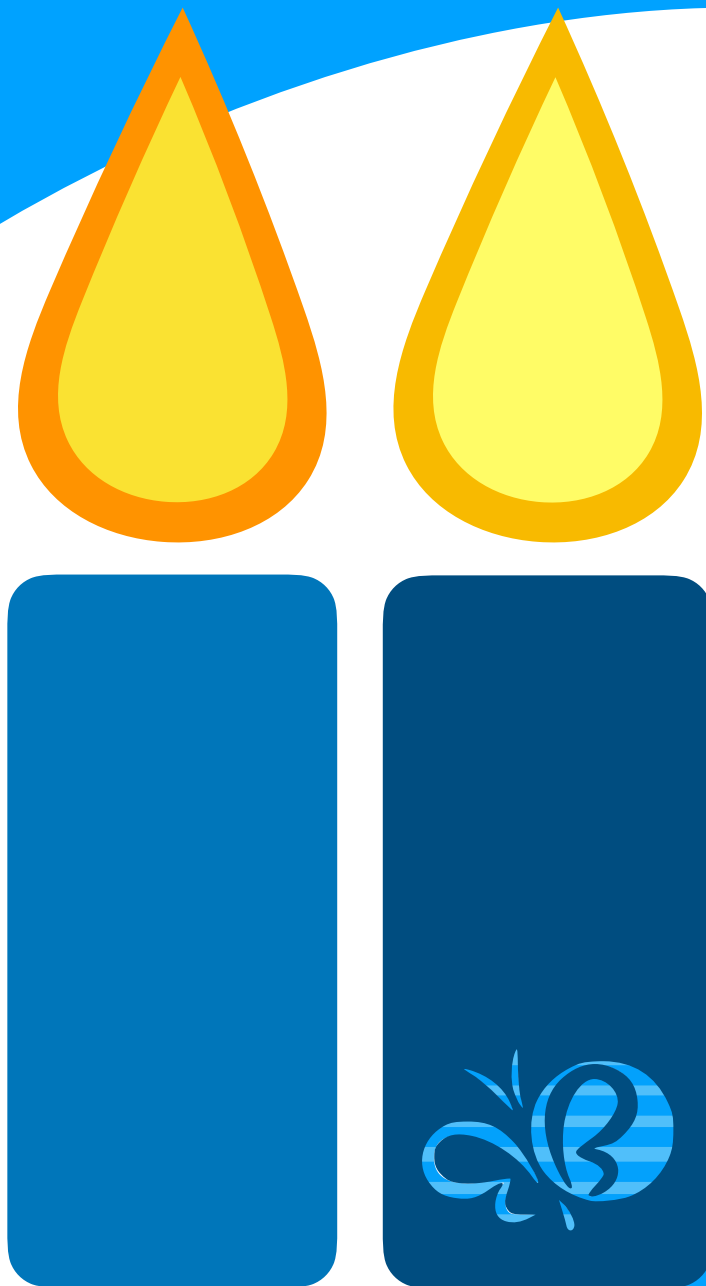


Brodetsky Primary School's

Friday Night Shabbat Guide



Please note this guide contains the name of God and should be treated with respect and not discarded

Lighting the Candles

Light the candles and wave your hands towards you in front of the flames three times, as if drawing in the light. Cover your eyes and say:

בָּרוּךְ

אַתָּה יי אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת

Baruch

*Aah Adonoy Elohaynu Melech Haolam,
asher kid'shanu b'mitzvotav v'tzivanu
l'hadlik neir shel Shabbat*

Blessed

are you, Hashem our God, King of the
Universe, who has made us holy with His
commandments and commanded us to light
the Shabbat light.

Blessing the Children

There is a beautiful custom on Friday night for parents to bless their children. This act symbolises continuity but also expresses a love and appreciation of each child in a tangible and moving way.

