

Say the text on this side of the card first and then the blessing on the other side.



יְהִי רָצוֹן  
שְׁתַּחֲדֵשׁ עֲלֵינוּ

שָׁנָה טוֹבָה וּמִתּוּקָה

Yehi ratzone  
sh-techadesh a-lenu  
shanah tova u-mitukah

May it be Your will God,  
that this New Year be  
filled with  
Sweetness and  
Happiness.

© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

Say the text on this side of the card first and then the blessing on the other side.



יְהִי רָצוֹן  
שְׁתַּחֲדֵשׁ עֲלֵינוּ

שָׁנָה טוֹבָה וּמִתּוּקָה

Yehi ratzone  
sh-techadesh a-lenu  
shanah tova u-mitukah

May it be Your will God,  
that this New Year be  
filled with  
Sweetness and  
Happiness.

© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

Say the text on this side of the card first and then the blessing on the other side.



יְהִי רָצוֹן  
שְׁתַּחֲדֵשׁ עֲלֵינוּ

שָׁנָה טוֹבָה וּמִתּוּקָה

Yehi ratzone  
sh-techadesh a-lenu  
shanah tova u-mitukah

May it be Your will God,  
that this New Year be  
filled with  
Sweetness and  
Happiness.

© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

Say the text on this side of the card first and then the blessing on the other side.



יְהִי רָצוֹן  
שְׁתַּחֲדֵשׁ עֲלֵינוּ

שָׁנָה טוֹבָה וּמִתּוּקָה

Yehi ratzone  
sh-techadesh a-lenu  
shanah tova u-mitukah

May it be Your will God,  
that this New Year be  
filled with  
Sweetness and  
Happiness.

© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְרֵי הָעֵץ:

*Barukh Atah Adonai  
Eloheinu Melekh haOlam  
borei pe-ri ha-etz*

**Blessed are You God  
who rules the universe  
and who creates fruit  
of the trees.**

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְרֵי הָעֵץ:

*Barukh Atah Adonai  
Eloheinu Melekh haOlam  
borei pe-ri ha-etz*

**Blessed are You God  
who rules the universe  
and who creates fruit  
of the trees.**

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְרֵי הָעֵץ:

*Barukh Atah Adonai  
Eloheinu Melekh haOlam  
borei pe-ri ha-etz*

**Blessed are You God  
who rules the universe  
and who creates fruit  
of the trees.**

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְרֵי הָעֵץ:

*Barukh Atah Adonai  
Eloheinu Melekh haOlam  
borei pe-ri ha-etz*

**Blessed are You God  
who rules the universe  
and who creates fruit  
of the trees.**

### Blessing for the *Shabbat* Candles

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

*Barukh Atah Adonai Eloheinu Melekh haOlam*

**Blessed are You, Eternal our God,  
Sovereign of the Universe**

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

*asher kid-sha'nu b'mitz-votav v'tzi-vanu*

**Who sanctified us as a people through God's  
commandments, and commanded us**

לְהַדְלִיק נֵר  
שֶׁל שַׁבָּת

*I'hadlik ner shel Shabbat  
to light the Shabbat candles.*

© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

### How to Light the *Shabbat* Candles

- 1) Light the *Shabbat* candles
- 2) Gather your family together and take a moment to review the week:



*Who had a happy moment?  
Was there something that made you feel sad?  
What is something from the week you want to  
remember on Shabbat?*

### 3) Get ready to bless the candles:

- Wave your hands in a slow circular motion towards yourself over the candles three times.
- Everyone should close their eyes, or cover them with their hands.
- Say the *b'rakha* (on the back of this card).
- Take a moment to look at the beautiful lights of *Shabbat*!
- Turn to your love ones with smiles and say

***Shabbat Shalom!***

*Give big hugs and kisses to your family!*

### Blessing for the *Shabbat* Candles

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

*Barukh Atah Adonai Eloheinu Melekh haOlam*

**Blessed are You, Eternal our God,  
Sovereign of the Universe**

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

*asher kid-sha'nu b'mitz-votav v'tzi-vanu*

**Who sanctified us as a people through God's  
commandments, and commanded us**

לְהַדְלִיק נֵר  
שֶׁל שַׁבָּת

*I'hadlik ner shel Shabbat  
to light the Shabbat candles.*

© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

### How to Light the *Shabbat* Candles

- 1) Light the *Shabbat* candles
- 2) Gather your family together and take a moment to review the week:



*Who had a happy moment?  
Was there something that made you feel sad?  
What is something from the week you want to  
remember on Shabbat?*

### 3) Get ready to bless the candles:

- Wave your hands in a slow circular motion towards yourself over the candles three times.
- Everyone should close their eyes, or cover them with their hands.
- Say the *b'rakha* (on the back of this card).
- Take a moment to look at the beautiful lights of *Shabbat*!
- Turn to your love ones with smiles and say

***Shabbat Shalom!***

*Give big hugs and kisses to your family!*

We sanctify the special time of Shabbat over a cup of wine or grape juice because joy and happiness are important parts of Shabbat, and wine and grape juice are often a symbol of happy celebration.

**When saying Kiddush:**

Everyone lifts a full cup of wine or grape juice to celebrate the beginning of Shabbat.

*-Families have different traditions about sitting or standing around the Shabbat table for Kiddush, both are correct. There are even those who stand for the recitation of the blessing, and then sit to drink the wine!*

*-Some individuals hold their Kiddush cup in their palm from underneath with fingers pointing up which suggests God is the One providing for our joy.*

It is a *mitzvah* to both recite and hear the *Kiddush*, so one who is not yet familiar with the words may listen and then respond *Amen* before drinking.

**לִיצִיאַת מִצְרַיִם כִּי בָנוּ בְחַרְתָּ**

**וְאוֹתָנוּ קִדְשָׁתָּ מִכָּל הָעַמִּים**

*l'yit-zi-at mitz-ra-yim, ki va-nu va-char-ta v'o-ta-nu ki-dash-ta mi-kol ha-a-mim,*

of the Exodus from Egypt, because You chose us and sanctified us as a people from among all peoples,

**וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה**

**וּבְרָצוֹן הִנְחַלְתָּנוּ.**

*v'Shabbat kod-sh'kha b'a-ha-vah uv'rat-zon hin-chal-ta-nu.*

Your holy Shabbat You gladly gave us in love.

**בְּרוּךְ אַתָּה יְיָ מְקֹדֵשׁ הַשַּׁבָּת.**

*Barukh Atah Adonai, Meka-desh haShabbat.*

Blessed are You Eternal, sanctifying Shabbat as holy.

**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

**אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו**

*Barukh Atah Adonai Eloheinu Melekh haOlam, asher kid-shan'u b'mitzvotav*

Blessed are You Eternal, our God Sovereign of the Universe, Who sanctified us as a people through God's commandments

**וְרָצָה בָנוּ וְשַׁבַּת קִדְשׁוֹ**

**בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרוֹ**

*v'rat-zah va'nu, v'Shabbat kod-sho*

*b'a-ha-vah uv'rat-zon hin-chi-la-nu zi-ka-ron*

and desired us, in love gave to us God's sacred Shabbat, gladly in remembrance

**לְמַעֲשֵׂה בְרֵאשִׁית כִּי הוּא יוֹם**

**תְּחִלָּה לְמִקְרָאֵי קִדְשׁ זְכוֹר**

*l'ma'aseh v'reisheet, ki hu yom*

*t'chee-lah l'mik-ra-ey ko-desh, ze-kber*

of the work of creation. For it is the first among the times declared as holy, a remembrance

**סְבִרֵי מְרָנוּ וְרַבְּנוּ וְרַבּוֹתַי וְגִבּוֹרוֹתַי.**

*Savri maranan ve-rabanan ve-rabotai u-gevirotai*

**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ**

**מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן.**

*Barukh Atah Adonai Eloheinu*

*Melekh haOlam, Borei p'ree ha-gafen.*

Blessed are You Eternal, our God Sovereign of the Universe, Creator of the fruit of the vine.



## Kiddush For Friday Night

סְבִירי מְרַנֵּן וְרַבָּנָן וְרַבּוֹתַי וְגִבּוֹרוֹתַי.  
*Savri maranan ve-rabanan ve-rabotai u-gevivotai*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מְלֶכֶד הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן.

*Barukh Atah Adonai Eloheinu  
Melekh haOlam, Borei p'ree ha-gafen.*  
Blessed are You Eternal, our  
God Sovereign of the Universe,  
Creator of the **fruit of the vine**.

© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

We sanctify the special time of Shabbat over a cup of wine or grape juice because joy and happiness are important parts of Shabbat, and wine and grape juice are often a symbol of happy celebrations.

