

הבדלה Havdalah

הנה אל ישועתי, אבטח ולא אפחד, כי עזי וזמרת יהי יי, ויהי לי לישועה. ושאבתם מיים בששון, ממעיני לישועה. לני הלישועה, על עמך ברכתך סלה. יי צבאות עמנו, משגב לנו אלהי יעקב סלה. יי צבאות, אשרי אדם בטח בך. יי הושיעה, המלך יענונו ביום קראנו. להודים היתה אורה ושמחה ויששון ויקר. כן תהיה לנו. בוס ישועות אשא, ובשם יי אקרא.	Hinei el y'shuati, evtah v'lo efnad, ki ozi v'zimrat yah Adonai, vayhi li lishu'ah. Ushavtem mayim b'sason, mi-ma'aynei ha-yshu'ah. Ladonai hayshu'ah, al am'kha virkhatkha selah. Adonai tz'va'ot imanu, misgav lanu Elohei Ya'akov selah. Adonai tz'va'ot, ashrei adam botei'ah bakh, Adonai hoshi'ah, ha-melech ya'aneinu v'yom koreinu. Layhudim hay'tah orah v'simhah v'sason vikar. Kein tihyeh lanu. Kos y'shu'ot esa, uvshem Adonai ekra.
סברי מרגן ורגון ורבותי:	Savri maranan v'rabanan v'rabotai:
ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.	Barukh atah Adonai Eloheinu melekh ha-olam, borei p'ri ha-gafen.
ברוך אתה יי אלהינו מלך העולם, בורא מיני בשמים.	Barukh atah Adonai Eloheinu melekh ha-olam, borei minei v'samim.
ברוך אתה יי אלהינו מלך העולם, בורא מאורי האש.	Barukh atah Adonai Eloheinu melekh ha-olam, borei m'orei ha-eish.
ברוך אתה יי אלהינו מלך העולם, המבדיל בין קדש לחול, בין אור לחשך, בין ישראל לעמים, בין יום השביעי לששת ימי המעשה.	Barukh atah Adonai Eloheinu melekh ha-olam, ha-mavdil bein kodesh l'hol, bein or l'hoshekh, bein Yisrael la-amim, bein yom ha-sh'vi'i l'sheishet y'mei ha-ma'aseh.
ברוך אתה יי, המבדיל בין קדש לחול.	Barukh atah Adonai, ha-mavdil bein kodesh l'hol.

Behold, God is my unfailing help; I will trust in God and not be afraid. The Lord is my strength and song; God is my deliverer. With joy shall you draw water out of the wells of salvation. The Lord alone is our help; May God bless God's people. The Lord of the universe is with us; the God of Jacob is our protection. There was light and joy, gladness and honor for the Jewish people. So may we be blessed. I will lift the cup of salvation, And call upon the name of the Lord.

Blessed are You, Lord our God, King of the universe, Creator of the fruit of the wine.
Blessed are You, Lord our God, King of the Universe, Creator of various spices.
Blessed are You, Lord our God, King of the universe, Creator of the light of fire.

Blessed are You, Lord Our God, King of the universe, who has made a distinction between the holy and the ordinary, between light and darkness, between the people of Israel and the heathens, between the seventh day and the six ordinary days of the week. Blessed are You O Lord, who has made a distinction between the holy and the ordinary.

Adapted from *Kiddush & Brachot for Shabbat* created for the Solomon Schechter School of Westchester by Rabbi Yael Buechler, Rabbi in Residence, Solomon Schechter Westchester Lower School



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A Shabbat Meditation

Dear God, help us on this Shabbat to still the sound of our own striving,
so we can hear more clearly the music of Your presence.

Teach us that this divine moment of tranquility can bring us harmony,
and a melody to uplift our soul and renew our spirit.

Bless our Shabbat rest, so that by seeking and serving You,
by immersing ourselves in the timeless rhythm of Your holy day,
we can better fulfill in the coming week the purpose for which You gave us life. Amen.

הדלקת נרות Candle Lighting

*Two candles are kindled before sundown and then the b'rakhah is recited.
It is customary to cover one's eyes when reciting the b'rakhah.*

ברוך אתה יי אלהינו מלך העולם, Barukh atah adonai eloheinu melekh ha-olam,
אשר קדשנו במצותיו, וצונו asher kid'shanu b'mitzvotav v'tzivanu
להדליק נר של שבת. l'hadlik neur shel shabbat.

Praised are You Lord Our God, King of the Universe, Who has sanctified us with God's
commandments and commanded us to light the Shabbat candles.

קידוש לשבת (קידושא רבא) Kiddush for Shabbat Day

ושמרו בני ישראל את השבת, V'sham'ru v'nei yisrael et ha-Shabbat,
לעשות את השבת לדורתם ברית עולם. la'asot et ha-Shabbat l'dorotam b'rit olam.
ביני ובין בני ישראל אות היא לעולם, Beini uvein b'nei yisrael ot hi l'olam,
כי ששית ימים עשה יי את השמים ki sheishet yamim asah Adonai et ha-shamayim
ואת הארץ, וביום השביעי שבת וינפש. v'et ha-aretz, uvayom ha-sh'vi'I shavat va-yinafash.