For sons:

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה

Y'simcha Elohim k'Ephrayim v'chiM'nasheh

May Hashem help you grow up to be like Ephrayim and Menasheh

For daughters:

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה

Y'simeich Elohim k'Sara, Rivka, Rachel v'Le'ah

May Hashem help you grow up to be like Sarah, Rivkah,
Rachel and Leah

All continue:

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ. יֵאָר יי פָּנָיו אֵלֶיךָ וְיַחַנֶּנְךָ

יִשָּׂא יי פָּנָיו אֵלֶיךָ וְיִשֵּׂם לְךָ שָׁלוֹם

Y'varech'chah Adonoy v'yishm'recha. Ya'er Adonoy panav eilechah vichunecha. Yisa Adonoy panav eilecha v'yaseim l'cha shalom.

May the Lord bless you and protect you. May the Lord make His face shine on you and be gracious to you. May the Lord turn His face toward you and give you peace.

Shalom Aleichem

Before eating, the custom is to sing 'Shalom Aleichem' - meaning 'welcome to you.' The song welcomes in 'malachim' - special angels that accompany the Shabbat.

שָׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרַת, מַלְאֲכֵי עֲלִיוֹן, מַלְךְ
מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

Shalom aleichem, malachei hashareit, malachei elyon,
mimelech malchei ham'lachim, Hakadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיוֹן,
מַלְךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

Boachem l'shalom, malachei hashalom, malachei elyon,
mimelech malchei ham'lachim, Hakadosh Baruch Hu.

בְּרַכּוֹנֵי לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיוֹן,
מַלְךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

Bar'chuni l'shalom, malachei hashalom, malachei elyon,
mimelech malchei ham'lachim, Hakadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיוֹן,
מַלְךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

Tzeit'chem l'shalom, malachei hashalom, malachei elyon,
mimelech malchei ham'lachim, Hakadosh Baruch Hu.

Eishet Chayil

The final song we sing before starting the meal is 'Eishet Chayil', meaning, 'A woman of valour'. Jewish tradition views Shabbat as the bride of the Jewish people and this love song depicts our love of Shabbat.

אִשֶּׁת חַיִּיל מִי יִמָּצָא, וְרַחֵק מִפְּנִינִים מְכָרָה.
בֵּטַח בָּהּ לֵב בְּעֵלָהּ, וְשָׁלַל לֹא יַחְסֹר.
גִּמְלָתָהּ טוֹב וְלֹא רָע, כֹּל יְמֵי חַיֶּיהָ.
דָּרָשָׁה צָמֵר וּפְשֻׁתִים, וַתַּעַשׂ בְּחָפְזָה כְּפִיָּה.
הִיטָה כְּאֲנִיּוֹת סוּחֵר, מִמְּרַחֵק תָּבִיא לַחֲמָה.
וַתִּקְּם בְּעוֹד לַיְלָה, וַתִּתֵּן טָרַף לְבֵיתָהּ וְחֵק לְנַעֲרֹתֶיהָ.
זָמְמָה שְׂדֵה וַתִּקְחָהּ, מִפְּרֵי כְּפִיָּה נִטְעָה כָּרִם.
חֲגָרָה בְּעוֹז מְתַנֶּיהָ, וַתֵּאֱמַץ זְרוּעֹתֶיהָ.
טָעְמָה כִּי טוֹב סַחְרָהּ, לֹא יִכְבֶּה בְּלֵילָה נְרָה.
יָדֶיהָ שִׁלְחָה בְּכִישׁוֹר, וְכְפִיָּה תִמְכּוּ פֶלֶךְ.
כִּפְּיָה פָּרְשָׁה לְעֵנִי, וַיִּדְּיָה שִׁלְחָה לְאַבְיוֹן.
לֹא תִירָא לְבֵיתָהּ מִשָּׁלֵג, כִּי כָל־בֵּיתָהּ לְבֶשׂ שָׁנִים.
מִרְבֵּדִים עָשְׂתָה־לָּהּ, שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁה.
נוֹדַע בְּשַׁעֲרִים בְּעֵלָהּ, בְּשִׁבְתּוֹ עִם זְקֵנֵי־אֶרֶץ.
סָדִין עָשְׂתָה וַתִּמְכֹּר, וַחֲגוֹר נָתַנָּה לְכַנְעָנִי.
עוֹז וְהָדָר לְבוּשָׁה, וַתִּשְׁחַק לְיוֹם אַחֲרוֹן.
פִּיָּה פְתָחָה בְּחָכְמָה, וַתּוֹרֵת חֶסֶד עַל לְשׁוֹנָהּ.
צוּפִיָּה הִלִּיכּוֹת בֵּיתָהּ, וְלֶחֶם עֲצָלוֹת לֹא תֹאכַל.
קָמוּ בָנֶיהָ וַיֵּאֱשְׁרוּהָ, בְּעֵלָהּ וַיִּהְלָלָהּ.
רַבּוֹת בָּנוֹת עָשׂוּ חַיִּיל, וְאַתְּ עָלִית עַל כָּלֵנָהּ.
שָׁקַר הַחַן וְהַבֵּל הַיָּפִי, אִשָּׁה יִרְאֵת ה' הִיא תִתְהַלָּל.
תָּנוּ לָהּ מִפְּרֵי יָדֶיהָ, וַיִּהְלְלוּהָ בְּשַׁעֲרִים מְעֻשִׂיהָ.

