

SHABBAT @Home

A Jewish LearningWorks Guide for Families with Young Children



The Jewish LearningWorks @Home Guides are designed to enrich your family's experience of Jewish life, including the celebration of Shabbat and holidays. Our guides empower parents with stories, rituals, "how to" information, traditions, projects, activities, values, resources and more.

שבת שלום!

Shabbat Shalom!


JewishLearningWorks

SHABBAT SHALOM!

שַׁבָּת שְׁלוֹמִים!

Throughout the ages, *Shabbat* (the Jewish Sabbath) has been celebrated in countless ways. This guide includes many traditions and customs but you won't find the words "should" or "ought to" in these pages. We hope you'll experiment with practices that help your family create a joyful and meaningful Shabbat. The Jewish community as a whole is enriched by diversity, creativity and pluralism. We believe that there is no one "right" way to celebrate Shabbat or to be Jewish.

What is Shabbat?

Our tradition teaches that God created the world in six days and rested on the seventh day. We too engage in all kinds of creative labors throughout the week and, on Shabbat, we have the chance to step back and appreciate what we have created. In our fast-paced world, Shabbat gives us the opportunity to slow down and reflect. Are we living in accordance with our values? Are we making time for the activities and people that are most dear to us? How might Shabbat serve as a break from our everyday work and worries? How might we prioritize family and community to bring more joy into our lives and the lives of our children? These are questions for parents and children to explore together.

When is Shabbat?

Shabbat starts at sunset on Friday and continues until after nightfall on Saturday. The timing fluctuates based on geography and the seasons. Go to: www.hebcal.com/shabbat to check Shabbat times for any location on a given date.

Shabbat Traditions

Tzedakah/ Righteous Giving

Although *Tzedakah* is often defined as "charity", a more accurate translation is "righteousness." We give tzedakah to help make the world a more just and equitable place. Some families put money into a tzedakah box before Shabbat as a reminder of this important *mitzvah* (Jewish responsibility).



Hachnasat Orchim/ Welcoming Guests

Hachnasat Orchim is a time-honored tradition among Jews, particularly on Shabbat and holidays. It is a great mitzvah to invite others into our homes, especially those who are in need. Spending time with guests over a meal is a way to increase and share the joy of Shabbat.

This video* for parents further explains the Jewish value of Hachnasat Orchim:
<https://tinyurl.com/WeWelcomeGuests>



Hadlakat Nerot/ Candle Lighting

Customarily, Shabbat starts on Friday with the lighting of two candles before sunset. After the candles are lit, we circle our hands around the flames three times, symbolically drawing in the light and warmth of Shabbat. We then cover our eyes before saying the blessing. Some people use this private moment to set an intention for Shabbat or to imagine a more perfect world or to send healing thoughts to loved ones who are ill.



בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת:

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

Blessed are You, Adonai our God, Ruler of the Universe, who makes us holy through the mitzvah of kindling the light of Shabbat.

After the blessing, we uncover our eyes and say "Shabbat Shalom" to those around us, wishing our friends and family a peaceful day of rest.

This video* demonstrates how to light Shabbat candles:
<https://tinyurl.com/LightShabbatCandles>

A note on transliteration:

"Ch" is the guttural sound made by the Hebrew letter Chet, as in Chanukah or Chutzpah.



Birkat HaYeladim/ Blessing the Children

There is a beautiful tradition in which parents bless their children on Friday night. This is a moment to honor each child with undivided parental attention. Some parents stand and place their hands on their children's heads while others have children sit on their laps. Some whisper a private message in each child's ear and end the blessing with a kiss.

For girls, begin with:

יְשִׁמְךָ אֱלֹהִים כְּסָרָה, רִבְקָה, רָחֵל וְלֵאָה:

Y'simeich Elohim k'Sarah, Rivkah, Rachel v'Leah.

May God make you like Sarah,
Rebecca, Rachel and Leah.



For boys, begin with:

יְשִׁמְךָ אֱלֹהִים כְּעִפְרַיִם וְכְמִנַּשֶּׁה:

Y'simcha Elohim k'Efrayim v'chiMenashe.

