

שַׁבַּת שְׁלוֹם

Shabbat Shalom

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Shabbat Guide



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יִרְאוּ אֶת יְיָ קְדוֹשׁוֹ, כִּי אֵין מַחְסוֹר לִירְאָיו. כְּפִירִים רָשׁוּ וְרַעֲבוּ, וְדַרְשֵׁי יְיָ לֹא יַחְסְרוּ כָּל טוֹב. הוֹדוּ לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם חֲסִדוֹ. פּוֹתַח אֶת יְדָדָּ, וּמִשְׁבִּיעַ לְכָל חַי רְצוֹן. בְּרוּךְ הַגִּבּוֹר אֲשֶׁר יִבְטַח בְּיָי, וְהִיָּה יְיָ מִבְּטָחוֹ. נֶעַר הָיִיתִי גַם זְקֵנְתִי, וְלֹא רָאִיתִי צָדִיק נִעְזֵב, וְזָרְעוֹ מִבְּקֶשׁ לָחֶם. יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

Y'ru et A-do-nai, k'do-shav, ki ein mach-sor li-rei-av. K'fi-rim ra-shu v'ra-ei-vu, v'dor-shei A-do-nai lo yach-s'ru chawl tov. Ho-du La-do-nai ki tov, ki l'o-lam chas-do. Po-tei-ach et ya-de-cha, u-mas-bi-a l'chawl chai ratson. Ba-ruch ha-ge-ver a-sher yiv-tach ba-do-nai, v'ha-yah A-do-nai miv-ta-cho. Na-ar ha-yi-ti gam za-kan-ti, ve-lo ra-iti tza-dik ne-ezav, ve-zaro m'va-kesh la-chem. A-do-nai oz l'a-mo yi-tein, A-do-nai y'va-reich et amo va-sha-lom.

FEAR THE L-RD, you His holy ones, for those who fear Him suffer no want. Young lions are in need and go hungry, but those who seek the L-rd shall not lack any good. Give thanks to the L-rd for He is good, for His kindness is everlasting. You open Your hand and satisfy the desire of every living thing. Blessed is the man who trusts in the L-rd, and the L-rd will be his security. A youth have I been and also I have ages, but I have not seen a righteous person forsaken, nor their children begging for bread. G-d will give strength to His people, G-d will bless His people with peace.

הַרְחֵמֵנוּ הוּא יִצְנֵנוּ לַיְמֹת הַמְּשִׁיחַ וְלַחַיֵּי הָעוֹלָם הַבָּא. מִגְדוֹל
יְשׁוּעוֹת מַלְכוּ, וְעֵשֶׂה חֶסֶד לְמַשִּׁיחוֹ, לְדָוִד וּלְזַרְעוֹ עַד עוֹלָם.
עֵשֶׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.

*Ha-ra-cha-man, hu y'za-kei-nu li-mot ha-ma-shi-ach ul-chai-yei ha-o-
lam ha-ba. Mig-dol y'shu-ot mal-ko v'o-seh che-sed lim-shi-cho,
l'Da-vid ul-zar-o ad o-lam. O-seh sha-lom bim-ro-mav, hu ya-a-seh
sha-lom a-lei-nu v'al kawl Yis-ra-eil, v'im-ru a-mein.*

MAY THE MERCIFUL ONE grant us the privilege of reaching the days of the Mashiach and the life of the World to Come. He is a tower of deliverance to His king, and bestows kindness upon His anointed, to David and his descendants forever. He Who makes peace in His heavens, may He make peace for us and for all Israel; and say, Amen.

Blessing over the Candles

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch ata Adonai, Eloheinu
Melech ha-olam, asher
kidshanu bemitzvotav vitzivanu
l'hadlik ner shel Shabbat.*

Blessed are You, G-d, Ruler of the universe, who sanctified us with the commandment of lighting Shabbat candles.

Shalom Aleichem

שְׁלוֹם עֲלֵיכֶם מְלַאֲכֵי
הַשָּׁרֵת מְלַאֲכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם מְלַאֲכֵי
הַשָּׁלוֹם מְלַאֲכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

בְּרַחוּמֵי לְשָׁלוֹם מְלַאֲכֵי
הַשָּׁלוֹם מְלַאֲכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם מְלַאֲכֵי
הַשָּׁלוֹם מְלַאֲכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא

*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.*

*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.*

*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.*

Peace unto you,
ministering angels,
messengers of the Most High,
of the supreme King of kings,
the Holy One, blessed be He.

Come in peace,
angels of peace, messengers
of the Most High, of the
supreme King of kings, the
Holy one, blessed be He.

