

FRIDAY NIGHT

As Shabbat arrives, treat it as an honoured guest. Wrap yourself in a hush of serenity.

*Original translation and commentary
by Chief Rabbi Goldstein.*

The
Shabbat
Project

1. SHALOM ALEICHEM

THROUGH THE EYES OF ANGELS Often, we are so focused on the tasks and the needs of our day-to-day living, that we don't have the opportunity to appreciate our own blessings. Shalom Aleichem gives us an opportunity to step outside of ourselves and look at our own lives, our families, our homes through the eyes of angels.

In this song, we greet the Shabbat angels who, according to the Talmud, join us every Shabbat, and we welcome them into our homes. What do they see? We step back and look at it through their eyes... Candles flickering, a table set for Shabbat, a festive meal carefully prepared, family and friends gathered round. We absorb the preciousness of the moment.

Finally, we bless the angels and bid them farewell, and prepare to embrace our Shabbat experience.

**CANDLES
FLICKERING,
A TABLE SET
FOR SHABBAT,
A FESTIVE MEAL
CAREFULLY
PREPARED,
FAMILY AND
FRIENDS
GATHERED
ROUND.**

STEP-BY-STEP

✎
Stand and sing each
verse **three times**

May peace come to you,
angels of service,
angels of [G-d] on high,
who come from the King
of all kings, the Holy One,
blessed is He.

שָׁלוֹם עֲלֵיכֶם,
מַלְאְכֵי הַשְּׁרָת,
מַלְאְכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי
הַמְּלָכִים, הַקָּדוֹשׁ
בָּרוּךְ הוּא.
Shalom Aleichem,
Mal-achei Hashareit,
Mal-achei Elyon,
Mi-melech Malchei
Ham'lachim, Hakadosh
Baruch Hu.

Come in peace,
angels of peace,
angels of [G-d] on high,
who come from the King
of all kings,
the Holy One, blessed is He.

בּוֹאֲכֶם לְשָׁלוֹם,
מַלְאְכֵי הַשְּׁלוֹם,
מַלְאְכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי
הַמְּלָכִים,
הַקָּדוֹשׁ בָּרוּךְ הוּא.
Bo-achem L'shalom,
Mal-achei Hashalom,
Mal-achei Elyon,
Mi-melech Malchei
Ham'lachim,
Hakadosh Baruch Hu.

Bless me with peace,
angels of peace,
angels of [G-d] on high,
who come from the King
of all kings,
the Holy One, blessed is He.

בְּרַכּוּנִי לְשָׁלוֹם,
מַלְאְכֵי הַשְּׁלוֹם,
מַלְאְכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי
הַמְּלָכִים,
הַקָּדוֹשׁ בָּרוּךְ הוּא.
Bar'chuni L'shalom,
Mal-achei Hashalom,
Mal-achei Elyon,
Mi-melech Malchei
Ham'lachim,
Hakadosh Baruch Hu.

Go in peace,
angels of peace,
angels of [G-d] on high,
who come from the King
of all kings,
the Holy One, blessed is He.

צֵאתְכֶם לְשָׁלוֹם,
מַלְאְכֵי הַשְּׁלוֹם,
מַלְאְכֵי עֲלִיּוֹן,
מִמֶּלֶךְ מַלְכֵי
הַמְּלָכִים,
הַקָּדוֹשׁ בָּרוּךְ הוּא.
Tzeit'chem L'shalom,
Mal-achei Hashalom,
Mal-achei Elyon,
Mi-melech Malchei
Ham'lachim,
Hakadosh Baruch Hu.

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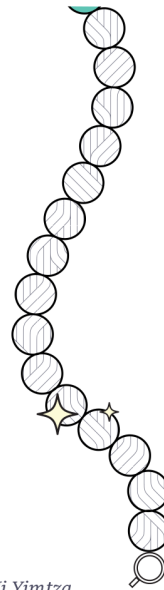
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2. EISHET CHAYIL

FAMILY PORTRAIT *Eishet Chayil*, an extract from the book of Proverbs, pays tribute to feminine leadership which is described as bringing to the home a spirit of care, consideration, dedication, entrepreneurship, integrity, hard work and moral standing.

