

שְׁמֹר שְׁמֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ

ש  
ב  
ת  
ש  
ל  
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ם

ש  
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ם

שֵׁם:

זְכוֹר זְכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ

“TZEDAKAH EQUALS ALL OF  
THE OTHER COMMANDMENTS”  
*This is a quote from the Talmud*

Why is *tzedakah* a very important  
*mitzvah*?

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Why do you think some people have  
a *minhag* (custom) to give *tzedakah*  
before lighting the *Shabbat* candles?

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צדקה

צְדִיק כַּתְּמָר יִפְרַח כַּאֲרֶז  
בְּלִבְנוֹן יִשְׁגָּה

The righteous shall thrive like the  
palm tree and grow mighty like a  
cedar in Lebanon.

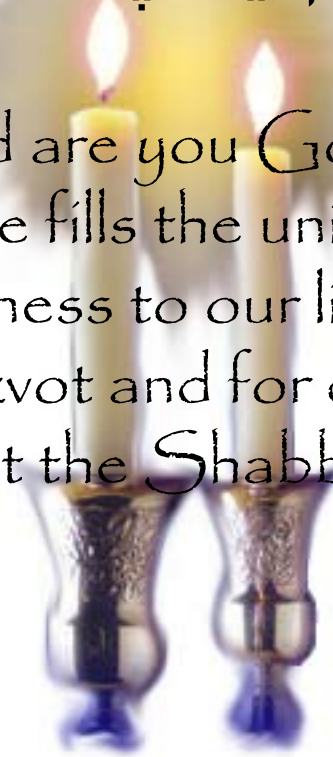


# נֵירוֹת

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ  
הָאֵלֵּים הַגְּדוֹלִים  
הַמְּצַוֵּתֵנוּ וְצִוָּנוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Praised are you God, whose presence fills the universe, who adds holiness to our lives through Your mitzvot and for commanding us to light the Shabbat candles.



# תְּחִנּוֹת

## Personal Prayers at Candlelighting

There is a beautiful *minhag* (tradition) of saying personal prayers immediately after candlelighting. Create your own prayers to recite as you feel the warm glow of the *Shabbat* candles.

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שְׂאֵל



Something I  
ask for the  
Jewish  
People

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בְּקִשׁ



A request for  
my family

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תּוֹדָה



Personal  
Thanks

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# שְׁלוֹם אֵלֵיכֶם

MAY YOU HAVE PEACE

1 שְׁלוֹם אֵלֵיכֶם, מִלְּאֲבֵי הַשָּׁרֵת, מִלְּאֲבֵי אֵלֵינוּ  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

MAY YOU JOIN US IN PEACE

2 בּוֹאֲכֶם לְשָׁלוֹם, מִלְּאֲבֵי הַשָּׁלוֹם, מִלְּאֲבֵי אֵלֵינוּ  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

MAY YOU BE BLESSED WITH PEACE

3 בְּרַכּוֹנֵי לְשָׁלוֹם, מִלְּאֲבֵי הַשָּׁלוֹם, מִלְּאֲבֵי אֵלֵינוּ  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

MAY YOU LEAVE US IN PEACE

4 צֵאתְכֶם לְשָׁלוֹם, מִלְּאֲבֵי הַשָּׁלוֹם, מִלְּאֲבֵי אֵלֵינוּ  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא:

# שְׁלוֹמֵיכֶם פִּדְעוּ

In *Shalom Aleichem* we welcome holy guests into our homes. Sometimes we invite other guest to share our *Shabbat* meal. Sometimes we are invited to different places for *Shabbat*. Think about your role in being a host and a guest:

**Two ways I can be a good host:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Two ways I can be a good guest:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Two ways I can bring *Shalom Bayit* (peace in the house) into my home:**

1. \_\_\_\_\_
2. \_\_\_\_\_

# קצ"ט

1 יום הששי.

