

got shabbat?



5. Eat

The braids of a challah all come together to form one beautiful (and delicious) loaf of bread — just like your family has come together for a Shabbat shalom, a Shabbat of peace. Uncover your challah. Say or sing the blessing together. 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,
הַמוֹצִיא 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 files to sing along with, and find a copy of this got shabbat? guide at:

<http://northshoresynagogue.org/got-shabbat>



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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.
Gather round the table for family dinner. Use this Shabbat roadmap to follow the blessings.
Have other special family rituals? Add them in! Mix and match!
Shabbat. It's a family thing.

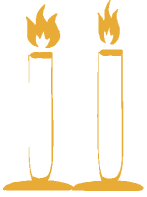


1. Unplug

Consider a screen-free Shabbat dinner. Start by turning off your phones and digital devices.



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2. Light

God began the world by creating light. We also begin Shabbat with light. Gather round the table. Light two or more candles. You may choose to sweep your hands three times to gather the warmth of Shabbat toward you, and then cover your eyes. Say or sing the blessing together.

*Baruch Atah Adonai,
Eloheinu Melech ha-olam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik near shel Shabbat.*

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed are You, Adonai our God, Ruler of the universe, who makes us holy with mitzvot, commanding us to kindle the light of Shabbat.



3. Bless

From grown-up to child, passing our Jewish tradition and values from generation to generation. Grown-ups: Place your hands on your child's head. Bless your children individually, or together. If you like, end with a hug or a kiss.

For a boy:

*Y'simcha Elohim
k'Efrayim v'chiM'nasheh.*

יְשַׁמְּךָ אֱלֹהִים
כְּאַפְרַיִם וְכִמְנַשֶּׁה.

May God inspire you to live in the tradition of Ephraim and Menasheh, who carried forward the life of our people.

For a girl:

*Y'simeich Elohim
k'Sarah, Rivkah, Lei-ah, v'Rachel.*

יְשַׁמְּךָ אֱלֹהִים
כְּסָרָה, רִבְקָה, לֵאָה וְרָחֵל.

May God inspire you to live in the tradition of Sarah, Rebekah, Leah, and Rachel, who carried forward the life of our people.

Then for both:

*Y'varech'cha Adonai v'yishm'recha.
Ya-eir Adonai panav eilecha viyichuneka.
Yisa Adonai panav eilecha,*

יְבָרְכֶךָ יי וַיְשַׁמְּרֶךָ.
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְךָ.
יֵשֶׂא יי פָּנָיו אֵלֶיךָ,
וַיִּשֶׂם לְךָ שְׁלוֹם.

May God bless you and keep you. May God look kindly upon you, and be gracious to you. May God reach out to You in tenderness, and give you peace.



4. Drink

Raise a glass of wine or juice. Choose a version of Kiddush (long or short). Sing or say the blessing together. Take a sip of Shabbat holiness.

*Baruch Atah Adonai,
Eloheinu Melech ha-olam,
borei p'ri hagafen.*

*Baruch Atah Adonai,
Eloheinu Melech ha-olam,
asher kid'shanu b'mitzvotav v'ratza vanu,
v'Shabbat kodsho*

*b'avahavah uv'ratzon hinchilanu,
zikaron l'ma-asei v'reishit.*

*Ki hu yom t'chilah l'mikra-ei kodesh,
zeicher litzi-at mitzrayim.*

*Ki vanu vacharta v'otanu kidashta
mikol ha-amim,*

v'Shabbat kodsh'cha

b'avahavah uv'ratzon hinchaltanu.

Baruch Atah Adonai, m'kadeish haShabbat.

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרֵי הַגָּפֶן.

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,
וְשַׁבַּת קֹדֶשׁוֹ

בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,
זִכְרוֹן לַמַּעֲשֵׂה בְרָאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ,
זִכָּר לִיצִיאַת מִצְרַיִם.

כִּי בָנוּ בְּחִרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ
מִכָּל הָעַמִּים,

וְשַׁבַּת קֹדֶשְׁךָ

בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.

בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Blessed are You, Adonai our God, Ruler of the universe, Creator of the fruit of the vine.

Blessed are You, Adonai our God, Ruler of the universe, who makes us holy with mitzvot and takes delight in us. In love and favor, You have made the holy Shabbat our heritage, as a reminder of the word of creation. It is first among our sacred days, and recalls 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 Your holy Shabbat as an inheritance.

Blessed are You, Adonai, for Shabbat and its holiness.



continued ➔