



# KABALAT SHABBAT

Play along, sing along, and enjoy with Vicki

# Lighting the candles – women.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

לְהַדְלִיק נֵר שֶׁל שַׁבָּת (אָמֵן)

*Barukh atah Adonai, Elohaynu, melekh ha-olam,  
asher kid'shanu b'mitzvotav, v'tzivanu  
l'had'lik neir shel shabbat (Amein)*

Blessed are You, Lord, our God, King of the Universe,  
who sanctifies us with his commandments, and  
commands us  
to light the candles of Shabbat (Amen)

BARUCH ATA ADONAY,  
ELUKEYNU MELEH HA OLAM  
SHE KEIMANU VE IHIYANU, VE  
IGANU LE ZMAN HA ZE. AMEN.




# MALAHIM – angels

Story of two angels that come to each home. If the table is ready, candles are bright, and family is in peace around the table – angels will say: G-d bless and may the next shabbat for this family be the same as this one. And if there is no peace and happiness, no candles, not food on the table and no family around...what the angels say? – G-d bless and may the next shabbat for this family be the same as this one.

Shalom Aleichem with Lyrics / שלום עליכם עם מילים

Shalom alechem malache ha-sharet malache elyon,  
Mi-melech malche ha-melachim Ha-Kadosh Baruch Hu.  
Bo'achem le-shalom malache ha-shalom malache elyon,  
Mi-melech malche ha-melachim Ha-Kadosh Baruch Hu.  
Barchuni le-shalom malache ha-shalom malache elyon,  
Mi-melech malche ha-melachim Ha-Kadosh Baruch Hu.  
Tzet'chem le-shalom malache ha-shalom malache elyon,  
Mi-melech malche ha-melachim Ha-Kadosh Baruch Hu.



שלום עליכם  
מלאכי השלום  
מלאכי עליון

Shalom aleichem  
malachei hashalom  
malache elyon

# Blessing children



## For Sons:

ישמך אלהים  
כאפרים וכמנשה.

May God make you  
like Ephraim and Menasseh.

יברכך יהוה וישמרך.  
יאר יהוה פניו  
אלריך ויחנך.  
ישא יהוה פניו אליך  
וישם לך שלום.

May God bless you and keep you.  
May God's presence radiate upon you  
and grant you graciousness.  
May God's presence be with you  
and grant you peace.

## For Daughters:

ישמך אלהים  
כשרה רבקה רחל ולאה.

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

יברכך יהוה וישמרך.  
יאר יהוה פניו  
אלריך ויחנך.  
ישא יהוה פניו אליך  
וישם לך שלום.

May God bless you and keep you.  
May God's presence radiate upon you  
and grant you graciousness.  
May God's presence be with you  
and grant you peace.

## OSEH SHALOM

Oseh shalom bimromav  
Hu ya'aseh shalom aleynu  
Ve'al kol yisrael  
Ve'imru Amen

## HE WHO MAKES PEACE

He who makes peace in his high places  
He shall make peace upon us  
And upon all of Israel  
And say Amen



Oseh Shalom  
(HE WHO MAKES PEACE)

# WHO LOVES THE SABBATH - a song for kids

Mi ohev et hashabat?  
Ima ve'aba!  
Mi ohev et hashabat?  
Savta vesaba!  
Mi ohev et hashabat?  
Ani, atah ve'at.  
Kol ha'olam ki'mat!  
az lamah lo kol yom shabat?

Yom rishon sheni shlishi  
kol yom nimshach shanah  
revi'i et chamishi noten  
bematannah.

Hayamim ovrim le'at  
rishon ad chamishi  
umachar machar shabat  
ki ba kvar yom shishi

Mi ohev et hashabat...



# BRAHOT - blessings

**KIDUSH - introduction.** Fill your glass of wine before starting.

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי

וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם

וַיִּכַּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי

מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל

מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

English Translation:

And there was evening and there was morning, a sixth day. The heavens and the earth were finished, the whole host of them. And on the seventh day God ended his work which he had made, and he rested on the seventh day from all his work which he had made, And God blessed the seventh day, and sanctified it because in it he had rested from all his work which God created and done.



# Blessing on wine

Fill your glasses. Head of the family drinks first, then the rest drink their wine after the blessing



בּוֹרָא פְּרִי הַגָּפֶן | בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם | (אָמֵן)

Blessed are You, Lord, our God, King of the Universe, who creates the fruit of the vine. (Amen)

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ | בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Blessed are You, Lord, our God, King of the Universe, who sanctifies us with his commandments, and has been pleased with us You have lovingly and willingly given us Your holy shabbat as an inheritance, in memory of creation. The shabbat is the first among our holy days, and a remembrance of our exodus from Egypt. Indeed, You have chosen us and made us holy among all peoples and have willingly and lovingly given us Your holy shabbat for an inheritance. Blessed are You, who sanctifies the shabbat (Amen)

זָכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית | וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ

כִּי הוּא יוֹם תְּחִלָּה לְמַקְרָאֵי קֹדֶשׁ זָכַר לִיְצִיאַת מִצְרָיִם

כִּי בָנוּ בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים

וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ

בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת | (אָמֵן)



# Hand wash – NATILAT YADAYIM

Three splashes to each hand, using special cup. Water to cup fills from the full bowl, and slashes - to the empty bowl. Then say the blessing.



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

*Barukh atah Adonai, Elohaynu, melekh ha-olam,  
asher kid'shanu b'mitzvotav, v'tzivanu  
al n'tilat yadayim*

Blessed are You, Lord, our God, King of the Universe,  
who sanctifies us with his commandments, and  
commands us  
concerning washing of hands.

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

עַל נְטִילַת יָדַיִם

## Blessing on Hallah:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

*Barukh atah Adonai, Elohaynu, melekh ha-olam,  
ha-motzi lechem min ha-aretz. (Amein)*

Blessed are You, Lord, our God, King of the Universe,  
who brings forth bread from the earth. (Amen)

הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ (אָמֵן)



Traditionally challah is not cut by knife but is separated by hands. Knife that we pass over the hallah before the blessing – is a symbol of CURBAN in the temple.

# Final song - AMEN

**Amen, Amen** – shorten version

Bi-tfila, Amen, she-'ola, Amen  
Kol ha-nshama te halel Yah, Amen

Ten lanu khayim u-shmor 'aleynu  
Ten she-titgashem 'ahavateynu  
Ten lanu brakha, ha'er paneynu  
Ptakh libeynu she-tamid nashir lekha

Eluay, Amen, tikvatay, Amen  
Khazek 'etanu ba tfila, Amen