We say these verses as Shabbat enters, before we partake of the meal. We stop and express our gratitude and appreciation for the effort invested in running a household in general, and preparing for Shabbat specifically. Preparing for Shabbat is a mitzvah that everyone should be involved in. The Talmud takes time to describe how our sages prepared for Shabbat, from Rabbi Saфра roasting meat to Rabbi Huna preparing the wicks for candle lighting.

Eishet Chayil reminds us that behind the scene of any beautiful family portrait is an enormous tapestry of dedication and effort that should never be taken for granted. Whilst acknowledging the interconnectedness of our involvements in home and community, at this special soft moment though, we focus our appreciation specifically on the women in our lives.



STEP-BY-STEP

Stand and sing together

Who can find a great woman,
whose value is far beyond
pearls?
Her husband feels secure
relying on her, and he will not
lack for good.
She does good for him, and not
bad, all the days of her life.
She searches for wool
and linen, and her hands
work eagerly.
She is like a trader's ship;
she brings her food
from far.
She gets up while it is still night,
and gives food to her household,
and a portion to her helpers.
She assesses a field, and she
buys it; from the profits of her
work, she plants a vineyard.
She envelops herself with
boldness and strengthens
her arms.

אִשֶּׁת חַיִּיל מִי יִמְצָא,
וְרַחֵק מִפְּנִינִים
מִכְרָהּ?
בָּטַח בָּהּ
לֵב בַּעֲלָהּ,
וְשָׁלָל לֹא יִחְסֹר.
גָּמְלָתָהּ טוֹב וְלֹא
רָע, כָּל יְמֵי חַיֶּיהָ.
דֹּרֶשֶׁה צֹמֶר
וּפְשִׁיטִים, וְתַעֲשֶׂה
בַּחֲפִיץ כִּפְיָהּ.
הֵיטָה פְּאֻנִיּוֹת
סוֹחֶה, מִמֶּרְחָק
תָּבִיא לַחֲמָה.
וְתָקַם בַּעֲדוֹ לַיְלָה,
וְתָתַן טֶרֶף לְבֵיתָהּ,
וְחֶלֶק לְנַעֲרֹתֶיהָ.
וְזָמְמָה שָׂדֶה
וְתִקְחָהּ, מִפְּרֵי כִפְיָהּ
נִטְעָה כֶּרֶם.
חָגְרָה בַּעֲזוֹ מְתָנִיהָ,
וְתַאֲמִץ
זִרְעוֹתֶיהָ.

*Eishet Chayil Mi Yimtza,
V'rachok Mip'ninim
Michrah?
Batach Bah
Leiv Balah,
V'shalal Lo Yechsar.
G'mal-at-hu Tov V'lo
Rah, Kol Y'mei Chaye-ha.
Dar'shah Tzemer
Ufishtim, Vata-as
B'cheifetz Kap-peh-ha.
Hay'ta Ka-oniyot
Socheir, Mimerchak
Tavi Lachmah.
Vatakam Be-od Laila,
Vati-tein Teref L'veitah,
V'chok L'na-aroteha.
Zam'ma Sadeh
Vatikacheihu, Mip'ri Chapeh-ha
Nat'ah Karem.
Chag'ra Be'oz Motneh-ha,
Vat'ameitz
Z'ro-oteha.*

She senses that her business is
good; her lamp does not go out
at night.

She stretches out her hand to
the spinning wheel, and her
palms hold the spindle.

She opens her palm to the poor,
and her hands reach out
to the destitute.

She is not afraid of the snow
for her household because
everyone is clothed in [warm]
scarlet wool.

She makes her own blankets;
her clothing is made of fine
linen and purple wool.

Her husband is well known in
the councils, as he sits among
the elders of the land.

She makes a cloak and sells it;
and gives a belt to the trader.

She is clothed in strength
and glory, and she is joyful to
the last day.

She speaks with wisdom, and
the lesson of kindness is on her
tongue.

She watches over the ways of
her family, and does not eat the
bread of laziness.

Her children are awakened and
praise her, and her husband
applauds her:

"Many women have achieved
great things, but you have
surpassed them all!"

