

Welcome To Shabbat At Home

“The Sabbath is the presence of God in the world, open to the soul of man.” God is not in things of space, but in moments of time.”
— Abraham Joshua Heschel, The Sabbath

Dear Host(s),

This year, as a part of the **Temple Akiba Shabbat Initiative**, we have been expanding our Shabbat “box,” by trying a multitude of experiences that are outside of our usual activities, including:

New forms of worship

Meditation

Congregational dinners

On **Friday** night , **May 31st**, we will broaden that box. The lights at Temple Akiba will be dark, and Akiba members will create sacred moments in their home, connecting Holy time with Holy space. This night will be an opportunity to harness this sacred moment in your own sacred space - **your homes**, by kindling new and old relationships with Shabbat rituals, friends and family members!

This short booklet is meant to serve as a guide. It is NOT meant to be prescriptive. Rather, the booklet will provide an outline, suggested materials for and descriptions of the rituals that are traditional for Shabbat home observance. This booklet includes a section called “**Making Shabbat Your Own**,” which includes a variety of ideas for how create a Shabbat experience at your home that is tailored to your interests and abilities. For example, if you enjoy singing, you may wish to include some songs at your meal of which you will find a few ideas for in in this section.

We will be sending you a link with a short video from Temple Akiba to play for your guests. If you would like any assistance creating your sacred moment of time, your “Shabbat At Home Meal,” please do not hesitate to get in touch with Daniel Freedman, Temple Akiba’s Rabbinic Intern. He can be reached at Daniel.Freedman@huc.edu. For logistical questions, please contact Yvette Joffe at XXX-XXX-XXXX.

Remember, “Shabbat At Home” is an opportunity to create a sacred moment in time at your homes in partnership with your guests. There is no RIGHT way to do this, so please do not worry that you might be doing something wrong or making a mistake. We want to thank you in advance for hosting our first ever “Shabbat At Home.” We hope you have a wonderful Shabbat evening in your homes.

Rabbinic Intern Daniel Freedman
Shabbat At Home Chair Yvette Joffe



Outline of Shabbat Rituals You May Wish To Include

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Suggested Materials

- Shabbat candles
- Matches/Lighter
- Kiddush Cup
- Wine and/or Grape Juice
- Challah
- Salt
- Challah Cover



Guide For "Shabbat At Home" Rituals

Mood Setting

You may wish to do something before the lighting of the Shabbat candles to help you and your guests enter into the present moment. Disconnecting from our busy lives is not easy. Here are a few ideas of how you could help bring people into the sacred moment of time at your homes.

1. Sing A Song!

For example, you could sing Shalom Aleichem

*Sha-lom a-lei-chem,
mal-a-chei ha-sha-reit,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-m'la-
chim,
ha-ka-dosh ba-ruch hu.
Repeat three times*

*Bo-a-chem l'sha-lom,
mal-a-chei ha-sha-lom,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-m'la-
chim,
ha-ka-dosh ba-ruch hu.*

*Bar-chu-ni l'sha-lom,
mal-a-chei ha-sha-lom,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-
m'la-chim,
ha-ka-dosh ba-ruch hu.
Repeat three times*

*Tsei-t'chem l'sha-lom,
mal-a-chei ha-sha-lom,
mal-a-chei el-yon,
mi-me-lech ma-l'chei ha-
m'la-chim,
ha-ka-dosh ba-ruch hu.*

2. Setting an intention (Can be read aloud)

Close your eyes. (Light the candles) Now, take a deep. Breath, in Hebrew, is *neshima*. Soul in Hebrew, is *neshama*. On Shabbat, some believe we receive an extra soul. As you take a deep breath in, *neshima*, set an intention for how you want to experience the Shabbat together. Love your family, peace, etc. What experience do you choose for yourself? Take a deep breath and choose one emotion only that you would like to experience for Shabbat as we enter Shabbat? How will your Shabbat soul help to separate you from the week which you are leaving behind?

Blessing Over Shabbat Candles

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ
לְהַדְלִיק נֵר שַׁבָּת.

Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.

Blessed are you, Adonai our God, Sovereign of all, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.

Blessing for Children

Place your hands on the head of the child and recite:

יְשִׁימְךָ אֱלֹהִים
כְּשָׂרָה, כְּרִבְקָה,
כְּרָחֵל וְכִלְאָה.

