

Jewish Voice for Peace



קוֹל יְהוּדִי לְשָׁלוֹם

*This Shabbat guide will help you to host a shabbat meal in your home or community.
It has a basic structure, and you can adjust it with new prayers or readings as seems best for your community.*

Shabbat Blessings

Light Candles

Blessed are you, God, Sovereign
of the Universe, who has
sanctified us with
commandments and commands
us to light shabbat candles.

*Baruch atah Adonai Eloheinu
melech ha'olam asher kid'shanu
b'mitzvotav vitzivanu lehadlik ner
shel shabbat.*

ברוך אתה יי אלהינו מלך
העולם, אשר קדשנו
במצותיו, וצונו להדליק נר
של שבת.

Blessing Children/Blessing Each Other

In blessing children, parents often place their hands on their children's heads.

In blessing each other, we can do the same.

May you be who you are and may you be blessed in all that you are. (Marcia Falk)

Prayer for Wholeness

Oh World of Miracles, you are supremely broken.

Your shards are painful and cutting.

Your pieces are scattered across the globe, aching for wholeness.

We seek justice and peace in you.

We long and love, divine sparks igniting fires within us.

We tend the embers and feed the flames, at times nearly consuming ourselves and our neighbors.

We pray for--no, we demand--open heartedness and resilience.

We seek grace and peace.

We pursue justice.

May the fragments of our world and the brokenness of our souls be blessed with strength, wisdom, and compassion.

May we be whole again, quickly, in our days.

(Alex Weissman)

Jewish Voice for Peace



קוֹל יְהוּדֵי לְשָׁלוֹם

Optional: Kaddish Yatom/The Mourners Kaddish

If you want, your community can take a moment to name or name the total numbers those whose deaths or yartzeits you are marking. If you are saying kaddish for those who have died in communal tragedies, consider having everyone stand and say kaddish together. Also give individuals an opportunity to name the other recent deaths and yartzeits they want to mark.

Exalted and hallowed be God's great name, in the world which God created, according to plan. May God's majesty be revealed in the days of your lifetime and the life of all Israel - speedily, imminently. To which we say: Amen.

Blessed by God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort, to which we say: Amen.

May the One who causes peace to reign in the high heavens, cause peace to reign among us, all Israel, and all the world, and let us say: Amen.

*Yitgadal v'yitkadash sh'meih raba
b'alma di v'ra chiruteih, v'yamlich
malchuteih b'chayeichon
uv'yomeichon uv'chayei d'chol
beit Yisrael, baagala uviz'man
kariv, v'imru: Amen.*

*Y'hei sh'meih raba m'varach
l'alam ul'almei almaya. Yitbarach
v'yishtabach v'yitpaar v'yitromam
v'yitnasei, v'yit'hadar v'yitaleh
v'yithalal sh'meih d'kud'sha b'rich
hu, l'eila min kol birchata
v'shirata, tushb'chata
v'nechemata, daamiran b'alma,
v'imru: Amen.*

*Y'hei sh'lama raba min sh'maya,
v'chayim aleinu v'al kol Yisrael.
V'imru: Amen. Oseh shalom
bimromav, Hu yaaseh shalom
aleinu, v'al kol Yisrael. V'imru:
Amen.*

יִתְגַּדֵּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתִיהָ,
וַיִּמְלִיךְ מַלְכוּתִיהָ בְּחַיֵּיכוֹן
זְבוּיָמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֵגְלָא זְבִזְמָן קָרִיב
וְאִמְרוּ אָמֵן:

יְהִי אֱלֹהֵי שְׁמֵהּ רַבָּא מְבֹרָךְ לְעַלְמֵי
וְלְעַלְמֵי עֲלְמֵיָא: יִתְבָּרַךְ
וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרומֵם
וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה
וַיִּתְהַלָּל שְׁמֵהּ דְקִדְשָׁא בְּרִיךְ
הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא
וְשִׁירְתָּא תְּשַׁבַּחְתָּא
וְנַחֲמְתָּא, דְאִמְרוּן בְּעֵלְמָא,
וְאִמְרוּ אָמֵן:

יְהִי אֱלֹהֵי שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאִמְרוּ: אָמֵן. עֹשֶׂה שְׁלוֹם
בְּמִרְוָמוֹ, הוּא יַעֲשֶׂה שְׁלוֹם
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאִמְרוּ: אָמֵן.

