

Shabbat & Holidays

Prayers for the Home



Who should use this packet?

Anyone learning the prayers according to the Reconstructionist tradition.

How to use these templates

You can use these pages in a few ways.

- 1) Download and print them as PDFs, they're ready to go!
- 2) Use them as a template in Canva: add your own questions, reflections and activities to enrich your students' learning.

What's in this packet?

This packet has Canva templates for some of the most common prayers our students learn.

The Hebrew and English use the Reconstructionist liturgy from the Kol Haneshamah prayerbook.

There are two versions:

- 1) Hebrew and English
- 2) Hebrew, English and transliteration

Language of Prayer



Many blessings start with the phrase:

Barukh atah Adonai Eloheinu ruakh ha'olam

Blessed are You (masculine), Adonai our God, Spirit of all worlds

Some people do not feel comfortable with gendered language or focus on sovereignty in prayer. Here are some various openings to the blessings:

*Blessed are you (m) Adonai our God
Spirit of all worlds*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם

Barukh atah Adonai Eloheinu ruakh ha'olam

*Blessed are you (m) Adonai our God
sovereign of all worlds*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai Eloheinu melekh ha'olam

*Blessed are you (f) Yah, Shechinah,
Life of all the worlds*

בְּרוּכָה אַתְּ יְהוָה הַשְּׁכִינָה חַי הָעוֹלָמִים

Brukha at Yah ha'shekhinah hei ha'olamim

*Let us bless the Source of Life,
Spirit of the world*

נְבָרֵךְ אֶת עֵין הַחַיִּים רוּחַ הָעוֹלָם

Nevarekh et ein hakhayim ruakh ha'olam

This packet consistently uses the following version for the blessings:

Barukh atah Adonai Eloheinu ruakh ha'olam

Blessed are You, Adonai our God, Spirit of all worlds

You encouraged to adjust the language to fit your own understanding of God.

Reflection



What words for God feel most special to you?

Shabbat & Holidays

Prayers for the Home

Hebrew and English

Contents:

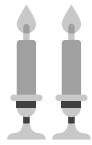
- Candle Lighting for Shabbat
- Candle Lighting for Festivals
- Shalom Aleikhem
- Kiddush for Shabbat
- Kiddush for Festivals
- Blessings for Food
- Birkat Hamazon (Blessings after meals)
- Havdalah Blessings
- Hanukkah Blessings

Lighting Shabbat Candles הַדְּלָקַת נֵרוֹת שַׁבָּת

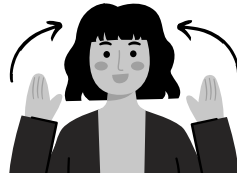
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְצִוֵּנוּ לְהַדְלִיק נֵר שַׁבָּת:

Blessed are you, Source of Light, our God, Spirit of all worlds, who has made us holy with your mitzvot and commanded us to kindle the Shabbat light.

Choreography



Light the candles



Bring the light of Shabbat towards your face x3



Cover your eyes and say the blessing

When do we light Shabbat candles?



Sunset on Friday

When did this custom begin?

The custom of lighting Shabbat candles appears in the Mishnah, and the blessing was likely written in the Geonic Period (600-1000c.e.).



Lighting Holiday Candles הַדְּלָקַת נֵרוֹת לְחַגִּים

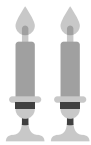
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתֶיךָ וְצִוֵּנוּ לְהַדְלִיק נֵר שֶׁל (שַׁבָּת וְ) יוֹם טוֹב:

Blessed are you, Source of Light, our God, spirit of all worlds, who has made us holy with your mitzvot and commanded us to kindle the (Shabbat and) Festival lights.

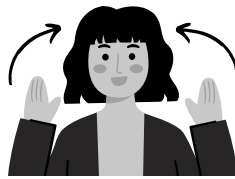
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם שֶׁחַיֵּנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed are you, Eternal One, our God, spirit of all worlds, who gave us life, and kept us strong, and brought us to this time.

