

שַׁבַּת שְׁלוֹם

Shabbat Shalom!

עֲבֵרִית לְגוֹצְרִים

ג'ס"ד

Welcoming Shabbat - Shalom Aleichem

Shalom Aleichem -

May Peace be upon You

In many Jewish homes, it is customary to sing Shabbat Table Songs (*zemirot*) upon returning home from the Shabbat-eve services, just before partaking of the Sabbath meal. One of the most popular and beautiful of these is called *Shalom Aleichem* - "Peace be upon you."



Each verse is sung three times:

שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרָת
מַלְאֲכֵי עֲלִיּוֹן
מִמֶּלֶךְ הַמַּלְאָכִים
הַקָּדוֹשׁ בְּרוּךְ הוּא:

Shalom aleikhem malakhei hashareit
malakhei Elyon
mi-melekh malkhei hamelakhim
ha-kadosh barukh hu

*Peace upon you, ministering angels, messengers of the Most High,
of the Supreme King of Kings, the Holy One, blessed be He.*

בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם
מַלְאֲכֵי עֲלִיּוֹן
מִמֶּלֶךְ הַמַּלְאָכִים
הַקָּדוֹשׁ בְּרוּךְ הוּא:

Bo'akhem le-shalom malkhei ha-shalom
malakhei Elyon
mi-melekh malkhei hamelakhim
ha-kadosh barukh hu

*Come in peace, messengers of peace, messengers of the Most High,
of the Supreme King of Kings, the Holy One, blessed be He.*

בְּרַכּוּנִי לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם
מַלְאֲכֵי עֲלִיּוֹן
מִמֶּלֶךְ הַמַּלְאָכִים
הַקָּדוֹשׁ בְּרוּךְ הוּא:

Barchuni le-shalom malkhei ha-shalom
malakhei Elyon
mi-melekh malkhei hamelakhim
ha-kadosh barukh hu

Bless me with peace. messengers of peace. messengers of the Most High

צאתכם לשלום מלאכי השלום	tzetkhem le-shalom malkhei ha-shalom
מלאכי עליון	malakhei Elyon
ממלך מלכי המלכים	mi-melekh malkhei hamelakhim
הקדוש ברוך הוא:	ha-kadosh barukh hu

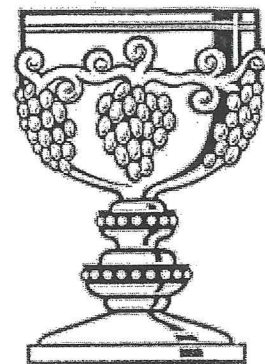
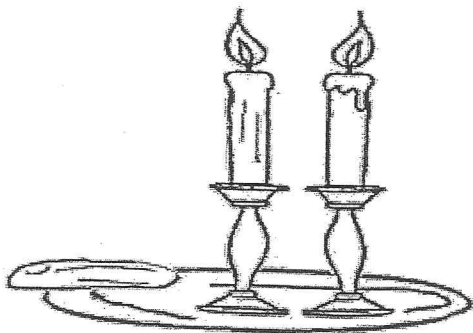
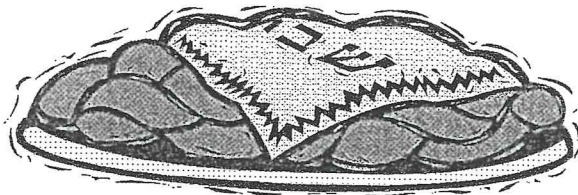
May you depart in peace, messengers of peace, messengers of the Most High, of the Supreme King of Kings, the Holy One, blessed be He.

Shalom Aleichem - and Kabbalah

The Talmud (*Mas. Shabbat 119b*) says,

Two ministering angels accompany man on the eve of the Sabbath from the synagogue to his home, one a good [angel] and one an evil [one]. And when he arrives home and finds the lamp burning, the table laid and the bed covered with a spread, the good angel exclaims, 'May it be even thus on another Sabbath [too],' and the evil angel unwillingly responds 'amen'. But if not, then the evil angel exclaims, 'May it be even thus on another Sabbath [too],' and the good angel unwillingly responds, 'amen'.

Note: *Shalom Aleichem* was introduced by Kabbalists in the 17th century, who wrote it in response to the foregoing midrash from the Talmud. Since it is based on the idea of communicating directly to angels, most Christians would reject the mysticism associated with the words of this song as bad theology. Nevertheless, the hauntingly beautiful melody makes it a favorite Sabbath song for many.



Shabbat Evening Home Ritual

Candles

Please note that this page contain the name of God.
If you print it out, please treat it with appropriate respect.

If you do not have experience reading transliteration
please see the [Guide to Transliteration](#).