Bless me with peace,
angels of peace, messengers
of the Most High, of the
supreme King of kings, the
Holy one, blessed be He.

May you depart in peace,
angels of peace, messengers
of the Most High, of the
supreme King of kings, the
Holy one, blessed be He.

בְּמָרוֹם יִלְמְדוּ עֲלֵיהֶם וְעֲלֵינוּ זְכוּת שְׁתֵּהא לְמִשְׁמֶרֶת שְׁלוֹם.
וְנִשָּׂא בְּרָכָה מֵאֵת יְיָ, וְצִדְקָה מֵאֱלֹהֵי יִשְׂרָאֵל, וְנִמְצָא חַן וְשִׂכָּל
טוֹב בְּעֵינֵי אֱלֹהִים וְאָדָם.

*Ba-ma-rom y'lam-du a-lav v'-a-lei-nu z'chut, shet-hei l'mish-me-ret
sha-lom. V'ni-sa v'ra-chah mei-eit A-do-nai, uts-da-kah mei-E-lo-hei
yish-ei-nu, v'nim-tsa chein v'sei-chel tov b'ei-nei E-lo-him v'a-dam.*

FROM HEAVEN, may there be invoked upon him and upon us such
merit as will bring enduring peace. May we receive blessing from the
L-rd and kindness from G-d our deliverer, and may we find grace
and good understanding in the eyes of G-d and man.

בְּשַׁבָּת—הַרְחֵמֵן הוּא יִנְחִילֵנוּ יוֹם שְׂכָלוֹ שֶׁבֶת וּמְנוּחָה לְחַיֵּי
הָעוֹלָמִים.

*On Shabbat:
Ha-ra-cha-man, hu yan-chi-lei-nu l'yom she-ku-lo Sha-bat
um-nu-chah l'chai-yei ha-o-la-mim.*

MAY THE MERCIFUL ONE let us inherit that day which will be all
Shabbat and rest for life everlasting.

Blessing over Children

For boys, the introductory line is:

May you be like Ephraim and Menashe.
יְשִׁימָךְ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.

Yesimkha Elohim k'Ephraim v'chi'Menasheh.

For girls, the introductory line is:

May you be like Sarah, Rebecca, Rachel, and Leah.
יְשִׁימָךְ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה.

Yesimakh Elohim k'Sarah, Rivkah, Rachel, v'Leah.

For both boys and girls, the rest of the blessing is:

May G-d bless you and guard you.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ

Yivarekh'kha Adonai v'yishm'rekha.

May G-d show you favor and be gracious to you.

יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְּנֶךָ

Ya'er Adonai panav alekha vichunekha.

May G-d show you kindness and grant you peace.

יְשֵׂא יי פָּנָיו אֵלֶיךָ וַיְשִׂם לְךָ שָׁלוֹם.

Yisa Adonai panav alekha v'yaseim l'kha shalom.

הַרְחֵמֵנוּ הוּא יְבָרְךָ אֶת אָבִי מוֹרֵי בְעַל הַבַּיִת הַזֶּה, וְאֶת אִמִּי
מוֹרְתֵי בְעַלְת הַבַּיִת הַזֶּה.

אוֹתָם וְאֶת בֵּיתָם וְאֶת זְרַעָם וְאֶת כָּל אֲשֶׁר לָהֶם, אוֹתָנוּ וְאֶת
כָּל אֲשֶׁר לָנוּ, כְּמוֹ שֶׁנִּתְבָּרְכוּ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב
בְּכֹל מְכַל כָּל – כֵּן יְבָרְךָ אוֹתָנוּ כְּלָנוּ יַחַד בְּבִרְכָה שְׁלֵמָה.
וְנֹאמֵר : אָמֵן.

*Ha-ra-cha-man, hu y'va-reich et a-vi mo-ri ba-al ha-ba-yit ha-zeh, v'et
l-mi mo-ra-ti ba-a-lat ha-ba-yit ha-zeh, o-tam v'et bei-tam v'et zar-am
v'et kawl a-sheer la-hem, o-ta-nu v'et kawl a-sheer la-nu, k'mo she-berach et
a-vo-tei-nu Av-ra-ham Yits-chak v'Ya-a-kov ba-kol mi-kol kol, kein y'va-
reich o-ta-nu, ku-la-nu ya-chad, biv-ra-chah sh'lei-mah, v'no-mar a-mein.*

MAY THE MERCIFUL ONE bless my father, my teacher, the master of this house, and my mother, my teacher, the mistress of this house; them, their household, their children, and all that is theirs; us, and all that is ours. Just as He blessed our forefathers, Abraham, Isaac and Jacob, “in all things,” “by all things,” with “all things,” so may He bless all of us together (the children of the Covenant) with a perfect blessing, and let us say, Amen.