### When saying Kiddush:

Everyone lifts a full cup of wine or grape juice to celebrate the beginning of *Shabbat*.

*-Families have different traditions about sitting or standing around the Shabbat table for Kiddush, both are correct. There are even those who stand for the recitation of the blessing, and then sit to drink the wine!*

*-Some individuals hold their Kiddush cup in their palm from underneath to represent God's holiness surrounding us.*

It is a *mitzvah* to both recite and hear the *Kiddush*, so one who is not yet familiar with the words may listen and then respond *Amen* before drinking.

**The Kiddush is a long prayer--if this is your first time saying Kiddush, start with small steps! Begin with the first bracha--blessing, and as your comfort level grows with the Hebrew, add in the second longer bracha.**

לִיצִיאַת מִצְרַיִם כִּי בָנוּ בְּחַרְתָּ  
וְאוֹתָנוּ קִדְשָׁתָּ מִכָּל הָעַמִּים

*l'Yit-zit-at mitz-ra-yim, ki va-nu va-char-ta  
v'o-ta-nu ki-dash-ta mi-kol ha-a-mim,*  
of the Exodus from Egypt, because You  
chose us and sanctified us as a people  
from among all peoples,

וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה  
וּבְרָצוֹן הִנְחַלְתָּנוּ.

*v'Shabbat kod-sh'kha b'a-ha-vah  
u'v'rat-zon hin-chal-ta-nu.*  
Your holy Shabbat You gladly  
gave us in love.

בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת.

*Barukh Atah Adonai, Meka-desh haShabbat.*  
Blessed are You Eternal, sanctifying  
Shabbat as holy.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם  
אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתַי

*Barukh Atah Adonai Eloheinu Melekh haOlam,  
asher kid-shan'u b'mitzvotav*  
Blessed are You Eternal, our God Sovereign  
of the Universe, who sanctified us as a  
people through God's commandments

וְרָצָה בָנוּ וְשַׁבַּת קִדְשׁוֹ  
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן

*v'rat-zah va'nu, v'Shabbat kod-sho  
b'a-ha-vah u'v'rat-zon hin-chi-la-nu zi-ka-ron*  
and desired us, in love gave to us God's  
sacred Shabbat, gladly in remembrance

לְמַעֲשֵׂה בְרֵאשִׁית כִּי הוּא יוֹם

תְּחִלָּה לְמִקְרָאֵי קִדְשׁ זְכוֹר

*l'ma'aseh v'reisheet, ki hu yom  
t'chee-lah l'mik-ra-ey ko-desh, ze-kher*  
of the work of creation. For it is the first among  
the times declared as holy, a remembrance

לִיצִיאַת מִצְרַיִם כִּי בָנוּ בְחַרְתָּ  
וְאוֹתָנוּ קִדְשָׁתָּ מִכָּל הָעַמִּים

*l'yit-zi-at mitz-ra-yim, ki va-nu va-char-ta  
v'o-ta-nu ki-dash-ta mi-kol ha-a-mim,*

of the Exodus from Egypt, because You chose us and sanctified us as a people from among all peoples,

וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה  
וּבְרָצוֹן הִנְחַלְתָּנוּ.

*v'Shabbat kod-sh'kha b'a-ha-vah  
uv'rat-zon hin-chal-ta-nu.*

Your holy Shabbat You gladly gave us in love.

בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת.

*Barukh Atah Adonai, Meka-desh haShabbat.*

**Blessed are You Eternal, sanctifying Shabbat as holy.**

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו

*Barukh Atah Adonai Eloheinu Melekh haOlam,  
asher kid-shan'u b'mitzvotav*

Blessed are You Eternal, our God Sovereign of the Universe, who sanctified us as a people through God's commandments

וְרָצָה בָּנוּ וְשַׁבַּת קִדְשׁ  
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן

*v'rat-zah va'nu, v'Shabbat kod-sho  
b'a-ha-vah u'v'rat-zon hin-chi-la-nu zi-ka-ron*

and desired us, in love gave to us God's sacred Shabbat, gladly in remembrance

לְמַעֲשֵׂה בְרֵאשִׁית כִּי הוּא יוֹם

תַּחֲלָה לְמַקְרָאֵי קִדְשׁ זְכוֹר

*l'ma'aseh v'reisheet, ki hu yom  
t'chee-lah l'mik-ra-ey ko-desh, ze-kber*

of the work of creation. For it is the first among the times declared as holy, a remembrance

## Kiddush For Friday Night

סְבִירֵי מָרְנָן וְרַבָּנָן וְרַבּוֹתַי וְגִבִּירוֹתַי.