Friday Night Kiddush

One of the most familiar parts of a traditional Friday night meal is Kiddush, through which we introduce the meal.

The word 'Kiddush' literally means to 'sanctify' or to separate the day. It tells us that we are entering something different to everything else that we do.

וַיְהִי עֶרֶב וַיְהִי בֹקֶר Va-ye-hee erev, va-ye-hee voker.

יום הששי. Yom Ha-shishi.

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:

Va-ye-chulu hash-mayim vi-ha-
aretz vi-kole tzi-va-am. Va-yichal
Elohim ba-yom hashe-vi'i milach-
to asher asa. Va-yish-bot ba-yome
hashe-vi'l mi-kole milach-to asher
asa. Va-ye-varech Elohim et yom
hashe-vi'i va-yi-kadesh oto. Kee
voe shavat mi-kole milach-toe
asher bara Elohim la-a-sot.

(סְבָרִי מָרְנוּ וְרָבָנוּ וְרַבּוֹתַי)

(Savri maranan ve-rabanan ve-
rabortai)

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרִי
הַגֶּפֶן.

Baruch ata Adonoy, Eloheinu
melech ha-olam, borei peri ha-
gafen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשָׁבַת קִדְּשׁוֹ
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, זְכוֹרוֹן לְמַעֲשֵׂה
בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ
זְכוֹר לִיצִיאַת מִצְרַיִם. כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ
קִדְּשָׁתָּ מִכָּל הָעַמִּים וְשָׁבַת קִדְּשָׁךְ בְּאַהֲבָה
וּבְרָצוֹן הִנְחִילָתָנוּ. בָּרוּךְ אַתָּה יְיָ מִקְדֵּשׁ הַשָּׁבֶת.

Baruch ata Adonoy, Elo-heinu
melech ha-Olam, asher kidish-
anu bi-mitz-votav vi-ratza vanu,
vi-Shabbat kod-sho bi-ahava uv-
ratzon hin-chi-lanu, zikaron lima-
aseh vi-raishit. Ki hu yom ti-chila
li-mikra-ay kodesh, zay-cher li-
tzi-at mitz-rayim. Ki vanu vachar-
ta vi-otanu kidash-ta mikol ha-
amim. Vi-shabbat kod-shicha bi-
ahava uv-ratzon hinchal-tanu.
Baruch ata Adonoy, mi-kadesh ha-
shabbat.

Washing Hands

Before we eat bread, we wash our hands by filling a cup and pouring water over each hand once, twice or three times according to your practice. Then we say the following b'racha:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Baruch ata Adonoy Elohaynu melech ha'olam, asher ki'du'shanu
bu'mitz'vo'tav vu'tzi'vanu al nu'tilat ya'die'im

Blessing on the Challah

After washing our hands, we remain silent until we say the b'racha for the bread and the meal starts. On Shabbat, the host of the meal will say the b'racha over two loaves, known as challot (challah in the singular).