Eishet Chayil (“Woman of Valor”) Hebrew

אִשֶּׁת חַיִל מִי יִמְצָא, וְרַחֵם מִפְּנֵינִים מִכָּרָה.
בְּטַח בָּהּ לֵב בְּעֵלָהּ, וְשָׁלָל לֹא יִחָסֵר.
גִּמְלָתָהּ טוֹב וְלֹא רָע, כֹּל יָמֵי חַיֶּיהָ.
דָּרְשָׁה צָמֵר וּפְשֻׁתִים, וַתַּעַשׂ בְּחָפְזָה כִּפְיָהּ.
הִיִּתָּה כְּאֲנִיּוֹת סוֹחֵר, מִמְּרַחֵק תְּבִיא לַחֲמָה.
וַתִּקַּם בְּעוֹד לַיְלָה, וַתִּתֵּן טָרֶף לְבֵיתָהּ וְחֵק לְנַעֲרֹתֶיהָ.
זָמְמָה שֹׁדָה וַתִּקְחָהּ, מִפְּרֵי כִפְיָהּ נִטְעָה כָּרֶם.
חִגְרָה בְּעוֹז מְתַנֶּיִה, וַתֵּאֱמַץ זְרוּעֹתֶיהָ.
טָעְמָה כִּי טוֹב סַחְרָה, לֹא יִכָּבֵה בַּלֵּילָה נֶרָה.
יָדֶיהָ שִׁלְחָה בְּכִישׁוֹר, וְכִפְיָהּ תִּמְכּוּ פֶלֶךְ.
כִּפָּה פָּרְשָׁה לְעַנִּי, וַיָּדִיחַ שִׁלְחָה לְאֲבִיוֹן.
לֹא תִירָא לְבֵיתָהּ מִשְׁלֵג, כִּי כִלְבֵיתָהּ לָבֵשׁ שָׁנִים.
מְרַבְּדִים עֲשֵׂתֶהּ-לָהּ, שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁה.
נוֹדַע בְּשַׁעְרֵים בְּעֵלָהּ, בְּשִׁבְתּוֹ עִם זִקְנֵי-אֶרֶץ.
סָדִין עֲשֵׂתָהּ וַתִּמְכֹּר, וַחֲגוּר נָתַנָּה לְכַנְעֲנֵי.
עוֹז וְהִדָּר לְבוּשָׁה, וַתִּשְׁחַק לְיוֹם אַחֲרוֹן.
פִּיָּה פִתְחָה בְּחִכְמָה, וַתּוֹרֵת חֹסֵד עַל לְשׁוֹנָה:
צוֹפִיָּה הִלִּיכֹת בֵּיתָהּ, וְלָחֵם עֲצָלוֹת לֹא תֵאֱכַל:
קָמוּ בְנֵיהָ וַיֵּאֱשְׁרוּהָ, בְּעֵלָהּ וַיְהִלְלָהּ:
רְבוֹת בָּנוֹת עָשׂוּ חַיִל, וְאֵת עֲלִית עַל כְּלָנָה:
שָׁקַר הַחַן וְהַבֵּל הִלְפִי, אֲשֶׁה יִרְאֵת הִי הִיא תִתְהַלֵּל:
תָּנוּ לָהּ מִפְּרֵי יָדֶיהָ, וַיְהִלְלוּהָ בְּשַׁעְרֵים מְעֻשִׂיָּהּ:

הִרְחַמְן הוּא יִמְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. הִרְחַמְן הוּא יִתְבָּרַךְ
בְּשָׁמַיִם וּבָאָרֶץ. הִרְחַמְן הוּא יִשְׁתַּבַּח לְדוֹר דּוֹרִים, וַיִּתְפָּאֵר בְּנוֹ
לְעַד וּלְנֶצַח נְצָחִים, וַיִּתְהַדַּר בְּנוֹ לְעַד וּלְעוֹלָמֵי עוֹלָמִים.

*Ha-ra-cha-man, hu yim-loch a-lei-nu l'o-lam va-ed.
Ha-ra-cha-man, hu yit-ba-reich ba-sha-ma-yim u-va-a-rets.
Ha-ra-cha-man, hu yish-ta-bach l'dor do-rim, v'yit-pa-eir ba-nu la-ad ul-nei-
tsach n'tsa-chim, v'yit-ha-dar ba-nu la-ad ul-ol-mei o-la-mim.*

MAY THE MERCIFUL ONE reign over us forever and ever. May the Merciful One be blessed in heaven and on earth. May the Merciful One be praised for all generations, and pride Himself in us forever and to all eternity, and glorify Himself in us forever and ever.