*Savri maranan ve-rabanan ve-rabotai u-gevivotai*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן.

*Barukh Atah Adonai Eloheinu  
Melekh haOlam, Borei p'ree ha-gafen.*

Blessed are You Eternal, our God Sovereign of the Universe, Creator of the **fruit of the vine.**

We sanctify the special time of Shabbat over a cup of wine or grape juice because joy and happiness are important parts of Shabbat, and wine and grape juice are often a symbol of happy celebrations.

### When saying Kiddush:

Everyone lifts a full cup of wine or grape juice to celebrate the beginning of *Shabbat*.

*-Families have different traditions about sitting or standing around the Shabbat table for Kiddush, both are correct. There are even those who stand for the recitation of the blessing, and then sit to drink the wine!*

*-Some individuals hold their Kiddush cup in their palm from underneath to represent God's holiness surrounding us.*

It is a *mitzvah* to both recite and hear the *Kiddush*, so one who is not yet familiar with the words may listen and then respond Amen before drinking.

**The Kiddush is a long prayer--if this is your first time saying Kiddush, start with small steps! Begin with the first bracha--blessing, and as your comfort level grows with the Hebrew, add in the second longer bracha.**



PLACE YOUR HANDS ON TOP OF YOUR CHILD AND SAY:

FOR BOYS:

יְשַׁמְד אֱלֹהִים כְּאַפְרַיִם וְכִמְנַשֶּׁה

*Yisimcha Elohim Ke-Efrayim Ve-Cheminashe*  
May God give you the blessings of  
Ephraim and Menasseh

FOR GIRLS:

יְשַׁמְד אֱלֹהִים כְּשָׂרָה רְבֵקָה רָחֵל וְלֵאָה

*Yisimech Elohim Ke-Sara, Rivka, Rachel, Ve-Leah*  
May God give you the blessings of  
Sarah, Rebecca, Rachel and Leah.

CONTINUE HERE FOR ALL CHILDREN:

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ.  
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ  
וַיִּשֶׂם לְךָ שְׁלוֹם.

*Yivarechecha Adonai ve-yishmerecha.*  
*Ya-er Adonai panav elecha vichuneka.*

*Yisa Adonai panav ilecha veyasem lecha shalom.*

May God bless and keep you. May God's light shine on you and be gracious to you. May God's light shine within you and bring you Peace.

PLACE YOUR HANDS ON TOP OF YOUR CHILD AND SAY:

FOR BOYS:

יְשַׁמְד אֱלֹהִים כְּאַפְרַיִם וְכִמְנַשֶּׁה

*Yisimcha Elohim Ke-Efrayim Ve-Cheminashe*  
May God give you the blessings of  
Ephraim and Menasseh

FOR GIRLS:

יְשַׁמְד אֱלֹהִים כְּשָׂרָה רְבֵקָה רָחֵל וְלֵאָה

*Yisimech Elohim Ke-Sara, Rivka, Rachel, Ve-Leah*  
May God give you the blessings of  
Sarah, Rebecca, Rachel and Leah.

CONTINUE HERE FOR ALL CHILDREN:

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ.  
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ  
וַיִּשֶׂם לְךָ שְׁלוֹם.

*Yivarechecha Adonai ve-yishmerecha.*  
*Ya-er Adonai panav elecha vichuneka.*

*Yisa Adonai panav ilecha veyasem lecha shalom.*

May God bless and keep you. May God's light shine on you and be gracious to you. May God's light shine within you and bring you Peace.

PLACE YOUR HANDS ON TOP OF YOUR CHILD AND SAY:

FOR BOYS:

יְשַׁמְד אֱלֹהִים כְּאַפְרַיִם וְכִמְנַשֶּׁה

*Yisimcha Elohim Ke-Efrayim Ve-Cheminashe*  
May God give you the blessings of  
Ephraim and Menasseh

FOR GIRLS:

יְשַׁמְד אֱלֹהִים כְּשָׂרָה רְבֵקָה רָחֵל וְלֵאָה

*Yisimech Elohim Ke-Sara, Rivka, Rachel, Ve-Leah*  
May God give you the blessings of  
Sarah, Rebecca, Rachel and Leah.