Choreography



Light the candles



Bring the light of the holiday towards your face x3



Cover your eyes and say the blessing

When do we light Holiday candles?



Sunset on a Festival
(Sukkot, Pesakh, Shavuot)

When did this custom begin?

The custom of lighting Shabbat and holiday candles appears in the Mishnah, and the blessing was likely written in the Geonic Period (600-1000c.e.).



שְׁלוֹם עֲלֵיכֶם Shalom Aleikhem

שְׁלוֹם עֲלֵיכֶם מְלַאכֵי הַשָּׁרֵת מְלַאכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם מְלַאכֵי הַשָּׁלוֹם מְלַאכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

בְּרִכּוּנֵי לְשָׁלוֹם מְלַאכֵי הַשָּׁלוֹם מְלַאכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם מְלַאכֵי הַשָּׁלוֹם מְלַאכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

Welcome among us, messengers of shalom, angels of the Highest One, from deep within us, Majesty of majesties, the blessed Holy One. Come, then, in shalom, blessing us with shalom, leaving us with holy shalom, from deep within us, Majesty of majesties, the Blessed Holy One.

Language of Prayer



Sephardi and Mizrahi Jews add a verse between “Barchuni” and “Tzeitchem”:

בְּשִׁבְתְּכֶם לְשָׁלוֹם מְלַאכֵי הַשָּׁלוֹם מְלַאכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא:

May your stay be in peace, messengers of peace, messengers of the Most High, from the Majesty of majesties, the Blessed Holy One.

When do we say Shalom Aleikhem?



Friday night

When was Shalom Aleikhem written?

Shalom Aleikhem was written by the Kabbalists in Tzfat in the late 16th century.



Shabbat Kiddush קְדוּשַׁת לַשַּׁבָּת

יּוֹם הַשְּׁשִׁי: וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל־צְבָאָם וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכַל־מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת־יּוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת מְכַל־מְלַאכְתּוֹ אֲשֶׁר־בָּרָא אֱלֹהִים לַעֲשׂוֹת:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרָא פְּרִי הַגֶּפֶן:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ זְכָרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה לְמַקְרָאֵי קִדְּשׁ זֵכֶר לְיִצְיַאת מִצְרַיִם. כִּי אֵלֵינוּ קָרָאתָ וְאוֹתָנוּ קִדְּשָׁתָּ לַעֲבוֹדָתְךָ וְשָׁבַת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הַנְּחַלְתָּנוּ. בָּרוּךְ אַתָּה יי מְקַדֵּשׁ הַשַּׁבָּת:

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that had been undertaken. God ceased on the seventh day from doing any of the work. And God blessed the seventh day and declared it holy—having ceased on it from all the work of creation that God had done.

Blessed are you, Boundless One, our God, spirit of all worlds, who creates the fruit of the vine.

Blessed are you, The Source of Life, our God, spirit of all worlds, who has set us apart with your mitzvot and taken pleasure in us, and the holy Shabbat with love and favor made our possession, a remembrance of the work of Creation. For it is first of all holy days proclaimed, a symbol of the Exodus from Egypt. For you have called to us and set us apart to serve you, and given us to keep in love and favor, your holy Shabbat. Blessed are you, The Source of Wonder, who sets apart Shabbat.

When do we say Shabbat Kiddush?



Friday night.

When did this custom begin?

Various opinions are written by the tannaim (early Sages) in the 1st and 2nd cen C.E., so some version of the custom likely predates their time.



Festival Kiddush קדוש לחגים

ברוך אתה יי אלהינו רוח העולם בורא פרי הגפן:

ברוך אתה יי אלהינו רוח העולם אשר קראנו לעבודתו ורוממנו בקדשתו
וקדשנו במצותיו ותתן לנו יי אלהינו באהבה (שבתות למנוחה ו)
מועדים לשמחה חגים וזמנים לששון את יום (השבת הנה ואת יום)

חג המצות הנה זמן חרותנו Pesach

חג השבעות הנה זמן מתן תורתנו Shavuot

חג הסוכות הנה זמן שמחתנו Sukkot

השמיני חג העצרת הנה זמן שמחתנו Shemini Atzeret/
Simchat Torah

(באהבה) מקרא קדש זכר ליציאת מצרים.

