

# SHABBAT *@ home*



Jewish Federation  
OF WINNIPEG

## Shabbat Shalom!

On Shabbat we say to each other, “Gut Shabbes” (Yiddish) or “Shabbat Shalom” (Hebrew) - Peaceful Sabbath.

## Setting Your Table

Set your table as you would for any other dinner party, just with a few additions for the Shabbat rituals.

Here is a checklist to make sure you have what you need readily available:

- Kiddush cup(s) and wine or grape juice
- Challah that is covered until it is time to bless it with the Motzi, on a cutting board with a knife if it needs to be cut at the table
- Candlesticks with Shabbat Candles (on the table or nearby) and matches or a lighter to light the candles

## Tzedakah

The Hebrew word tzedakah is often translated as ‘charity’. But it actually comes from the word for justice – tzedek – and it emphasises the Jewish value of caring for one’s community.

Making this ritual an integral part of your family routine will help your children learn about the power of helping others and giving back to the community.

“If I am not for myself, who is for me?”

If I care only for myself, what am I?

If not now, when?

Pirkei Avot 1:14



## Nerot - Candle Blessing

Lighting candles marks the transition from the everyday to sacred Shabbat time.

The lighting of Shabbat candles has many meanings. One of the most beautiful is the weekly opportunity to bring light into the world.

1. **Light:** Use a match to light your Shabbat candles. It is customary to light two candles on Friday night before Shabbat begins, but some families have the tradition of lighting one candle for each member of their family.

2. **Cover:** Draw your hands up three times around the lights bringing your hands toward your face.

3. **Bless:** Say the blessing

4. **Make a prayer:** After you say the blessing, with your hands still over your eyes, you may choose to make your own prayer. For example, you may take a moment to pray for the welfare of everyone in your family.

5. **Greet:** All with the words “Shabbat Shalom”



**BLESSED ARE YOU, Adonai**  
our God, Ruler of the Universe,  
who has sanctified us by commanding us  
to light the Shabbat candles.

ברוך אתה יי  
אלהינו מלך העולם,  
אשר קדשנו במצותיו וצונו,  
להדליק נר של שבת.  
Ba-rukh ata Adonai,  
Elo-hei-nu me-lekh ha-olam,  
asher ki-d'shanu b'mitzvotav v'tzi-vanu,  
l'ha-d'lik ner shel Shabbat.

OR, when it is both Shabbat and Yom Tov (Festival):

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו וצונו, להדליק נר של שבת ושל יום טוב.  
Ba-rukh ata Adonai, Elo-hei-nu me-lekh ha-olam, asher ki-d'shanu b'mitzvotav v'tzi-vanu, l'ha-d'lik ner shel Shabbat v'shel Yom Tov.

## Birkat Banim - Blessing Over Children

Shabbat offers a great opportunity to bless the members of our family. One of the blessings the liturgy offers is for the parents to bless their children. Take a moment to connect with your children by placing your hands on the child's head and saying the blessing below. Feel free to add a personal blessing here or whisper to the children something special you noticed about them during the week.

1. Place the hands on the head of a child
2. Recite the blessings as appropriate for a boy or a girl
3. Repeat for each child



*For a boy or man of any age:*

**MAY GOD MAKE YOU**  
like Ephraim and Menashe.

*For a girl or woman of any age:*

**MAY GOD MAKE YOU**  
like Sarah, Rivka, Rachel and Leah.

*For all:*

**MAY ADONAI BLESS YOU** and guard you.  
May Adonai's face shine on you  
and be gracious unto you.  
May Adonai's face smile at you  
and grant you peace.

יְשִׁמְךָ אֱלֹהִים  
כְּאַפְרַיִם וּכְמִנַּשֶׁה.  
Y'sim-kha Elohim  
k'Ephraim v-khi-Menashe.

יְשִׁימֶיךָ אֱלֹהִים  
כְּסָרָה רִבְקָה רָחֵל וְלֵאָה.  
Y'si-meikh Elohim  
k'Sarah, Rivka, Rachel, v-Leah.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.  
יֵאָר יי פְּנֵי אֵלֶיךָ  
וְיַחֲנֶךָ.  
יֵשָׂא יי פְּנֵי אֵלֶיךָ  
וְיַשֵּׁם לְךָ שְׁלוֹם.  
Y'va-re-kh'kha Adonai v-yish-m'rekha.  
Ya-er Adonai panav ei-lekha  
vi-khun-e-ka.  
Y'isa Adonai panav ei-lekha  
v-ya'em lekha Shalom.