הִרְחַמְן הוּא יִפְרִינֵנוּ בְּכָבוֹד. הִרְחַמְן הוּא יִשְׁבּוֹר עָלֵנוּ מֵעַל
צְוָאֲרָנוּ, וְהוּא יוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאֶרֶצְנוּ. הִרְחַמְן הוּא יִשְׁלַח
לָנוּ בְּרָכָה מְרֻבָּה בְּבֵית הַזֶּה, וְעַל שְׁלַחַן זֶה שְׂאֵכְלָנוּ עָלָיו.
הִרְחַמְן הוּא יִשְׁלַח לָנוּ אֶת אֱלֹהָיו הַנְּבִיא זְכוֹר לְטוֹב, וַיְבַשֵּׁר
לָנוּ בְּשׁוֹרוֹת טוֹבוֹת יְשׁוּעוֹת וְנַחֲמוֹת.

*Ha-ra-cha-man, hu y'far-n'sei-nu b'cha-vod. Ha-ra-cha-man, hu yish-bor ol
hago-yim mei-al tsa-va-rei-nu, v'hu yo-li-chei-nu ko-m'mi-yut l'ar-tsei-nu.
Ha-ra-cha-man, hu yish-lach b'ra-chah m'ru-bah b'-va-yit zeh, v'al shul-chan zeh
she-a-chal-nu a-lav. Ha-ra-cha-man, hu yish-lach la-nu et Ei-li-ya-hu ha-na-vi,
za-chur la-tov, vi-va-ser la-nu b'so-rot to-vot, y'shu-ot v'ne-cha-mot.*

MAY THE MERCIFUL ONE provide our livelihood with honor. May the Merciful One break the yoke of exile from our neck, and may He lead us upright to our land. May the Merciful One send abundant blessing into this house and upon this table at which we have eaten. May the Merciful One send us Elijah the prophet—may he be remembered for good—and let him bring us good tidings, deliverance, and consolation.

וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה יְיָ, בּוֹנֵה
בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.

*Uv-nei Y'ru-sha-la-yim ir ha-ko-desh bim-hei-rah v'ya-mei-nu.
Ba-ruch a-tah A-do-nai, bo-nei b'ra-cha-mav Y'ru-sha-la-yim. A-mein.*

AND REBUILD JERUSALEM the holy city speedily in our days. Blessed are You, L-rd,
Who in His mercy rebuilds Jerusalem. Amen.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ, מְלֶכֶךְ הָעוֹלָם, הָאֵל אֲבִינוּ, מְלַכְנוּ, אֲדִירֵנוּ,
בוֹרְאָנוּ, גֹּאֲלָנוּ, יוֹצְרֵנוּ, קְדוֹשֵׁנוּ קְדוֹשׁ יַעֲקֹב, רוֹעֵנוּ רוֹעֵה יִשְׂרָאֵל,
הַמְּלֶכֶךְ הַטּוֹב וְהַמִּיטִיב לְכָל, שֶׁבְּכָל יוֹם וְיוֹם הוּא הַיְטִיב, הוּא מִיטִיב,
הוּא יִיטִיב לָנוּ, הוּא גֹמְלָנוּ, הוּא גּוֹמְלָנוּ, הוּא יְגַמְלָנוּ לְעַד, לְחַן וְלַחֲסֵד
וְלְרַחֲמִים וְלָרוּחַ הַצְּלֵה וְהַצְּלִיחַ, בְּרַכָּה וְיִשׁוּעָה, נַחֲמָה פְּרֻסָּה וְכִלְכֵּלָה
וְרַחֲמִים וְחַיִּים וְשָׁלוֹם, וְכָל טוֹב; וּמְכַל טוֹב לְעוֹלָם אֵל יְחַסְּרֵנוּ.

*Ba-ruch a-tah A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam, ha-Eil a-vi-nu
mal-kei-nu a-di-rei-nu bor-ei-nu go-a-lei-nu yots-rei-nu k'do-shei-nu
k'dosh Ya-a-kov, ro-ei-nu, ro-ei Yis-ra-eil, ha-me-lech ha-tov v'ha-mei-tiv
la-kol, b'chawl yom va-yom hu hei-tiv la-nu, hu mei-tiv la-nu, hu yei-tiv
la-nu. Hu g'ma-la-nu, hu gom-lei-nu, hu yig-m'lei-nu la-ad, l'chein ul-che-
sed ul-ra-cha-mim ul-re-vach, ha-tsa-lah v'hats-la-chah, b'racha vi-shu-
ah, ne-cha-mah par-na-sah v'chal-ka-lah, v'ra-cha-mim v'chai-yim v'sha-
lom v'chawl tov, u-mi-kawl tuv l'o-lam al y'chas-rei-nu.*