CONTINUE HERE FOR ALL CHILDREN:

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ.  
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ  
וַיִּשֶׂם לְךָ שְׁלוֹם.

*Yivarechecha Adonai ve-yishmerecha.*  
*Ya-er Adonai panav elecha vichuneka.*

*Yisa Adonai panav ilecha veyasem lecha shalom.*

May God bless and keep you. May God's light shine on you and be gracious to you. May God's light shine within you and bring you Peace.

PLACE YOUR HANDS ON TOP OF YOUR CHILD AND SAY:

FOR BOYS:

יְשַׁמְד אֱלֹהִים כְּאַפְרַיִם וְכִמְנַשֶּׁה

*Yisimcha Elohim Ke-Efrayim Ve-Cheminashe*  
May God give you the blessings of  
Ephraim and Menasseh

FOR GIRLS:

יְשַׁמְד אֱלֹהִים כְּשָׂרָה רְבֵקָה רָחֵל וְלֵאָה

*Yisimech Elohim Ke-Sara, Rivka, Rachel, Ve-Leah*  
May God give you the blessings of  
Sarah, Rebecca, Rachel and Leah.

CONTINUE HERE FOR ALL CHILDREN:

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ.  
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ  
וַיִּשֶׂם לְךָ שְׁלוֹם.

*Yivarechecha Adonai ve-yishmerecha.*  
*Ya-er Adonai panav elecha vichuneka.*

*Yisa Adonai panav ilecha veyasem lecha shalom.*

May God bless and keep you. May God's light shine on you and be gracious to you. May God's light shine within you and bring you Peace.

## BLESSING OF OUR CHILDREN

*Spend a special moment with your children on Friday nights and bless them.*

Throughout every generation receiving a blessing has been a momentous moment!

In the Torah Jacob blesses Joseph's two sons, Ephraim and Menashe:

"In time to come, Israel will be to you as a blessing. They will say, 'May God make you like Ephraim and Menashe'." (Genesis 48:20)

Just as Jacob blesses his grandchildren, we bless our sons and daughters.

*Blessings are a way we express our hopes and wishes for our children as well as sense God's presence in our own experiences.*

As you prepare to bless your children, take a moment to reflect on the past week.

Tell your children how much you love them; how they are a blessing to you and to other people.



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

## BLESSING OF OUR CHILDREN

*Spend a special moment with your children on Friday nights and bless them.*

Throughout every generation receiving a blessing has been a momentous moment!

In the Torah Jacob blesses Joseph's two sons, Ephraim and Menashe:

"In time to come, Israel will be to you as a blessing. They will say, 'May God make you like Ephraim and Menashe'." (Genesis 48:20)

Just as Jacob blesses his grandchildren, we bless our sons and daughters.

*Blessings are a way we express our hopes and wishes for our children as well as sense God's presence in our own experiences.*

As you prepare to bless your children, take a moment to reflect on the past week.

Tell your children how much you love them; how they are a blessing to you and to other people.



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

## BLESSING OF OUR CHILDREN

*Spend a special moment with your children on Friday nights and bless them.*

Throughout every generation receiving a blessing has been a momentous moment!

In the Torah Jacob blesses Joseph's two sons, Ephraim and Menashe:

"In time to come, Israel will be to you as a blessing. They will say, 'May God make you like Ephraim and Menashe'." (Genesis 48:20)

Just as Jacob blesses his grandchildren, we bless our sons and daughters.

*Blessings are a way we express our hopes and wishes for our children as well as sense God's presence in our own experiences.*

As you prepare to bless your children, take a moment to reflect on the past week.

Tell your children how much you love them; how they are a blessing to you and to other people.



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

## BLESSING OF OUR CHILDREN

*Spend a special moment with your children on Friday nights and bless them.*

Throughout every generation receiving a blessing has been a momentous moment!

In the Torah Jacob blesses Joseph's two sons, Ephraim and Menashe:

"In time to come, Israel will be to you as a blessing. They will say, 'May God make you like Ephraim and Menashe'." (Genesis 48:20)

Just as Jacob blesses his grandchildren, we bless our sons and daughters.

*Blessings are a way we express our hopes and wishes for our children as well as sense God's presence in our own experiences.*

As you prepare to bless your children, take a moment to reflect on the past week.