כי אלינו קראת ואותנו קדשת לעבודתך (ושבת) ומועדי קדשך (באהבה
וברצון) בשמחה וששון הנחלתנו. ברוך אתה יי מקדש (השבת ו) ישראל

והזמנים:

*Blessed are you, Boundless One, our God, spirit of all worlds,
who creates the fruit of the vine.*

*Blessed are you, The Holy One, our God, spirit of all worlds, who has called us to your service,
and made us holy with your mitzvot, and given us, Kind One, our God, in love (the Shabbat for
rest), the Festivals for happiness, the holidays and seasons for rejoicing, this day of (the
Shabbat and of) the festival of:*

matzot, time of our freedom,

weeks, time of giving the Torah

sukkot, time of our happiness,

the eighth day of festivity, time of our happiness

*(with love) a holy convocation, a remembrance of leaving Egypt. For you called to us, and
made us holy for your service, and (with love and favor, the Shabbat and all) your holy
Festivals, in happiness and joy, have given us to have and to pass on. Blessed are you, Eternal
One, who raises up to holiness (Shabbat) the people Israel, and their festive times.*

When do we say Festival Kiddush? When did this custom begin?



Evening of a Festival
(Sukkot, Pesakh, Shavuot)

Various opinions are written by the
tannaim (early Sages) in the 1st and
2nd cen C.E., so some version of
the custom likely predates their
time.

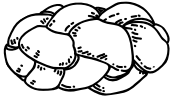


Blessings for Food בְּרִכַּת הָאוֹכֵל

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם ...

Blessed are you, Source of Life, our God, spirit of all worlds ...

For Bread:

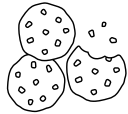


הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

who brings forth bread from the earth.



For non-bread grains (crackers, muffins, cookies, etc)



בוֹרֵא מִיַּי מְדוֹנוֹת:

who creates a variety of nourishment.



For Fruit from Trees:

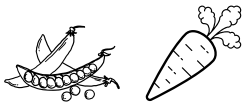


בוֹרֵא פְּרֵי הָאֵץ:

who creates the fruit of the tree.



For Produce from the Ground:



בוֹרֵא פְּרֵי הָאֲדָמָה:

who creates fruit from the earth.



For All Other Foods:



שֶׁהַכֹּל נִהְיָ בְּדַבְּרוֹ:

through whose word all things come to be.



When do we bless food?



There are prayers for before we eat food, along with prayers of gratitude for after we eat.

When did this custom begin?

The Talmud mentions blessing food before eating it.



Blessings After Meals בְּרַכַּת הַמָּזוֹן

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוֹחַ הָעוֹלָם הַזֶּה אֵת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ
בְּחֵן בְּחֶסֶד וּבְרַחֲמִים, הוּא נִתֵּן לָחֶם לְכָל-בָּשָׂר בִּי לְעוֹלָם חֶסֶד
וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ וְאֵל יַחְסֹר לָנוּ מִזֶּן לְעוֹלָם
וְעַד בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל כִּי הוּא אֵל זָן וּמְפָרֵס לְכָל וּמְטִיב לְכָל
וּמַכִּין מִזֶּן לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא בָרוּךְ אַתָּה יי הַזֶּה אֵת הַכֹּל.

Blessed are you, Source of Life, our God, Spirit of all worlds. 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, Source of Life, Provider of food for all who live.

A Shorter Blessing

The Talmud (Berakhot 40b) gives us a short blessing to say after eating:

בָּרוּךְ רַחֲמָנָא מַלְכָּא דְעַלְמָא מְרִיבָא דְהִיא פִּיתָא

You are the source of life for all that is and your blessing flows through me.

Literal translation: Blessed is the merciful One, sovereign of the world, creator of this bread.

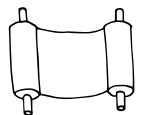
When do say this blessing?



After eating.

When did this custom begin?

