



שבת בבית

shabbat babayit - shabbat at home

Shabbat is a time for warmth, connection and reflection, where loved ones gather to light candles, bless wine, and break bread. Through prayers, songs, and meaningful conversation, Shabbat babayit encourages us to create cherished moments with family and friends.

שְׁלוֹם עֲלֵיכֶם Shalom Aleichem

שְׁלוֹם עֲלֵיכֶם, Shalom aleichem,
מְלַאְכֵי הַשָּׁרֵת, מְלַאְכֵי עֲלִיּוֹן, malachei hasharet, malachei elyon,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, mimelech malchei ham'lachim,
הַקְּדוֹשׁ בְּרוּךְ הוּא. HaKadosh Baruch Hu.

Peace be to you, O ministering angels, messengers of the Most High,
Majesty of majesties, Holy One of Blessing.

בּוֹאֲכֶם לְשָׁלוֹם, Bo'achem l'shalom,
מְלַאְכֵי הַשָּׁלוֹם, מְלַאְכֵי עֲלִיּוֹן, malachei hashalom, malachei elyon,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, mimelech malchei ham'lachim,
הַקְּדוֹשׁ בְּרוּךְ הוּא. HaKadosh Baruch Hu.

Enter in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

בְּרַכּוּנֵי לְשָׁלוֹם, Barchuni l'shalom,
מְלַאְכֵי הַשָּׁלוֹם, מְלַאְכֵי עֲלִיּוֹן, malachei hashalom, malachei elyon,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, mimelech malchei ham'lachim,
הַקְּדוֹשׁ בְּרוּךְ הוּא. HaKadosh Baruch Hu.

Bless me with peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

צֵאתְכֶם לְשָׁלוֹם, Tzeitchem l'shalom,
מְלַאְכֵי הַשָּׁלוֹם, מְלַאְכֵי עֲלִיּוֹן, malachei hashalom, malachei elyon,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים, mimelech malchei ham'lachim,
הַקְּדוֹשׁ בְּרוּךְ הוּא. HaKadosh Baruch Hu.

Depart in peace, O messengers of peace, angels of the Most High,
Majesty of majesties, Holy One of Blessing.

נֵר שֶׁל שַׁבָּת Candle Blessing

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, Baruch Atah, Adonai Eloheinu,
מֶלֶךְ הָעוֹלָם, Melech ha'olam,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, asher kid'shanu b'mitzvotav,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת. v'tzivanu l'hadlik ner shel Shabbat.

Blessed are You, Eternal One, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.

Following the candle lighting, you may choose to offer the *Birchot Mishpacha* or family blessing, which echoes the priestly benediction and provides an opportunity to welcome and acknowledge the children and guests gathered around the Shabbat table.

בִּרְכוֹת הַמִּשְׁפָּחָה Birchot HaMishpacha

For a Girl

יְשִׁמְךָ אֱלֹהִים Y'simech Elohim
כְּסָרָה רִבְקָה רָחֵל וְכֵלָאָה. k'Sarah, Rivkah, Rachel uch'Leah.

May the Eternal One inspire you to live like Sarah, Rebecca, Rachel and Leah.

For a Boy

יְשִׁמְךָ אֱלֹהִים Yisim'cha Elohim
כְּאֶפְרַיִם וְכִמְנַשֶּׁה. k'Efrayim v'chiM'nashe.

May the Eternal One inspire you to live like Ephraim and Menasheh.

For any Child

יְשִׁימְךָ אֱלֹהִים Y'sim'che Elohim
כְּאָדָם וְסָרָה, רִבְקָה וְיוֹסֵף. k'Adam, v'Sarah, Rivkah, v'Yosef.

May the Eternal One inspire you to live like Adam, Sarah, Rebecca and Joseph.

For all Honoured Guests

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ. Y'varech'cha Adonai v'yishm'recha.
יָאֵר אֲדֹנָי פָּנָיו אֵלַי וְיַחֲנֶנִּי. Yaer Adonai panav eleicha vichuneka.
יֵשָׂא אֲדֹנָי פָּנָיו אֵלַי Yisa Adonai panav eleicha
וְיִשֵּׁם לְךָ שְׁלוֹם. v'yasem l'cha shalom.

May the Eternal One bless you and keep you.

May the Eternal's light shine upon you, and be gracious to you.

May you feel the Eternal's presence within you always, and may you find peace.

