

Shabbat Blessings

Remember (observe) the Sabbath day to keep it holy!

Hadlakat Nerot.....(On lighting the candles, customarily by the wife)

What you need to know:

1. Candles are lit at between 1 1/2 hours and 18 minutes prior to sunset (according to halacha)
2. Light the candles.
3. Draw your hands around the candles and toward your face from one to seven times (three times is most common).
4. Cover your eyes with your hands and say the following blessing at the same time:

**Baruch atah Adonai elohaynu melech ha'olam asher kid'shanu
be'mitzvotav ve'tzivanu l'hadlik ner shel Shabbat.**

Praised are You, Adonai our G-d, Sovereign of the Universe, who makes us holy with mitzvot and instructs us to kindle the lights of Shabbat.

Kiddush(On drinking wine)

Baruch atah Adonai elohaynu melech ha'olam boray pri ha'gafen.

Praised are You, Adonai our G-D, Sovereign of the Universe, who creates the fruit of the vine.

Ha'motzi.....(On eating bread)

Baruch atah Adonai elohaynu melech ha'olam ha'motzi lechem min ha'aretz.

Praised are You, Adonai our G-D, Sovereign of the Universe, who brings forth bread from the earth.

Shabbat Evening Kiddush:

Baruch atah Adonai elohaynu melech ha'olam boray pri ha-gafen.

Praised are You, Adonai our G-D, Sovereign of the Universe, who creates the fruit of the vine.

Baruch atah Adonai elohaynu melech ha'olam asher kid'shanu be'mitzvotav veratza vanu veshabbat kodsho be'ahavah u'vratzon hinchilanu zikaron le'ma'asay vereshit ki hu yom techilah lemikra'ay kodesh zecher l'tziyat mitzrayim. Ki vanu vacharta ve'otanu kidashta mikol ha'amim veshabbat kodshecha be'ahavah u'vratzon hinchaltanu. Baruch atah Adonai mikadesh ha-Shabbat.

Praised are You, Adonai our G-D, Sovereign of the Universe, who makes us holy with mitzvot and takes delight in us. In love and favor You have made the holy Sabbath our heritage, as a reminder of the work of Creation. It is first among our sacred days, and a remembrance of the Exodus from Egypt. O G-D, You have chosen us and set us apart from all the peoples and in love and favor have given us the Sabbath Day in your love and favor. Praised are You Adonai for the Sabbath and its holiness.

Then drink the wine.