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The 1044

Free Shabbat Bencher

## Candles

Light two or more candles, and sing:

*Barukh ata Adonai Eloheinu Melekh ha-olam*

*asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.*

Blessed are You, Adonai our God, Sovereign of the universe, who has sanctified us with commandments and commanded us to light Shabbat candles.

## Shabbat Shalom!

*Sha-bat Sha-lom! Sha-bat Sha-lom!*

*Sha-bat, Sha-bat, Sha-bat, Sha-bat Sha-lom!*

*Sha-bat Sha-lom (hey!) Sha-bat Sha-lom (hey!)*

*Sha-bat, Sha-bat, Sha-bat, Sha-bat Sha-lom!*

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

שַׁבָּת שָׁלוֹם

שַׁבָּת שָׁלוֹם! שַׁבָּת שָׁלוֹם!

שַׁבָּת שַׁבָּת שַׁבָּת שַׁבָּת שָׁלוֹם!

שַׁבָּת שָׁלוֹם! שַׁבָּת שָׁלוֹם!

שַׁבָּת שַׁבָּת שַׁבָּת שַׁבָּת שָׁלוֹם!

## Shalom Aleichem

*Shalom alechem malachei ha-sharet malachei el-yon,*

*mi-melech malchei ha-malachim Ha-Kadosh Baruch Hu.*

*Bo'achem le-shalom malachei ha-shalom malachei el-yon,*

*mi-melech malchei ha-malachim Ha-Kadosh Baruch Hu.*

*Barchuni le-shalom malachei ha-shalom malachei el-yon,*

*mi-melech malchei ha-malachim Ha-Kadosh Baruch Hu.*

*Tzet'chem le-shalom malachei ha-shalom malachei el-yon,*

*mi-melech malchei ha-malachim Ha-Kadosh Baruch Hu.*

שָׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיוֹן

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא

בָּרַכְנוּי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא

Peace unto you, ministering angels, messengers of the Most High, the supreme Sovereign of sovereigns, the Holy One, blessed be God. May your coming be in peace, angels of peace, messengers of the Most High, the supreme Sovereign of sovereigns, the Holy One, blessed be God.

Bless me with peace, angels of peace, messengers of the Most High, the supreme Sovereign of sovereigns, the Holy One, blessed be God.

May your departure be in peace, angels of peace, messengers of the Most High, the supreme Sovereign of sovereigns, the Holy One, blessed be God.

## Kiddush

**Pour a cup of wine, and sing:**

*Va'yibi erev va'y'hi voker, Yom ha'shishi.*

*Va'yihulu ha'shamayim v'haaretz v'hol tzva'am.*

*Va'yihal Elohim ba'yom ha'shvi'i milahto asher asah,*

*va'yishbot ba'yom ha'shvi'i mikolmlahto asher asah.*

*Va'yivareh Elohim et yom ha'shvi'i va'yikadeish oto,*

*ki vo shavat mikol milahto, asher bara Elohim la'asot.*

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשִּׁשִּׁי:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צָבָאָם:

וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:

וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ

כִּי בּו שָׁבַת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

*Barukh atah Adonai, Eloheinu melekh ha'olam,*

*borei pri ha'gafen.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

בוֹרֵא פְּרֵי הַגָּפֶן.

*Barukh atah Adonai, Eloheinu melekh ha'olam,*

*asher kidshanu b'mitzvotav v'ratzah banu,*

*v'shabbat kadsho b'ahava v'ratzon hinhilanu,*

*zikaron l'maseh bireshit.*

*Ki hu yom tehilah limikra'eh kodesh,*

*zeher l'Yitziat mitrayim.*

*Ki vanu beharta v'otanu kidashta mikol ha'amim,*

*v'shabbat kadshihah b'ahava uviratzon hinhaltanu.*

*Barukh atah Adonai, mikadesh ha'shabbat.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וּרְצָה בָּנוּ,

וּשְׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,

זִכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ

זֵכֶר לִיציאת מצרים.

כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים

וּשְׁבַת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.

בָּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשְּׁבַת.

Evening became morning: The sixth day. And the heavens and the earth and all that filled them were complete. And on the seventh day God completed the labor God had performed, and God refrained on the seventh day from all the labor which God had performed. And God blessed the seventh day and God sanctified it, for God then refrained from all God's labor - from the act of creation that God had performed.

Blessed are You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

Blessed are You, Adonai our God, Sovereign of the universe who finding favor with us, sanctified us with mitzvot. In love and favor, You made the holy Shabat our heritage as a reminder of the work of Creation. As first among our sacred days, it recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance.

## Bread

**Uncover two loaves of Challah, touch both of them, and sing:**

*Baruch Atah Adonai, Eloheinu Melech haolam,*

*Hamotzi lechem min haaretz.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Blessed are You, Adonai our God, Sovereign of the universe, who brings forth bread from the earth.

## Sources

The following sources have been instrumental in assembling this material:

- Hebrew text is traditional; my references have been Wikipedia and the Chabad website.
- English transliterations are adapted from Wikipedia, [reformjudaism.org](http://reformjudaism.org)
- English translations are adapted from [reformjudaism.org](http://reformjudaism.org)
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