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן
הָאָרֶץ

Baruch ata Adonoy Elohaynu melech ha'olam, ha'mot'zi
lech'em min ha'aretz

At the end of the meal Birkat Ha'mazon (Grace After Meals) is said to thank Hashem for the meal.

Бахытлы Шимба (Tatarstan, Russia), Shabbat shalom שבת שלום (Hebrew, Israel), Africa: Ssabiti ensa (Luramwoji , Uganda), Esabato Endai (Bukusu, western Kenya), Sabata yeinde (Lozi,Zambia), Oghogho Sabbath (Edo, Nigeria), Assabat we suzubi (Kurama, Nigeria), Geseënde Sabbat (Afrikaans, South Africa), Melkam Kedamei (Amharic, Ethiopia), Sabata elihle (Nbele, South Africa), Sabata rakanaka (Shona, Zimbabwe), Mirary Sabata (Madagascar), Sabbath Ambarki (Barbarian, Maghreb countries, North Africa), Sabato njema (Swahili, East Africa), Sabata e monate (Setswana, South Africa), Ssabbiiti Ennung, (Luganda, Uganda), Isabatha Elihle (Zulu, South Africa,) Anigye Homeda (Twi, Ghana), Beruch Kedam (Tigna, Eritrea), Sabato mamor. (Kenya, Africa), Haaba sanbbata (Gamo, Ethiopia), Sabata laswino (Kichwa, Malawi), Sabbiti Enungi, (Lunjankole, Uganda), Diigo sanbata, (Kaffinono, Ethiopia), Sabata (Kinyarwanda, Rwanda and Burundi), Esabato engiya, (Ekegusii, Kenya), Sabata Iha sha (Chosha, Malawi), Esabatu Buya, (Kisii - Western Kenya, Sabata Iya tumbwika (Bemba, Zambia), Sabato nemyel (Kalenjin, Kenya), Mbamba Sabbath (Bulu, Cameroon), Sabata rajion (Kenya), Sabata yo molemo (Setswana, Botswana), Thabat njega (Kikuyu, Central Kenya), Sabata mahafinaritra (Madagascar, Malagasy), Sabbath oma (Igbo, Nigeria), Isabata zimba (Ndebele, Zimbabwe), Sabato yaboie (Taita, Kenya), Nsabata mibotu (Tonga, Zambezi), Sabata lo nyola (Bari, South Sudan), Sabata moxhaa (Seyei, northern Botswana), Sabata yakanaka (Kalanga, Zimbabwe), Sabatot nyikararan (Kalenjin, Rift Valley, Kenya), Esabato enchenu (Kisii, Kenya), Sabata iweme (Tumbuka, Malawi), Sabatha emyoli (Xhosa, South Africa), Murna asabar (Hausa, Kkaduna state,northwest Nigeria), Sabato nemye (Tugen, Kenya), koshi sanbbata (Mallegna, Ethiopia), masadyang sabado (Odiongang, Phillipines), бахытлы шимба (Tataric, Tatarstan, Russia), Sabato marmor (Luos, Kenya), Isabatha elihle (Zulu, South Africa), Sanbata gammachuu (Oromic, Ethiopia), Sabato nzeo (Kikamba Kenya), Sabbit nadif (Arabic from Chad), Cheng sabiti abeer (Kumam, Uganda), Sabato nemie (Nandi, Rift valley Kenya), Sabato yawiza (Sukuma Shinyanga, Tanzania), Americas: Gueenda na yeche Sábadu (Zapotek, Mexico), Bon Saba (Kréyol Ayijien - Haiti), Wasi Labwa a Sabbath (Shawnee, Native American), Wiyiyi Binazog Aday wéel'zhish (Navajo, Native American), Anpetu wakan woyiyu kin (Ankapa, Native American), Doleehaylee-sdee gahlukwoodee-yooee-gah (Cherokee, Native American), el salbat Parlamento, Netherland's Antilles), Tsaa nuusukatu