קִדּוּשׁ שַׁבָּת Kiddush Shabbat

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי. Vay'hi erev vay'hi voker yom hashishi.
וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ Vay'chulu hashamayim v'ha'aretz
וְכָל צְבָאָם. וַיְכַל אֱלֹהִים v'chol tz'va'am. Vay'chal Elohim
בַּיּוֹם הַשְּׁבִיעִי מִלַּאֲכֹתוֹ אֲשֶׁר עָשָׂה. bayom hashvi'i m'lachto asher asa.
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל Vayishbot bayom hashvi'i mikol
מִלַּאֲכֹתוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ m'lachto asher asa. Vay'varech
אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי Elohim et yom hashvi'i
וַיְקַדֵּשׁ אוֹתוֹ כִּי בּוֹ שַׁבַּת מִכָּל vayekadesh oto ki vo shavat mikol
מִלַּאֲכֹתוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת. m'lachto asher bara Elohim la'asot.

And there was evening and there was morning, the sixth day. The heavens and earth, and all within them were complete. By the seventh day, the Eternal had completed all the work of Creation; and so the Eternal rested from all this work. Then the Eternal blessed the seventh day and sanctified it, because on it the Eternal ceased from all the Divine work of Creation.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, Baruch Atah, Adonai Eloheinu,
מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן. Melech ha'olam, borei p'ri hagafen.

Praise to you, Eternal our God, Sovereign of the universe, Creator of fruit of the vine.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, Baruch Atah, Adonai Eloheinu,
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ Melech ha'olam, asher kid'shanu
בְּמִצְוֹתַי וּרְצָה בָּנוּ, b'mitzvotav v'ratzah vanu,
וּשְׁבַת קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן v'Shabbat kodsho b'ahavah uvratzon
הִנְחִילָנוּ, זִכְרוֹן לְמַעֲשֵׂה hinchilanu, zikaron l'ma'ase
בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה v'reshit. Ki hu yom t'chila
לְמִקְרָאֵי קֹדֶשׁ, זֶכֶר לִיצִיאַת l'mikra'ei kodesh, zecher litzi'at
מִצְרָיִם. כִּי בָנוּ בְּחַרְתָּ, Mitzrayim. Ki vanu vacharta,
וְאוֹתָנוּ קִדַּשְׁתָּ מִכָּל הָעַמִּים. v'otanu kidashta, mikol ha'amim.
וּשְׁבַת קֹדֶשׁ בְּאַהֲבָה v'Shabbat kodsh'cha b'ahavah
וּבְרָצוֹן הִנְחַלְתָּנוּ. uvratzon hinchaltanu.
בָּרוּךְ אַתָּה, יְיָ, Baruch Atah, Adonai,
מִקְדֵּשׁ הַשַּׁבָּת. m'kadesh HaShabbat.

Praise to You, Eternal One, Sovereign of the universe who finding favour with us, sanctified us with mitzvot. In love and favour, You made the holy Shabbat 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 favour, You have given us Your holy Shabbat as an inheritance. Blessed are You, Eternal One, who sanctifies Shabbat.

After reciting *Kiddush*, we transition to the handwashing ritual, a moment of purification and anticipation before breaking bread together. As water flows over our hands, we symbolically cleanse ourselves as we prepare to share the Shabbat meal with loved ones.

נְטִילַת יָדַיִם Hand Washing

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, Melech ha'olam,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, asher kiddeshanu b'mitzvotav,
וְצִוָּנוּ עַל נְטִילַת יָדַיִם. v'tzivanu al n'tilat yadayim.

Our praise to You, Eternal One, Sovereign of the universe, who hallows us with mitzvot, commanding us to rinse our hands.

הַמוֹצֵיא HaMotzi

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, Melech ha'olam,
הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ. Hamotzi lechem min ha'aretz.

Our praise to You, Eternal One, Sovereign of the universe, who brings forth bread from the earth.

Traditionally, families follow Shabbat dinner with the recitation of *Birkat HaMazon* to express gratitude for the meal and appreciation for those who provided it. Our final blessing captures the essence of this tradition

בִּרְכַּת הַמָּזוֹן Birkat HaMazon

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, Melech ha'olam,
הַזֵּן אֶת הַכֹּל. hazan et hakol.

Our praise to You, Eternal One, Sovereign of the universe, who provides for all.

audio online
www.shtiebel.org.au

