

Friday night Shabbat Blessings

Candle-lighting (Cantor's CD Track 2)

(prepare by taking a moment to think of those you love)

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו להדליק נר של שבת.

Baruch atah Adonai eloheinu melech ha-olam asher kidshanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.

Blessed art thou Eternal our God Majesty of the universe who has made us holy with Your commandments and commanded us to kindle the Sabbath lights.

Kiddush (Sanctification of the day over wine) (Cantor's CD Track 3)

(prepare by taking a moment to picture the world as it was immediately after the creation; the first Sabbath--the world whole and at peace)

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.

Baruch atah Adonai eloheinu melech haolam, borei pri hagafen.

Blessed art thou Eternal our God Majesty of the universe, creator of the fruit of the vine.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו,

ושבת קדשו באהבה וברצון הנחילנו ופרון למעשה בראשית,

כי הוא יום תחלה למקראי קדש, זכר ליציאת מצרים,

כי בנו בחרת ואותנו קדשת מכל העמים, ושבת קדשך באהבה וברצון הנחלתנו.

ברוך אתה יי, מקדש השבת.

Baruch atah Adonai eloheinu melech haolam, asher kidshanu b'mitzvotav v'ratzah vanu

Blessed art thou eternal our God, king of the universe, who has made us holy with his mitzvot, and delighted in us,

V'shabbat kodsho b'ahava uv'ratzon hin-chilanu, zikaron l'ma'aseh breishit.

and his holy Sabbath, in love and delight, he gave to us, a memory of the story of creation.

Ki hu yom t'chila l'mikra-ei kodesh, zecher liy'tziat Mitzrayim.

For it is the first of the holy days of assembly, a memory of the going out from Egypt.

Ki vanu vacharta v'otanu kidashta mikol ha-amim,

for you chose us, and you made us holy, from all of the peoples,

V'shabbat kod-sh'cha b'ahava uv'ratzon hin-chaltanu.

and your holy Sabbath in love and in delight you gave to us.

Baruch atah Adonai, m'kadesh haShabbat.

Blessed art thou Eternal, who sanctifies the Sabbath.

Blessing the Challah (Cantor's CD Track 4)

Say the blessing, then dip the bread in salt, as a reminder of the ancient sacrifices, and enjoy!

ברוך אתה יי אלהינו מלך העולם המוציא לחם מן הארץ.

Baruch atah Adonai eloheinu melech haolam ha-motzi lechem min ha-aretz.

Blessed art thou Eternal our God king of the universe who brings forth bread from the earth.