זכור את יום השבת לקדשו. Zakhor et yom ha-Shabbat l'kad'sho.
ששית ימים תעבד ועשית כל מלאכתך. Sheishet yamim ta'avod v'asita kol m'lakhtekha.
ויום השביעי שבת ליי אלהיך, V'yom ha-sh'vi'I Shabbat l'adonai Elohekha,
לא תעשה כל מלאכה, אתה ובנדך ובתך lo ta'aseh kol m'lakha, atah uvinkha uvitekha
עבדך ואמתך ובהמתך, avd'kha va-amat'kha uvhemtekha,
וגרך אשר בשעריך. כי ששית ימים v'ger'kha asher bisharekha. Ki sheishet yamim
עשה יי את השמים ואת הארץ asah Adonai et ha-shamayim v'et ha-aretz
את הים ואת כל אשר בם, et ha-yam v'et kol asher bam,
וינח ביום השביעי. על כן ברח יי Va-yanah ba-yom ha-sh'vi'I. Al kein beirakh Adonai
את יום השבת ויקדשהו. et yom ha-Shabbat vaykad'sheihu.

סברי מרנן ורבנן ורבותי: Savri maranan v'rabanan v'rabotai:

ברוך אתה יי אלהינו מלך העולם, Barukh atah Adonai Eloheinu melekh ha-olam,
בורא פרי הגפן. Borei p'ri ha-gafen.

The Israelite people shall keep Shabbat, observing Shabbat throughout the ages as a covenant
for all time: it shall be a sign for all time between Me and the people of Israel. For in six days God
made the heaven and earth, and on the seventh day God ceased from work and was refreshed.

Remember the Shabbat day and keep it holy. Six days you shall labor and do all your work, but
the seventh day is a Shabbat for the Lord your God: you shall not do any work—you, your son or
daughter, your male or female slave, or your cattle, or the stranger who is within your settlements.

For in six days God made heaven and earth and sea, and all that is in them,
and God rested on the seventh day; therefore God blessed the Shabbat day and made it holy.

Blessed are You, Lord our God, King of the universe, who creates the fruit of the vine.

נטילת ידים Hand Washing

After making Kiddush on Friday evening and again at Shabbat lunch, we prepare for the recitation of the blessing over bread, Ha-motzi, by washing our hands.

This is meant to be a ritual washing, and not one for cleaning our hands. It is customary to remove all jewelry from our hands before washing.

Fill a cup of water and pour it over each hand. After this has been completed, say the following blessing before drying your hands. It is customary to not talk until Ha-motzi has been recited.

ברוך אתה יי אלהינו מלך העולם,
אשר קדשנו במצותיו, וצונו
על נטילת ידים. Barukh atah Adonai Eloheinu melekh ha-olam,
asher kid'shanu b'mitzvotav v'tzivanu
al n'tilat yadayim.

Praised are You, Lord our God, King of the Universe, who has sanctified us with God's commandments and has commanded us to wash our hands.

המוציא Ha-motzi

On Friday evening and again at Shabbat lunch, two uncut loaves of hallah are uncovered. They are raised, and the following blessing is recited. After the meal, Birkat Ha-mazon is recited. Birkat Ha-mazon can be found in a bentcher or on page 337 of Siddur Sim Shalom for Shabbat and Holidays.

ברוך אתה יי אלהינו מלך העולם,
המוציא לחם מן הארץ. Barukh atah Adonai Eloheinu melekh ha-olam,
ha-motzi lehem min ha-aretz.

Praised are You, Lord our God, King of the Universe, who brings forth bread from the earth.

שלום עליכם Shalom Aleikhem

שלום עליכם, מלאכי השרת,
מלאכי עליון, ממלך מלכי המלכים,
הקדוש ברוך הוא. Shalom aleikhem, malakhei ha-shareit,
malakhei elyon, mi-melekh malkhei ha-m'lakhim,
ha-kadosh barukh hu.

בואכם לשלום, מלאכי השלום,
מלאכי עליון, ממלך מלכי המלכים,
הקדוש ברוך הוא. Bo'akhem l'shalom, malakhei ha-shalom,
malakhei elyon, mi-melekh malkhei ha-m'lakhim,
ha-kadosh barukh hu.

ברכוני לשלום, מלאכי השלום,
מלאכי עליון, ממלך מלכי המלכים,
הקדוש ברוך הוא. Bar'khuni l'shalom, malakhei ha-shalom,
malakhei elyon, mi-melekh malkhei ha-m'lakhim,
ha-kadosh barukh hu.

צאתכם לשלום, מלאכי השלום,
מלאכי עליון, ממלך מלכי המלכים,
הקדוש ברוך הוא. Tzeit'khem l'shalom, malakhei ha-shalom,
malakhei elyon, mi-melekh malkhei ha-m'lakhim,
ha-kadosh barukh hu.

Peace upon you, ministering angels, Messengers of the Most High,
of the King of Kings, the Holy One, blessed be God.