The Torah (Deut. 8:10) tells us to say a blessing after we eat.



Havdalah הַבְּדָלָה

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן:

*Blessed are you, Boundless One, our God, spirit of all worlds,
who creates the fruit of the vine.*



בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא מִיְנֵי בְשָׂמִים.

*Blessed are you, The Reviver, our God, spirit of all worlds
who creates a variety of spices.*



בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא מְאוּרֵי הָאֵשׁ.

*Blessed are you, The Radiance, our God, spirit of all worlds
who creates the light of fire.*



**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחַל, בֵּין
אוֹר לְחֹשֶׁךְ, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יְמֵי הַמַּעֲשֵׂה. בְּרוּךְ אַתָּה
יי, הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחַל.**

*Blessed are you, The Many Named, our God, spirit of all worlds who
separates between holy and ordinary, light and dark, the seventh day
the six days of work. Blessed are you, The Invisible, who separates the
holy from the ordinary.*

When do we say Havdalah?

☆ When it's dark outside at the
☆ end of Shabbat or a Holiday.

When did this custom begin?

Various opinions are written by
the tannaim (early Sages) in the
1st and 2nd cen C.E., so some
version of the custom likely
predates their time.



Hanukkah Blessings **הַדְּלָקַת נֵר שֶׁל חֲנוּכָּה**

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְצִוֵּנוּ לְהַדְלִיק נֵר שֶׁל חֲנוּכָּה.**

Blessed are you, Source of Light, our God, spirit of all worlds, who has made us holy with your mitzvot and commanded us to kindle the Hanukkah lights.

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם שְׂעָשָׂה
נִסִּים לְאֲבוֹתֵינוּ בְּיָמִים הָהֵם בְּזִמְנֵי הַזֶּה.**

Blessed are you, The Redeemer, our God, spirit of all worlds, who wrought wonders for our ancestors in former days at this time of year.

On the first night, add:

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם
שֶׁהַחַיֵּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה.**

Blessed are you, Eternal One, our God, spirit of all worlds, who gave us life, and kept us strong, and brought us to this time.

When do we light Hanukkah candles? When did this custom begin?



Each evening of Hanukkah.

Likely during the 2nd cen. C.E.



Each night we add one more candle.

Shabbat & Holidays

Prayers for the Home

Hebrew, English, and transliteration

Contents:

- Candle Lighting for Shabbat
- Candle Lighting for Holidays
- Shalom Aleikhem
- Kiddush for Shabbat
- Kiddush for Holidays
- Blessings for Foods
- Birkat Hamazon (Blessings after meals)
- Havdalah Blessings
- Hanukkah Blessings

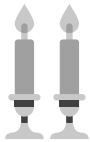
Lighting Shabbat Candles הַדְּלָקַת נְרוֹת שַׁבָּת

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְצִוֵּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת:

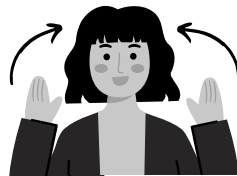
Barukh atah Adonai Eloheinu ruakh ha'olam, asher
kidshanu be'mitzvotav vetzivanu lehadlik ner shel shabbat.

*Blessed are you, Source of Light, our God, spirit of all worlds, who has
made us holy with your mitzvot and commanded us to kindle the
Shabbat light.*

Choreography



Light the candles



Bring the light of Shabbat
towards your face x3



Cover your eyes and
say the blessing

When do we light Shabbat candles?



Sunset on Friday

When did this custom begin?

The custom of lighting
Shabbat candles appears in
the Mishnah, and the
blessing was likely written in
the Geonic Period (600-
1000c.e.).



Lighting Festival Candles הַדְּלָקַת נֵרוֹת לְחַגִּים

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתֶיךָ וְצִוָּנוּ לְהַדְּלִיק נֵר שֶׁל (שַׁבָּת וְ) יוֹם טוֹב:

Barukh atah Adonai Eloheinu ruakh ha'olam, asher kidshanu
bemitzvotav vetzivanu lehadlik ner shel (Shabbat veyom tov).