May God make you like Ephraim and Menashe.

For all, continue:

יְבָרְכְךָ יְיָ וְיִשְׁמְרְךָ

יְאֵר יְיָ פָנָיו אֵלֶיךָ וְיַחֲנֶנָּה

יְשֹׁא יְיָ פָנָיו אֵלֶיךָ וְיָשֶׁם לְךָ שְׁלוֹם:

Y'varech'cha Adonai v'Yishm'recha

Ya'er Adonai panav elecha v'ichuneka

Yisa Adonai panav elecha v'yasem l'cha shalom.

May God bless you and watch over you.

May God's face shine on you
and be gracious to you.

May God's face be lifted toward you
and grant you peace.

This video shows parents reciting
the traditional blessing:

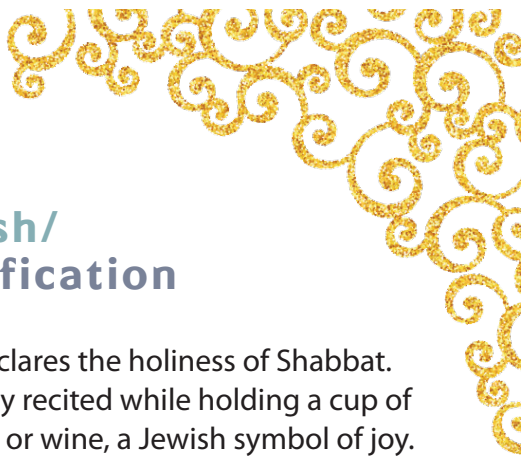
<https://tinyurl.com/BirkatHaYeladim>

You may choose to write your own blessing for
your children or use alternatives such as this
example, written by Marcia Falk:

<https://tinyurl.com/BlessChildrenMarciaFalk>

In some families, spouses give blessings
to one another, children bless the
parents and/or the pet receives
an appreciative hug.





Shalom Aleichem/ Peace Be On You

Shalom Aleichem is often sung as families sit down to Shabbat dinner. This song welcomes ministering angels to enter and bless our homes during Shabbat and then wishes them peace as they depart.

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא
בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא
בְּרֻכּוֹנֵי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא
צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בָּרוּךְ הוּא

*Shalom Aleichem, malachei ha-sha'aret, malachei elyon,
Mi melech malachei hamlachim, ha-kadosh baruch hu.*

*Bo-achem l'Shalom, malachei ha-shalom, malachei elyon,
Mi melech malachei hamlachim, ha-kadosh baruch hu.*

*Barchuni l'Shalom, malachei ha-shalom, malachei elyon,
Mi melech malachei hamlachim, ha-kadosh baruch hu.*

*Tzeitchem l'Shalom, malachei ha-shalom, malachei elyon,
Mi melech malachei hamlachim, ha-kadosh baruch hu*

This video* of Shalom Aleichem includes the lyrics in English:

<https://tinyurl.com/ShalomAleichem>

Kiddush/ Sanctification

Kiddush declares the holiness of Shabbat. It is typically recited while holding a cup of grape juice or wine, a Jewish symbol of joy. One tradition is to fill the cup to the rim to symbolize that our lives are filled with blessings. Some families sit during kiddush while others choose to stand.

Many families recite this short blessing for wine or grape juice to represent kiddush.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגֶּפֶן:

*Baruch atah Adonai Eloheinu melech ha-olam
borei p'ri ha-gafen.*

Blessed are You, Adonai our God, Ruler of the Universe, who creates the fruit of the vine.

Learn the blessing in this video*:

<https://tinyurl.com/BlessWineOrJuice>

Text and audio of the full Kiddush for Friday night dinner:

<https://tinyurl.com/TextFriNightKiddush>

<https://tinyurl.com/AudioFriNightKiddush>

Text and audio of the full Kiddush for Saturday lunch:

<https://tinyurl.com/TextKiddushLunch>

<https://tinyurl.com/AudioKiddushLunch>

Kiddush honors the creation of the world, recalls God's rest on the seventh day and expresses our gratitude for the precious gift of Shabbat.





