

ת

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The 1044

Free Shabbat Bencher

Candles

נרות

Light two or more candles, and sing:

Barukh ata Adonai Eloheinu Melekh ha-olam

ברוך אתה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

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

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

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!

שַׁבַּת שָׁלוֹם

Cheeri-biri-biri,

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

שַׁבַּת שָׁלוֹם! שַׁבַּת שָׁלוֹם!

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

שַׁבַּת שָׁלוֹם שַׁבַּת שָׁלוֹם שַׁבַּת שָׁלוֹם!

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

שַׁבַּת שָׁלוֹם! שַׁבַּת שָׁלוֹם!

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

שַׁבַּת שָׁלוֹם שַׁבַּת שָׁלוֹם שַׁבַּת שָׁלוֹם!

Shalom Aleichem

שָׁלוֹם עֲלֵיכֶם

Shalom alechem malachei ha-sharet malachei el-yon,

שָׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן

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

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

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

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן

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

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

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

בָּרַכּוּנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן

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

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

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

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן

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

מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ 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

קדוש

Pour a cup of wine, and sing:

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

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשִּׁשִּׁי:

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

וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צֶבָאָם:

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

וַיִּכַּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

va'yishbot ba'yom ha'shvi'i mikolmlakhto asher asah.

וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:

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

וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ

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

כִּי בּוֹ שָׁבַת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

Savri khaveri / maranan!

Leader

סָבְרִי חֲבֵרִי / מָרְנֵנוּ!

L'chaim!

Response

לְחַיִּים!

Barukh atah Adonai, Eloheinu melekh ha'olam,

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

borei pri ha'gafen.

בּוֹרֵא פְּרֵי הַגָּפֶן.

Barukh atah Adonai, Eloheinu melekh ha'olam,

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

asher kidshanu b'mitzvotav v'ratzah banu,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וּרְצָה בָּנוּ,

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

וַיְשַׁבֵּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,

zikaron l'maseh bireshit.

זִכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.

Ki hu yom tehilah limikra'eh kodesh,

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ

zeher l'Yitziat mitrayim.

זֶכֶר לִיציאת מצרים.

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

כִּי בָנוּ בְּחִרְתָּ וְאוֹתָנוּ קִדְּשְׁתָּ מִכָּל הָעַמִּים

v'shabbat kadshihah b'ahava uviratzon hinhaltanu.

וַיְשַׁבֵּת קִדְּשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.

Barukh atah Adonai, mikadesh ha'shabbat.

בָּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת.

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.

Attention friends / teachers! – To life!

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

הַמוֹצִיא

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
- English translations are adapted from reformjudaism.org
- Image below is from bearbasics.com

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