

3. BLESSING THE CHILDREN

PRECIOUS MOMENTS Blessings are not only given in shul. They are not only given by rabbis or Kohanim. In fact, we all have the power to give blessings. And what could be more powerful than parents blessing their own children in their home.

We begin our Shabbat journey by blessing our children, focusing specifically on them. This serves as a gentle reminder of Shabbat as a family experience. Parents take a moment of undivided attention to focus on each child individually, without distraction. These are the moments that build families and affirm the lives of those within them.

THESE ARE THE MOMENTS THAT BUILD FAMILIES AND AFFIRM THE LIVES OF THOSE WITHIN THEM.

STEP-BY-STEP

- Place your hands on your child's head or bring your child into your arms
- Say the appropriate blessing for a son or daughter
- You can add your own blessing or words of praise

BLESSING FOR A BOY

May G-d make you like Ephraim and Menashe.
May G-d bless you and protect you.
May G-d shine His light on you and be gracious to you.
May G-d show you favour and grant you peace.

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה.
יְבָרְכֶךָ יְיָ-וְהוֹרֵה וְיִשְׁמְרֶךָ.
יָאֵר יְיָ-וְהוֹרֵה פָּנָיו אֵלֶיךָ וַיְחַנְּךָ.
יֵשׂא יְיָ-וְהוֹרֵה פָּנָיו אֵלֶיךָ וַיִּשְׂם לְךָ שְׁלוֹם.

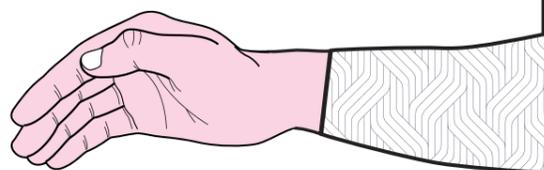
*Y'sim'cha Elo-him K'Efrayim V'chi-M'nashe.
Y'varech'cha Ado-nai V'yish-m'recha.
Ya-er Ado-nai Panav Eilecha Vichuneka.
Yisa Ado-nai Panav Eilecha V'yaseim L'cha Shalom.*

BLESSING FOR A GIRL

May G-d make you like Sarah, Rebecca, Rachel, and Leah.
May G-d bless you and protect you.
May G-d shine His light on you and be gracious to you.
May G-d show you favour and grant you peace.

יְשִׁמְךָ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה.
יְבָרְכֶךָ יְיָ-וְהוֹרֵה וְיִשְׁמְרֶךָ.
יָאֵר יְיָ-וְהוֹרֵה פָּנָיו אֵלֶיךָ וַיְחַנְּךָ.
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*Y'si-meich Elo-him K'Sara, Rivka, Rachel, V'Leah.
Y'va-rech'cha Ado-nai V'yishm'recha.
Ya-er Ado-nai Panav Eilecha Vichuneka.
Yisa Ado-nai Panav Eilecha V'yaseim L'cha Shalom.*



4. MAKE KIDDUSH

G-D'S WITNESSES The purpose of Kiddush is to declare to ourselves and to our families that Shabbat is the most special and unique day of the week. We declare Shabbat a reminder of the basic foundational truths that make up our lives - that G-d created the world, that He gave us our freedom from slavery in Egypt through great miracles, and that He cares for and loves us dearly.

When we make Kiddush, we testify to these truths as a family, together. In so doing, we fulfil our G-d-given mission to be His witnesses in this world.

WHAT YOU NEED

- Cup
- Small cup for each guest
- Wine or grape juice

STEP-BY-STEP

- Make sure two challahs are on the table and covered
- Leader: fill the Kiddush cup with wine or grape juice
- Hold the cup in your dominant hand
- Have in mind that you are saying Kiddush on behalf of everyone at the table
- Say the blessings
- Those around the table should answer "Amen"
- Sit down and drink a majority of the cup
- Distribute some wine or grape juice to everyone at the table from the cup you used to make Kiddush

(Said quietly) And it was evening and it was morning, (aloud) the sixth day.

And the heaven and the earth, and everything in them, were completed:

And on the seventh day G-d finished His work which He had done; and He rested on the seventh day from all His work which He had done.

And G-d blessed the seventh day, and He made it holy, because on it He rested from all His work which He had created to do:

With the permission of my masters, rabbis and teachers

Blessed are You, Lord our G-d, King of the Universe, who creates the fruit of the vine. [Amen]

Blessed are You, Lord our G-d, King of the Universe, who has made us holy through His commandments and wanted [good for] us, and [therefore] He gave us His holy Shabbat, in love and desire, as a heritage, a reminder of the work of creation. Because it is the first of the holy days, a reminder of the exodus from Egypt. Because You have chosen us and made us holy from all the nations, and You have given us Your holy Shabbat, with love and desire, as a heritage.

Blessed are You, G-d, who makes the Shabbat holy.