Netilat Yadayim/ Washing of Hands

Netilat Yadayim, literally “lifting of hands”, takes place before the meal. This is an opportunity for mindfulness about the food we are about to eat and is not meant for cleansing. Water is poured over each hand from a container before the blessing. There is a tradition not to speak between *Netilat Yadayim* and the meal in order to stay aware of the connection between the two.

בָּרַךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל נְטִילַת יָדַיִם:

*Baruch atah Adonai Eloheinu melech
ha-olam asher kidshanu b'mitzvotav
v'tzivanu al netilat yadayim.*

Blessed are You, Adonai our God, Ruler of the
Universe, who makes us holy through
the mitzvah of washing hands.

<https://tinyurl.com/HandWashingAudio>

HaMotzi/ Blessing the Challah

HaMotzi is the blessing for bread. On Shabbat, we eat challah, a loaf of bread that is often braided. Customarily, two challot (plural of challah) are served at each meal on Shabbat, reminding us of the double portion of manna that the Israelites received on Fridays while wandering in the wilderness. It is traditional to keep the challah covered until it's time for the blessing and to salt the challah before it is eaten. This reminds us of the salt that was used on the altar when the Holy Temple stood in Jerusalem and it represents our intentions to bring holiness into our homes.

בָּרַךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

*Baruch atah Adonai Eloheinu melech
ha-olam ha-motzi lechem min ha-aretz.*

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

Learn the blessing in this video*:

<https://tinyurl.com/BlessingForBread>





Birkat HaMazon/ Grace After Meals

Birkat HaMazon is a series of blessings that expresses gratitude after a meal with bread. In Yiddish it is called *bentching*.

The full text of Birkat HaMazon with audio:
<https://tinyurl.com/FullBirkatHaMazon>

Some families craft their own versions of Birkat HaMazon or recite alternatives. Here is a popular one:

בְּרִיךְ רַחֲמָנָא מַלְכָּא דְעָלְמָא
מְרִיבָה דְהָאִי פִּיתָא:

*B'rich rachamana malka d'alma
mareih d'hahy pita.*

Blessed is the Merciful One, Ruler of the World,
Creator of this bread.

Go to <https://tinyurl.com/BrichRachamana> to hear the blessing sung along with this English interpretation: "You are the source of life for all that lives and your blessing flows through me."

Havdalah/ Separation

Havdalah marks the end of our day of rest. When three stars can be seen in the sky, it's time to say goodbye to Shabbat and greet the new week. Havdalah is a ceremony that involves all of our senses: we taste wine or grape juice, we smell fragrant spices, we hear the blessings, we see a candle's flame and we feel its warmth.

Havdalah often occurs outside, under the stars, or indoors with the lights off or dim. It consists of four blessings and one or more concluding songs. Before we begin, we light the candle.

1 Wine/Juice

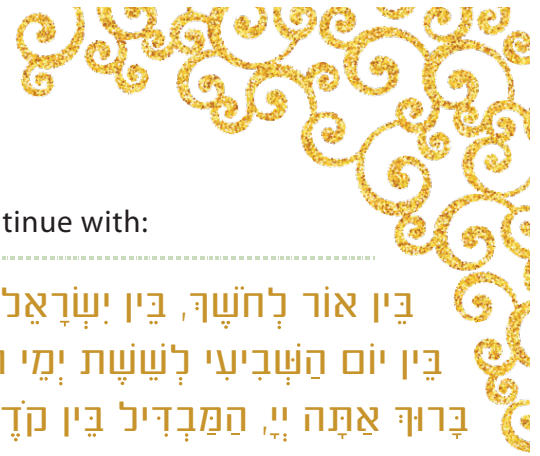
We raise the cup during the blessing but wait to drink until the end of Havdalah.

בְּרַךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרִי הַגֶּפֶן:

*Baruch atah Adonai Eloheinu melech
ha-olam borei p'ri ha-gafen.*

Blessed are You, Adonai our God, Ruler of the
Universe, who creates the fruit of the vine.