BLESSED ARE YOU, L-rd our G-d, King of the universe, benevolent G-d, our Father,
our King, our Strength, our Creator, our Redeemer, our Maker, our Holy One, the
Holy One of Jacob, our Shepherd, the Shepherd of Israel, the King who is good
and does good to all, each and every day. He has done good for us, He does good
for us, and He will do good for us; He has bestowed, He bestows, and He will
forever bestow upon us grace, kindness, and mercy; relief, salvation and success;
blessing and deliverance; consolation, livelihood and sustenance; compassion, life,
peace, and all goodness; and may He never cause us to lack any good. May the
Merciful One reign over us forever and ever. May the Merciful One be blessed in
heaven and on earth. May the Merciful One be praised for all generations, and
pride Himself in us forever and to all eternity, and glorify Himself in us forever and
ever. May the Merciful One provide our livelihood with honor.

Eishet Chayil (“Woman of Valor”) Transliteration

*Eishet Chayil mi yimtza, vrachok mi'pninim michrah.
Batach bah lev ba'alah, vshalal lo yechsar.
G'malathu tov v'lo ra kol y'mei chayeha.
Darsha tsemer ufishim, v'ta'as b'chefetz kapeha.
Hay'tah k'oniyot socher, mimerchak tavi lachma.
Vatakom b'od laila, V'titen teref l'beitah v'chok l'na'aroeha.
Zam'mah sadeh v'tikachehu, mi'pri kapeha nat'ah karem.
Chag'rah b'oz motneha, va'tametz z'ro'oteha.
Ta'm'a ki tov sochrah, lo yichbe balayla nerah.
Yadeha shilcha b'kishor, v'kapeha tam'chu phalech.
Kaphah par'sah l'ani, v'yadehah shil'cha l'evyon.
Lo tira l'veitah m'shaleg, ki kol beitah l'vush shanim.
Marvadim as'tah lah, shesh v'argaman l'vushah.
Nodah b'sha'arim ba'alah, b'shivto im ziknei aretz.
Sadin as'tah v'timkor, v'chagor nat'nah la'kna'ani.
Oz v'hadar l'vushah, vatischak l'yom acharon.
Piha pat'cha b'chochmah, v'torat chesed al l'shonah.
Tsofiya halichot beita, v'lechem atzlut lo tochel.
Kamu vaneha v'ya'ashruhah, ba'aolah vay'hal'lah.
Rabot banot asu chayil, v'at alit al kulanah.
Sheker hachen v'hevel hayofi, ishah yir'at adonai hi tithalal.
T'nu lah mi p'ri yadeha, vihal'luha b'shaarim ma'aseha.*

Eishet Chayil (“Woman of Valor”) English

Who can find a **woman of valor**? Her value far exceeds that of pearls. The heart of her husband, he trusts in her; he lacks no gain. She repays his good, but never his harm, all the days of her life. She seeks out wool and linen, and her hands work willingly. She is like a merchant's ships; she brings sustenance from afar. She rises while it is still night, and gives food to her household and a ration to her maids. She considers a field and buys it; from the fruit of her handiwork she plants a vineyard. She girds her loins with might and strengthens her arms. She senses that her enterprise is good, so her lamp is not extinguished at night. She puts her hand to the distaff, and her palms support the spindle. She spreads out her palm to the poor and extends her hands to the destitute. She fears not snow for her household, for her entire household is clothed with scarlet wool. Bedspreads she makes herself; linen and purple wool are her clothing. Well-known at the gates is her husband as he sits with the elders of the land. Garments she makes and sells, and she delivers a belt to the peddler. Strength and splendor are her clothing, and smilingly she awaits her last day. She opens her mouth with Wisdom, and the teaching of kindness is on her tongue. She anticipates the needs of her household, and the bread of idleness, she does not eat. Her children rise and celebrate her; and her husband, he praises her: "Many daughters have attained valor, but you have surpassed them all." False is grace, and vain is beauty; a G-d-fearing woman, she should be praised. Give her the fruit of her hands, and she will be praised at the gates by her very own deeds.

HAVE MERCY, L-rd our G-d, upon Israel Your people, upon Jerusalem Your city, upon Zion the abode of Your glory, upon the kingship of the house of David Your anointed, and upon the great and holy House over which Your Name was proclaimed. Our G-d, our Father, our Shepard, nourish us, sustain us, feed us, and provide us with plenty; and speedily, L-rd our G-d, grant us relief from all our afflictions. L-rd our G-d, please do not make us dependent upon the gifts of mortal men nor upon their loans, but only upon Your full, open, holy, and generous hand, that we may never be shamed or disgraced.

