

AT THE SABBATH EVE TABLE

(Light the Candles)

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

*Barookh ata adonai elohaynoo melekh ha'olahm, asher qidshanoo bmitsvotahv
vtseevanoo lhadliq ner shel shabbat.*

Praised are You, ADONAI, ruler of the world, Who sanctified us with commandments, commanding us to kindle the Sabbath lights.

(Psalm 23)

A Psalm of David: The LORD is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul; He leads me in straight paths for His name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil, my cup runs over. Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the LORD forever.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי
וְרָצָה בְּנוֹ, וְשִׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכָרוֹן
לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זְכָר
לְיִצְיַאת מִצְרַיִם, כִּי בְּנוֹ בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל
הָעַמִּים, וְשִׁבַּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ
אַתָּה יי, מִקְדֵּשׁ הַשַּׁבָּת.

*Barookh ata adonai elohaynoo melekh ha'olahm, boray
pree hagaphen.*

*Barookh ata adonay elohaynoo melekh ha'olahm, asher
qidshanoo bmitsvotav vratsa vanoo, vshabaht qodshoo*

*bahava oovratsohn hinheelanoo, zikarohn lma'asay
vraysheet. Kee hoo yom theela lmiqra'ay qodesh,
zaykher lytsee'at mitsrayim. Kee vanoo vaharta
v'otanoo qeedashta mikol ha'amim, vshabaht
qodshekha ba'ahava oovratsohn hinhaltanoo. Barookh
ata adonai miqadesh hashabaht.*

Praised are You, ADONAI, ruler of the world, creator of the fruit of the vine.

Praised are You, ADONAI, ruler of the world, who sanctified us with commandments, desired us, and in love and desire bequeathed us the sacred Sabbath, a memorial to the acts of creation. For it is the first of the sacred festivals, a memorial to the exodus from Egypt. For you have chosen and sanctified us from among all the peoples, and in love and desire bequeathed us the sacred Sabbath. Praised are You, ADONAI, Who sanctifies the Sabbath.

Blessing your children:

May the angel that protects me from all harm watch over you and protect you. May you prosper and be a blessing to this world!

For your wife:

A woman of valor, who can find? Your price is above rubies!

My heart trusts in you and I take no gain thereby.

You rise up early and look after the home, you are dressed in dignity and honor.

You eat not the bread of idleness.

You open your mouth with wisdom and the law of kindness is upon your tongue.

Many women do valiantly, but you exceed them all.

Grace is deceitful and beauty is vain, but a woman who loves ADONAI

She is to be praised!

After the meal:

Praised are YOU ADONAI our God, ruler of the world,
Who by grace, goodness and compassion sustains the
world. God gives sustenance to all flesh, for God's
grace is forever. And in God's great goodness we do not
want, and may we never want food, for the sake of
God's great name. For God is the one who feeds and
sustains all. God does good for all by preparing food for
all God's creatures. Praised are You, Adonai, who gives
food to all! For all these things we thank and praise
You. May Your name be praised forever without end. As
it is written: "When you eat and are satisfied, praise
ADONAI your God for the good land given to you."
Praised are You, ADONAI, for the land and for the food.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

(quietly)

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוּתוֹ לְעוֹלָם וָעֶד.

Hear, O Israel, ADONAI is our God, Adonai is One!

(quietly)

Praised is God's majestic name throughout eternity.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-
מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֶנְכִי מְצַוְּךָ הַיּוֹם, עַל-
לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָךָ, וְדַבַּרְתָּ בָם בְּשַׁבְּתֶךָ בְּבֵיתְךָ,
וּבְלִכְתֶּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹת עַל-
יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ, וְכִתַּבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ.

Thou shalt love the Lord thy God with all thy heart, with all thy soul and with all thy might. And these words which I command thee on this day shall be upon thy heart. Thou shalt teach them diligently unto thy children. And thou shalt speak of them, when thou sittest in thy house, when thou walkest on the way and when thou liest down, when thou risest up. And thou shalt bind them as a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them on the doorposts of thy house and upon thy gates.