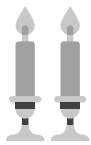
*Blessed are you, Source of Light, our God, Spirit of all worlds, who has
made us holy with your mitzvot and commanded us to kindle the
(Shabbat and) Festival lights.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם שֶׁהַחַיֵּינוּ וְקִיָּמָנוּ וְהַגִּיעָנוּ לְזֶמֶן הַזֶּה.

Barukh atah Adonai Eloheinu ruakh ha'olam,
shehekheyanu vekiyamanu vehigianu lazman hazeh.

*Blessed are you, Eternal One, our God, Spirit of all worlds, who gave us
life, and kept us strong, and brought us to this time.*

Choreography



Light the candles



Bring the light of holiday
towards your face x3



Cover your eyes and
say the blessing

When do we light Holiday candles?



Sunset on a Festival
(Sukkot, Pesakh, Shavuot)

When did this custom begin?

The custom of lighting
Shabbat and holiday candles
appears in the Mishnah, and
the blessing was likely written
in the Geonic Period (600-
1000c.e.).



שְׁלוֹם עֲלֵיכֶם Shalom Aleikhem

Shalom aleikhem malakhey hasharet
malakhei elyon, mimelekh malkhei
hamlakhim hakadosh barukh hu.

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo'achem leshalom malakhei hashalom
malakhei elyon, mimelekh malkhei
hamlakhim hakadosh barukh hu.

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

Barkhuni leshalom malakhei hashalom
malakhei elyon, mimelekh malkhei
hamlakhim hakadosh barukh hu.

בְּרַכּוּנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzeitkhem leshalom malakhei hashalom
malakhei elyon, mimelekh malkhei
hamlakhim hakadosh barukh hu.

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Welcome among us, messengers of shalom, angels of the Highest One,
from deep within us, Majesty of majesties, the blessed Holy One.
Come, then, in shalom, blessing us with shalom, leaving us with holy shalom,
from deep within us, Majesty of majesties, the Blessed Holy One.*

Language of Prayer



Sephardi and Mizrahi Jews add a verse between “Barkhuni” and “Tzeitchem”:

Beshivtekhem leshalom malakhei hashalom
malakhei elyon mimelekh malkhei hamlakhim
hakadosh barukh hu.

בְּשִׁבְתְּכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמְלַךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא:

*May your stay be in peace, messengers of peace, messengers of the
Most High, from the Majesty of majesties, the Blessed Holy One.*

When do we say Shalom Aleikhem?



Friday night

When was Shalom Aleikhem written?

Shalom Aleikhem was written by
the Kabbalists in Tzfat in the late
16th century.



Shabbat Kiddush קְדוּשַׁת לְשַׁבָּת

Yom hashishi ve'yekhulu hashamayim
veha'aretz vechol tzva'am, ve'yakhal
Elohim beyom hashvi'i melachto
asher asah. Vayishbot beyom hashvi'i
mikol melachto asher asah.

Vayevarekh Elohim et yom hashvi'i
vayikadesh oto, ki vo shavat mikol
melakhto asher bara Elohim la'asot.

Barukh atah Adonai Eloheinu ruakh
ha'olam borei pri hagafen.

Barukh atah Adonai Eloheinu ruakh
ha'olam, asher kidshanu bemitzvotav
veratza vanu veshabbat kodsho
be'ahavah uvratzon hinkhilanu zikaron
lema'asei veresheet. Ki hu yom
tekhilah lemikra'ei kodesh zekher
litzi'at mitzrayim. Ki eleinu karata
ve'otanu kidashta la'avodatecha
veshabbat kodshekha be'ahavah
uvratzon hinkhaltanu. Barukh atah
Adonai mekadeish hashabbat.