Y'simeich Elohim k'Sarah, k'Rivkah, k'Rachel, ooch'Leah.
May God make you like Sarah, Rebecca, Rachel and Leah.

יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה.

Y'simcha Elohim k'Efrayim v'chi-Menasheh.
May God make you like Ephraim and Menasheh.

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ.
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְנֶךָ.
יִשָּׂא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם.

Y'varechecha Adonai v'yish'm'recha.
Ya-er Adonai panav eilecha vichuneka.
Yisa Adonai panav eilecha
v'yaseim l'cha shalom.

May God Bless you and keep you.
May God's light shine upon you, and may God be gracious to you.
May you feel God's Presence within you always, and may you find peace.

Kiddush- Sanctification of Shabbat Over Wine

Raise Your Kiddush cup and recite:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי
וְרָצָה בָּנוּ, וְשִׁבֶת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרוֹן
לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זְכוֹר
לְיִצְיַאת מִצְרַיִם, כִּי בָּנוּ בְּחֵרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל
הָעַמִּים, וְשִׁבֶת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ
אַתָּה יי, מִקְדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen.

Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat kodsho b'ahavah uv'ratzon hinchilanu, zikaron l'maaseih v'reishit. Ki hu yom t'chilah l'mikra-ei kodesh, zecher litziat Mitzrayim. Ki vanu vacharta, v'otanu kidashta, mikol haamim. V'Shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu. Baruch atah, Adonai, m'kadeish haShabbat.

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

Blessed are You, Adonai our God, Sovereign of all, who finding favor with us, sanctified us with mitzvot. In love and favor, 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 favor You have given us Your holy Shabbat as an inheritance. Blessed are You, Adonai, who sanctifies Shabbat.

Ritual Hand Washing

Traditionally, Jews wash their hands and say a blessing before eating any meal that includes bread or matzah. The ritual, known as *netilat yadayim*, is typically done using a two-handled cup, but any vessel will do. There are various customs regarding how the water should be poured, but a common practice is to pour twice on the right hand followed by twice on the left (this is reversed for those who are left-handed). Hasidic custom is to pour three times on each hand.¹

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת יָדַיִם

Baruch ata Adonai, Eloheinu Melech ha-olam, asher kidshanu b'mitzvotav vitzivanu al n'tilat yadayim.

Blessed are You, Lord our God, King of the universe, who has sanctified us with Your commandments, and commanded us concerning the washing of the hands.

HaMotzi- Blessing Over Bread Before Meal

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah, Adonai Eloheinu, Melech haolam, haMotzi lechem min haaretz.

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

Birkat HaMazon- Blessing After The Meal

Leader:

חֲבֵרִים וְחֲבֵרוֹת, נְבָרֵךְ!

Chaverim vachaveirot n'vareich!

Let us praise God!

Group:

יְהִי שֵׁם יי מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

¹ <https://www.myjewishlearning.com/article/hand-washing/>

Y'hi shem Adonai m'vorach mei-atah v'ad olam.
Praised be the name of God, now and forever.
Leader:

יְהִי שֵׁם יי מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.
בְּרִשׁוֹת הַחֲבֵרָה, נְבָרָךְ אֱלֹהֵינוּ
שְׂאֲכַלְנוּ מִשְׁלוֹ.

Y'hi shem Adonai m'vorach mei-atah v'ad olam.
Birshut hachevrah, n'vareich Eloheinu she-achalnu mishelo.
Praised be the name of God, now and forever.
Praised be our God, of whose abundance we have eaten.

Group:

בְּרוּךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ.

Baruch Eloheinu she-achalnu mishelo uv'tuvo chayinu.
Praised be our God, of whose abundance we have eaten, and by whose goodness we live.

Leader:

בְּרוּךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ.
בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

Baruch Eloheinu she-achalnu mishelo uv'tuvo chayinu.
Baruch hu uvaruch sh'mo.
Praised be our God, of whose abundance we have eaten, and by whose goodness we live.
Praised be the Eternal God.

All:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם כֻּלּוֹ
בְּטוֹבוֹ בְּחֶן בְּחֶסֶד וּבְרַחֲמִים, הוּא נוֹתֵן לָחֶם לְכָל בָּשָׂר
כִּי לְעוֹלָם חֲסָדוֹ. וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ, וְאֵל
יַחְסֵר לָנוּ מִזֹּון לְעוֹלָם וָעֶד. בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא
אֵל זֵן וּמַפְרִיֵס לְכָל וּמַטִּיב לְכָל, וּמַכִּין מִזֹּון לְכָל בְּרִיּוֹתָיו
אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יי, הַזֵּן אֶת הַכֹּל.

*Baruchatah Adonai, Eloheinu Melech haolam, hazan et haolam kulo b'tuvo, b'chein b'chesed
uv'rachamim. Hu notein lechem l'chol basar ki l'olam chasdo. Uv'tuvo hagadol tamid lo chasar
lanu, v'al yechar lanu, mazon l'olam va-ed, baavur sh'mo hagadol. Ki hu El zan um'farneis lakol
umeitiv lakol, umeichin mazon l'chol b'riyotav asher bara.*

Baruch atah Adonai, hazan et hakol.

Sovereign God of the universe, we praise You: Your goodness sustains the world. You are the God of grace, love, and compassion, the Source of bread for all who live; for Your love is everlasting. In Your great goodness we need never lack for food; You provide food enough for all. We praise You, O God, Source of food for all who live.

כַּפְתּוֹב: וְאָכַלְתָּ וְשָׂבַעְתָּ, וּבִרְכַתְּ אֶת יי אֱלֹהֶיךָ עַל הָאָרֶץ
הַטֹּבָה אֲשֶׁר נָתַן לָךְ. בְּרוּךְ אַתָּה יי, עַל הָאָרֶץ וְעַל הַמִּזֹּון.

*Kakativ: v'achalta v'savata, uveirachta et Adonai Elohecha al haaretz hatovah asher natan lach.
Baruch atah Adonai, al haaretz v'al hamazon.*

As it is written: When you have eaten and are satisfied, give praise to your God who has given you this good earth. We praise You, O God, for the earth and for its sustenance.

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה יי,
בוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.

Uv'neih Y'rushalayim ir hakodesh bimheirah v'yameinu.

Baruch atah Adonai, boneh v'rachamav Y'rushalayim. Amen.

Let Jerusalem, the holy city, be renewed in our time. We praise You, Adonai, in compassion You rebuild Jerusalem. Amen.

הַרְחָמֵנוּ, הוּא יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
הַרְחָמֵנוּ, הוּא יִתְבָּרַךְ בְּשָׁמַיִם וּבָאָרֶץ.
הַרְחָמֵנוּ, הוּא יִשְׁלַח בְּרָכָה מְרֻבָּה בַּבַּיִת הַזֶּה, וְעַל שְׁלַחַן
זֶה שֶׁאֲכָלְנוּ עָלָיו.
הַרְחָמֵנוּ, הוּא יִשְׁלַח לָנוּ אֶת אֱלֹהֵינוּ הַנְּבִיא זְכוּר לְטוֹב,
וַיִּבְשֹׂר לָנוּ בְּשׂוֹרוֹת טוֹבוֹת יְשׁוּעוֹת וְנִחְמוֹת.

HaRachaman, hu yimloch aleinu l'olam va-ed.

HaRachaman, hu yitbarach bashamayim uvaaretz.

*HaRachaman, hu yishlach b'rachah m'rubah babayit hazeh,
v'al shulchan zeh she-achalnu alav.*

*HaRachaman, hu yishlach lanu et Eliyahu HaNavi,
zachur latov, vivaser lanu b'sorot tovot, y'shuot v'nechamot.*

Merciful One, be our God forever. Merciful One, heaven and earth alike are blessed by Your presence. Merciful One, bless this house, this table at which we have eaten. Merciful One, send us tidings of Elijah, glimpses of good to come, redemption and consolation.

הַרְחָמֵנוּ, הוּא יִנְחִילָנוּ יוֹם שְׁכָלוֹ
שִׁבְתָּ וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

HaRachaman, hu yanchileinu yom shekulo Shabbat um'nuchah l'chayei haolamim.

Merciful One, help us to see the coming of a time when all is Shabbat.

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
יְיָ עֲזֵר לְעַמּוֹ יִתָּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

Oseh shalom bimromav, hu yaaseh shalom, aleinu v'al kol Yisrael, v'imru amen.