בְּשַׁבָּת

רָצָה וְהַחֲלִיצֵנוּ יְיָ אֱלֹהֵינוּ בְּמִצְוֹתֶיךָ וּבְמִצְוֹת יוֹם הַשְּׁבִיעִי
הַשַּׁבָּת הַגָּדוֹל וְהַקְּדוֹשׁ הַזֶּה. כִּי יוֹם זֶה גָּדוֹל וְקְדוֹשׁ הוּא
לְפָנֶיךָ לְשַׁבָּת בּוֹ וְלָנוּחַ בּוֹ בְּאֶהְבָּה כְּמִצְוֹת רְצוֹנְךָ. וּבְרָצוֹנְךָ
הַנִּיחַ לָנוּ יְיָ אֱלֹהֵינוּ שְׁלֹא תִהְיֶה צָרָה וְיָגוֹן וְאִנְחָה בְּיוֹם
מְנוּחָתֵנוּ. וְהִרְאֵנוּ יְיָ אֱלֹהֵינוּ בְּנִחְמַת צִיּוֹן עִירְךָ וּבְבִנְיָן
יְרוּשָׁלַיִם עִיר קְדֻשְׁךָ כִּי אַתָּה הוּא בַעַל הַיְשׁוּעוֹת וּבַעַל
הַנְּחָמוֹת.

On Shabbat:

R'tsei v'ha-cha-li-tsei-nu A-do-nai E-lo-hei-nu b'mits-vo-te-cha, uv-mits-vat yom ha-sh'vi-l ha-sha-bat ha-ga-dol v'ha-ka-dosh ha-zeh, ki yom zeh ga-dol v'ka-dosh hu l'fa-ne-cha, lish-bawt bo v'la-nu-ach bo b'a-ha-vah k'mits-vat r'tso-ne-cha, u-vir-tso-n'cha ha-ni-ach la-nu A-do-nai E-lo-hei-nu, she-lo t'hei tsa-rah v'ya-gon va-a-na-chah b'yom m'nu-cha-tei-nu, v'har-ei-nu A-do-nai E-lo-hei-nu b'ne-che-mat Tsi-yon i-re-cha, uv-vin-yan Y'ru-sha-la-yim ir kawd-she-cha, ki a-tah hu ba-al ha-y'shu-ot u-va-al ha-ne-cha-mot.

On Shabbat:

MAY IT PLEASE YOU, L-rd our G-d, to strengthen us through Your mitzvot, and through the mitzvah of the Seventh Day, this great and holy Shabbat. For this day is great and holy before You, to refrain from work and to rest thereon with love, in accordance with the commandment of Your will. In Your good will, L-rd our G-d, bestow upon us tranquility, that there shall be no distress, sadness, or sorrow on the day of our rest. L-rd our G-d, let us see the consolation of Zion Your city, and the rebuilding of Jerusalem Your holy city, for You are the Master of deliverance and the Master of consolation.

ועל הכל יי אלהינו אנחנו מודים לך ומברכים אותך, יתברך
שמך בפי כל חי תמיד לעולם ועד, כפתיב: ואכלת ושבעת,
וברכת את יי אלהיך על הארץ הטובה אשר נתן לך. ברוך
אתה יי, על הארץ ועל המזון.

*V'al ha-kol A-do-nai E-lo-hei-nu a-nach-nu mo-dim lach,
um-va-r'chim o-tach, yit-ba-reich shim-cha b'fi kawl chai ta-mid l'o-lam
va-ed. Ka-ka-tuv: v'a-chal-ta v'sa-va-ta, u-vei-rach-ta et A-do-nai
E-lo-he-cha, al ha-a-rets ha-to-vah a-sher na-tan lach.
Ba-ruch a-tah A-do-nai, al ha-a-rets v'al ha-ma-zon. (A-mein.)*

FOR ALL THIS, L-rd our G-d, we give thanks to You and bless You.
May Your Name be blessed by the mouth of every living being,
constantly and forever, as it is written: When you have eaten and
are satiated, you shall bless the L-rd your G-d for the good land
which He has given you. Blessed are You, L-rd, for the land and for
the sustenance.