Tell your children how much you love them; how they are a blessing to you and to other people.



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

**SONGS FOR SHABBATI!**

יום שבתון אין לשכוח זכרו פריח הניחח  
יונה מצאה בו מנוח ושם ינחו יגיעי כח

*Yom shabbaton ein lishko-ach, zichro k'reiach hanicho-ach, yona matz'a bo mano-ach v'sham yanuchu y'gi'ei choach*

The Shabbat day is unforgettable, its memory is a sweet smell, the dove found it a resting place, and there rest the workers as well.



צור מלו אכלנו פרכו אמוני  
שבענו והותרנו פדבר יי.

תן את עולמו רוענו אבינו  
אכלנו את לחמו ויינו שתינו  
על כן נודה לשמו ונהללו בפניו  
אמרנו וענינו אין קדוש בני.

*Tzur mishelo achalnu bar'chu emunai, savanu v'hotarnu kidvar adonai. Hazan et olamo, ro-einu avinu, achalnu et lachmo v'yeino shatinu, al ken nodeh lishmo un-hal'lo b'finu, amarnu v'aninu ein kadosh kadonai.*

The Rock from whose treats we have eaten, my friends, let us bless! We are satisfied and have enjoyed special things, according to the word of God.

הנה מה טוב ומה נעים  
שבת אחים גם יחד.

*Hinei ma tov uma na-im shevet achim gam yachad*

See how good it is for brothers and sisters to sit together!



הושיעה את-עמך  
ובהך את נחלתך  
ודעם ונשאם עד עולם.

*Hoshia et amecha uvareich et nachalatecha uriem v'nas'eim ad ha-olam*

Save your people and bless your inheritance

Care for them and uplift them forever and ever.

Psalms 28:9

ונאמר לפניו שירה חדשה הללויה

*V'nomar l'fanav shira chadasha, halleluyah*

Let us say before God a new song. Praise God, Halleluyah!



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

**SONGS FOR SHABBATI!**

יום שבתון אין לשכוח זכרו פריח הניחח  
יונה מצאה בו מנוח ושם ינחו יגיעי כח

*Yom shabbaton ein lishko-ach, zichro k'reiach hanicho-ach, yona matz'a bo mano-ach v'sham yanuchu y'gi'ei choach*

The Shabbat day is unforgettable, its memory is a sweet smell, the dove found it a resting place, and there rest the workers as well.



צור מלו אכלנו פרכו אמוני  
שבענו והותרנו פדבר יי.

תן את עולמו רוענו אבינו  
אכלנו את לחמו ויינו שתינו  
על כן נודה לשמו ונהללו בפניו  
אמרנו וענינו אין קדוש בני.

*Tzur mishelo achalnu bar'chu emunai, savanu v'hotarnu kidvar adonai. Hazan et olamo, ro-einu avinu, achalnu et lachmo v'yeino shatinu, al ken nodeh lishmo un-hal'lo b'finu, amarnu v'aninu ein kadosh kadonai.*

The Rock from whose treats we have eaten, my friends, let us bless! We are satisfied and have enjoyed special things, according to the word of God.

הנה מה טוב ומה נעים  
שבת אחים גם יחד.

*Hinei ma tov uma na-im shevet achim gam yachad*

See how good it is for brothers and sisters to sit together!



הושיעה את-עמך  
ובהך את נחלתך  
ודעם ונשאם עד עולם.

*Hoshia et amecha uvareich et nachalatecha uriem v'nas'eim ad ha-olam*

Save your people and bless your inheritance

Care for them and uplift them forever and ever.

Psalms 28:9

ונאמר לפניו שירה חדשה הללויה

*V'nomar l'fanav shira chadasha, halleluyah*

Let us say before God a new song. Praise God, Halleluyah!



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

הנה מה טוב ומה נעים  
שבת אחים גם יחד.

*Hinei ma tov uma na-im shevet achim gam yachad*

See how good it is for brothers and sisters to sit together!



הושיעה את-עמך  
וברך את נחלתך  
ורעים ונשאים עד עולם.

*Hoshia et amecha uvareich et nachalatecha uriem v'nas'eim ad ha-olam*

Save your people and bless your inheritance

Care for them and uplift them forever and ever.

Psalms 28:9

ונאמר לפניו שירה חדשה הללויה

*V'nomar l'fanav shira chadasha, halleluyah*

Let us say before God a new song. Praise God, Halleluyah!



