

Shabbat for Beginners!

By Rabbi Edward Levi Nydle-B'nai Avraham

SUMMARY OF THE BLESSINGS

Blessing over the Candles

Woman: Arms are motioned three times, hands drawing over the flames as if to bring the light toward you, at last covering your face as the special blessing is said:

*Baruch atah Yahweh,
Eloheinu melech ha-olam,
asher kideshanu be-mitzvotav
ve-tzivanu lehadlik neir shel Shabbat.*

Blessed are You, Yahweh our Elohim, the King of the universe, Who set us apart with His commandments and commanded us to kindle lights for Shabbat.

After the recitation, many take special time to thank Elohim for the many blessings of health, prosperity, and joy in their lives. There is also a special prayer composed by women, for women, which many include at this time:

*Yehi ratzon mi-lefanecha,
Yahweh Elohai veilokei avotai,
she-techonein oti (ve-et ishi ve-et banai)
ve-et kol kerovai vetashlim bateinu.
Ve-sashkein shechinat'cha beineinu.
Ve-sakeini legadeil banim u-vnay banim
chachamim u-meirim et ha-olam ba-Torah
uve-ma'asim tovim veba'eir neireinu she-lo
yichbeh le-olam va-ed. Ve-ha'eir panecha
ve-nivashei'a Amein.*

May it be Your will, Yahweh my Elohim, and of my fathers, to be gracious to me (and to my husband and children) and to all my family, crowning our home with the feeling of Your divine presence dwelling among us. Make me worthy to raise learned children and grandchildren who will dazzle the world with Torah and goodness, and ensure that the glow of our lives will never be dimmed. Show us the glow of Your face and we will be saved. Amein.

Blessing of the Children

For a son:

*Yesimcha Elohim
ke-Efrayim vechi-Menashe*

May Elohim make you like Ephraim and Menasha.

For a daughter:

*Yesimeich Elohim
ke-Sarah, Rivkah, Racheil
ve-Lei'ah*

May Elohim make you like Sarah, Rebecca, Rachel and Leah.

For both continue:

*Yevarechecha Yahweh
ve-yishmerecha. Ya'eir Yahweh
panav eilecha viy-chuneka.
Yisa Yahweh panav eilecha ve-yaseim lecha shalom.*

May Yahweh bless you and keep you. May Yahweh shine His face toward you and show you favor. May Yahweh be favorably disposed toward you and may He grant you peace.

Afterward, it's nice to whisper something personal in each child's ear, praising some accomplishment in the week, like a good mark on a test or playing nicely with a kid brother. It's your moment with your child; use it as a way of connecting in your own personal way.

Friday Night Kiddush

(The first line is recited quietly to oneself.)

*Va-yehi erev va-yehi
voker youm ha-shishi.
Va-yechulu ha-shamayim
ve-ha'aretz ve-chol tzeva'am.
Va-yechal Elohim ba-yom
ha-shevi'i melachto asher asah,
va-yishbot ba-yom ha-shevi'i mi-kol
melachto asher asah. Va-yevarech
Elohim et yom ha-shevi'i va-yekadeish oto,
ki vo shavat mi-kol melachto
asher bara Elohim la'asot.*

It was evening and it was morning, the sixth day. So the heavens and the earth were finished, with all their complement. Thus, on the seventh day, Elohim had completed His work which He had undertaken, and He rested on the seventh day from all His work which He had been doing. Then Elohim blessed the seventh day and made it holy, because on it He ceased from all His creative work, which Elohim had brought into being to fulfill its purpose.

*Savri maranan ve-rabanan ve-rabotai:
Baruch atha Yahweh,
Eloheinu melech ha-olam,
borei peri ha-gafen.
(Those present respond, "Amein.")*

Blessed are You, Yahweh our Elohim, the King of the universe, Who creates fruit of vine.

*Baruch atah Yahweh,
Eloheinu melech ha-olam,
asher kideshanu be-mitzvotav
ve-ratzah banu, ve-Shabbat kodesho
be-ahava uve-ratzon hinchilanu, zikaron le-ma'aseh
vereishit. Ki hu yom techilah le-mikra'ei kodesh,
zeicher litziat mitzrayim. Ki vanu vecharta
ve-otanu kidashta mi-kol ha-amim,
ve-Shabbat kodshecha be-ahavah
uve-ratzon hinchaltanu.
Baruch atha Yahweh,
mekadeish ha-Shabbat.AMEI*

Blessed are You, Yahweh our Elohim, the King of the universe, Who has set us apart with His commandments and favored us, and gave us His holy Shabbat, in love and favor, to be our heritage, as a reminder of the Creation. It is the foremost day of the holy festivals marking the exodus from Mitsrayim. For – out of all the nations – You chose us and made us holy, and You gave us Your holy Shabbat, in love and favor, as our heritage. Blessed are You, Yahweh, who sets apart the Shabbat.

Blessing over the Washing of the Hands

*Baruch atha Yahweh,
Eloheinu melech ha-olam,
asher kideshanu be-mitzvotav
ve-tzivanu al netilat yadayim.*

Blessed are You, Yahweh our Elohim, the King of the universe, Who has set us apart with His commandments and commanded us in the washing of the hands.

***Ha-motzi* – Blessing over the Bread**

*Baruch atah Yahweh,
Eloheinu melech ha-olam,
ha-motzi lechem min ha-aretz.
("Amein")*

Blessed are you, Yahweh our Elohim, the king of the universe, Who brings forth bread from the earth.

