

Turning Friday Night into Shabbat!

First Step: Forget Everything

Forget everything that keeps you from making Shabbat. Forget all of your assumptions about what it would take to celebrate Shabbat with your family on a regular basis.

Specifically,

- ✧ Forget about making a five course meal.
- ✧ Forget about sending your white linen tablecloth to the cleaners.
- ✧ Forget about worrying about rules of kashrut that you don't usually observe.
- ✧ Forget about inviting your entire extended family.
- ✧ Forget about being embarrassed by your Hebrew reading skills.

Not that I'm saying these things are bad – it's just that they shouldn't stand in the way of the things that really matter on Shabbat.

So, what really matters?

You already know. It's the important stuff that matters. When you focus on these things, you'll want to make Shabbat part of your life every week:

- ✧ Spending time together as a family
- ✧ Finding a sense of peace and rest at the end of the week
- ✧ Expressing your love to the members of your family
- ✧ Connecting to Jewish tradition in a way that YOU find meaningful
- ✧ Giving your children positive Jewish experiences and memories
- ✧ Letting God into your life

Okay, So how do I do it?

Making Shabbat should be easy. It just requires a little planning and a little willingness to try some new things.

- ✧ Talk with the members of your family ahead of time about what you hope to get out of Shabbat and what you would like to do to celebrate Shabbat in your home.
- ✧ Find a pair of candlesticks and get some candles to put in them.
- ✧ Make sure you have some wine (for you) and some grape juice (for the kids).
- ✧ If you want, get a challah from the store. (If you're really into it, bake your own).
- ✧ Prepare a meal that your family will all enjoy (Note: this may be pizza).
- ✧ When your family is all home on Friday night, sit at the table together.
- ✧ Sing some songs together.
- ✧ Light the candles and say the blessing in Hebrew or English.
- ✧ Bless each other, or just tell each other how much you love each other.
- ✧ Raise your cups and make kiddush.
- ✧ Thank God for your food. Eat!

Shabbat Blessings

Blessing for Candle Lighting

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

*Baruch atah Adonai, Eloheinu melech ha'olam
asher kideshanu bemitsvotav, vetsivanu lehadlik neir shel Shabbat.*

Blessed are You, Adonai our God, Source of all being,
who makes us holy with mitzvot and enjoins us to light the Shabbat candles.

Blessing over Wine (Kiddush)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch atah Adonai, Eloheinu melech ha'olam, borei p'ri hagafen.

Blessed are You, Adonai our God, Source of all being,
who creates the fruit of the vine.

Blessing over Bread (Hamotzi)

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

Baruch atah Adonai, Eloheinu melech ha'olam, hamotsi lechem min ha'arets.

Blessed are You, Adonai our God, Source of all being,
who brings bread out of the earth.