רחם נא יי אלהינו על ישראל עמך, ועל ירושלים עירך, ועל
ציון משכן כבודך, ועל מלכות בית דוד משיחך, ועל הבית
הגדול והקדוש שנקרא שמך עליו. אלהינו, אבינו, רענו,
זוננו, פרנסנו וכלכלנו והרויחנו, והרוח לנו יי אלהינו מהרה
מכל צרותינו. ונא אל תצריכנו יי אלהינו, לא לידי מתנת
בשר ודם ולא לידי הלואתם, כי אם לידך המלאה הפתוחה
הקדושה והרחבה, שלא יבוש ולא נכלם לעולם ועד.

*Ra-cheim A-do-nai E-lo-hei-nu al Yis-ra-eil a-me-cha, v'al Y'ru-sha-la-
yim i-re-cha, v'al Tsi-yon mish-kan k'vo-de-cha, v'al mal-chut beit Da-vid
m'shi-che-cha, v'al ha-ba-yit ha-ga-dol v'ha-ka-dosh she-nik-ra shim-cha
a-lav. E-lo-hei-nu A-vi-nu ro-ei-nu zo-nei-nu par-n'sei-nu v'chal-k'lei-nu
v'har-vi-chei-nu, v'har-vach la-nu A-do-nai E-lo-hei-nu m'hei-rah mi-
kawl tsa-ro-tei-nu. V'na al tats-ri-chei-nu A-do-nai E-lo-hei-nu, lo li-dei
ma-t'nat ba-sar v'dam, v'lo li-dei hal-va-a-tam, ki im l'ya-d'cha ha-m'lei-ah
ha-p'tu-chah ha-k'do-shah v'ha-r'cha-vah, she-lo nei-vosh v'lo ni-ka-leim
l'o-lam va-ed.*



Blessing over Wine (Kiddush) Hebrew

וְיִהְיֶה עֶרֶב וַיְהִי בֹקֶר
יוֹם הַשְּׁשִׁי. וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם
וַיִּכְלֹ אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֵּת בַּיּוֹם
הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה
וַיְבָרֵךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ. כִּי בּו שְׁבֵת מִכָּל
מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת
סִבְרֵי מְרָנוּ וְרַבְּנוּ וְרַבּוֹתֵינוּ
בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן
בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ.
וְשִׁבֵּת קִדְּשׁוּ בְּאַהֲבָה וּבְרַצּוֹן הִנְחִילָנוּ. וְזָכְרוּ לְמַעֲשֵׂה בְרָאשִׁית. כִּי
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ זָכָר לְיִצְיַאת מִצְרָיִם. כִּי בָנוּ בְּחֶרֶת
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים וְשִׁבֵּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרַצּוֹן הִנְחִילָתָנוּ
בְּרוּךְ אַתָּה אֲדֹנָי מִקְדֹּשׁ הַשְּׁבֵת

(Quietly: Va-y'hee erev, va-y'hee boker.)

Yom ha-shishi. Vay'chulu hashamayim v'ha-aretz v'chol tz'va'am.
Vay'chal Elohim bayom hash'vi'i milachto asher asa. Vayishbot
bayom hash'vi'i mikol milachto asher asa. Vay'varech Elohim et
yom hash'vi'i vay'kadesh oto. Kee vo Shabbat mi-kol m'lachto
asher bara Elohim la'asot.

Savri maranan v'rabanen v'rabotai. Baruch ata Adonai, Eloheinu
melech ha-olam, borei p'ri hagafen.

Baruch ata Adonai, Eloheinu melech ha-olam, asher kid'shanu
b'mitzvotav v'ratza vanu, v'Shabbat kod'sho b'ahava uv'ratzon
hinchilanu, zikaron l'ma'aseh b'reishit. Ki hu yom t'chila l'mikra-ay
kodesh, zaycher l'tziat mitzrayim. Ki vanu vacharta v'otanu
kidashta mikol ha'amim. V'shabbat kod-shi-cha b'ahava uv'ratzon
hinchal tanu. Baruch ata Adonai, mi'kadesh ha Shabbat.

נוֹדָה לָךְ יְהוָה אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ אֶרֶץ
חֲמֻדָּה טוֹבָה וְרַחֲבָה וְעַל שֶׁהוֹצֵאתָנוּ יְיָ אֱלֹהֵינוּ מִמִּצְרָיִם
מִצְרָיִם וּפְדִיתָנוּ מִבֵּית עֲבָדִים וְעַל בְּרִיתְךָ שְׁחַתְמָתָךְ
בְּבִשְׂרָנוּ וְעַל תּוֹרַתְךָ שֶׁלְּמַדְתָּנוּ וְעַל חֻקֶיךָ שֶׁהוֹדַעְתָּנוּ
וְעַל חַיִּים חֵן וְחֶסֶד שֶׁחֹנְנָתָנוּ, וְעַל אֲכִילַת מְזֻזֹן שֶׁאַתָּה
זֶן וּמִפְרֵי אֹתָנוּ תָּמִיד, בְּכָל יוֹם וּבְכָל עֵת וּבְכָל שָׁעָה.