2 וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם:

3 וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי

4 מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם

5 הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:

6 וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי

7 וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת

8 מִכָּל מְלַאכְתּוֹ אֲשֶׁר

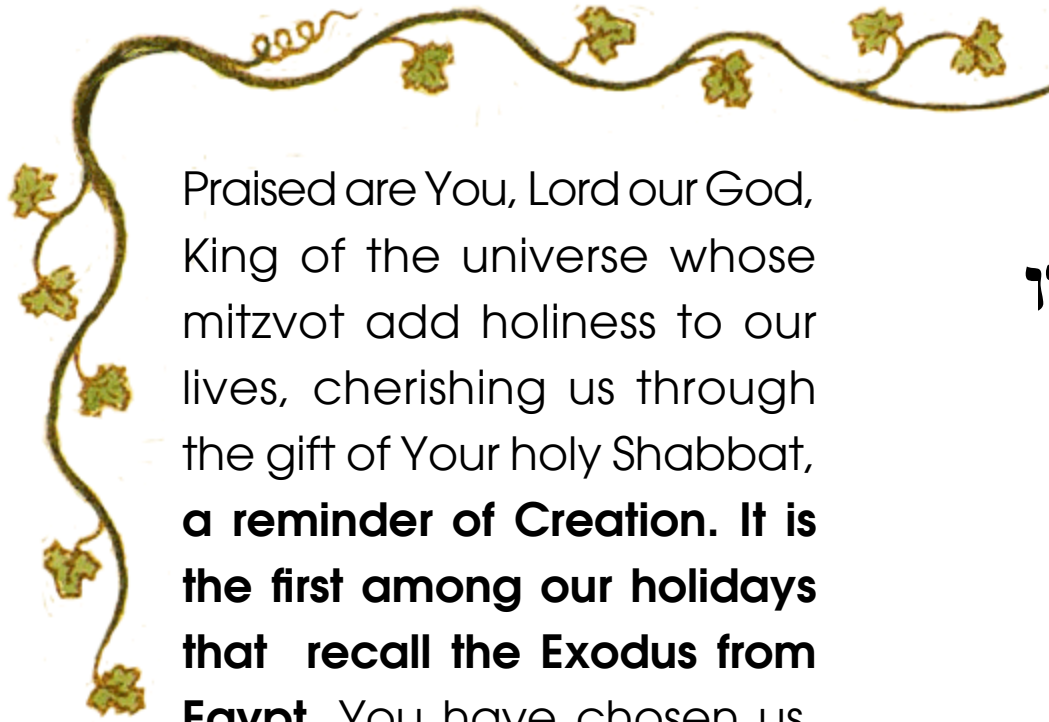
9 בָּרָא אֱלֹהִים לַעֲשׂוֹת:

10 בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן.

And there was evening and there was morning, the sixth day. The heavens and the earth, and everything that they contained was completed. On the seventh day God completed the work which God had been doing and worked no more on Creation. Then God blessed the seventh day and called it "holy," because on it God stopped God's work.

(Genesis 1:31-2:3)

**Praised are You, Lord our God, King of the universe who creates the fruit of the vine.**

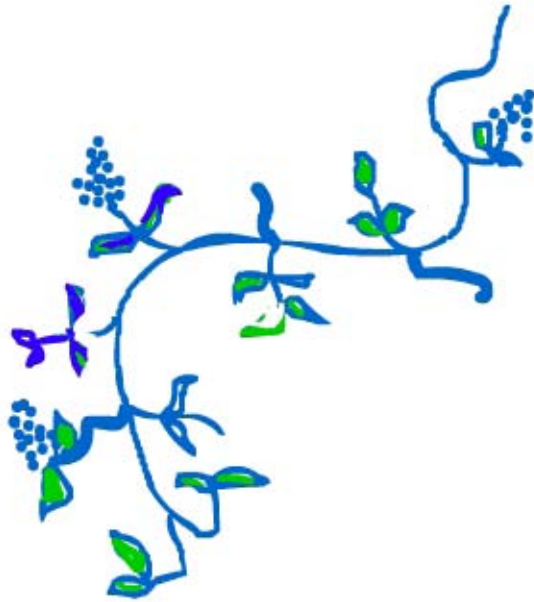


Praised are You, Lord our God,  
King of the universe whose  
mitzvot add holiness to our  
lives, cherishing us through  
the gift of Your holy Shabbat,  
**a reminder of Creation. It is  
the first among our holidays  
that recall the Exodus from  
Egypt.** You have chosen us,  
endowing us with holiness,  
from among all peoples by  
granting us Your holy Shabbat.  
Praised are You, Lord who  
makes *Shabbat* Holy.

## קצו

- 1 בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
- 2 הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
- 3 וְרָצָה בָּנוּ וְשִׁבַּת קִדְּשׁוֹ
- 4 בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ
- 5 זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית
- 6 כִּי הוּא יוֹם תְּחִלָּה
- 7 לְמִקְרָאֵי קִדְּשׁ זְכוֹר לִיציאת מִצְרַיִם
- 8 כִּי בָנוּ בְּחֵרָתָ וְאוֹתָנוּ קִדְּשָׁתָ
- 9 מִכָּל הָעַמִּים וְשִׁבַּת קִדְּשָׁךְ בְּאַהֲבָה
- 10 וּבְרָצוֹן הַנְּחִילָתָנוּ.
- 11 בְּרוּךְ אַתָּה יי מֶלֶךְ הַשִּׁבְתָּ.