Charm is false and beauty is
empty; but a woman who is
in awe of G-d - she deserves
praise.

Give her the fruit of her hands;
and let her be praised at the
gates by her deeds.

טַעֲמָהּ כִּי טוֹב
סַחְרָהּ, לֹא יִכְבֶּה
בַּלַּיְלָה נֶרָהּ.

יָדֶיהָ שְׁלָחַה
בְּכִישׁוֹר, וְכַפֶּיהָ
תִּמְכּוּ פִלָּד.

כַּפָּה פָּרְשָׁה לְעָנִי,
וְיָדֶיהָ שְׁלָחַה
לְאֶבְיוֹן.

לֹא תִירָא
לְבֵיתָהּ מִשָּׁלֵג,
כִּי כָל בֵּיתָהּ
לְבָשׁ שָׁנִים.

מַרְבָּדִים עֲשֵׂתָהּ לָהּ,
שֵׁשׁ וְאַדְמָן
לְבוּשָׁהּ.

נֹדַע בְּשַׁעְרִים
בַּעֲלָהּ, בְּשִׁבְתּוֹ עִם
זְקֵנֵי אֶרֶץ.

סָדִין עֲשֵׂתָהּ וְתַמְכוֹה,
וְחַגּוֹר נָתַנָּה לְכַנְעָנִי.

עֹז וְהֶדֶר לְבוּשָׁהּ,
וְתַשְׁחֵק לְיוֹם
אַחֲרָיו.

פִּיהָ פִּתְחָה בְּחִכְמָה,
וְתוֹרַת חֶסֶד עַל
לְשׁוֹנָהּ.

צוּפִיָּה הַלִּיכוֹת
בֵּיתָהּ, וְלֶחֶם עֲצָלוּת
לֹא תֹאכֵל.

קָמוּ בָנֶיהָ
וַיְאֹשְׁרוּהָ, בַּעֲלָהּ
וַיְהַלְלָהּ:

רַבּוֹת בְּנוֹת עֲשׂוּ
חַיִּיל, וְאַתְּ עֲלִית עַל
כָּלֵנָה!

שֹׁקֵד חֲחֹן וְהִבֵּל
הִפִּי, אִשָּׁה
יִרְאֵת יְ-הוָה, הִיא
תִתְהַלֵּל.

תִּנוּ לָהּ מִפְּרֵי יָדֶיהָ,
וַיְהַלְלוּ בְּשַׁעְרִים
מַעֲשֶׂיהָ.

*Ta-ama Ki Tov
Sachrah, Lo Yichbeh
Ba-laylah Neirah.*

*Yadeh-ha Shilchah
Vakishor, V'chapeh-ha
Tamchu Falech.*

*Kapah Par'sah Leh-ani,
V'yadeha Shilchah
La-evyon.*

*Lo Tira
L'veita Mishaleg,
Ki Chol Beita
Lavush Shanim.*

*Marvadim A-s'ta La,
Sheish V'argaman
L'vusha.*

*Noda Bash'arim
Bala, B'shivto Im
Ziknei Aretz.*

*Sadin A-s'ta Vatimkor,
Vachagor Nat'na Lak'na-ani.*

*Oz V'hadar L'vusha,
Vatis-chak L'yom
Acharon.*

*Piha Potchah V'chachma,
V'torat Chesed Al
L'shona.*

*Tzofiyah Halichot
Beita, V'lecham Atzlut
Lo Tocheil.*

*Kamu Va-ne-hah
Vaye'asheruha, Bala
Vay'halelah:*

*"Rabot Banot Asu
Chayil, V'at Alit Al
Kulana!"*

*Sheker Hachein V'hevel
Hayofi, Ishah
Yirat Ado-nai,= Hi
Tit-hala.*

*T'nu Lah Mip'ri Yadeha,
Vihal'luha Vash'arim
Ma-aseha.*



3. BLESSING THE CHILDREN

PRECIOUS MOMENTS Blessings are not only given in shul. They are not only given by rabbis or Kohanim. In fact, we all have the power to give blessings. And what could be more powerful than parents blessing their own children in their home.

