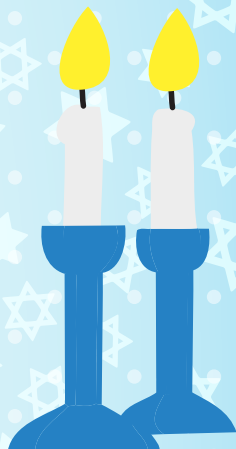


# PJ LIBRARY *Shabbat* *Guide* FOR FAMILIES



*Shabbat* is the seventh day of the Jewish week and a day of rest in Judaism. In traditional homes, *Shabbat* is observed from a few minutes before sunset on Friday evening until a few minutes after the appearance of three stars in the sky on Saturday night. The exact times differ from week to week and from place to place, depending on the time of sunset at each location. On *Shabbat*, Jews recall the biblical creation account in Genesis, describing G-d creating the heavens and the earth in six days and resting on the seventh. It also recalls the giving of the *Torah* at Mount Sinai, when G-d commanded the Israelite nation to observe the seventh day and keep it holy.

*Shabbat* is considered a festive day, when we are freed from the regular labors of everyday life, can contemplate the spiritual aspects of life, and can spend time with family. There are so many ways to make *Shabbat* special for your family and we hope the resources below will inspire you!

There is a traditional order to the *Shabbat* ritual that can be adapted to help make *Shabbat* a special experience for your family.

**BLESSING OVER CANDLES**

**BLESSING OVER CHILDREN**

**BLESSING OVER WINE**

**BLESSING OVER WASHING HANDS**

**BLESSING OVER CHALLAH**

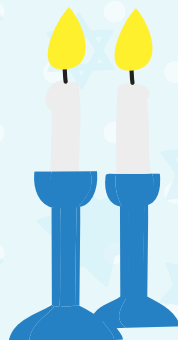
**SINGING SHABBAT SONGS**

## **BLESSING OVER CANDLES**

The lighting of *Shabbat* candles has many meanings. One of the most beautiful is the weekly opportunity to bring light into the world. One custom, after lighting candles, is to circle your hands over the candles three times to welcome the Sabbath Queen and then cover your eyes before saying the blessing:

*Baruch atah, Adonai Eloheinu, Melech haolam, asher  
kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.*

Blessed are you, *Adonai*, Ruler of the Universe, who hallows us with His commandments and commanded us to kindle the light of *Shabbat*.



## **BLESSING OVER CHILDREN**

*Shabbat* offers a great opportunity to bless the members of our family. One of the blessings the liturgy offers is for the parents to bless their children. Take a moment to connect with your children by placing your hands on the child's head and saying the blessing below. Feel free to add a personal blessing here or whisper to the children something special:

*Y'simeich Elohim k'Sarah, k'Rivkah, k'Rachel, v'Leah.  
Y'simcha Elohim k'Efrayim v'chi-Menasheh.  
Y'varechecha Adonai v'yish'm'recha.  
Ya-er Adonai panav eilecha vichuneka.  
Yisa Adonai panav eilecha  
v'yaseim l'cha shalom.*

May G-d make you like Sarah, Rebecca, Rachel and Leah. May G-d make you like Ephraim and Menasheh. May G-d bless you and keep you. May G-d's light shine upon you, and may G-d be gracious to you. May you feel G-d's Presence within you always and may you find peace.

## BLESSING OVER WINE

We say a blessing over the wine (or grape juice) because it is a symbol of joy just as the Sabbath is a day of joy.

*Baruch atah, Adonai Eloheinu, Melech haolam, boray p'ri hagafen.*

Blessed are you, *Adonai*, Ruler of the Universe, who creates the fruit of the vine.



## BLESSING OVER WASHING HANDS

Before blessing and eating the *challah*, it is traditional to perform *Netillat Yadayim*, ritual hand-washing. It's a simple step that slows us down just a bit before we dig in, and it reminds us that the meal we're about to have is special. Many have the custom not to speak between hand-washing and eating bread, and on *Shabbat*, those few moments of silence can be magical, filled with anticipation and togetherness.

Pour clean water over your hands (3 splashes on each) from a pitcher or glass and then dry your hands and recite the blessing:

*Baruch atah, Adonai Eloheinu, Melech haolam, asher kidshanu b'mitzvotav vitzivanu al n'tilat yadayim.*

Blessed are you, *Adonai*, Ruler of the Universe, who has sanctified us with Your commandments, and commanded us concerning the washing of the hands.

## BLESSING OVER CHALLAH

Traditionally, a *challah* cover is placed over the *challah* when the table is set and removed when blessing the *challah*. Many use two *challot* to symbolize the double portion of *manna* the Children of Israel were given on Friday when wandering in the desert. This blessing connects us to the source of our food.

*Baruch atah, Adonai Eloheinu, Melech haolam, hamotzi lechem min ha'aretz.*

Blessed are you, *Adonai*, Ruler of the Universe, who brings forth bread from the earth.



## SINGING SHABBAT SONGS

# שבת שלום

### **We sing Shabbat, We sing Shalom**

We sing Shabbat, we sing Shalom  
Shabbat Shalom, Shabbat Shalom

*L'hadlik ner shel Shabbat*, we bless the Sabbath lights (2)

We sing Shabbat, we sing Shalom  
Shabbat Shalom, Shabbat Shalom

*Borei p'ri hagafen*, we bless the Sabbath wine (2)

We sing Shabbat, we sing Shalom  
Shabbat Shalom, Shabbat Shalom

*Hamotizi lechem min ha-aretz*, we bless the Sabbath bread (2)

We sing Shabbat, we sing Shalom  
Shabbat Shalom, Shabbat Shalom

### **I've Got that Shabbat Feeling**

I've got that Shabbat feeling up in my head (3 times)

I've got that Shabbat feeling up in my head, and it's up in my head to stay.

Repeat with different parts of body (deep in my heart, right in my hands, down in my feet etc.), pointing to each place throughout the song.

### **Shabbat Shalom**

Shabbat Shalom umevorach (repeat)

### **Heiveinu Shalom**

Heiveinu Shalom aleichem (repeat)

### **Put a Chicken in the Pot** - To the tune of "London Bridges is Falling Down"

Put a chicken in the pot. Stir it up, nice and hot.

Get it ready for Shabbat. For Shabbat.

Add other ingredients as children dictate (carrot, onion, some salt... use stirring motions for "stir it up.")

### **Bim Bam**

Bim Bam Bim bim bim bam Bim bim bim bim bam

Shabbat Shalom (2) Shabbat (4) Shalom

(kids can place one fist over the other when singing the words "bim bam")

### **Chiribim**

Chiri-bim, Chiri-bam Chiri- bim bam bim bam bim bam Ay chiri chiri chiri  
bim bam bam Ay chiri biri biri bam

### **Hiney Mah Tov**

Hiney mah tov umah naeem Shevet achim gam yachad