# קידוש



*Kiddush* comes from the Hebrew root קדש which means holy. When we recite the *Kiddush* we are proclaiming the holiness of *Shabbat* and how *mitzvot* help us to become a holy people. What do you think “**holy**” means?

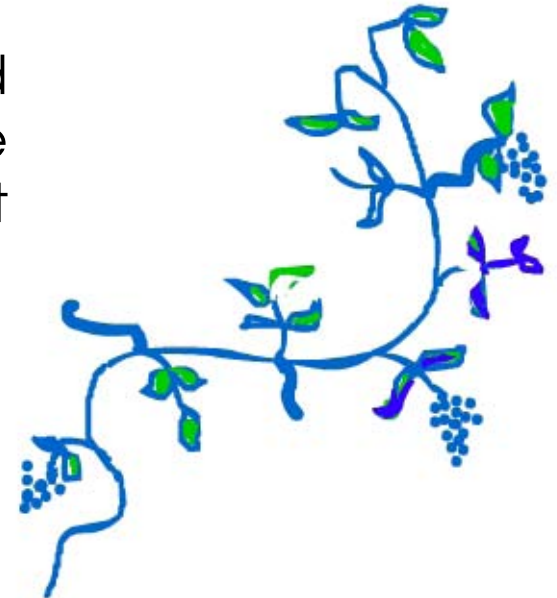
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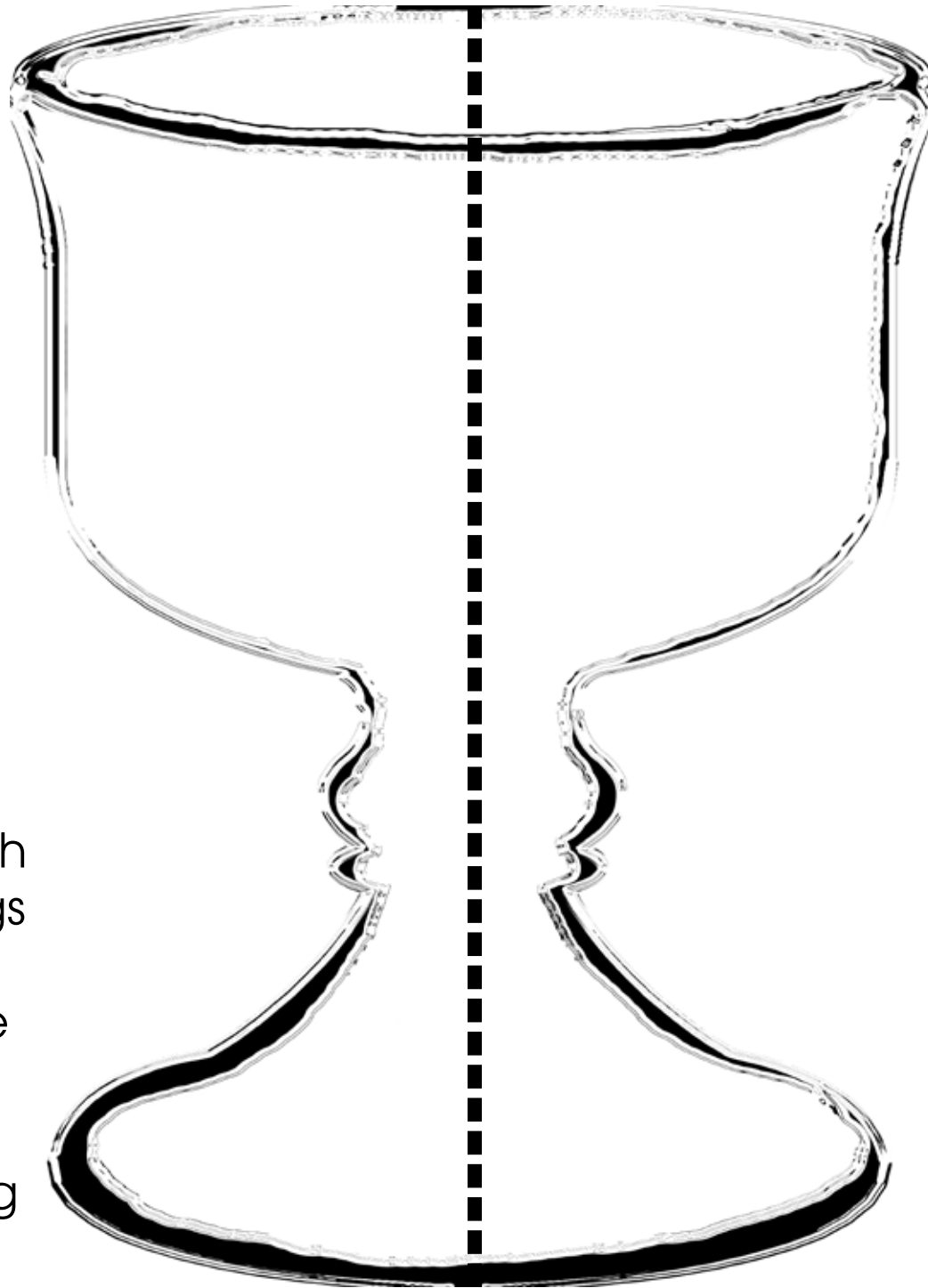
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Kiddush reminds us of the creation of the world and of the time when God took us out of Egypt. Find these two reminders in English on page 7. Now highlight them in Hebrew.



