי בּו שַׁבַּת מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

סְבִירֵי מְקוֹנוֹ וְכַבֻּדוֹ וְכַבוֹדוֹ:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן  
בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ. וְשַׁבַּת קִדְשׁוֹ בְּאַהֲבָה  
וּבְרַצּוֹן הַנְּחִילָנוּ. דַּבְּרוּן לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם חֲחֻלָּה לְמַקְרָאֵי קִדְשׁ דָּכָר לִיצִיאַת מִצְרָיִם.  
כִּי בְּנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְשָׁתָ עִם כָּל הָעַמִּים וְשַׁבַּת קִדְשָׁן בְּאַהֲבָה וּבְרַצּוֹן הַנְּחַלְתָּנוּ  
בְּרוּךְ אַתָּה ה'. מִקְדָּשׁ הַשַּׁבָּת:

*Yom Ha-shi-shi.*

*Va-y'chu-lu Ha-sha-ma-yim v'ha-a-retz, v'chol ts'va-am.  
va-y'chal e-lo-him ba-yom ha-sh'vi-i, m'lach-to a-sheer a-sa  
va-yish-bot ba-yom ha-sh'vi-i, mi-kol m'lach-to a-sheer a-sa.  
va-y'va-rech e-lo-him et yom ha-sh'vi-i, va-y'ka-deish o-to  
ki vo sha-vat mi-kol m'lach-to a-sheer ba-ra e-lo-him la-a-sot.*

*Sav-rei ma-ra-nan!*

*Ba-ruch a-tah, A-do-nai, E-lo-hei-nu ruach ha-o-lam, bo-rei p'ri ha-ga-fen. (Amen)  
Ba-ruch a-tah, A-do-nai, E-lo-hei-nu, ruach ha-o-lam, a-sheer ki-d'sha-nu  
b'mits-vo-tav v'ra-tsa va-nu, v'sha-bat kod'sho b'a-ha-va uv'ra-tson hin-chi-la-nu,  
zi-ka-ron l'ma-a-sei v'rei-sheet.*

*Ki Hu Yom t'chi-la l'mik-ra-ei ko-desh, ze-cher li-tsi-at Mits-ra-yim. Ki va-nu  
va-char-ta v'o-ta-nu ki-dash-ta im-kol ha-amim, v'Sha-bat kod-sh'cha b'a-ha-va  
u-v'ra-tson hin-chal-ta-nu.*

*Ba-ruch a-tah A-do-nai, m'ka-deish ha-Sha-bat. (Amen)*

Evening became morning: The sixth day. And the heavens and the earth and all that filled them were complete. And on the seventh day the Creator completed all the labor, and refrained on the seventh day from all the labor which had performed. And the Creator blessed the seventh day and sanctified it, for all the labor had been completed.

With your permission, honored guests:

We Bless You, God, Source of All Life, Creator of the fruit of the vine. (Amen)  
We bless You, God, Source of All Life, for making our lives holier with these commandments, giving us the legacy of the sacred sabbath, with love and goodwill, as a memorial to the act of creation. It is primary among our holy days, commemorating our exodus from Egypt. For You chose us, and sanctified us, along with all other nations, and with love and goodwill gave us the legacy of Your Holy Sabbath.

We bless You who Makes the Sabbath Sacred. (Amen)



"At my shabbat table, just Before we fill the Kiddush cups, we go around and ask people to share one highlight from this past week. We're re-creating the very first recreation: When God looked around and said, "that was pretty good" - the words that open the Kiddush prayer." - Amichai Lau-Lavie



3



**EAT:** Breaking bread together is a holy human act that upgrades each meal into a feast: Challah makes is even better.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

*Baruch atah Adonai Eloheinu ruach ha'olam hamotzei lechem min ha-aretz*

**A blessing:** We celebrate the Source of all life, for bringing forth bread from the earth.

"See how each one of the braided pieces of chalah is a different size, shape? Coming together, it creates ONE - just like us sitting here today in this community. How can expand this model out further and create more one-ness in the world? Consider dedicating this moment of plenty to more connection and responsibility - and less hunger in the world." - Naomi Less

4



**UNPLUG:** Consider turning off digital devices for as long or little as works for you - but at least during dinner - go Tech Sabbath!

5



**SING:** Welcome the Sabbath Queen and her entourage of angels with this classic or with another of your favorite Shabbat songs.

שְׁלוֹם עֲלֵיכֶם מְלֹאכֵי הַשָּׁרֵת מְלֹאכֵי עֲלִיוֹן מִמְּלַךְ מַלְכֵי הַמְּלָכִים הַקְדוֹשׁ בְּרוּךְ הוּא  
...בוֹאֲכֶם לְשֵׁלוֹם מְלֹאכֵי הַשָּׁלוֹם...  
...בְּרַכּוּנֵי לְשֵׁלוֹם מְלֹאכֵי הַשָּׁלוֹם...  
...צֹאחֲכֶם לְשֵׁלוֹם מְלֹאכֵי הַשָּׁלוֹם...

Sha-lom a-lei-chem, mal-a-chei ha-sha-reit, mal-a-chei el-yon,  
mi-me-lech ma-l'chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.

Bo-a-chem l'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...

Bar-chu-ni l'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...

Tsei-t'chem l'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...

Welcome, in Peace, Angels of Peace: messengers from high above, from the Source of Sources, Blessed and Sacred.

Come in, with Peace, Angels of Peace: messengers from high above...

Bless us with Peace, Angels of Peace: messengers from high above...

Depart, in Peace, Angels of Peace: messengers from high above...

6



**TALK:** Some Questions and Sources to Get the Conversation Going.

What is different about you this Shabbat from last?

What are you grateful for on this Shabbat?

How do you usually take time out on Shabbat? During the Weekend? (How would you like to take some more time out?)

What is your favorite day of the week? Why?

We want to rest. We need to rest and allow the earth to rest. We need to reflect and to rediscover the mystery that lives in us, that is the ground of every unique expression of life, the source of the fascination that calls all things to communion. We declare a Sabbath, a space of quiet: for simple being and letting be; for recovering the great, forgotten truths; for learning how to live again.

- "Earth Prayers" a collection of poems and prayers honoring the earth.

Three generations back  
my family had only  
to light a candle  
and the world parted.  
Today, Friday afternoon,  
I disconnect clocks and phones.  
When night fills my house  
with passages,  
I begin saving  
my life.

- Marcia Falk

\* (Note: This DIY Shabbat Handout contains a selection of Friday Night rituals and blessings. More will be added in time. Let us know which ones you like most! This version of the Lab/Shul's Shabbat Blessings includes some edits to the traditional liturgy. Edits include gender neutral language for God, such as replacing Melech (King) with Ruach (spirit), as well as an inclusive term that celebrates the uniqueness of the Jewish people alongside all other nations. This is a work in progress and we welcome your input and suggestions.)



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