No-deh l'cha A-do-nai E-lo-hei-nu, al she-hin-chal-ta la-a-vo-tei-nu
e-rets chem-dah to-vah ur-cha-vah. V'al she-ho-tsei-ta-nu
A-do-nai E-lo-hei-nu mei-e-rets mits-ra-yim, uf-di-ta-nu mi-beit
a-va-dim, v'al b'ri-t'cha she-cha-tam-ta biv-sa-rei-nu, v'al to-ra-t'cha
she-li-mad-ta-nu, v'al chu-ke-cha she-ho-da-ta-nu, v'al chai-yim chein
va-che-sed she-cho-nan-ta-nu, v'al a-chi-lat ma-zon sha-a-tah zan
um-far-neis o-ta-nu ta-mid, b'chawl yom uv-chawl eit uv-chawl sha-ah.

WE OFFER THANKS to You, L-rd our G-d, for having given as a
heritage to our ancestors a precious, good and spacious land; for
having brought us out, L-rd our G-d, from the land of Egypt, and
redeemed us from the house of bondage; for Your covenant which
You have sealed in our flesh; for Your Torah which You have taught
us; for Your statutes which You have made known to us; for the life,
favor, and kindness which You have graciously bestowed upon us;
and for the food we eat with which You constantly nourish and
sustain us every day, at all times, and at every hour.

Blessing after the Meal (Birkat Hamazon)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הִזָּן אֶת הָעוֹלָם
כְּלוּ בְטוּבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים, הוּא נָתַן לָחֶם
לְכָל־בָּשָׂר כִּי לְעוֹלָם חֲסָדוֹ וּבְטוּבוֹ הִגְדֹּל תַּמִּיד לֹא
חָסַר לָנוּ וְאֵל יַחֲסֵר לָנוּ מִזֹּון (תַּמִּיד) לְעוֹלָם וְעַד בְּעִבּוֹר
שְׁמוֹ הִגְדֹּל כִּי הוּא אֵל זָן וּמְפַרְנֵס לְכָל וּמְטִיב לְכָל
וּמְכִין מִזֹּון לְכָל־בְּרִיּוֹתָיו אֲשֶׁר בָּרָא בְּרוּךְ אַתָּה יי הִזָּן
אֶת הַכֹּל.

*Baruch atah 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.*

BLESSED ARE YOU, L-rd our G-d, King of the Universe, Who, in His goodness, provides sustenance for the entire world with grace, with kindness, and with mercy. He gives food to all flesh, for His kindness is everlasting. Through His great goodness to us continuously we do not lack [food], and may we never lack food, for the sake of His great Name. For He, benevolent G-d, provides nourishment and sustenance for all, does good to all, and prepares food for all His creatures whom He has created, as it is said: You open Your hand and satisfy the desire of every living thing. Blessed are You, L-rd, Who provides food for all.

Blessing over Wine (Kiddush) English

The Sixth Day: And they were completed – the Heavens & the Earth & all their Hosts. And G·d finished, on the Seventh Day, all the work that He had done & He rested on the Seventh Day from all the work that He had done. And G·d Blessed the Seventh Day & sanctified it, for on it He rested from all His work – that G·d created to make.

[The One Saying Kiddush Says] Hearken, Our Masters!
[Diners Answer:] To Life

Blessed are You, L-rd, Our G·d, King of the Universe,
Who creates fruit of the vine.

Blessed are You, L-rd, Our G·d, King of the Universe,
Who sanctified us with His Commandments & has
favored us & His Holy Shabbat, with Love & favor did He
bequeath to us, a remembrance of the act of Creation,
the beginning of all holy callings, a remembrance of the
Exodus from Egypt, & Your Holy Shabbat with love &
favor, You bequeathed to us. Blessed are You, L-rd, Who
sanctifies the Shabbat.

Blessing over Hand Washing (N'tilat Yadayim)

בָּרוּךְ 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, L-rd our G-d, King of the Universe, who
has sanctified us with Your commandments, and
command us concerning the washing of the hands.



Blessing over the Bread (Hamotzi)

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם
מִן הָאָרֶץ.

*Baruch ata Adonai, Eloheinu Melech ha-olam, hamotzi
lechem min ha'aretz.*

Blessed are You, L-rd our G-d, King of the Universe, who
has brought forth bread from the earth.