Adonai oz l'amo yitein, Adonai y'vareich et amo vashalom.

May the Source of peace grant peace to us, to all Israel, and to all the world. Amen. May the Eternal grant strength to our people. May the Eternal bless our people with peace.

Making Shabbat Your Own

Each host may have their own personal way of creating sacred time in their homes. Therefore, you may choose to personalize your Shabbat At Home so that it reflects the way that helps you most to connect to the sacred time of Shabbat! The following includes some ideas of things you could include in your “Shabbat At Home” experience depending on your own interests and abilities.

Torah Study: This Week’s Torah Portion is B’chukotai (My Laws) Leviticus 26:3-27:34

SUMMARY OF PORTION

- God promises blessings to the Children of Israel if they follow the law and warns about the curses that will befall the people if they do not observe God's commandments. (26:1-46)
- Gifts made to the Sanctuary whether by conditional vows or by unconditional acts of pious gratitude are discussed. (27:1-34)²

Guided Study Leviticus 26:26

“When I break your staff of bread, ten women shall bake your bread in one oven, they will distribute your bread by weight; and you will eat and you will not be satisfied.”

Context:

This verse comes from the final parsha in Leviticus, after the long list of laws throughout the book. This last chapter ends with a long list of blessings if the people of Israel follow the laws, and curses if they do not obey. This verse is in the midst of the curses section, and depicts what true famine will look like: not enough supplies, and even if there is food to eat, no one will be satiated. This verse follows other explications of plague and war, and precedes another warning against disobeying. Though this is the only explicit mention of women in this chapter, the curses described seem to mostly not discriminate between genders.

Commentaries

“[TEN WOMEN SHALL BREAK YOUR BREAD] IN ONE OVEN — on account of scarcity of wood (fuel) (Sifra, Bechukotai, Chapter 6 2).” (Rashi)

“TEN WOMEN: a round number. It was the custom in Israel for every household to bake in its own oven enough bread for the week. The arrangement of loaves on the Sabbath [24:8] provides evidence for this practice.” (Ibn Ezra)

“Here the text specifies women as the ones who bake the bread. This provides some insight into the division of labor in the ancient Israelite household. While women were the ones responsible for childbearing and childrearing, they also divided with men the other duties necessary to sustain and support the household. This text, then provides evidence that women were predominantly responsible for tasks related to food production, that is, the transformation of raw foodstuffs into consumable goods. In the ancient world this was a very important and time-consuming task. Other biblical texts, through their association of women and food production in various forms, support this conclusion.” (TAWC, 770)

Questions for Study:

1. Is there a religious significance to the preparation of meals?
2. When a woman’s role is altered what does that say about the state of society?
3. How do women have power through their labor?

² <https://reformjudaism.org/learning/torah-study/bchukotai>, Guided Torah Study prepared by Rabbi Joanne Loiben

Shabbat Songs

Singing *zemirot* or songs is a great way to get into the Shabbat spirit! Many people sing songs following the meal. You can sing Shabbat songs you know or other types of music you enjoy.

If you wish to have a truly musical evening, you might invite your guests to bring instruments of their own for your sing along.

Temple Akiba has recently purchased Shabbat Song and Blessing Books called a *Birkon* or *Bencher*. Here is the link to the one we are currently using at Temple Akiba. It's called *Birkon Mikdash M'at: NFTY's Bencher*. It can be purchased at:

https://www.ccarpress.org/shopping_product_detail.asp?pid=50300

Another Shabbat songs resource is: <https://reformjudaism.org/jewish-holidays/shabbat/playlist-songs-enjoyable-shabbat-your-family-0>

Shabbat Meditation

Meditation can be a way to become in tune with the present moment on Shabbat. There are many ways one can choose to meditate. Below you will find a short article on Shabbat mediation and an example mediation to jumpstart your thinking. Again, this is just an option for those that enjoy meditation.

<https://www.myjewishlearning.com/article/shabbat-and-meditation-just-be-it/>

Shabbat Games

Do you enjoy playing games?? Games can be a great way to bring community together for some family fun. If you enjoy games, place some of your favorites by the table so after dinner you can play one with your guests! From board games to cards to dictionary, games are a great way to focus your attention on the moment and be connected with your guests.