## Kiddush - Blessing Over Wine

Friday evening Kiddush sanctifies Shabbat by reminding us of the gifts of creation and of freedom. We say a blessing over the wine (or grape juice) because it is a symbol of joy just as the Sabbath is a day of joy. Any cup can be used for Kiddush, but it's customary to choose something special.

1. **Pour** wine or grape juice in individual cups or in one cup to share.
2. **Stand or Sit:** some people stand while others sit for the blessing of the wine.
3. **Look:** Kabbalists recommend that each person look deeply into their glass of wine before reciting Kiddush. The leader then looks around into the face of each guest at the table, and sanctifies Shabbat on their behalf with the words of the blessing.
4. **Lift** the cup
5. **Sing and bless** the blessing
6. **Drink** (take a sip, if sharing) **and Enjoy**



## Kiddush - Blessing Over Wine continued

(God saw all that had been made  
and it was very good.  
There was evening and there was morning);

the sixth day was complete.  
The sky and the earth  
and all their contents were completed.  
On the seventh day God completed  
all the skilled labor.  
God ceased (*shabbat*)  
from all skilled labor.  
God blessed the seventh day  
and declared it holy,  
because on that day God ceased  
from all the acts of creation.

(וַיֵּרָא אֱלֹהִים אֶת כָּל אֲשֶׁר עָשָׂה  
וְהִנֵּה טוֹב מְאֹד,  
וַיְהִי עֶרֶב וַיְהִי בֹקֶר)

**יּוֹם הַשְּׁשִׁי.**  
**וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ**  
**וְכָל צְבָאָם.**  
**וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי,**  
**מִלְאֲכָתוֹ אֲשֶׁר עָשָׂה,**  
**וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי,**  
**מִכָּל מִלְאֲכָתוֹ אֲשֶׁר עָשָׂה.**  
**וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי,**  
**וַיְקַדֵּשׁ אֹתוֹ,**  
**כִּי בּו שְׁבֹת מִכָּל מִלְאֲכָתוֹ,**  
**אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.**

(Va-yar Elohim et kol asher asah  
V'hinei tov me'od,  
Ya-y'hi erev va-y'hi voker)

Yom **H**à-shìshì.  
Va-y'khulu **H**a-shamayim v'ha-aretz  
v'khol tz'va-am.  
Va-y'khal Elohim ba-yom ha-sh'vi-i  
m'lakhto asher asah,  
va-yish-bot ba-yom ha-sh'vi-i  
mi-kol m'lakhto asher asah.  
Va-y'vareikh Elohim et yom ha-sh'vi-i  
va-y'kadeish oto,  
ki vo shavat mi-kol m'lakhto,  
asher bara Elohim la'asot.



## Kiddush - Blessing Over Wine continued

Blessed are You, Adonai,  
Our God, Ruler of the Universe,  
Creator of the fruit of the vine.

**בָּרוּךְ אַתָּה יי**  
**אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,**  
**בּוֹרֵא פְּרִי הַגֶּפֶן.**

Barukh ata Adonai,  
Eloheinu Melekh ha-olam,  
borei p'ri ha-gafen.

Blessed are You, Adonai  
Our God, Ruler of the Universe,  
who made us holy with your commandments  
and favored us.  
Your holy Shabbat  
in love and favor,  
You gave us as our heritage,  
a reminder of the acts of Creation.  
For it is first  
among the days called holy,  
a reminder of the Exodus from Egypt.  
For You have chosen us to serve you  
and set us apart  
from all other peoples;  
Your holy Shabbat,  
with love and favor,  
You have given us as our heritage.  
Blessed are You, Adonai,  
who makes Shabbat holy.