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

## SONGS FOR SHABBAT!

יום שבתון אין לשכוח זכרו כריח הניחח  
יונה מצאה בו מנוח ושם נוחו יגיעי כח

*Yom shabbaton ein lishko-ach, zichro k'reiach hanicho-ach, yona matz'a bo mano-ach v'sham yanuchu y'gi'ei choach*

The Shabbat day is unforgettable, its memory is a sweet smell, the dove found it a resting place, and there rest the workers as well.



צור מלו אכלנו ברכו אמוני  
שבענו והותרנו כדבר יי.  
הזן את עולמו רוענו אבינו  
אכלנו את לחמו ויינו שתינו  
על כן נודה לשמו ונהללו בפניו  
אמרנו וענינו אין קדוש בני.

*Tzur mishelo achalnu bar'chu emunai, savanu v'hotarnu kidvar adonai. Hazan et olamo, ro-einu avinu, achalnu et lachmo v'yeino shatinu, al ken nodeh lishmo un-hal'lo b'finu, amarnu v'aninu ein kadosh kadonai.*

The Rock from whose treats we have eaten, my friends, let us bless! We are satisfied and have enjoyed special things, according to the word of God.

## SONGS FOR SHABBAT!

יום שבתון אין לשכוח זכרו כריח הניחח  
יונה מצאה בו מנוח ושם נוחו יגיעי כח

*Yom shabbaton ein lishko-ach, zichro k'reiach hanicho-ach, yona matz'a bo mano-ach v'sham yanuchu y'gi'ei choach*

The Shabbat day is unforgettable, its memory is a sweet smell, the dove found it a resting place, and there rest the workers as well.



צור מלו אכלנו ברכו אמוני  
שבענו והותרנו כדבר יי.  
הזן את עולמו רוענו אבינו  
אכלנו את לחמו ויינו שתינו  
על כן נודה לשמו ונהללו בפניו  
אמרנו וענינו אין קדוש בני.

*Tzur mishelo achalnu bar'chu emunai, savanu v'hotarnu kidvar adonai. Hazan et olamo, ro-einu avinu, achalnu et lachmo v'yeino shatinu, al ken nodeh lishmo un-hal'lo b'finu, amarnu v'aninu ein kadosh kadonai.*

The Rock from whose treats we have eaten, my friends, let us bless! We are satisfied and have enjoyed special things, according to the word of God.

הנה מה טוב ומה נעים  
שבת אחים גם יחד.

*Hinei ma tov uma na-im shevet achim gam yachad*

See how good it is for brothers and sisters to sit together!



הושיעה את-עמך  
וברך את נחלתך  
ורעים ונשאים עד עולם.

*Hoshia et amecha uvareich et nachalatecha uriem v'nas'eim ad ha-olam*

Save your people and bless your inheritance

Care for them and uplift them forever and ever.

Psalms 28:9

ונאמר לפניו שירה חדשה הללויה

*V'nomar l'fanav shira chadasha, halleluyah*

Let us say before God a new song. Praise God, Halleluyah!



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

## HAND WASHING

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

*Baruch atah adonai elohenu melech haolam asher kidshanu  
bemitzvotav vitzivanu al netilat yadayim*



Blessed are You God, who  
rules the universe and who  
makes us holy through  
Your mitzvot and who  
commands us to wash our  
hands.

© Alex Weinberg 2005. This card may not be distributed or  
reproduced without permission.

## HAND WASHING BEFORE EATING BREAD:



1. Remove any rings you are wearing on your hands.
2. Fill the washing cup with water.
3. Holding the cup in your left hand pour water three times over your right hand making sure your hand gets wet from the wrist down
4. Switch hands and pour water three times over your left hand making sure your left hand also gets wet from the wrist down
5. Refill the washing cup for the next person.
6. Say the *bracha* on the other side of this card and then dry your hands:

## HAND WASHING

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

*Baruch atah adonai elohenu melech haolam asher kidshanu  
bemitzvotav vitzivanu al netilat yadayim*



Blessed are You God, who  
rules the universe and who  
makes us holy through  
Your mitzvot and who  
commands us to wash our  
hands.

© Alex Weinberg 2005. This card may not be distributed or  
reproduced without permission.