We begin our Shabbat journey by blessing our children, focusing specifically on them. This serves as a gentle reminder of Shabbat as a family experience. Parents take a moment of undivided attention to focus on each child individually, without distraction. These are the moments that build families and affirm the lives of those within them.

THESE ARE THE MOMENTS THAT BUILD FAMILIES AND AFFIRM THE LIVES OF THOSE WITHIN THEM.

STEP-BY-STEP

- 1. Place your hands on your child's head or bring your child into your arms
- 2. Say the appropriate blessing for a son or daughter
- 3. You can add your own blessing or words of praise



BLESSING FOR A BOY

May G-d make you like Ephraim and Menashe.

May G-d bless you and protect you.

May G-d shine His light on you and be gracious to you.

May G-d show you favour and grant you peace.

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יְשַׁמְדֵךְ אֱלֹהִים
כְּאַפְרַיִם וְכַמְנַשֶּׁה.

יְבָרְכֶךָ יְהוָה-וְהוּא
וְיִשְׁמְרֶךָ.

יָאֵר יְהוָה-וְהוּא פָנָיו
אֵלֶיךָ וַיְחַנֶּנֶךָ.

יִשָּׂא יְהוָה-וְהוּא פָנָיו
אֵלֶיךָ וְיִשֶּׂם לְךָ
שָׁלוֹם.

Y'sim'cha Elo-him
K'Efrayim V'chi-M'nashe.

Y'varech'cha Ado-nai
V'yish-m'recha.

Ya-er Ado-nai Panav
Eilecha Vichuneka.

Yisa Ado-nai Panav
Eilecha V'yaseim L'cha
Shalom.

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BLESSING FOR A GIRL

May G-d make you like Sarah, Rebecca, Rachel, and Leah.

May G-d bless you and protect you.

May G-d shine His light on you and be gracious to you.

May G-d show you favour and grant you peace.

*

יְשַׁמְדֵךְ אֱלֹהִים
כְּשָׂרָה רִבְקָה רָחֵל
וְלֵאָה.

יְבָרְכֶךָ יְהוָה-וְהוּא
וְיִשְׁמְרֶךָ.

יָאֵר יְהוָה-וְהוּא פָנָיו
אֵלֶיךָ וַיְחַנֶּנֶךָ.

יִשָּׂא יְהוָה-וְהוּא
פָנָיו אֵלֶיךָ וְיִשֶּׂם
לְךָ שָׁלוֹם.

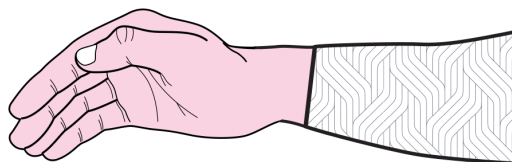
Y'si-meich Elo-him
K'Sara, Rivka, Rachel,
V'Leah.

Y'va-rech'cha Ado-nai
V'yishm'recha.

Ya-er Ado-nai Panav
Eilecha Vichuneka.

Yisa Ado-nai
Panav Eilecha V'yaseim
L'cha Shalom.

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4. MAKE KIDDUSH

G-D'S WITNESSES The purpose of Kiddush is to declare to ourselves and to our families that Shabbat is the most special and unique day of the week. We declare Shabbat a reminder of the basic foundational truths that make up our lives - that G-d created the world, that He gave us our freedom from slavery in Egypt through great miracles, and that He cares for and loves us dearly.

When we make Kiddush, we testify to these truths as a family, together. In so doing, we fulfil our G-d-given mission to be His witnesses in this world.

WHAT YOU NEED

- Cup
- Small cup for each guest
- Wine or grape juice

STEP-BY-STEP

- 1. Make sure two challahs are on the table and covered
- 2. Leader: fill the Kiddush cup with wine or grape juice
- 3. Hold the cup in your dominant hand
- 4. Have in mind that you are saying Kiddush on behalf of everyone at the table
- 5. Say the blessings
- 6. Those around the table should answer "Amen"
- 7. Sit down and drink a majority of the cup
- 8. Distribute some wine or grape juice to everyone at the table from the cup you used to make Kiddush
- 9. If you need to add more to the mix, make sure some of the original wine or grape juice is still in the cup before you add more

(Said quietly) And it was evening and it was morning, (aloud) the sixth day.

