



Buffalo, New York

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Blessings before the Shabbat Evening Meal

Candle Lighting

*Ba-ruch A-ta, A-do-nai E-lo-hei-nu,
me-lech ha-o-lam,
a-sher ki-d'sha-nu b'mits-vo-tav
v'tsi-va-nu l'had-lik neir shel sha-bat.*

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

Blessed are You, Adonai our God who guides the universe, for making us holy with Your mitzvot, and commanding us to kindle the Shabbat lights.

Birkat HaMishpacha

Family Blessing

place your hands on your child's head or shoulders
or hold your child's hands and recite the following blessings:
(You can also supplement the prayers written here
with your own words or a silent prayer.)

For a boy:

Y'sim-cha E-lo-him

K'Ef-ra-yim ve-chi-M'na-sheh.

יְשִׁמְךָ אֱלֹהִים
כְּאַפְרַיִם וְכַמְנַשֶּׁה.

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

For a girl:

Y'si-meich E-lo-him k'Sarah,

Riv-kah, Le-ah v'Ra-cheil.

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה,
רִבְקָה, לֵאָה, וְרָחֵל.

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

After the separate prayers for boys and/or girls, continue for both:

Y'va-re-che-cha A-do-nai

v'yish-m're-cha.

Ya-eir A-do-nai pa-nav ei-le-cha

vi-chu-ne-ka.

Yi-sa A-do-nai pa-nav ei-le-cha

v'ya-seim l'cha sha-lom.

יְבָרְכֶךָ יי
וְיִשְׁמְרֶךָ.
יַאֲרֵי יי פְּנֵי אֱלֹהֶיךָ
וְיַחְנֶנֶךָ.
יֵשָׂא יי פְּנֵי אֱלֹהֶיךָ
וְיִשֵּׂם לְךָ שְׁלוֹם.

May God bless you and guard you. May the light of God shine upon you, and may God be gracious to you. May the presence of God be with you and give you peace.

Kiddush

Sanctifying Shabbat

The seventh day is consecrated to God. With wine, our symbol of joy, we celebrate this day and its holiness. We give thanks for all our blessings, for life and health, for work and rest, for home and love and friendship. On *Shabbat*, eternal sign of Creation, we remember that we are created in the divine image. We therefore raise the cup in thanksgiving.

Va-y'chu-lu ha-sha-ma-yim v'ha-a-rets
v'chawl ts'va-am, va-y'chal E-lo-him
ba-yom ha-sh'vi-i m'lach-to a-sher
a-sa; va-yish-bot ba-yom ha-sh'vi-i
mi-kawl m'lach-to a-sher a-sa.
Va-y'va-rech E-lo-him et yom
ha-sh'vi-i va-y'ka-deish o-to, ki vo
sha-vat mi-kawl m'lach-to a-sher
ba-ra E-lo-him la-a-sot.

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ
וְכָל צְבָאָם, וַיְכַל אֱלֹהִים
בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר
עָשָׂה; וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי
מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם
הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בּוֹ
שָׁבַת מְכֹל-מְלַאכְתּוֹ אֲשֶׁר
בָּרָא אֱלֹהִים לַעֲשׂוֹת.

The heavens and the earth were finished, and all their multitude. On the seventh day the work that God had done was finished, and God rested on the seventh day from all the work which was completed. God blessed the seventh day and made it holy, for on it God rested from all the works of creation.

Al N'itilat Yadayim

*Ba-ruch A-ta, A-do-nai E-lo-hei-nu,
me-lech ha-o-lam,
a-sher ki-d'sha-nu b'mits-vo-tav
v'tsi-va-nu al n'ti-lat ya-da-yim.*

Blessed are You, Adonai our God who guides the universe, for making us holy with Your mitzvot, and commanding us to raise up our hands.

The Motzi

*Ba-ruch A-ta, A-do-nai E-lo-hei-nu,
me-lech ha-o-lam, ha-mo-tzi
le-chem min ha-a-reitz*

Praised are You Adonai, Ruler of the Universe, who brings forth bread from the earth.

Washing the Hands

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ
וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

Breaking Bread

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, הַמוֹצֵיא
לֶחֶם מִן הָאָרֶץ