## HAND WASHING BEFORE EATING BREAD:



1. Remove any rings you are wearing on your hands.
2. Fill the washing cup with water.
3. Holding the cup in your left hand pour water three times over your right hand making sure your hand gets wet from the wrist down
4. Switch hands and pour water three times over your left hand making sure your left hand also gets wet from the wrist down
5. Refill the washing cup for the next person.
6. Say the *bracha* on the other side of this card and then dry your hands:

## HAND WASHING

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

*Baruch atah adonai elohenu melech haolam asher kidshanu bemitz-  
votav vitzivanu al netilat yadayim*



Blessed are You God, who  
rules the universe and who  
makes us holy through  
Your mitzvot and who  
commands us to wash our  
hands.

© Alex Weinberg 2005. This card may not be distributed or  
reproduced without permission.

## HAND WASHING BEFORE EATING BREAD:



1. Remove any rings you are wearing on your hands.
2. Fill the washing cup with water.
3. Holding the cup in your left hand pour water three times over your right hand making sure your hand gets wet from the wrist down
4. Switch hands and pour water three times over your left hand making sure your left hand also gets wet from the wrist down
5. Refill the washing cup for the next person.
6. Say the bracha on the other side of this card and then dry your hands:

## HAND WASHING

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

*Baruch atah adonai elohenu melech haolam asher kidshanu bemitz-  
votav vitzivanu al netilat yadayim*



Blessed are You God, who  
rules the universe and who  
makes us holy through  
Your mitzvot and who  
commands us to wash our  
hands.

© Alex Weinberg 2005. This card may not be distributed or  
reproduced without permission.

## HAND WASHING BEFORE EATING BREAD:



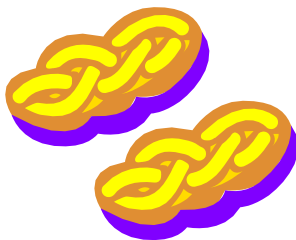
1. Remove any rings you are wearing on your hands.
2. Fill the washing cup with water.
3. Holding the cup in your left hand pour water three times over your right hand making sure your hand gets wet from the wrist down
4. Switch hands and pour water three times over your left hand making sure your left hand also gets wet from the wrist down
5. Refill the washing cup for the next person.
6. Say the bracha on the other side of this card and then dry your hands:

## BLESSING FOR HALLAH

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

*Baruch atah Adonai elohenu melech haolam  
hamozti lechem min ha-aretz.*

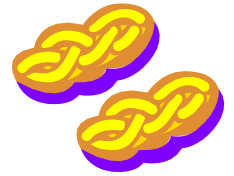
Blessed are You Eternal, our  
God Sovereign of the Universe,  
Who brings forth bread from the ground.



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

## EATING THE HALLAH

1. Traditionally there are two *hallot* used on the *Shabbat* table. This represents the *manna* that the Israelites received in the desert from God as well as the sacrifices that were brought to the Temple in Jerusalem.
2. Hold the *hallot* in the air while saying the *bracha*.
3. After saying the *bracha*, it is traditional to sprinkle salt over the *hallah* or on the High Holy Days, dip the *hallah* into honey. The salt reminds us again of the Temple sacrifices and the honey is to wish us a good and sweet year.
4. Tear pieces of the *hallah* to give to each member of the meal and enjoy!

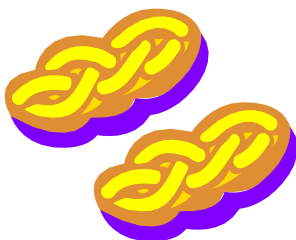


## BLESSING FOR HALLAH

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

*Baruch atah Adonai elohenu melech haolam  
hamozti lechem min ha-aretz.*

Blessed are You Eternal, our  
God Sovereign of the Universe,  
Who brings forth bread from the ground.



© Alex Weinberg 2005. This card may not be distributed or reproduced without permission.

## EATING THE HALLAH

1. Traditionally there are two *hallot* used on the *Shabbat* table. This represents the *manna* that the Israelites received in the desert from God as well as the sacrifices that were brought to the Temple in Jerusalem.
2. Hold the *hallot* in the air while saying the *bracha*.
3. After saying the *bracha*, it is traditional to sprinkle salt over the *hallah* or on the High Holy Days, dip the *hallah* into honey. The salt reminds us again of the Temple sacrifices and the honey is to wish us a good and sweet year.
4. Tear pieces of the *hallah* to give to each member of the meal and enjoy!