יום הששי: ויכלו השמים והארץ
וכל צבאם ויכל אלהים ביום
השביעי מלאכתו אשר עשה וישבת
ביום השביעי מכל מלאכתו אשר
עשה: ויברך אלהים את יום השביעי
ויקדש אתו כי בו שבת מכל מלאכתו
אשר ברא אלהים לעשות:

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם
בוֹרֵא פְרֵי הַגָּפֶן:**

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ
וְשַׁבַּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ
זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם
תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ זְכוֹר לְיִצְיַאת
מִצְרַיִם. כִּי אֵלֵינוּ קָרָאתָ וְאוֹתָנוּ
קִדְּשָׁתָּ לְעִבּוּדְךָ וְשַׁבַּת קִדְּשָׁתָּ
בְּאַהֲבָה וּבְרָצוֹן הַנְּחַלְתָּנוּ. בְּרוּךְ אַתָּה
יי מְקַדֵּשׁ הַשַּׁבָּת:

When do we say Shabbat Kiddush?

Friday night.

When did this custom begin?

Various opinions are written by the tannaim (early Sages) in the 1st and 2nd cen C.E., so some version of the custom likely predates their time.



Shabbat Kiddush קְדוּשַׁת לַשַּׁבָּת

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that had been undertaken. God ceased on the seventh day from doing any of the work. And God blessed the seventh day and declared it holy—having ceased on it from all the work of creation that God had done.

Blessed are you, Boundless One, our God, spirit of all worlds, who creates the fruit of the vine.

Blessed are you, The Source of Life, our God, spirit of all worlds, who has set us apart with your mitzvot and taken pleasure in us, and the holy Shabbat with love and favor made our possession, a remembrance of the work of Creation. For it is first of all holy days proclaimed, a symbol of the Exodus from Egypt. For you have called to us and set us apart to serve you, and given us to keep in love and favor, your holy Shabbat. Blessed are you, The Source of Wonder, who sets apart Shabbat.

Festival Kiddush קְדוּשַׁת לְחַגִּים

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר קִרְאַנוּ לְעִבּוֹדְתוֹ וְרוֹמַמְנוּ בְּקִדְשׁוֹ
וְקִדְשָׁנוּ בְּמִצְוֹתָיו. וְתֵתֶן-לָנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה (שִׁבְתוֹת לְמִנוּחָה ו)
מוֹעֲדִים לְשִׂמְחָה חֲגִים וְזִמְנִים לְשִׁשׁוֹן אֶת יוֹם (הַשִּׁבְת הַזֶּה וְאֶת יוֹם)

חַג הַמִּצּוֹת הַזֶּה זְמַן חֲרוּתְנוּ Pesach

חַג הַשָּׁבְעוֹת הַזֶּה זְמַן מַתָּן תּוֹרַתְנוּ Shavuot

חַג הַסֻּכּוֹת הַזֶּה זְמַן שִׂמְחַתְנוּ Sukkot

הַשְּׁמִינִי חַג הָעֶצְרֵת הַזֶּה זְמַן שִׂמְחַתְנוּ Shemini Atzeret/
Simchat Torah

(בְּאַהֲבָה) מְקַרָּא קְדֹשׁ זֵכֶר לִיצִיאַת מִצְרַיִם.

כִּי אֵלֵינוּ קָרָאתָ וְאוֹתָנוּ קִדְשָׁתָּ לְעִבּוֹדְתְךָ (וְשִׁבְתָּ) וּמוֹעֲדֵי קִדְשְׁךָ (בְּאַהֲבָה
וּבְרָצוֹן) בְּשִׂמְחָה וּשְׁשׁוֹן הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה יי מְקִדֵּשׁ (הַשִּׁבְתָּ ו) יִשְׂרָאֵל
וְהַזְמַנִּים:

Barukh atah Adonai Eloheinu ruakh ha'olam, borei pri hagafen.

Barukh atah Adonai Eloheinu ruakh ha'olam, asher kera'anu la'avodato
veromemanu bikdushato vekideshanu bemitzvotav. Vatitein lanu
Adonai Eloheinu be'ahavah (shabbatot limnukha u') mo'adim lsimkha
hagim uzmanim le'sason et yom (hashabbat hazeh ve'et yom)

Pesach hag hamatzot hazeh zeman heruteinu

Shavuot hag hashavu'ot hazeh zeman matan torateinu

Sukkot hag hasukkot hazeh zeman simkhateinu

Shemini Atzeret/
Simchat Torah hashemini hag ha'atzeret hazen zeman simkhateinu

(be'ahavah) mikra kodesh zekher litz'i'at mitzrayim. Ki eleinu karata
ve'otanu kidashta la'avotecha (ve'shabbat) umo'adei kodshekha
(be'ahavah uvratzon) besimkha uvsason hinkhaltanu. Barukh atah Adonai
mekadesh (hashabbat ve') Yisrael vehazmanim.

