

Shabbat Seder

(Adapted from Gates of Shabbat by Central Conference of American Rabbis)

Hadalkat Neirof - Candlelighting

Introduction -

In the kindling Sabbath light,
We preserve life's sanctity.
With every holy light we kindle,
The world is brightened to a higher harmony.

The blessing -

Traditional:

Baruch ata Adonai Eloheinu
Melech Ha Olam
Asher kidshanu b'mitzvotav
Vetzi-vanu lehalik ner shel
Shabbat

Blessed are You O L-rd our G-d,
King of the Universe
who has sanctified us by Your
Commandments
And has commanded
us to kindle
the lights of Shabbat

Messianic:

Baruch ata Adonai Eloheinu
Melech Ha Olam
Asher kidshanu b'Yeshua
HaMashiach H'or Ha Olam,
asher bishmo madilikim anachnu
ner shal Shabbat

Blessed are You O L-rd our G-d,
King of the Universe who has
sanctified us in Y'shua the
Messiah, The Light of the World,
in whose name we kindle the
lights of Shabbat

Birkat HaMishpacha - Family Blessing

We thank you, O G-d for our family, and friends, and for what we mean and bring to one another. We are grateful for the bonds of loyalty and affection which sustain us and for the capacity to love and to care.

Help us to be modest in our demands for one another, but generous in our giving to one another. May we never measure how much love or encouragement we offer; may we never count the times we forgive. Rather, may we always be grateful that we have one another and that we are able to express our love in acts of kindness.

Keep us gentle in our speech. When we offer words of criticism, may they be chosen with care and spoken softly. May we waste no opportunity to speak words of sympathy, of appreciation, of praise.

Bless our family, and friends, with health, happiness and contentment. Above all, grant us the wisdom to build a joyous and peaceful home in which Your Spirit will always abide. Amen.

Kiddush - Sanctifying Shabbat

Introduction -

The seventh day is consecrated to G-d. With wine, our symbol of joy, we celebrate this day and its holiness. We give thanks for all our blessings, for life and health, for work and rest, for home and love and friendship. On Shabbat, the eternal sign of Creation, we remember that we are created in the Divine image. We therefore raise the cup in thanksgiving.

Then G-d saw everything that He had made, and indeed it was very good. And there was evening and there was morning, a sixth day. The heavens and the earth were finished, the whole host of them. And on the seventh day G-d ended His work which he had made. And He rested on the seventh day from all the work which He had made. And G-d blessed the seventh day, and sanctified it. Because in it He had rested from all His work which G-d had created and done. Genesis 1:31-2:3

Blessing over the wine -

Baruch ata Adonai Eloheinu
Melech Ha Olam
Borei pe-ri hagafen

Blessed are You O L-rd our G-d,
King of the Universe,
Who created the fruit of the vine.

Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the L-RD made the heavens and the earth, and on the seventh day He rested and was refreshed.' " Exodus 31:16-17

V'Shamru v'nay Y'israel et hashabbat,
Laasot et hashabbat l'doratam b'rit olam.
B'nee oovayn b'nay Y'israel
Ot hee l'olam ki sheshet yameem asah Adonai
Et hashamayim v'et ha'arets
Oovayom hashvee-ee shavat vayeenafash.

Blessed are You O L-rd our G-d, King of the Universe who has sanctified us by Your Commandments, and has been pleased with us. You have lovingly and willingly given us your holy Shabbat as a inheritance, in memory of Creation. The Shabbat is the first among our holy days and a remembrance of our exodus from Egypt. Indeed you have chosen us and made us holy among all peoples, and have lovingly and willingly given us Your holy Shabbat for an inheritance. Blessed are You who sanctifies the Shabbat.

Ha Motzi - Blessing over the Bread

Introduction -

When the world was created,
G-d made everything a little bit incomplete.
Rather than making bread to grow out of the earth,
G-d made wheat grow so that we might bake it into bread.
Rather than making the earth of bricks,
G-d made it of clay so that we might bake the clay into bricks.
Why? So that we might become partners in completing the work of
creation.

The Blessing -

Baruch ata Adonai Eloheinu
Melech Ha Olam
Ha motzi l'chem min ha-aretz.

Blessed are You O L-rd our G-d,
King of the Universe,
Who brings forth bread from the earth.

Birkat HaMazon - The blessing after the meal -

You shall eat, be satisfied, and bless Adonai your G-d for the good land given to you. Dt. 8:10

When G-d restores the exiled to Zion, we shall be as those who dream. Our mouths will be full of laughter then our tongues with song. Then will they say among the nations: "G-d has done great things for them."

G-d has done great things for us, and so we now rejoice. Restore us once again, O G-d, like sudden flood streams in the desert. Then those who sow in tears will reap in joy. Those who go forth weeping, bearing the seeds for sowing will return bearing the sheaves with song and with laughter.

Zimun - Invitation -

Leader: Friends, let us praise G-d.

Group: Let the name of G-d be praised from now to eternity.

Leader: Let us praise G-d, of whose bounty we have partaken.

Group: Let us praise Our G-d of whose bounty we have partaken and by whose goodness we live.

The Blessing for the food -

Through G-d's kindness, mercy and compassion all existence is eternally sustained. G-d is forever faithful. G-d's surpassing goodness fills all time and space. Sustenance is there for all. None need ever lack, no being ever want for food. We praise you O G-d, the one sustaining all.

The Blessing for the land -

As it is written in the Torah: " You shall eat, be satisfied, and bless Adonai your G-d for the good land given to you."

We praise you, O G-d for the earth and for sustenance.

Blessing for Jerusalem -

And build Jerusalem, O G-d, speedily in our day.

We praise you , O G-d, whose compassion builds Jerusalem.

Prayer for peace -

All Merciful, may we inherit a Shabbat of eternal peace.

Oseh Shalom Bimromah
Hu yaseh shalom
Aleinu, ve-al kol Y'srael
Ve'imru, Amein.

May G-d who causes peace to rule in the high heavens, bring peace for us and all Israel.

May G-d give strength to our people. May G-d bless all peoples with peace. Amen.