**בָּרוּךְ אַתָּה יי**  
**אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,**  
**אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי**  
**וְרָצָה בָּנוּ,**  
**וְשַׁבַּת קִדְּשׁוֹ**  
**בְּאַהֲבָה וּבְרַצוֹן**  
**הִנְחִילָנוּ**  
**זְכוֹרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית,**  
**כִּי הוּא יוֹם תְּחִלָּה**  
**לְמִקְרָאֵי קִדְּשׁ,**  
**זְכוֹר לִיצִיאַת מִצְרַיִם.**  
**כִּי בָנוּ בְּחַרְתָּ**  
**וְאוֹתָנוּ קִדְּשָׁתָּ**  
**מִכָּל הָעַמִּים,**  
**וְשַׁבַּת קִדְּשְׁךָ**  
**בְּאַהֲבָה וּבְרַצוֹן**  
**הִנְחַלְתָּנוּ.**  
**בָּרוּךְ אַתָּה יי**  
**מִקְדֵּשׁ הַשַּׁבָּת.**

Barukh ata Adonai,  
Eloheinu Melekh ha-olam,  
asher ki-d'shanu b'mitzvotav  
v'ratzah vanu,  
v'shabbat kod'sho  
b'ahavah u-v'ratzon  
hin-khi-lanu  
zikaron l'ma'asei v'rei-sheet.  
Ki hu yom t'khilah  
l'mikra-ei kodesh,  
zekher litzi-at mitzrayim.  
Ki vanu va-kharta  
v'otanu kidashta  
mikol ha-amim,  
v'shabbat kodsh'kha  
b'ahavah u-v'ratzon  
hin-khal-tanu.  
Barukh ata Adonai,  
m'Kadeish ha-Shabbat.

## Washing Hands

Before blessing and eating the challah, it is traditional to perform Netillat Yadayim, ritual hand-washing. It's a simple step that slows us down just a bit before we dig in, and it reminds us that the meal we're about to have is special. Many have the custom not to speak between hand-washing and eating bread, and on Shabbat, those few moments of silence can be magical, filled with anticipation and togetherness.

1. Pour clean water over your hands (3 splashes on each) from a pitcher or glass.
2. Dry your hands and recite the blessing

*After washing and drying your hands:*

**BLESSED ARE YOU**, Adonai  
our God, Ruler of the Universe,  
who has sanctified us  
by commanding us  
to wash our hands.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ,  
עַל נְטִילַת יָדַיִם.

Ba-rukh ata Adonai,  
Elo-hei-nu me-lekh ha-olam,  
asher ki-d'shanu  
b'mitz-votav v'tzi-vanu,  
al n'tilat yadayim.

## Hamotzi - Blessing Over Challah

A festive Jewish meal is hardly complete without delicious loaves of challah.

By starting our meal with this special braided egg bread, we turn the mundane act of eating bread into an opportunity to make a blessing of thanks.

Two loaves, representing the double portion of Mana the Israelites received on Shabbat in the desert, are placed on the Shabbat table and covered by a cloth or napkin.

1. Uncover the challah.
2. The host recites the blessing on the challah
3. Eat a bite of bread dipped in salt and share pieces with everyone else at the table

*Raise both loaves and say:*

**BLESSED ARE YOU**, Adonai  
our God, Ruler of the Universe,  
who brings out bread from the earth.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Ba-rukh ata Adonai,  
Elo-hei-nu me-lekh ha-olam,  
ha-motzi lechem min ha-aretz.

## Birkat Hamazon - Blessing After the Meal

The Birkat is comprised of a series of four blessings that express gratitude: for the blessing of food; for the land of Israel; for Jerusalem; and for God's goodness. Some only recite this excerpt, the blessing of food:

### הֵיזָן אֶת הַכֹּל – Who nourishes all – First blessing

Ba-rukh ata Adonai  
Elo-hei-nu me-lekh ha-olam,  
ha-zan et ha-olam  
ku-lo b'tuvo,  
b'khen, b'khesed,  
u-v'ra-kha-mim  
Hu no-ten le-khem  
l'khol ba-sar,  
ki l'olam khas-do.  
Uv-tu-vo ha-gadol,  
tamid lo khasar lanu,  
v'al yekh-sar lanu  
ma-zon, l'olam va-ed,  
ba-avur sh'mo ha-gadol.  
Ki hu Eil zan  
um-far-neis la-kol  
u-mei-tiv la-kol,  
u-mei-khin ma-zon  
l'khol bri-yo-tav  
asher ba-ra.  
Ba-rukh ata Adonai,  
ha-zan et ha-kol.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הֵיזָן אֶת הָעוֹלָם  
כְּלוּ בְטוּבוֹ,  
בְּחֶן, בְּחֶסֶד  
וּבְרַחֲמִים,  
הוּא נוֹתֵן לֶחֶם  
לְכֹל בָּשָׂר,  
כִּי לְעוֹלָם חֶסֶדּוֹ.  
וּבְטוּבוֹ הַגָּדוֹל  
תָּמִיד לֹא חָסַר לָנוּ,  
וְאֵל יִחְסַר לָנוּ  
מִזּוֹן לְעוֹלָם וָעֶד,  
בְּעַבּוֹר שְׁמוֹ הַגָּדוֹל.  
כִּי הוּא אֵל זָן  
וּמַפְרִיֵס לְכֹל,  
וּמֵיטִיב לְכֹל  
וּמַכִּין מִזּוֹן  
לְכֹל בְּרִיּוֹתָיו  
אֲשֶׁר בָּרָא.  
בְּרוּךְ אַתָּה יי  
הֵיזָן אֶת הַכֹּל.

Blessed are You, Adonai  
our God, Ruler of the universe,  
who nourishes the world  
in your goodness —  
with grace and kindness,  
and with mercy.  
God gives bread  
to all living flesh  
for your kindness lasts for ever.  
Thanks to your great goodness  
we have never lacked,  
nor shall we lack  
for food forever,  
because of your great name.  
For You are God who nourishes,  
who provides for all,  
who is good to all,  
who prepares food  
for all your creatures  
that You created.  
Blessed are You, Adonai,  
who nourishes all.

*For the complete version of this prayer, feel free to contact us!*

Short songs

Biblical

**מה טובו אהליך יעקב, משכנתיך ישראל.** Mah tov u oha-leh-kha Ya-a-kov, mish-k'ho-tekha Yisrael.

While the prophet Bilaam with the famous talking ass initially intended to curse Israel, when he actually saw them he was inspired to bless them in the poem that became the daily prayer: "How beautiful are your tents, Israel." (NUMBERS 24:5)

**דודי לי ואני לו הרוצה בשושנים.** Dodi li va-a-ni lo ha-ro-eh ba-sho-shanim.

Solomon's love songs include this declaration: "I am yours and you are mine." (SONG OF SONGS 2:16)

**לא ישא גוי אל גוי הרב לא ילמדו עוד מלחמה.** Lo yisa goy el goy kheh-rev Lo yil-m'du od mil-khama.

Shabbat tranquility is a foretaste of the messianic world envisioned by Isaiah: "No nation shall lift up sword against another nation nor learn war anymore" (ISAIAH 2:4). (That quote decorates the United Nations building in New York City).

**כל הנשמה תהלל יה, הללויה.** Kol ha-neshama T'Hallel Yah! Hallel-u-jahl

"Let every breath and every breathing being sing: Hallelujah!" (PSALM 150:6)

**ישמחו השמים ותגל הארץ, ירעם הים ומלאו.** Yi-s'm'khu ha-sha-mayim v'tageil ha-aretz, yir-am ha-yam u-m'lo-oh.

In Kabbalat Shabbat we sing this song: "Let heaven and earth rejoice, the ocean and all its contents." (PSALM 96:11)

Rabbinic and Hassidic

**ונאמר לפניו שירה חדשה, הללויה.** V'nomar l'fanav shira khadasha, Hallel-u-jahl

In the Haggadah we thank God for our liberation from slavery with these words: "Let's recite before God, a new song: Hallelujah! — Praise God!" (BASED ON PSALM 96)

**עשה שלום במרומינו הוא יעשה שלום עלינו ועל כל ישראל ואמרו אמן.** Oseh shalom beem-romav, hu ya-aseh shalom aleinu, V'al kol Yisrael v'imru Amen.

May the Divine maker of peace in heavens make peace upon us and all Israel. (RABBINIC SIDUR)

**על שלושה דברים העולם עומד: על התורה ועל העבודה ועל גמילות חסדים.** Al sh'loshe d'varim, ha-olam omeid: Al ha-Torah v'al ha-avodah v'al g'milut khaasadam.

