

Tear or cut the challah and enjoy.

*Baruch Atah Adonai,
Eloheinu Melech ha-olam,
hamotzi lechem min ha-aretz.*

בָּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

Blessed are You, Adonai our God, Ruler of the universe,
who brings forth bread from the earth.



6. Talk

What meal would be complete without meaningful conversation?
Here are some questions to get it going:

- What is different about you this Shabbat from last?
- What are you grateful for on this Shabbat?
- What would your perfect Shabbat look like?
- What were the best parts of this past week?
- What was your favorite day this past week?
- What is your prayer for your family this coming week?

Looking for some helpful tools to help you celebrate Shabbat at home?
Watch a video with our clergy leading the Shabbat blessings, download audio
flutes, sing along with us, find more of this past shabbat? [Click here](#)



Shabbat.

The one day of the week to take a breath, to slow down.
Celebrate Shabbat at home with your family, in your own special way.