2 Fragrant Spices

After the blessing, we pass around a mixture of sweet-smelling spices so that everyone can enjoy their fragrance. The scent reminds us to bring the sweetness of Shabbat into the coming week.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְּנֵי בְשָׁמִים:

*Baruch atah Adonai Eloheinu melech
ha-olam borei minei b'samim.*

Blessed are You, Adonai our God, Ruler of the
Universe, who creates various kinds of spices.

3 Multi-Wick Candle

There is a tradition to hold your hands toward the braided or twisted candle and then bend your fingers toward your face. This allows you to see the separation of light and shadows.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מְאוּרֵי הָאֵשׁ:

*Baruch atah Adonai Eloheinu melech
ha-olam borei m'orei ha-esh.*

Blessed are You, Adonai our God, Ruler of the
Universe, who creates the light of fire.

4 Separation

This blessing acknowledges distinctions.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְבַּדִּיל בֵּין קֹדֶשׁ לְחֹל:

*Baruch atah Adonai Eloheinu melech
ha-olam, ha-mavdil bein kodesh l'chol.*

Blessed are You, Adonai our God, Ruler of the
Universe, who distinguishes between
the holy and the ordinary.

Some continue with:

בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים,
בֵּין יוֹם הַשְּׁבִיעִי לְשֶׁשֶׁת יְמֵי הַמַּעֲשֶׂה.
בָּרוּךְ אַתָּה יי, הַמְבַּדִּיל בֵּין קֹדֶשׁ לְחֹל:

*Bein or l'choshech, bein Yisrael l'amim,
bein yom ha-shvi-i l'sheset yemei ha-ma'asei.
Baruch atah Adonai,
ha-mavdil bein kodesh l'chol.*

Between light and darkness, between Israel
and other nations, between Shabbat and
the six days of work. Blessed are You,
Adonai, who distinguishes
between the holy and the ordinary.

Eliyahu HaNavi/ Elijah the Prophet

Eliyahu HaNavi is a song that expresses our hope
that Elijah the Prophet will come soon and bring
with him an age of peace.

אֵלִיָּהוּ הַנָּבִיא, אֵלִיָּהוּ הַתְּשׁוּבִי, אֵלִיָּהוּ הַקְּלָעָדִי.
בְּמַהֲרָה בְּיָמֵינוּ, יָבוֹא אֵלֵינוּ, עִם מָשִׁיחַ בֶּן דָּוִד.

*Eliyahu haNavi, Eliyahu haTish'bi, Eliyahu haGil'adi.
Bim'herah b'Yameinu, Yavo Eleinu
Im Mashi'ach ben David.*

This video* shows the Havdalah ceremony
with words in transliteration:

<https://tinyurl.com/HavdalahBlessings>

We end Havdalah by wishing
one another “**Shavua Tov**”,
a good week ahead!



Celebrating Shabbat



Build excitement by engaging children in Shabbat preparations. Depending on their ages, kids may be able to pick out recipes, shop for groceries, choose flowers, help cook, bake challah, set the table, tidy the house, clean their rooms, collect coins for tzedakah or create place cards for guests.



Make Shabbat decorations such as collages, mobiles, sculptures and wall hangings out of natural materials, recycled items and/or found objects.



Put together a playlist of Shabbat songs or other Jewish music to play on Fridays, at home or in the car. Visit the iTunes Store for countless choices that fit your family's musical preferences.



Get crafty! Create ritual items such as challah covers, Shabbat candlesticks, Kiddush cups, Havdalah candles, tzedakah boxes, spice bags and more.

Find project ideas on websites such as:
<https://tinyurl.com/JoyfulJewish-Shabbat>,
<https://tinyurl.com/BibleBeltBalabusta-Shabbat>
and <https://tinyurl.com/Bennys-Shabbat>.



Create a colorful chart of guests you've invited for a meal or playdate on Shabbat. Kids might like to record the foods served, the games played, the songs sung or other memories. Include a column for guests you'd like to host in the future.