Festival Kiddush קְדוּשַׁ לְחַגִּים

*Blessed are you, Boundless One, our God, spirit of all worlds,
who creates the fruit of the vine.*

*Blessed are you, The Holy One, our God, sovereign of all worlds, who
has called us to your service, and made us holy with your mitzvot, and
given us, Kind One, our God, in love (the Shabbat for rest), the Festivals
for happiness, the holidays and seasons for rejoicing, this day of (the
Shabbat and of) the festival of:*

*matzot, time of our freedom,
weeks, time of giving the Torah
sukkot, time of our happiness,
the eighth day of festivity, time of our happiness*

*(with love) a holy convocation, a remembrance of leaving Egypt. For
you called to us, and made us holy for your service, and (with love and
favor, the Shabbat and all) your holy Festivals, in happiness and joy,
have given us to have and to pass on. Blessed are you, Eternal One,
who raises up to holiness (Shabbat) the people Israel, and their festive
times.*

When do we say Festival Kiddush?



Evening of a Festival
(Sukkot, Pesakh, Shavuot)

When did this custom begin?

Various opinions are written by the tannaim (early Sages) in the 1st and 2nd cen C.E., so some version of the custom likely predates their time.



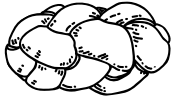
Blessings for Food

בְּרַכַּת הָאוֹכֵל

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם ...

Barukh atah Adonai Eloheinu ruakh ha'olam ...
Blessed are you, Source of Life, our God, spirit of all worlds ...

For Bread:

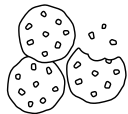


הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

hamotzi lekhem min ha'aretz.
who brings forth bread from the earth.



For non-bread grains (crackers, muffins, cookies, etc)



בוֹרָא מִיְּנֵי מַזּוֹנוֹת:

borei minei mezonot.
who creates a variety of nourishment.



For Fruit from Trees:

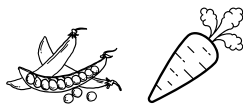


בוֹרָא פְּרֵי הָאֵץ:

borei peri ha'etz.
who creates the fruit of the tree.



For Produce from the Ground:



בוֹרָא פְּרֵי הָאֲדָמָה:

borei peri ha'adamah.
who creates fruit from the earth.



For All Other Foods:



שְׁהַכּוֹל נִיְהֶה בְּדַבְּרוֹ:

shehakol niyeh bidvaro.
through whose word all things come to be.



When do we bless food?



There are prayers for before we eat food, along with prayers of gratitude for after we eat.

When did this custom begin?

The Talmud mentions blessing food before eating it.



Blessings After Meals בְּרַכַּת הַמָּזוֹן

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם הָזֶן אֶת הָעוֹלָם כְּלוּ בְטוּבוֹ
בְּחֵן בְּחֶסֶד וּבְרַחֲמִים, הוּא נִתֵן לָחֶם לְכָל-בָּשָׂר כִּי לְעוֹלָם חֶסֶדוֹ
וּבְטוּבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ וְאֵל יַחְסֹר לָנוּ מִזֶּן לְעוֹלָם
וְעַד בְּעָבוּר שְׁמוֹ הַגָּדוֹל כִּי הוּא אֵל זֶן וּמְפָרֵס לְכָל וּמְטִיב לְכָל
וּמְכִין מִזֶּן לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא בָרוּךְ אַתָּה יי הָזֶן אֶת הַכֹּל.