And the heaven and the earth, and everything in them, were completed:

And on the seventh day G-d finished His work which He had done; and He rested on the seventh day from all His work which He had done.

And G-d blessed the seventh day, and He made it holy, because on it He rested from all His work which He had created to do:

With the permission of my masters, rabbis and teachers

Blessed are You, Lord our G-d, King of the Universe, who creates the fruit of the vine. [Amen]

Blessed are You, Lord our G-d, King of the Universe, who has made us holy through His commandments and wanted [good for] us, and [therefore] He gave us His holy Shabbat, in love and desire, as a heritage, a reminder of the work of creation. Because it is the first of the holy days, a reminder of the exodus from Egypt. Because You have chosen us and made us holy from all the nations, and You have given us Your holy Shabbat, with love and desire, as a heritage.

Blessed are You, G-d, who makes the Shabbat holy. [Amen]

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וַיְהִי עֶרֶב
וַיְהִי בֹקֶר
יוֹם הַשִּׁשִּׁי.

וַיְבָרֶךְ אֱלֹהִים וְכָל עֲבָדָיו:
וַיְכַל אֱלֹהִים בְּיוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בְּיוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשֵׁהוּ, כִּי בּוֹ שָׁבַת מִכָּל מְלַאכְתּוֹ
אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:
סְבְרִי מְרַגְזֵנִי וְרַבְּנֵי וְרַבּוֹתַי
בְּרוּךְ אַתָּה יְהוָה-וְהוּא, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְרִי הַגֶּפֶן.
[אָמֵן]
בְּרוּךְ אַתָּה יְהוָה-וְהוּא, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשָׁבַת קִדְּשׁוֹ
בְּאַהֲבָה וּבְרַצוֹן הַנְּחִילָנוּ, וְקָרוֹן לְמַעֲשֵׂה בְרֵאשִׁית.
כִּי הוּא יוֹם הַתְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ, וְכָר לַעֲצִיּוֹת מִצְרַיִם. כִּי בָנוּ בְּחֶרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים.
וְשָׁבַת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרַצוֹן הַנְּחִילָתָנוּ.
בְּרוּךְ אַתָּה יְהוָה-וְהוּא, מְקַדֵּשׁ הַשְּׁבִיעִי.
[אָמֵן]

Va-y'hi Erev
Va-y'hi Voker,
Yom Hashishi.

Va-y'chulu Hashamayim
V'ha-aretz V'chol Tz'va-am:
Va-y'chal Elo-him Bayom
Hash'vi-i M'lachto
Asher Asah, Vayish-bot
Ba-yom Hash'vi-i Mikol
M'lachto
Asher Asah.
Vay'vareich Elo-him Et
Yom Hash'vi-i Va-y'kadeish
Oto, Ki Vo Shavat
Mikol M'lachto
Asher Barah Elo-him
La-asot:
Savri Maranan V'rabanan
V'rabotai
Baruch Atah Ado-nai,
Elo-heinu Melech Ha-olam,
Borei Pri Hagafen.
[Amen]
Baruch Atah Ado-nai,
Elo-heinu Melech
Ha-olam, Asher Ki-d'shanu
B'mitzvotav V'ratzah
Vanu, V'Sha-bbat Kodshoh,
B'ahavah Uvratzon
Hinchilanu, Zikaron
L'ma-asei V'reishit.
Ki Hu Yom T'chillah
L'mikra-ei Kodesh, Zeicher
Litzi-at Mitzrayim. Ki
Vanu Vacharta V'otanu
Kidashta Mikol Ha-amim,
V'Shabbat Kod-sh'cha
B'ahavah Uvratzon
Hinchal-tanu.
Baruch Atah
Ado-nai,
M'kadeish HaShabbat.
[Amen]

Savri Maranan V'rabanan
V'rabotai

Baruch Atah Ado-nai,
Elo-heinu Melech Ha-olam,
Borei Pri Hagafen.
[Amen]

Baruch Atah Ado-nai,
Elo-heinu Melech
Ha-olam, Asher Ki-d'shanu
B'mitzvotav V'ratzah
Vanu, V'Sha-bbat Kodshoh,
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Vanu Vacharta V'otanu
Kidashta Mikol Ha-amim,
V'Shabbat Kod-sh'cha
B'ahavah Uvratzon
Hinchal-tanu.