Invent a family blessing or intention to recite when putting coins in a tzedakah box before Shabbat. Involving children in deciding where to donate the funds can spark important family discussions about priorities and values. Learn about <https://challahforhunger.org> and other organizations that are helping others and creating social change.



Serve a favorite dessert or special treat on Shabbat. Have fun with items like these cookie cutters:

<https://tinyurl.com/ShabbatCookies>



Challah recipes online abound, including gluten-free, dairy free, vegan, whole grain, and more.

Here's one to get you started:

<https://tinyurl.com/EasyChallah>





Traditionally, there are three meals on Shabbat: dinner on Friday night, lunch on Saturday, and a light meal on Saturday afternoon called *Seudah Shleesheet*. Websites for recipes include:

<https://tinyurl.com/JoyOfKosherShabbat>,
<https://tinyurl.com/KvellerShabbatMeals>, and
<https://tinyurl.com/TheSpruceShabbat>.

Time-consuming menus are not necessary. It's totally acceptable to buy prepared food or make a simple meal your family will enjoy.

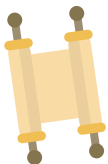


Put together a "Shabbat Box" and fill it with toys, games or books that aren't available during the rest of the week.

Consider non-electronic options such as puzzles, card games, board games, Legos, magnetic tiles, dolls, marbles, chess, jacks, dominoes and blocks.



Some families have the custom that, when reciting HaMotzi, each person touches the challah or someone who is touching the challah. This connects everyone present to that which nourishes us: sustenance, family and love.



Ask each person at the table to share a happy memory from the past week and a wish for the coming week. Alternatively, ask each person to express appreciation for someone in the family, school or community.



Declare a themed meal such as *Bedtime Shabbat*.

Wear pajamas to the table, bring a favorite stuffie, read "Goodnight Moon" and sing a lullaby. Have *Space Shabbat*. Hang planet decorations, dress up as aliens, get out your telescope and watch for three stars to appear for Havdalah.



Shabbat reminds us of the creation of the world. Connect with nature by visiting a park, taking a family walk, finding shapes in clouds, counting stars or camping. Honor our planet through activities that have a low impact on the environment.



Buy or make Shabbat play sets like these for young children:

<https://tinyurl.com/JewishSource> or
<https://tinyurl.com/TraditionsJewishGifts>



Experiment with Shabbat as a work-free period of time. Adults can refrain from running errands, doing housework and attending to job-related tasks. Kids can take a break from homework and chores.



Encourage active play and time outdoors. Throw a football, jump rope, play hide and seek, make an obstacle course, put on a show or have a scavenger hunt.





Purchase Shabbat ritual items from local Judaica stores or synagogue gift shops. You can also buy online at websites like:

<https://tinyurl.com/JSourceShabbat>

<https://tinyurl.com/AllJudaica>

<https://tinyurl.com/FairTradeJudaica>



Try turning off electronics on Shabbat. Limiting calls, texts, emails, social media and other screen time allows family members to focus on face-to-face interactions. An organization called Reboot hosts a National Day of Unplugging and sells cell phone sleeping bags: <https://tinyurl.com/RebootUnplug>

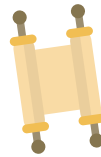


Shabbat is the perfect time to share family stories. Tell your children how their ancestors immigrated and what life was

like in their countries of origin. Look at photo albums, yearbooks and other keepsakes together. Recount stories about distant and close relatives, as well as memories from your own childhood.



Attend services at a nearby synagogue. Many have "Tot Shabbat" or other programs for families with young children. If you need help locating one, contact your local Jewish Community Center (<http://jcca.org>) or Jewish Community Federation (www.jewishfederations.org).



Read with your children or have them read to you. Explore books about Shabbat at: <https://tinyurl.com/PJLibraryShabbat>, <https://tinyurl.com/KarbenShabbat>, and <https://tinyurl.com/ShabbatBooks>.

All videos in this guide followed by the symbol * were created by our friends at BimBam.

Find the other @Home Guides at: jewishlearning.works/at-home

Shabbat Shalom!