kwasiku tabeni (Comanche, native American), Ha'amoa ite mahana Sabatie (Talk, Tahiti), Ayoppa Hullo Nittak (Chickasaw, Native American), Asia: Neilamei Sabbath Rongmei, (Manipur, India), Namgipa Sabbath (Meghalaya N Garo, India), Salammat hari sabbath (Malay), Selamat hari Sabat (Malay, Indonesia), இனிய ஓய்வு நாள் வாழ்த்துக்கள்(Tamil, India/Sri Lanka), Shubh Shanivar (Hindi, India), Maligayang Sabado (Tagalog, Philippines), Malipayon nga adlaw nga inugpahuway~ (Hiligaynon and Cebuano, Philippines), Sabat mahal (Urdu, Pakistan), 행복한 안식일 되세요 (Korean), Sebto shlomo (Arabic, Syrian, Kurds, Eastern Turkey), สุวันต์วิสะมาโต (Thai, Thailand), 安息日おめでとうございます, Ansokubi omedetou gozaimasu (Japanese), Wilujeng Sabbath (Javanese, Indonesia), Maliayon igapahulay (Visaya, Phillipines), Maupai Nga Adlaw Nga Ig Parahuway (Waray-Waray, Phillipines), Osonong Sabbath (Kadazan, East Malaysia), يوم السبت شالو (Arabic), Sabate we bi xerbe (Kurdish, Kurdistan; parts of Turkey, Syria, Iran and Irak), شنبه شاد (Farsi, Iran), Hayrli shanba (Uzbekistan), Naimbag nga aldaw a panaginan (Ilokan, Philippines), Jaimashi dai (Nepali, Nepal), Maayong adlawng igpapahulay (Cebuano, Phillipines), Шаббат көнөгөз мөбэрэк бульын (Bashkir, Bashkortostan, Russia), Malipayon nga adlaw sang inugpahuway (Ilonggo, Philippines), Kapisanangan tadau Sabbath (Kadazandusun, East Malaysia), Maayong adlaw'g igpapahulay (Cebuano, Philipinnes), Osonong tadau sabat kuma' a dika (Kadazanduzum, Malaysia), Maogmang Sabado (Bikolnon, Philippines), Mlehew du infantud dwata (B'laan, Philippines), 安息日快樂! An xi ri kuai le (Mandarine, China), Australia/Oceania: Siga Tabu Vinaka (Fijian, Fiji Islands), Kia mahara ki te ra hapati (Maori, Aotearoa/New Zealand), Hamamas sabat (Tok Psin, Papua New Guinea), Manuia le Sapati (western and eastern Samoa), Muse Sabbath (Ke'fu, Papua New Guinea), Ungil Sabbadong (Palauan, Republic of Palau), Sapate fiefia (Tongan, Tonga), Sabbath nugun chia an (Atzera, Papua New Guinea), Europe: Saboth hapus (Welsh, Wales, United Kingdom), Buon Sabato (Italian, Italy), Bon Sabbat (French, France), Happy Sabbath (English), Sabat fericit (Romania, Moldova), Gut (good) Shabbes (Jiddish, Asheknasic areas), Feliz Sabado (Spanish, Spain), Glædelig Sabbat (Danish, Denmark), Gezegende Sabbat (Dutch, Netherlands), God sabbat (Norwegian, Norway), Glædelig Sabbat (Danish, Denmark), Gezegende Sabbat (Dutch, Netherlands), Feliz Sábadu (Portuguese, Portugal), Ευλογημενο Σαββατο - Evlogimeno Savvato (Greek), Mutlu Sebti (Turkish, Turkey), Beannachtaí na Sabóide ort/oraibh (Irish, Ireland/Eire), Благословена Събота (Bulgarian), Sasta Saboide (Scottish, Scotland, UK), Sábadu feliz (Galizian, Spain), Boldog Szabbatot [Szombatot] (Hungarian, Hungary), Gezegende Sabbat (Flamic, Belgium),

Shabbat Shalom