Fill half of the Kiddush cup with pictures of things you think God created. Fill the other half with pictures of the Israelites leaving Egypt.



Eating is one way we can help ourselves and take care of our health. Just as the *Kohanim* (high priests) in the *Beit HaMikdash* (Temple) used to wash their hands in a special way before they did certain *mitzvot*, we too wash our hands in this special way before we eat bread.

*Outline one of your hands and write inside each finger mitzvot you can do with your hands.*

# נְטִילַת יָדַיִם

## HAND WASHING

Take a cup and fill it with water. Pour water onto your right hand twice and your left hand twice. Then say the following bracha as you are drying your hands:

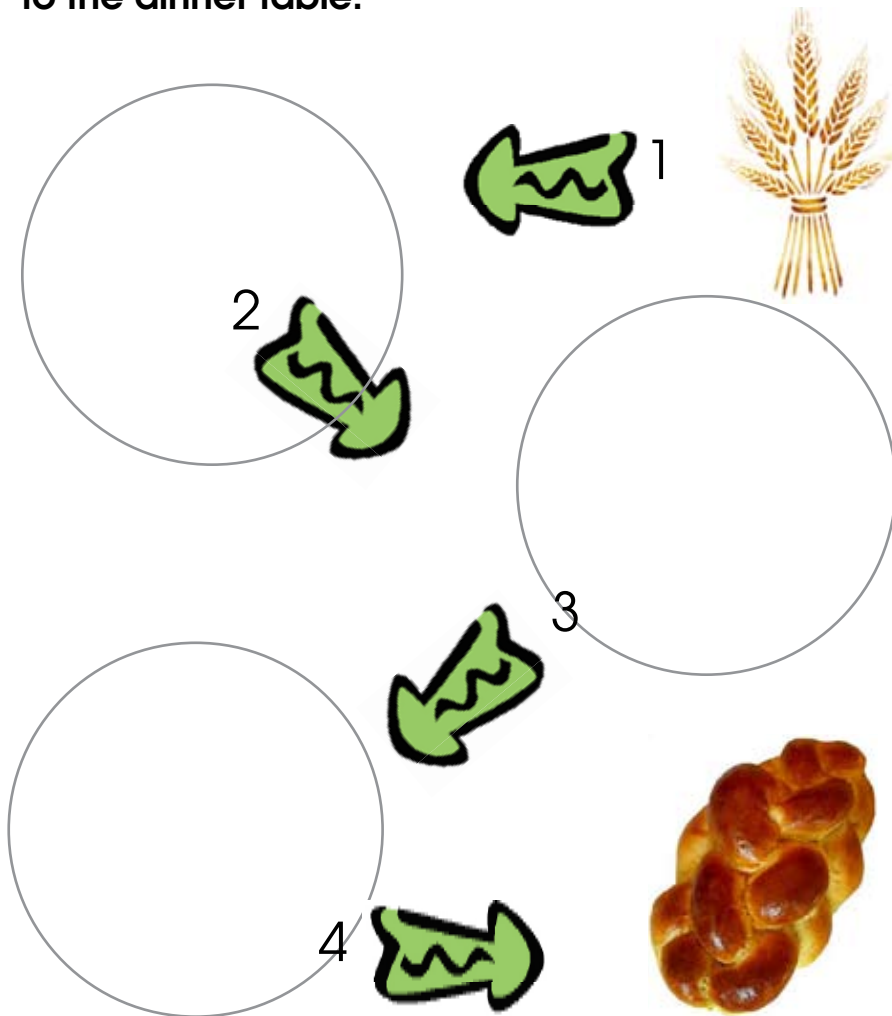
בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
עַל נְטִילַת יָדַיִם:



Praised are you God, whose presence fills the universe who adds holiness to our lives through Your mitzvot and commands us to wash our hands.

When God created the world God made everything a little bit incomplete. Instead of making bread grow out of the earth, God made wheat grow so that humans might harvest it and bake it into bread. Why? So that humans could become God's partner in the task of completing the work of creation.

Draw and label pictures in each wheel to show some of the work humans do to get bread from the ground to the dinner table.



# פאזניא

Lift up both Challot that are on the challah board and say the following bracha:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

Praised are You God, whose presence fills the universe and who brings forth bread from the ground.





# זְמִירָה

Draw a way you can  
experience *Simha* (joy)  
on *Shabbat*

Draw a way you can  
experience *menuha*  
(rest) on *Shabbat*

1 מְנוּחָה וְשִׂמְחָה אֹר לְיְהוּדִים

2 יוֹם שֶׁבֶתוֹן יוֹם מַחְמְדִים

3 שׁוֹמְרֵי וְזוֹכְרֵי הַמָּה מְעִידִים

4 כִּי לַעֲשֵׂה כָּל בְּרוּאִים וְעוֹמְדִים.

To rest and rejoice is a Jewish right,

This *Shabbat* day of sheer delight.

Those who keep it say this Friday Night

In six days God made the world with God's

might.

On Shabbat  
Birkat HaMazon is  
introduced with Psalm 126.  
Psalm 126 sings praises to  
God for the wonderful things  
we have in our lives.  
We thank God for the land  
of Israel and the food that we  
have.

Make a list of some of the  
things in your life that you are  
thankful for:

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- 1 שִׁיר הַמַּעֲלוֹת בְּשׁוּב יי
- 2 אֶת שְׂבִיבַת צִיּוֹן הֵינּוּ
- 3 בְּחַלְמִים:
- 4 אִזּוּ יִמְלֵא שְׂחֹק פִּינוּ
- 5 וּלְשׁוֹנֵנוּ רִנָּה
- 6 אִזּוּ יֹאמְרוּ בַגּוֹיִם הַגְּדִיל
- 7 יי לַעֲשׂוֹת עִם אֱלֹהִים:
- 8 הַגְּדִיל יי לַעֲשׂוֹת עִמָּנוּ
- 9 הֵינּוּ שְׂמֵחִים:
- 10 שׁוֹבָה יי אֶת שְׁבִיתָנוּ
- 11 כַּאֲפִיקִים בַּנֶּגֶב:
- 12 הַזֹּרְעִים בְּדִמְעָה בְּרִנָּה
- 13 יִקְצְרוּ: הַלֹּדֶךְ יִלְךְ וּבָכָה
- 14 נִשְׂא מִשָּׁד הַזֹּרֵעַ בֹּא יבֵּא
- 15 בְּרִנָּה נִשְׂא אֶלְמֹתָיו:

Everyone is invited to sing the Grace After Meals  
with the *mezuman*, the invitation to prayer:

**Leader:**

1 חֲבֵרֵי נְבָרָךְ!

**Group:**

2 יְהִי שֵׁם יי מְבָרָךְ מִעַתָּה וְעַד עוֹלָם.

**Leader:**

3 יְהִי שֵׁם יי מְבָרָךְ מִעַתָּה וְעַד עוֹלָם.

4 בְּרִשׁוֹת חֲבֵרֵי נְבָרָךְ אֱלֹהֵינוּ שְׂאֵבְלָנוּ מִשְׁלוֹ.

**Group:**

5 בְּרוּךְ אֱלֹהֵינוּ שְׂאֵבְלָנוּ מִשְׁלוֹ וּבְמִזְבּוֹ חַיֵּינוּ.

**Leader:**

6 בְּרוּךְ אֱלֹהֵינוּ שְׂאֵבְלָנוּ מִשְׁלוֹ וּבְמִזְבּוֹ חַיֵּינוּ.

**Everyone together:**

7 בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:





