

Preparing for Shabbat

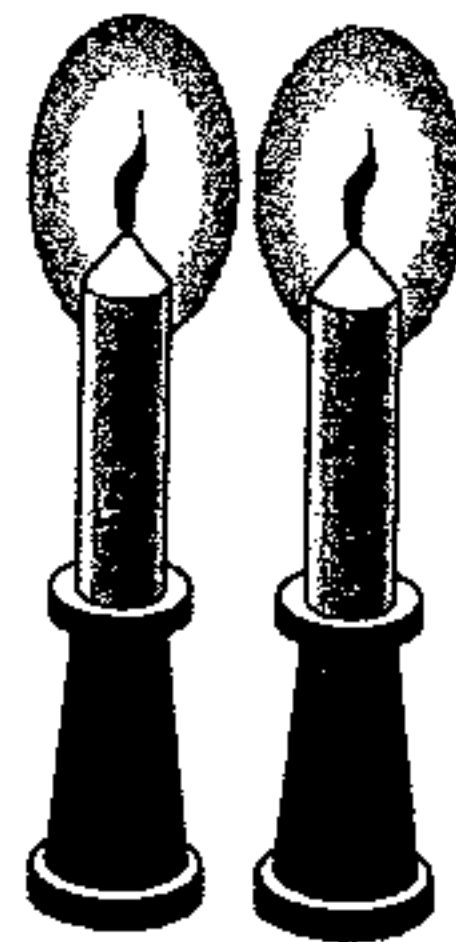
הַכְּנָה לַשַּׁבָּת

The source:

“You shall labor for six days and do all your work, but the seventh day is a Sabbath of Adonai your God: You shall not do any work” (Exodus 20:9–10).

What you need to know:

1. In the Jewish mystical tradition, the Sabbath has been portrayed as a bride or queen who visits homes every week of the year. Jewish people are expected to get ready—physically and spiritually—to greet this special guest.
2. Polish the Shabbat candlesticks and *Kiddush* wine cup a few days before the Sabbath begins.
3. Clean your house before the Sabbath actually begins and prepare your Shabbat dinner. Make sure you have the following items: two *challot* to represent the double portion of manna in the desert, saving one for Shabbat lunch, kosher wine, a pretty tablecloth, and a table set with your best dinnerware. Decorating the table with fresh flowers will help to create a *Shabbesdik* (“Shabbat-like”) atmosphere. Naturally the meal you serve should be a special one.
4. It is customary to wash oneself and put on fresh clothing for Shabbat, symbolizing readiness to welcome the Sabbath into one’s home.
5. To add to the mood of caring and sharing, many families make it a habit to drop some coins in a *pushke* (*tzedakah* box), before lighting the Sabbath candles. When the *tzedakah* box is full, decide as a family to which organization you want to donate the money.



Things to remember:

1. It is a nice gesture to invite friends to your home for the Sabbath meal in keeping with the important Jewish value of *hachnasat orchim* (hospitality).
2. Since singing songs is an important tradition during the Sabbath meal, you may want to obtain (or even prepare yourself) a small booklet with the Shabbat songs that you sing from week to week. Be sure to have enough copies so that everyone can participate. Use English and Hebrew songs, and be creative!
3. Family cooperation is indispensable to the completion of all pre-Shabbat tasks. Give each member of the family something to do so that everyone can help get ready for Shabbat.
4. According to Jewish tradition, we get an extra soul during Shabbat.
5. Invite the angels to accompany you during Shabbat. (That's what *Shalom Aleichem* is all about.)

Key words and phrases:

Hachanah le'shabbat הַכְּנָה לְשַׁבָּת. Preparation for the Sabbath.

Pushke (Yiddish) פּוּשְׁקֶע. *Tzedakah* (charity) box.

Zemirot זְמִירוֹת. Sabbath table songs.

If you want to know more:

Ronald H. Isaacs, *Shabbat Delight: A Celebration in Stories, Games and Songs* (Hoboken, NJ, 1987).

— and Kerry M. Olitzky, *Sacred Celebrations: A Jewish Holiday Handbook* (Hoboken, NJ, 1994).

How to Light the Sabbath Candles

הַדְּלָקַת נֵרוֹת

The sources:

Exodus 20:8; Deuteronomy 5:12.

זְכוֹר (שְׁמוֹר) אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ.

Remember (observe) the Sabbath day to keep it holy.

What you need to know:

1. Candles are lit at between 1 1/2 hours and 18 minutes prior to sunset (according to halacha).
2. Light the candles.
3. Draw your hands around the candles and toward your face from one to seven times (three times is most common).
4. Cover your eyes with your hands and say the following blessing at the same time:

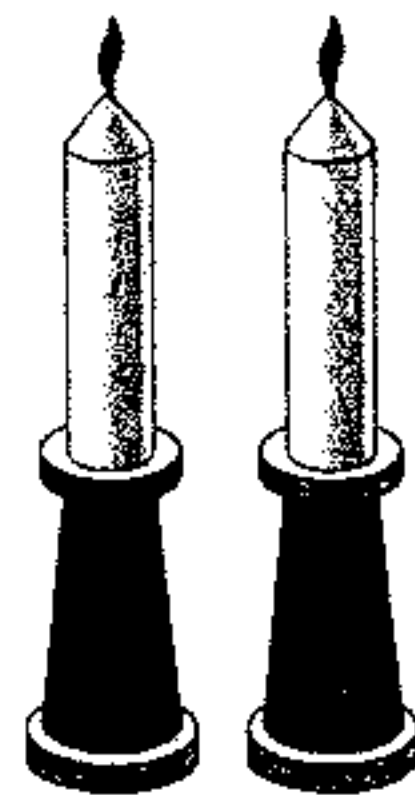
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְּלִיק נֵר שֶׁל שַׁבָּת:

*Baruch atah Adonai elohaynu melech ha'olam asher kid-
shanu bemitzvotav vetzivanu l'hadlik ner shel Shabbat.*

Praised are You, Adonai our God, Sovereign of the
Universe, who makes us holy with mitzvot and in-
structs us to kindle the lights of Shabbat.

The blessing for Yom Tov is:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְּלִיק נֵר שֶׁל (שַׁבָּת וְשֵׁל) יוֹם טוֹב:



Baruch atah Adonai elohaynu melech ha'olam asher kidshanu bemitzvotav vetzivanu l'hadlik ner shel (Shabbat v'shel) Yom Tov.

Praised are You, Adonai our God, Sovereign of the Universe, who makes us holy with mitzvot and instructs us to kindle the lights of (Shabbat and) Yom Tov.

The blessing for Yom Kippur is:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל (שַׁבָּת וְשֶׁל) יוֹם הַכִּפּוּרִים:

Baruch atah Adonai elohaynu melech ha'olam asher kidshanu bemitzvotav vetzivanu l'hadlik ner shel (Shabbat v'shel) Yom ha-Kippurim.

Praised are You, Adonai our God, Sovereign of the Universe, who makes us holy with mitzvot and instructs us to kindle the lights of (Shabbat and) the Day of Atonement.

Things to remember:

1. Candles are lit for the sake of *shalom bayit* and *oneg Shabbat*.
2. Traditionally, women light the candles, but men are encouraged to do so.
3. While you are required to light two candles, it is permitted to light more. Families of Eastern European heritage often light more, often one for each child. This is an interpretation of the verse "God blessed the Sabbath day." How? With light. Once you have established a pattern, continue to light that number each week.
4. If there are no candles available, you may say the blessing over electric or gas lights.

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Key words and phrases:

Hadlakat nerot נְדִלקַת נְרוֹת. The lighting of candles.
Ner נֵר. (plural, *nerot* נְרוֹת,) candle.

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If you want to know more:

Malka Drucker, *Shabbat, a Peaceful Island* (New York, 1983).

Ronald H. Isaacs, *Shabbat Delight* (Hoboken, N.J., 1987).

Isaac Klein, *A Guide to Jewish Religious Practice* (New York, 1979).

Abraham Milgram, *The Shabbat Anthology* (Philadelphia, 1944).

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Mark Dov Shapiro, *Gates of Shabbat* (New York, 1991).

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How to Make Shabbat Evening Kiddush קְדוּשַׁת לַשַּׁבָּת

The source:

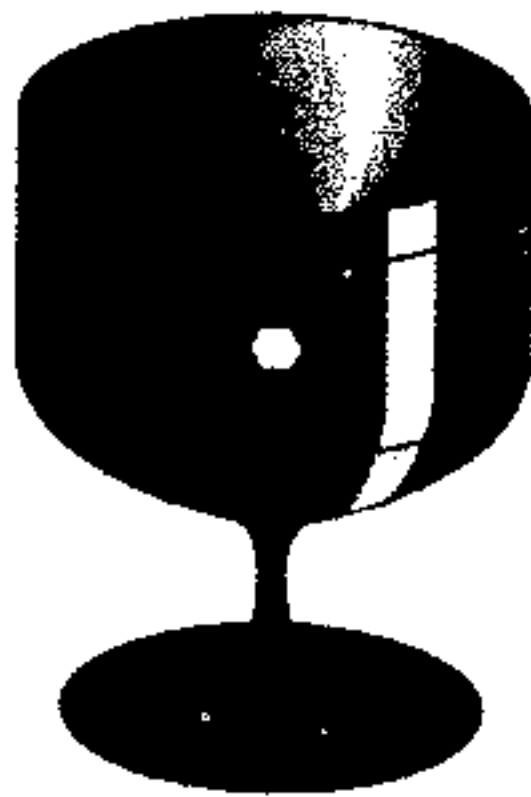
There are various sources, including Exodus 20:8.

זְכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ:

Remember the Sabbath Day to keep it holy.

What you need to know:

1. Raise the cup by holding it in your hand, cupped at the bottom.
2. Say the following:



וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צְבָאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל-מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ. כִּי
בּו שַׁבַּת מְכֹל מְלַאכְתּוֹ אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:

*Vayechulu hashamayim ve'ha-aretz vechol tzeva'am
vayechal Elohim bayom ha-shevi'i melachto asher asah.
Vayishbot bayom hashevi'i mikol melachto asher asah
vayevarech Elohim et yom hashevi'i vayekadesh oto ki
vo shavat mikol melachto asher bara Elohim la'asot.*

Now the whole universe—sky, earth, and all their array—was completed. With the seventh day God ended the work of Creation; on the seventh day God rested with all the Divine work completed. Then God blessed the seventh day and called it holy, for with this day God had completed the work of Creation.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן:

Baruch atah Adonai elohaynu melech ha'olam boray pri ha-gafen.

Praised are You, Adonai our God, Sovereign of the Universe, who creates the fruit of the vine.

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו ורצה בנו ושבת קדשו באהבה וברצון הנחילנו זכרון למעשה בראשית. כי הוא יום תחלה למקראי קדש וזכר ליציאת מצרים: כי בנו בחרת ואותנו קדשת מכל העמים. ושבת קדשך באהבה וברצון הנחלתנו: ברוך אתה יי מקדש השבת:

Baruch atah Adonai elohaynu melech ha'olam asher kidshanu bemitzvotav veratza vanu veshabbat kodsho be'ahavah u'vratzon hinchilanu zikaron le'ma'asay vereshit ki hu yom techilah lemikra'ay kodesh zecher l'tziyat mitzrayim. Ki vanu vacharta ve'otanu kidashta mikol ha'amim veshabbat kodshecha be'ahava u'vratzon hinchaltanu. Baruch atah Adonai mikadesh ha-Shabbat.

Praised are You, Adonai our God, Sovereign of the Universe, who makes us holy with mitzvot and takes delight in us. In love and favor You have made the holy Sabbath our heritage, as a reminder of the work of Creation. It is first among our sacred days, and a remembrance of the Exodus from Egypt. O God, You have chosen us and set us apart from all the peoples and in love and favor have given us the Sabbath Day in your love and favor. Praised are You Adonai for the Sabbath and its holiness.

3. Then drink the wine.

Things to remember:

1. On Shabbat morning, sing *Veshamru*, then say only the modified blessing (over wine, not over the day).

ושמרו בני ישראל את השבת, לעשות את השבת לדורתם ברית עולם: ביני ובין בני ישראל אות היא לעולם, כִּי־שָׁשַׁת ימים עָשָׂה יי אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ:

Veshamru venay Yisrael et ha-Shabbat la'asot et ha-Shabbat ledorotam berit olam baynee u'vayn b'nai Yisrael ot hee le'olam ki sheshet yamim asah Adonai et hashamayim ve'et ha-aretz u'vayom hashevi'i shavat vayinafash.

על כן בָּרַךְ יי אֶת-יוֹם הַשַּׁבָּת וַיְקַדְּשֶׁהוּ:

Al ken berach Adonai et yom ha-Shabbat vayekadeshayu.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן:

Baruch atah Adonai elohaynu melech ha'olam boray pri hagafen.

2. Remember to drink the wine (before talking) after the blessing.
3. On Yom Tov, the same blessing is replaced with the following:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל-עַם וְרוֹמַמְנוּ מִכָּל לְשׁוֹן, וַקְדִּישָׁנוּ בְּמִצְוֹתָיו.

Baruch atah Adonai elohaynu melech ha'olam asher bachar banu mikol am ve'romimanu mikol lashon vekidshanu bemitzvatav.

Praised is Adonai our God, Sovereign of the Universe, who has chosen us from all the peoples, exalting us by making us holy with mitzvot.

וַתִּתֵּן לָנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה, (שַׁבָּתוֹת לְמִנוּחָה ו) מוֹעֲדִים לְשִׂמְחָה, חַגִּים וְזִמְנִים לְשִׂשׂוֹן, אֶת יוֹם (הַשַּׁבָּת הַזֶּה וְאֶת יוֹם)

Vatitayn lanu Adonai elohaynu b'ahavah (Shabbatot li-menucha) moadim lesimcha chagim u'zmanim le'sason et yom (ha-Shabbat hazeh ve'et yom)

In Your love, Adonai our God, You have given us (Sabbaths of rest), feasts of gladness, and seasons of joy: this (Sabbath Day and this) festival of

חַג הַמִּצּוֹת הַזֶּה, זִמַּן חֲרוּתָנוּ

chag hamatzot hazeh zeman cherutaynu

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Pesach—season of our freedom

חג השבועות הזה, זמן מתן תורתנו

chag hashavuot hazeh zeman matan torahtenu

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Shavuot—season of revelation

חג הסוכות הזה, זמן שמחתנו

chag hasukkot hazeh zeman simchatenu

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Sukkot—season of thanksgiving

השמיני חג העצרת הזה, זמן שמחתנו

hashemini chag ha'atzeret hazeh—zeman simchatenu

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Shemini Atzeret Simchat Torah—season of our gladness

מקרא קדש זכר ליציאת מצרים.

mikra kodesh zecher litziyat mitzrayim.

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to unite in prayer and recall the Exodus from Egypt.

כי בָּנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְשָׁתָּ מִכָּל־הָעַמִּים, (וְשַׁבָּת) וּמוֹעֲדֵי
קִדְשֶׁךָ (בְּאַהֲבָה וּבְרַצוֹן) בְּשִׂמְחָה וּבְשִׂשׂוֹן הִנְחַלְתָּנוּ: בְּרוּךְ
אַתָּה ייִ מְקַדֵּשׁ (הַשַּׁבָּת וְ) יִשְׂרָאֵל וְהַזְּמָנִים:

*ki vanu vacharta ve'otanu kidashta mikol ha'amim
(ve-Shabbat) u'mo'aday kodshecha (be'ahavah u'vratzon)
besimcha u'vesason hinchaltanu. Baruch atah Adonai
mikadesh (ha-Shabbat v') Yisrael vehazemanim.*

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For You have chosen us from all peoples, consecrating us to Your service and giving us (the Sabbath a sign of Your love and favor, and) the Festivals, a time of gladness and joy. Praised are You, Adonai, who makes holy (the Sabbath,) the House of Israel and the Festivals.

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Key words and phrases:

Kiddush קידוש. From the Hebrew meaning “holy” or “separate,” a prayer said to sanctify time and place.

חג

Kos כוס. Cup.
Yayin יין. Wine.

If you want to know more:

Malka Drucker, *Shabbat, a Peaceful Island* (New York, 1983).

Ronald H. Isaacs, *Shabbat Delight* (Hoboken, N.J., 1987).

Abraham Milgram, *The Shabbat Anthology* (Philadelphia, 1944).

Mark Dov Shapiro, *Gates of Shabbat* (New York, 1991).

How to Make Havdalah

הַבְּדֵלָה

The source:

Various talmudic sources, including Pesachim 103b; also *Shulchan Aruch, Orach Chayim* 196:1.

What you need to know:

1. Raise the wine cup and say:

הַנֵּה אֵל יְשׁוּעָתִי, אֲבִטַח וְלֹא אֶפְחָד. כִּי עָזִי וְזַמְרַת יְהוָה יְיָ,
וַיְהִי לִי לְיִשׁוּעָה. וְשִׂאבְתֶּם מַיִם בְּשִׂשׁוֹן מִמַּעַיְנֵי הַיְשׁוּעָה. לֵיְיָ
הַיְשׁוּעָה עַל עַמְּךָ בְּרִכְתֶּךָ סֵלָה. יְיָ צְבָאוֹת עִמָּנוּ, מִשְׁגֵּב לָנוּ
אֱלֹהֵי יַעֲקֹב, סֵלָה.