Come in peace, Messengers of peace, Messengers of the Most High,
of the King of Kings, the Holy One, blessed be God.

Bless me with peace, Messengers of peace, Messengers of the Most High,
of the King of Kings, the Holy One, blessed be God,

May your departure be in peace, Messengers of peace, Messengers of the Most High,
of the King of Kings, the Holy One, blessed be God.

ברכת הבנים Blessing One's Children

It is customary for parents to place their hands on their childrens' heads and recite the following:

לבנות: For daughters:

ישמך אלהים כשרה רבקה רחל ולאה. Y'simeikh Elohim k'Sarah, Rivkah, Rahel, v'Leah.

לבנים: For sons:

ישמך אלהים עֵפְרַיִם וּמְנַשֶּׁה. Y'simk'ah Elohim k'Efrayim v'khiMenasheh.

לכולם: For all:

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ. Y'varekh'khah Adonai V'yishm'rekha.

יֵאֵר יי פְּנֵי אֱלֹהֶיךָ וְיִחַנְךָ. Ya'eir Adonai panav eilekha v'ihuneka.

יִשָּׂא יי פְּנֵי אֱלֹהֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם. Yisa Adonai panav eilekha v'yaseim l'kha shalom.

For daughters: May God bless you as God blessed Sarah, Rebecca, Rachel and Leah.

For sons: May God bless you as God blessed Efrayim and Menasheh.

For all: May God bless you and keep you. May God cause God's spirit to shine upon you and be gracious unto you. May God turn God's spirit unto you and grant you peace.

Meditations on Blessing One's Children

These meditations may be recited along with the traditional text:

For daughters: May God bless you

with the strength and vision of Sarah, with the wisdom and foresight of Rebecca, with the courage and compassion of Rachel, with the gentleness and graciousness of Leah – and their faith in the promise of our people's heritage.

For sons: May you be blessed by God as were Efrayim and Menasheh, who understood that wherever they lived their Jewishness was the essence of their lives; who loved and honored their elders and teachers, and who cherished one another without pettiness or envy, accepting in humility the blessings that were theirs.

קידוש לשבת Kiddush for Friday Evening

וַיְהִי עֶרֶב וַיְהִי בֹקֶר Vayhi erev vayhi voker

יֹם הַשְּׁשִׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ Yom ha-shishi. Vaykholu ha-shamayim v'ha'aretz
וְכָל צְבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי v'khol tz'va'am. Vaychal Elohim ba-yom ha-sh'vi'i
מִלַּאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, m'lakhto asher asah, va-yishbot ba-yom ha-sh'vi'i,
מִכֹּל מִלַּאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים mi-kol m'lakhto asher asah. Vayvarekh Elohim
אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בּו שְׁבֹת et yom ha-shiv'i vaykadeish oto, ki vo shavat
מִכֹּל מִלַּאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת. mi-kol m'lakhto, asher bara Elohim la'asot.

סַבְרֵי מָרְנוּ וּרְבִינוּ וְרַבּוֹתַי: Savri maranan v'rabanan v'rabotai:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, Barukh atah Adonai Eloheinu melekh ha-olam,
בּוֹרֵא פְרֵי הַגֶּפֶן. borei p'ri ha-gafen.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, Barukh atah Adonai Eloheinu melekh ha-olam,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָנוּ, asher kid'shanu b'mitzvotav v'ratzah vanu,
וְשָׁבֵת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ v'Shabbat kodsho b'ahavah uvratzon hinhilanu
זִכְרוֹן לְמַעֲשֵׂה בְרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה zikaron l'ma'aseih v'reishit, ki hu yom t'hilah
לְמִקְרָאֵי קֹדֶשׁ, זִכָּר לְיִצְיַאת מִצְרַיִם, l'mikra'ei kodesh, zeikher litziyat Mitrayim,
כִּי בָנוּ בְּחָרָת וְאוֹתָנוּ קִדְּשָׁת מִכֹּל הָעַמִּים, ki vanu vaharta v'otanu kidashta mi-kol ha-amim,
וְשָׁבֵת קִדְּשָׁת בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. v'Shabbat kodsh'kha b'ahavah uvratzon hinhaltanu.
בְּרוּךְ אַתָּה יי, מֶלֶךְ הַשְּׁבֹת. Barukh atah Adonai, m'kadeish ha-Shabbat.

And there was evening and there was morning, The sixth day. The heaven and the earth were finished, and all their array. On the seventh day God finished the word 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.

Blessed are you, Lord, our God, sovereign of the universe Who creates the fruit of the vine.

Blessed are You, Lord, our God, King of the Universe who sanctifies us with God's commandments, and has been pleased with us. You have lovingly and willingly given us Your holy Shabbat as an inheritance, in memory of creation because it is the first day of our holy assemblies, in memory of the exodus from Egypt because You have chosen us from all peoples for Your service, and You have given us a sacred purpose in life. In loving favor, You have given us your holy Shabbat as an inheritance. Praised are You God who sanctifies the Shabbat.