[Amen]

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וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשִּׁשִּׁי.
וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם: וַיְכַל אֱלֹהִים בְּיוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֹּת בְּיוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשֵׁהוּ אֹתוֹ, כִּי בּוֹ שָׁבַת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בְּרָא אֱלֹהִים לַעֲשׂוֹת:
סַבְרֵי מִרְגֵן וּרְבִנָּן וְרַבּוֹתַי
בְּרוּךְ אַתָּה יְיָ-וְהוֹרֵה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן.
[אָמֵן]
בְּרוּךְ אַתָּה יְיָ-וְהוֹרֵה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וּרְצָה בָּנוּ, וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרַצוֹן הַנְּחִילָנוּ, וְכָרוֹן לְמַעֲשֵׂה בְרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, וְזָכַר לַיְצִיאָת מִצְרַיִם. כִּי בָנוּ בְּחֵרָת וְאוֹתָנוּ קִדְּשָׁת מִכָּל הָעַמִּים. וְשָׁבַת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרַצוֹן הַנְּחִילָתָנוּ.
בְּרוּךְ אַתָּה יְיָ-וְהוֹרֵה, מִקְדָּשׁ הַשְּׁבִיט.
[אָמֵן]
[Amen]
[Amen]

*Va-y'hi Erev Va-y'hi Voker, Yom Hashishi.
Va-y'chulu Hashamayim V'ha-aretz V'chol Tz'va-am: Va-y'chal Elo-him Bayom Hash'vi-i M'lachto Asher Asah, Vayish-bot Ba-yom Hash'vi-i Mikol M'lachto Asher Asah.
Vay'vareich Elo-him Et Yom Hash'vi-i Va-y'kadeish Oto, Ki Vo Shavat Mikol M'lachto Asher Barah Elo-him La-asot:
Savri Maranan V'rabanan V'rabotai
Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Borei Pri Hagafen.
[Amen]
Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Asher Ki-d'shanu B'mitzvotav V'ratzah Vanu, V'Sha-bbat Kodshoh, B'ahavah Uvratzon Hinchilanu, Zikaron L'ma-asei V'reishit. Ki Hu Yom T'chillah L'mikra-ei Kodesh, Zeicher Litzit-at Mitzrayim. Ki Vanu Vacharta V'otanu Kidashta Mikol Ha-amim, V'Shabbat Kod-sh'cha B'ahavah Uvratzon Hinchal-tanu.
Baruch Atah Ado-nai, M'kadeish HaShabbat.
[Amen]*

5. WASHING HANDS

A SPIRITUAL EXPERIENCE We don't just eat. We spiritually purify ourselves before the meal. Washing before we eat reminds us that the meal is not merely a culinary experience, but a spiritual one as well.

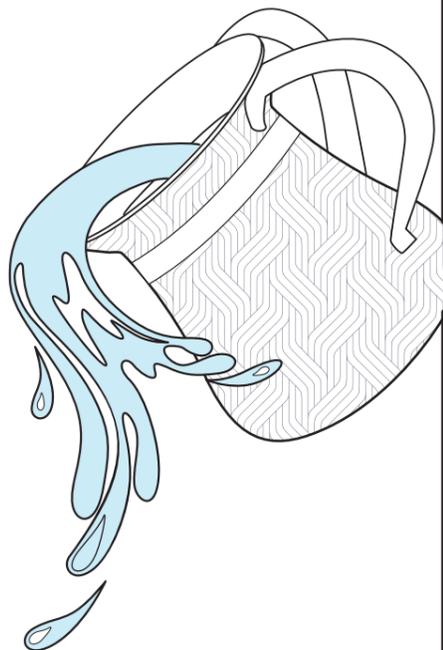
WHAT YOU NEED
→ Washing cup or glass
→ Cold water

STEP-BY-STEP

- Remove all barriers between your hands and the water, including rings
- Hold the washing cup in your right hand, fill it with cold water that has not yet been used by someone else
- Transfer the cup into your left hand and pour the water twice (some do it three times) over your right hand
- Switch hands and repeat by pouring water twice (some do three it times) over your left hand
- Say the blessing
- Dry your hands
- Do not speak until you have said/heard Hamotzi and eaten a piece of challah

Blessed are you, Lord our G-d, King of the Universe, who has made us holy with His commandments and commanded us on the washing of hands.

בְּרוּךְ אַתָּה יְיָ-וְהוֹרֵה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ, עַל נְטִילַת יָדַיִם.
Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Asher Ki-d'shanu B'mitzvotav V'tzivanu, Al N'tilat Yadayim.



WASHING BEFORE WE EAT REMINDS US THAT THE MEAL IS NOT MERELY A CULINARY EXPERIENCE, BUT A SPIRITUAL ONE AS WELL.

6. MAKE HAMOTZI

BREAD ALONE Before eating food, we give thanks to G-d by praising Him for creating everything that we need. Saying blessings of thanksgiving to G-d before eating is about living with mindfulness and appreciation. For eating bread, we praise G-d for making it, even though it is a humanly manufactured product, because we recognise that everything ultimately comes from G-d.

He gave us the seeds, the soil, the intelligence and the ability to go through the whole process of making bread.

WHAT YOU NEED

- Two challahs
- A challah cover
- Challah board or plate
- Salt
- Knife

STEP-BY-STEP

- The leader should have in mind he is saying the blessing on behalf of everyone at the table
- Hold the two challahs
- Say the blessing
- Those around the table should answer "Amen"
- Cut the challah into pieces
- Dip into salt
- The leader should eat the first piece
- Pass around the table for everyone to enjoy

Blessed are You, Lord our G-d, King of the Universe, who brings forth bread from the earth.

[Amen]

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➡ **Refer to the bensching guide now for Birkat Hamazon**

בְּרוּךְ אַתָּה יְיָ-וְהוֹרֵה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.
[אָמֵן]
[Amen]