***Shabbat Day* – Second Meal Kiddush**

The person making kiddush recites the following blessing:

*Ve-shamru venei Yisrael
et ha-Shabbat, la'asot et
ha-Shabbat le-dorotam
berit olam. Beini u-vein
benei Yisrael ot hi le-olam,*

*ki sheishet yamim asah Hashem
et ha-shamayim ve-et ha-aretz
uva-yom ha-shevi'i shavat va-yinafash.
Zachor et yom ha-Shabbat
le-kadesho. Sheishet yamim
ta'avod ve-asita kol melachtecha.
Ve'yom ha-shevi'i Shabbat la-Yahweh
Elohecha, lo ta'aseh chol melachah atha
u-vincha u-vitecha avdecha va-amatcha
u-vehemtecha ve-geircha asher bi-she'arechea.
Ki sheishet yamim asah Yahweh et
ha-shamayim ve-et ha-aretz et ha-yam
ve-et kol asher bam, va-yanach ba-yom ha-shevi'i,
Al kein berach Yahweh et yojm
ha-Shabbat va-yekadsheiu.*

The children of Yisrael should keep Shabbat, observing Shabbat throughout their generations, as an everlasting covenant. It is a sign between Me and the children of Yisrael for all time, that in six days Yahweh made the heavens and the earth, and that on the seventh day He was finished and He rested. Be mindful of Shabbat, to make it set apart. You should labor for six days and do all your work, but the seventh day is Shabbat for the Yahweh your Elohim. You may not do any creative work – neither you nor your son, nor your daughter, nor your male or female worker, nor your cattle, nor the stranger who dwells among you. Because it was in six days that Yahweh made the heavens and the earth, the sea, and all that they contain, and He rested on the seventh day. That is why Yahweh made Shabbat and made it set apart.

Savri maranan ve-rabanan ve-rabotai:

For wine:

*Baruch atah Yahweh,
Eloheinu melech ha-olam,
borei peri ha-gafen.*

Blessed are You, Yahweh our Elohim, the King of the universe, Who creates the fruit of vine.

For other drinks:

*Baruch ata Yahweh,
Eloheinu melech ha-olam,
she-hakol nihyeh bi-devaro.*

Blessed are You, Yahweh our Elohim, the King of the universe, through whose word everything came into being.

Havdalah

Holding the wine cup in the right hand (or left for “lefties”) the first paragraph is said:

Hinei Keil yeshuati,

*evtach ve-lo efchad,
ki ozi ve-zimrat kah Yahweh,
va-yehi li lishuah. Ushe'avtem
mayim be-sason mi-ma'ainei
ha-yeshuah. La-Yahweh ha-yeshuah,
al amcha birchatecha selah.
Yahweh tzeva'kot imanu, misgav
lanu Elohei Ya'akov, selah. Yahweh
tzeva'kot, ashrei adam botei'ach bach,
Yahweh, hoshiah, ha'melech ya'aneinu
ve-yom kareinu. La-Yisrael haytah ora
ve-simcha, ve-sason vikar. Kein tihyeh
lanu. Kos yeshuot esa, uve-sheim
Yahweh ekra.*

Behold Yahweh is my salvation, I will trust and not be afraid. Indeed, Yahweh is my strength and my song and He has become my salvation. You shall draw water with joy from the wells of salvation. Salvation belongs to Yahweh; may Your blessings be upon Your people, Selah. Yahweh of Hosts is with us, the Elohim of Ya'akov is a refuge for us, Selah. Yahweh of Hosts, blessed is the man who trusts in You. Yahweh, save us; may the King answer us on the day we call. “Yisrael had radiance and happiness, joy and honor” – so may it be for us. I will lift up the cup of salvation and call upon the name of Yahweh.

(Continue with the blessing over the wine)

Savri maranan ve-rabanan ve-rabotai:

For the wine:

*Baruch atha Yahweh,
Eloheinu melech ha-olam,
borei peri ha-gafen.*

(Those present respond, “Amein”)

Blessed are You, Yahweh our Elohim, the King of the universe, Who creates the fruit of the vine.

DO NOT DRINK THE WINE YET.

The cup is then passed to the left hand. The spice box (usually cloves or sweet pepper, not cinnamon since it is edible in spice form) is picked up with the right hand and the following blessing is recited:

For the spices:

*Baruch atha Yahweh,
Eloheinu melech ha-olam,
borei meinei vesamim.*

(“Amein”)

Blessed are You, Yahweh our Elohim, the King of the universe, Who creates various kinds of spices.

The leader then smells the spices and passes them around for all to do the same.
With the wine cup still in the left hand, the blessing over the fire (candle flame) is said:
For the flames:

*Baruch atah Yahweh,
Eloheinu melech ha-olam,
borei me'orei ha-eish.
("Amein")*

Blessed are You, Yahweh our Elohim, the King of the universe, Who creates the lights of fire.

Everyone should now extend their arms toward the flame to create shadows and light on their hands (to take advantage of the light of the candle).
The cup of wine is now passed back to the right hand for the concluding blessing:

*Baruch atah Yahweh,
Eloheinu melech ha-olam,
ha-mavdil bein kodesh le-chol,
bein or le-choshech, bein Yisrael la-amim,
bein yom ha-shevii le-sheishet
yemei ha-ma'aseh. Baruch atah Yahweh,
ha-mavdil bein kodesh le-chol.
("Amein")*

Blessed are You, Yahweh our Elohim, the King of the universe, Who makes a distinction between sacred and secular, between light and darkness, between Yisrael and the other nations, between the seventh day and the six working days. You are blessed, Yahweh, who makes a distinction between the sacred and the secular.

The leader is then seated to drink at least 2 ounces of the liquid.
The balance of the wine is used to extinguish the flame.