At the beginning of Shabbat, candles are lit by the woman of the household. They are lit before Shabbat begins, at least 18 minutes before sunset. She lights two candles, passes her hands over the candles a few times, then covers her eyes and recites this blessing. After the blessing is complete, she uncovers her eyes and looks at the lit candles as if for the first time.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha'olam

Blessed are you, Lord, our God, sovereign of the universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

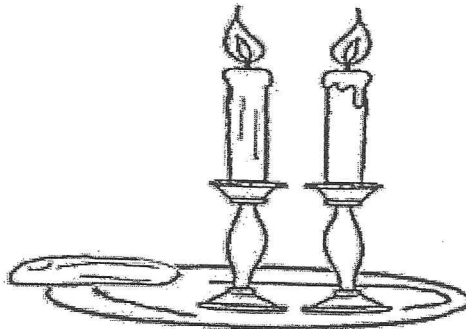
asher kidishanu b'mitz'votav v'tzivanu

Who has sanctified us with His commandments and commanded us

לְהַדְלִיק נֵיר שַׁבָּת : (אָמֵן)

l'had'lik neir shel Shabbat. (Amein)

to light the lights of Shabbat. (Amen)



Kiddush

Kiddush is recited while holding a cup of wine or other beverage, no less than 3.3 ounces. If wine or grape juice is not used, you should substitute shehakol nih'yeh bid'varo (by whose will all things come to be) for borei p'ri hagafen (who creates the fruit of the vine). The wine or other beverage is held in the right hand while standing when reciting the blessing. Drink the wine after the blessing is complete.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam

Blessed are you, Lord, our God, sovereign of the universe

(if using wine or grape juice)

בוֹרֵא פְּרֵי הַגָּפֶן (אָמֵן)

borei p'ri hagafen (Amein)

Who creates the fruit of the vine (Amen)



בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam

Blessed are You, Lord, our God, King of the Universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וּרְצָה בָּנוּ

asher kid'shanu b'mitz'votav v'ratzah vanu

who sanctifies us with his commandments, and has been pleased with us

וּשְׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית

v'shabat kad'sho b'ahavah uv'ratzon hin'chilanu zikaron l'ma'aseih v'rei'shit

You have lovingly and willingly given us Your holy Shabbat as an inheritance, in memory of creation

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ זִכְרֹן לְיִצְיַאת מִצְרַיִם

ki hu yom t'chilah l'mik'ra'ei kodesh zeikher litzi'at Mitz'rayim

because it is the first day of our holy assemblies, in memory of the exodus from Egypt

כִּי בָנוּ בְּחֵרָתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים

ki vanu vachar'ta v'otanu kidash'ta mikol ha'amim

because You have chosen us and made us holy from all peoples

וּשְׁבַת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ

v'shabat kad'sh'kha b'ahavah uv'ratzon hin'chal'tanu

and have willingly and lovingly given us Your holy Shabbat for an inheritance

בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת (אָמֵן)

Barukh atah Adonai m'kadeish hashabat (Amein)

Blessed are You, who sanctifies Shabbat (Amen)

Netilat Yadayim: Washing Hands

After Kiddush and before the meal, each person in the household should wash hands by filling a cup with water and pouring it over the top and bottom of the right hand and then the left hand. Before wiping the hands dry on a towel, the following blessing should be recited.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam
Blessed are You, Lord, our God, King of the Universe

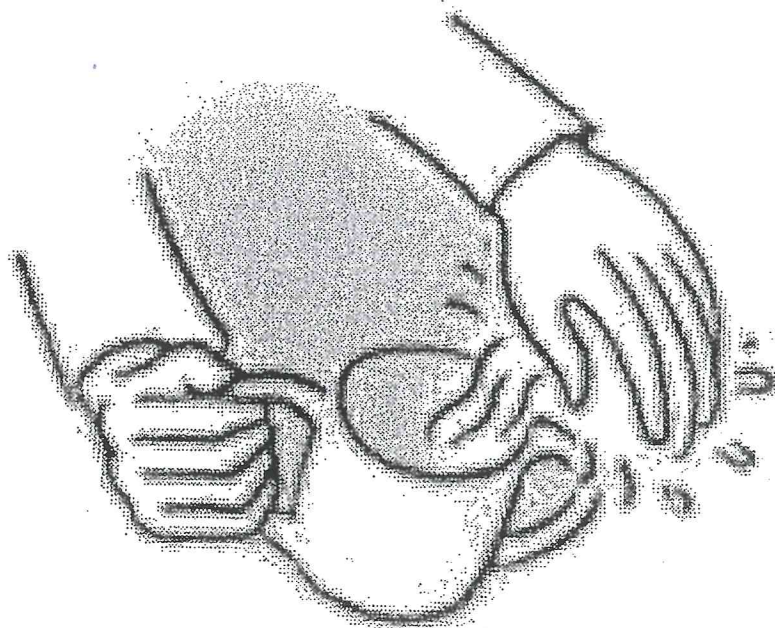
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

asher kidishanu b'mitz'votav v'tzivanu
Who has sanctified us with His commandments and commanded us

עַל נְטִילַת יָדַיִם

al n'tilat yadayim.
concerning washing of hands.

Why is there no "Amen" at the end of this blessing? With the other blessings on this page, a leader says the blessing on behalf of everyone, and the others say "Amen," accepting the leader's blessing as their own. With n'tilat yadayim, each person washes their own hands, and each person says their own blessing. You don't say "Amen" to your own blessing, and everybody says their own n'tilat yadayim, so there is no need to accept another person's blessing!



Ha-Motzi: Bread

Immediately after washing hands and before eating, the head of the household removes the cover from the two challah loaves, lifting them while reciting the following blessing. The challah is then ripped into pieces or sliced and passed around the table, so that each person may have a piece. The family meal may then begin.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam
Blessed are You, Lord, our God, King of the Universe

הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ (אָמֵן)

hamotzi lechem min ha'aretz. (Amein).
who brings forth bread from the earth. (Amen)