Baruch Atah
Ado-nai,
M'kadeish HaShabbat.
[Amen]

*

5. WASHING HANDS

A SPIRITUAL EXPERIENCE We don't just eat. We spiritually purify ourselves before the meal. Washing before we eat reminds us that the meal is not merely a culinary experience, but a spiritual one as well.

WHAT YOU NEED

- Washing cup or glass
- Cold water

STEP-BY-STEP

1. Remove all barriers between your hands and the water, including rings
2. Hold the washing cup in your right hand, fill it with cold water that has not yet been used by someone else
3. Transfer the cup into your left hand and pour the water twice (some do it three times) over your right hand
4. Switch hands and repeat by pouring water twice (some do three it times) over your left hand
5. Say the blessing
6. Dry your hands
7. Do not speak until you have said/heard Hamotzi and eaten a piece of challah

Blessed are you, Lord our G-d,
King of the Universe, who has made
us holy with His commandments
and commanded us on the washing
of hands.

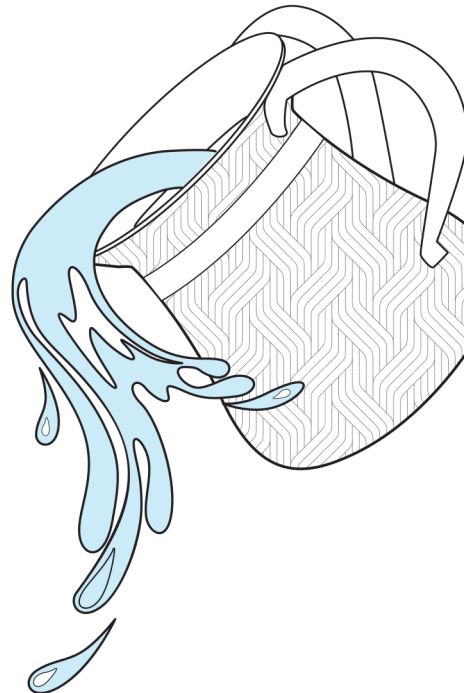
*

בְּרוּךְ אַתָּה יְיָ-הוֹה,
אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ, עַל
נְטִילַת יָדַיִם.

*

Baruch Atah Ado-nai,
Elo-heinu Melech
Ha-olam, Asher Ki-d'sha-nu
B'mitzvotav V'tzivanu, Al
N'tilat Yadayim.

*



**WASHING
BEFORE WE EAT
REMINDS US
THAT THE MEAL
IS NOT MERELY
A CULINARY
EXPERIENCE, BUT
A SPIRITUAL ONE
AS WELL.**

6. MAKE HAMOTZI

BREAD ALONE Before eating food, we give thanks to G-d by praising Him for creating everything that we need. Saying blessings of thanksgiving to G-d before eating is about living with mindfulness and appreciation. For eating bread, we praise G-d for making it, even though it is a humanly manufactured product, because we recognise that everything ultimately comes from G-d.

He gave us the seeds, the soil, the intelligence and the ability to go through the whole process of making bread.

WHAT YOU NEED

- Two challahs
- A challah cover
- Challah board or plate
- Salt
- Knife

STEP-BY-STEP

1. The leader should have in mind he is saying the blessing on behalf of everyone at the table
2. Hold the two challahs
3. Say the blessing
4. Those around the table should answer "Amen"
5. Cut the challah into pieces
6. Dip into salt
7. The leader should eat the first piece
8. Pass around the table for everyone to enjoy

Blessed are You, Lord our G-d,
King of the Universe,
who brings forth bread
from the earth.
[Amen]

*

בְּרוּךְ אַתָּה יְיָ-הוֹה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן
הָאֲרֶז.
[אָמֵן]

*

Baruch Atah Ado-nai,
Elo-heinu Melech Ha-olam,
Hamotzi Lech-em Min
Ha-aretz.
[Amen]

✎

Refer to the bensching guide
now for Birkat Hamazon



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