"On three things the world stands: on Torah, on worship and on acts of loving kindness." (PIRKEI AVOT 1:2)

**כל העולם כלו גשר צר מאוד והעקר לא לפחד כלל.** Kol ha-olam kulo, geshet tzar m'od: V'ha-ikar lo l'fa-kheid k'lal.

Rebbe Nachman's song urges Jews to overcome despair: "The whole world is like a very narrow bridge and it is essential to cross it without succumbing to fear at all." (It was sung in particular by his followers in the Warsaw Ghetto and in Israel during the surprise-attack, the Yom Kippur War in 1973.)



Contemporary Israeli and American

**עם ישראל חי. עוד אבינו חי.** Am Yisrael khai Od avinu khai.

Reb Shlomo Carlebach's song became popular for its use in the American movement for liberating Soviet Jewry in the 1960's. It declares faithfully: "The Jewish people, our father, is still alive and well." This answers Joseph's question: "Is our father still alive?" (GENESIS 45:3). The wealthy secure immigrant in Egypt wanted to know that his elderly father Yisrael was still alive back in the old country even after the famine and after his long enforced separation from his father. American Jews of Russian origin echoed Joseph's experience of reawakened concern after a long estrangement from what were then called the Jews of Silence.

**הבה נשירה שיר הללויה.** Hava nashira Shir hallelujah.

Let's sing a song of Hallelujah.

**דוד מלך ישראל חי וקיים.** David melekh Yisrael Khai v'kayam.

David, king of Israel, still lives!

**בשנה הבאה נשב על המרפסת ונקפר צפרים נודדות. ילדים בקופסה ישחקו תופסת. בין הבית לבין השדות. עוד תראה עוד תראה כמה טוב יהיה בשנה בשנה הבאה.** Ba-shana ha-ba-a nei-sheiv al ha-mirpeset v'nispor tziporim nod'dot. Y'ladim b'khufsha y'sakhaku tofeset bein ha-bayit l'vein ha-sadot. Od tir-eh od tir-eh kama tov yih'yeh ba-shana ba-shana ha-ba-a.

Next year we will sit on the porch and count migrating birds. On vacation children will play tag between the house and the fields. You will see how good next year will be. (EHUD MANOR, @1969, ACUM)

**אז איך וועל זינגען: לכה דודי, זאלסטו זינגען: טשירי-בירי-בים. אז איך וועל זינגען: לקראת כלה, זאלסטו זינגען: טשירי-בירי-באם. לכה דודי, טשירי-בירי-בים. לקראת כלה, טשירי-בירי-באם. לכה דודי, לקראת כלה, טשירי-בירי-בירי-באם. טשירי-בים טשירי-באם, טשירי-בים טשירי-באם-באם-בירי באם. איני טשירי-בירי-בירי-בים באם-באם טשירי-בירי-בירי-באם.** Az ikh vel zingen: l'kha doydi, zoletu zingen: chiri biri bim. Az ikh vel zingen: lik'ras kaleh, zoletu zingen: chiri biri bom l'kha doydi: chiri biri bim. Likras kaleh: chiri biri bom. l'kha doydi likras kalo! chiri biri biri biri bom. Chiri-bim, chiri-bom, chiri-bom, chiri-bim, chiri-bim-bom-bim-bom-bom-bom-bom. Ay, chiri-biri-biri-bim-bom-bom Chiri-biri-biri-biri-biri-bom.

This Hassidic Yiddish song describes the rebbe leading his hassidic followers in a melody (niggun) for greeting the Shabbat bride: "When I sing 'l'kha doydi' then you sing, 'chiri-biri-bim,'" and so forth. Second verse, same as the first, except substitute "Yerushalayim" and "Eer ha-koy-desh."

Looking to meet new people?  
Looking to form new connections?  
Interested in sharing a Shabbat meal?

# SHABBAT *@ home*

**BE A HOST**

and invite others  
into your home for  
Shabbat dinner

**OR**

**BE A GUEST**

and be matched  
with Shabbat hosts  
for dinner

*Open to everyone!*

Learn more and SIGN UP to be a host or a guest:

[jewishwinnipeg.org/shabbat](http://jewishwinnipeg.org/shabbat)



Jewish Federation  
OF WINNIPEG

C300-123 Doncaster St, Winnipeg, MB R3N 2B2  
204.477.7400 | [info@jewishwinnipeg.org](mailto:info@jewishwinnipeg.org)

[jewishwinnipeg.org](http://jewishwinnipeg.org)