Jewish Voice for Peace



קוֹל יְהוּדִי לְשָׁלוֹם

Optional Reading: Fear and Overcoming - Breathing In a Strong Spirit

In the beginning, God gave us breath and the courage to begin life on earth.

Where does our strength come from? What gives us *chazak v'amatz* – strength and courage?

God works miracles with a *yad hazak* (strong hand), but, with the Egyptian army in pursuit, Moses took a breath, held out his arm over the sea, and a strong east wind blew all night and turned the sea to dry ground.

In the dark, we wait, for deliverance, from *Mitzrayim* – the narrow place – to enter the promised land.

God's *ruakh* (spirit) through the night brings peace, rest, and courage to walk into the sea on dry land through the roiling wall of waters on each side.

We face the fears that challenges us.

We give breath to calm the fear that enwraps us.

We draw strength from our community.

We cheer each other on.

We sing.

We shall overcome.

We are not afraid.

Deep in my heart, I do believe that we shall overcome some day

Hazak Hazak v'nithazek (Strength, Strength, and May we be strengthened)

(Adapted, from Ellen Dannin)

Kiddush

Blessed are you, God, Creator of the Universe who creates the fruit of the vine.

Praise to You, Adonai our God, Creator of the Universe who made us holy with Your commandments, favored us, and gave us Your holy Shabbat, in love and favor, to be our heritage as a reminder of Creation. It is the first of the holy festivals, marking the exodus from Egypt. For you have chosen us and sanctified us from among all nations [For you have called to us and made us holy for your service]

and with love and goodwill given us Your holy Shabbat as an inheritance. Blessed are you, Adonai, who sanctifies Shabbat.

Baruch atah Adonai Eloheinu melech ha'olam borei p'ri ha-gafen.

Baruch atah Adonai Eloheinu melech ha'olam asher kid'shanu b'mitzvotav v'ratzah vanu, v'shabbat kodshoh b'ahavah uv'ratzon hinchilanu zikaron l'ma'asei v'reishit, ki hu yom t'chilah l'mikraei kodesh, zecher litziyat mitzrayim, ki vanu vacharta v'otanu kidashta mikol ha'amim, [ki eleinu karata v'otanu kidashta la'avodetecha] v'shabbat kodshecha b'ahavah uvratzon hinchaltanu. Baruch atah Adonai m'kadesh hashabbat.

ברוך אתה יי אלהינו מלך
העולם בורא פרי הגפן.
ברוך אתה יי אלהינו מלך
העולם, אשר קדשנו
במצותיו ורצה בנו, ושבת
קדשו באהבה ובכבוד
הנחלנו זכרון למעשה
בראשית, כי הוא יום
תחלה למקראי קדש, זכר
ליציאת מצרים,
כי בנו בחרת ואותנו קדשת
מכל העמים,
[כי אלינו קראת ואותנו
קדשת לעבודתך]
ושבת קדשך באהבה
ובכבוד הנחלתנו. ברוך
אתה יי, מקדש השבת.

Jewish Voice for Peace



קוֹל יְהוּדֵי לְשָׁלוֹם

Optional: Handwashing

Blessed are you, God, Sovereign of the Universe, who has sanctified us with commandments and commands us to wash hands.

*Baruch atah Adonai Eloheinu
melech ha'olam asher kid'shanu
b'mitzvotav vitzivanu lehadlik ner
al netilat yadin.*

ברוך אתה יי אלהינו מלך
העולם, אשר קדשנו
במצותיו, וצונו על נטילת
ידינו.

Motzi

Blessed are you, God, Sovereign of the Universe who brings forth bread from the earth.

*Baruch atah Adonai Eloheinu
melech ha'olam ha-motzi
lechem min ha'aretz.*

ברוך אתה יי אלהינו מלך
העולם המוציא לחם מן
הארץ.

Meal

If you want, you can also create time during the meal for discussion, learning, or sharing, depending on the focus of your shabbat experience. To keep the spirit of Shabbat, consider not doing any work or planning, but instead focus on topics that will rejuvenate members of your community. Before moving into a time of giving thanks is a good time for any community announcements.

Giving Thanks After the Meal/Benching

Can be sung to the tune of Sanctuary, or other settings, or can be said alone.

Blessed is the Compassionate One, Sovereign of the Universe, Source of this food.

*Brich rachamanah malka d'alma
ma'rei d'hai pitah.*

ברוך רחמנא מלכא דעלמא
מריה דהאי פיתא.

*You are the Source of Life for all
that lives and your blessings flow
through us.*