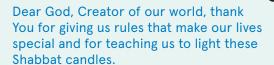
Shabbat Blessings



1. Lighting Shabbat Candles

First, light at least two candles and wave in the light three times to welcome Shabbat. Then cover your eyes and say:

Baruch ata Adonai. Eloheinu melech ha'olam, asher kideshanu bemitzvotav vetzivanu lehadlik ner shel Shabbat.



בַרוּךְ אַתַּה יִ-יַ אֵ-לֹהֵינוּ מֵלֶךְ הַעוֹלַם אַשֶּׁר קדשנו בַּמִצְוֹתֵיוֹ וְצְוַנוֹ לְהַדְלִיק נֵר שֵׁל שַׁבַּת.

Amen

4. Ritual Handwashing

Pour water over each hand and then say:

Baruch ata Adonai. Eloheinu melech ha'olam, asher kideshanu bemitzvotav vetzivanu al netilat yadayim.

Dear God, Creator of our world, thank You for giving us rules that make our lives special and for teaching us to wash our hands before we eat.

ברוך אתה יבי אַ-להינו מלך העולם אַשֵּׁר קַדְשֵׁנוּ במצותיו וצונו על נטילת ידים.

2. Blessing the Children

Parents and caregivers place their hands on a child's head and say:

Yevarechecha Adonai vevishmerecha. Ya'er Adonai panav eilecha viyechuneka. Yisa Adonai panav eilecha veyasem lecha shalom.

May God bless you and keep you safe. May God's light shine on you and grace vour life.

May God turn toward you and give you a world of peace.

> יָבָרֶכְךּ יְ-יָ וְיִשְׁמְרֶךְּ. יאר י-י פניו אליד ויחנד ישא י-י פניו אליד וישם לד שלום.

> > Amen

3. Blessing the Wine or Grape Juice (making Kiddush)



Baruch ata Adonai. Eloheinu melech ha'olam. borei p'ri hagafen.



Dear God. Creator of our world. thank You for the delicious fruit that grows on vines.



בַּרוּךְ אַתַּה יִ-יַ אֵ-לֹהֵינוּ מֵלֶךְ ָהעוֹלַם בּוֹרֵא פָּרִי הַגָּפֵן.

Amen

5. Blessing the Challah

Raise the challah and say:

Baruch ata Adonai, Eloheinu melech ha'olam, hamotzi lechem min ha'aretz.

Dear God, Creator of our world, thank You for bringing bread out of the earth.



בַּרוּךְ אַתַּה יִ-יַ אֵ-לֹהֵינוּ מֵלֶךְ ָּהָעוֹלֶם הַמּוֹצִיא לֶחֶם מִן הָאָרֵץ.

Amen



