Behold, God is my deliverer. I trust in You and am not afraid. For Adonai is my strength and my stronghold, the source of my deliverance. With joy we draw water from the wells of salvation. Adonai brings deliverance, blessings to the people. Selah. Adonai is a powerful God: the God of Jacob is our stronghold.

לְיִהוּדִים הֵיטָה אֹרֶה וְשִׂמְחָה וְשִׂשׁוֹן וִיקָר. בֶּן תְּהִיָּה לָנוּ. כּוֹס
יְשׁוּעוֹת אֲשֶׁר וּבְשֵׁם יְיָ אֶקְרָא.

Give us light and joy, gladness and honor, as in the happiest days of Israel's past. I lift up the cup of my salvation and call out the name of Adonai.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן:

Baruch atah Adonai elohaynu melech ha'olam boray pri ha-gafen.

Praise are You, Adonai our God, Sovereign of the Universe, who creates the fruit of the vine.

2. Next, lift the spice box and say:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְּנֵי בְשָׁמִים:

Baruch atah Adonai elohaynu melech ha'olam boray minay vesamim.

Praised are You, Adonai our God, Sovereign of the Universe, who creates all kinds of spices.

Sniff the spices and pass the spice box around for everyone to sniff.



3. Now recite the blessing over the Havdalah candle:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מְאוֹרֵי הָאֵשׁ:

Baruch atah Adonai elohaynu melech ha'olam boray me'oray ha'aysh.

Praised are You, Adonai our God, Sovereign of the Universe, who creates the lights of the fire.

While the blessing is recited, family members hold out their hands with palms up, cup their hands, and look at the reflection of the flame on their fingernails.

4. Finally recite the final prayer:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל
בֵּין אֹר לְחֹשֶׁךְ בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי לְשֶׁשֶׁת
יָמֵי הַמַּעֲשֵׂה: בְּרוּךְ אַתָּה יְיָ הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל:

Baruch atah Adonai elohaynu melech ha'olam hamavdil bayn kodesh lechol bayn or lechoshech bayn Yisrael la'amim bayn yom hashevi'i le'sheshet yemay ha-ma'aseh. Baruch atah Adonai hamavdil bayn kodesh le-chol.

Praised are You, Adonai our God, Sovereign of the Universe, who makes a distinction between sacred

and secular, light and darkness, Israel and other peoples, the seventh day and the six days of labor. Praised are You, Adonai, who makes a distinction between sacred and secular.

5. Many families conclude the service with the singing of Eliyahu ha-Navi ("Elijah the Prophet").

אֱלֹהֵי הַנְּבִיא, אֱלֹהֵי הַחֹשֶׁבֶי
אֱלֹהֵי אֱלֹהֵי אֱלֹהֵי הַגִּלְעָדִי.
בְּמַהֲרָה בְּיָמֵינוּ יָבֵא אֵלֵינוּ
עִם מְשִׁיחַ בֶּן דָּוִד.

*Eliyahu ha-Navi Eliyahu ha-Tishbi
Eliyahu Eliyahu Eliyahu ha-Giladi.
Bimhera beyamaynu yavo aleynu
Im Mashiach ben David.*

Elijah the Prophet
Elijah the Tishbite
Elijah the Gileadite.
May Elijah come quickly in our time
Along with the Messiah, the son of David.

6. Everyone takes a sip of the wine. Then pour some of the remaining wine onto a plate (or directly over the flame) and put out the flame of the Havdalah candle. Shabbat is over, and everyone proclaims *shavua tov*, "a good week!" Often, people sing, *shavua tov, shavua tov, shavua tov, shavua tov*, "A good week, a week of peace. May gladness reign and joy increase." שְׁבוּעַ טוֹב

Things to remember:

1. Havdalah is said about an hour after sunset on Saturday night, when three stars appear in the sky.
2. What you need:
 - A Havdalah candle
 - Cup of wine
 - Spice box and spices

Key words and phrases:

Besamim בְּשָׂמִים. Spices.

Melaveh Malkah מְלַוֶּה מַלְכָּה. Meaning escorting the queen, it's a small meal or party held on Saturday evenings after Havdalah in some traditional Jewish communities.

Ner Havdalah נֵר הַבְּדָלָה. Twisted Havdalah candle.

If you want to know more:

Ron Isaacs. *Shabbat Delight: A Celebration in Stories, Songs and Games*. (Hoboken, 1987).

Ron Wolfson: *The Art of Jewish Living: The Shabbat Seder*. (Los Angeles, 1985).