Barukh atah Adonai, Eloheinu ruakh ha'olam, hazan et ha'olam kulo betuvo, bechein bechesed uvrachamim. Hu notein lekhem lekhol basar ki le'olam hasdo. Uv'tuvo hagadol tamid lo hasar lanu, ve'al yechar lanu, mazon le'olam va'ed, baa'vur shemo hagadol. Ki hu El zan um'farneis lakol umeitiv lakol, umeikhin mazon lekhol beriyotav asher bara. Barukh atah Adonai, hazan et hakol.

Blessed are you, Source of Life, our God, Spirit of all worlds. 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, Source of Life, Provider of food for all who live.

A Shorter Blessing

The Talmud (Berakhot 40b) gives us a short blessing to say after eating:

בָּרוּךְ רַחֲמָנָא מַלְכָּא דְעֵלְמָא מְרִיָּה דְהִיא פִּיתָא

You are the source of life for all that is and your blessing flows through me.

Literal translation: Blessed is the merciful One, sovereign of the world, creator of this bread.

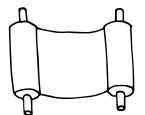
When do say this blessing?



After eating.

When did this custom begin?

The Torah (Deut. 8:10) tells us to say a blessing after we eat.



Havdalah הַבְּדִלָּה

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן:

Barukh atah Adonai Eloheinu ruakh ha'olam borei pri hagafen.

Blessed are you, Boundless One, our God, Spirit of all worlds, who creates the fruit of the vine.



בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא מִיְנֵי בְּשָׂמִים.

Barukh atah Adonai Eloheinu ruakh ha'olam borei minei vesamim.

Blessed are you, The Reviver, our God, Spirit of all worlds who creates a variety of spices.



בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא מְאוֹרֵי הָאֵשׁ.

Barukh atah Adonai Eloheinu ruakh ha'olam borei me'orei ha'eish.

Blessed are you, The Radiance, our God, Spirit of all worlds who creates the light of fire.



**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחַל, בֵּין
אוֹר לְחֹשֶׁךְ, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה. בְּרוּךְ אַתָּה
יי, הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחַל.**

Barukh atah Adonai Eloheinu ruakh ha'olam hamavdil bein kodesh lekhol, bein or lekhosek, bein yom hashvi'i lesheishet yemei hama'aseh. Barukh atah Adonai hamavdil bein kodesh lekhol.

Blessed are you, The Many Named, our God, spirit of all worlds who separates between holy and ordinary, light and dark, the seventh day the six days of work. Blessed are you, The Invisible, who separates the holy from the ordinary.

When do we say Havdalah?

☆ When it's dark outside at the
☆☆ end of Shabbat or a Holiday.

When did this custom begin?

Various opinions are written by the tannaim (early Sages) in the 1st and 2nd cen C.E., so some version of the custom likely predates their time.



Hanukkah Blessings **הַדְּלָקַת נֵר שֶׁל חֲנוּכָּה**

**בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנוּכָּה.**

Barukh atah Adonai Eloheinu ruakh ha'olam, asher
kidshanu bemitzvotav vetzivanu lehadlik ner shel Hanukkah.

*Blessed are you, Source of Light, our God, spirit of all worlds, who has
made us holy with your mitzvot and commanded us to kindle the
Hanukkah lights.*

**בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם שְׁעָשָׂה
נִסִּים לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזִמַּן הַזֶּה.**

Barukh atah Adonai Eloheinu ruakh ha'olam, she'asah
nisim lavoteinu, bayamim hahem, bazman hazeh.

*Blessed are you, The Redeemer, our God, spirit of all worlds, who
wrought wonders for our ancestors in former days at this time of year.*

On the first night, add:

**בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזִמַּן הַזֶּה.**

Barukh atah Adonai Eloheinu ruakh ha'olam,
shehecheyanu v'kiyamanu ve'higianu lazman hazeh.

*Blessed are you, Eternal One, our God, spirit of all worlds,
who gave us life, and kept us strong, and brought us to this time.*

When do we light Hanukkah candles? When did this custom begin?



Each evening of Hanukkah.

Likely during the 2nd cen. C.E.



Each night we add one more candle.