



FRIDAY EVENING SERVICE

SHABBAT CANDLE BLESSING

ב

As I light these candles, may my eyes be opened to the light of the world.

As I light these candles, may my inner eye perceive the light within me.

May these rays of light spread blessing through the world: to my family and friends, to all who know me, and to all those in need.

By Your light, we shall see light.

May it be Your will that I may be at peace and that peace may reign amongst us all. *Amen.*

The Blessing

After lighting the candles, we customarily cover our eyes while reciting the following b'rakhah:

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

Barukh atah ADONAI, our God, sovereign of time and space, who has provided us with a path to holiness through the observance of mitzvot and has instructed us to kindle the Shabbat lights.

*Barukh atah Adonai eloheinu melek ha-olam,
asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel shabbat.*



FRIDAY EVENING SERVICE SHEMA/V'AHAVTA

Recitation of the Sh'ma

Some people may wish to pause here for a moment. Some may close their eyes; others may place a hand over their eyes. The intention is to concentrate on our relationship with God's oneness. In the absence of a minyan, we add the following: God is a faithful sovereign.

Hear, O Israel, ADONAI is our God, ADONAI is one.

Sh'ma yisrael, Adonai eloheinu, Adonai ehad.

Recited quietly: Praised be the name of the one whose glorious sovereignty is forever and ever.

You shall love ADONAI your God with all your heart,
with all your soul, and with all that is yours.

These words that I command you this day
shall be taken to heart.

Teach them again and again to your children;
speak of them when you sit in your home,
when you walk on your way,
when you lie down,
and when you rise up.

Bind them as a sign upon your hand
and as a symbol above your eyes;
inscribe them upon the doorposts of your home
and on your gates.

Deuteronomy 6:4-9

V'ahavta et Adonai elohekha b'khol l'vav'kha u-v'khol nafsh'kha
u-v'khol me'odekha. V'hayu ha-d'varim ha-eileh asher anokhi
m'tzav'kha hayom al l'vavekha. V'shinantam l'vanekha v'dibarta
bam, b'shivt'kha b'veitekha u-v'lekht'kha va-derekh u-v'shokhb'kha
u-v'kumekha. U-k'shartam l'ot al yadekha v'hayu l'totafot bein
einekha. U-kh'tavtam al mezuzot beitekha u-visharekha.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.

Recited quietly: כְּבוֹד שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ
הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ
בְּבֵיתְךָ וּבְלִקְוֹתֶיךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמֶיךָ:
וּקְשַׁרְתָּם לְאוֹת עַל-יָדֶיךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וּכְתַבְתָּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

דברים ו:ד-ט



FRIDAY EVENING SERVICE

AN ALTERNATE READING FOR 1ST BRAKHA AFTER THE SH'MA

First B'rakhah after the Sh'ma according to the Ancient Rite of the Land of Israel

You proclaimed the covenant on the seventh day;

You declared it and decreed it, we listened and heard it.

You loved this day we inherited, delighting in its
remembrance,

and began its command with the word "remember, zakhor."

From the time You bestowed it, joy filled
the hearts of Jeshurun, the people You redeemed.

Securing the cause of righteousness,

You exalted Shabbat as a sign between us forever.

In six days Your world was formed, on the seventh day

You rested,

and on this day Israel, Your people, rest.

To honor Your name, they sing songs of praise to the
one deserving of praise,



FRIDAY EVENING SERVICE V'SHAMRU

On Shabbat:

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

V'shamru v'nei yisrael et ha-shabbat,
la-asot et ha-shabbat l'dorotam b'rit olam.
Beini u-vein b'nei yisrael ot hi l'olam,
ki sheishet yamim asah Adonai et ha-shamayim v'et ha-aretz,
u-vayom ha-sh'vi-i shavat vayinafash.



FRIDAY EVENING SERVICE HATZI KADDISH

חֲצִי קַדִּישׁ

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ
מְלְכוּתֵיהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְן
קָרִיב וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא:
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלַּל שְׁמֵהּ דְקַדְשָׁא בְּרִיךְ הוּא
לְעֵלָא (לְעֵלָא *On Shabbat Shuvah add:*) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאִמְרוּ בְּעֵלְמָא וְאָמְרוּ אָמֵן:

Reader: Yitgadal veyitkadash shemey raba
be'alma divra hirutey veyamliḥ malḥutey
beḥayeyḥon uvyomeyḥon uvḥayey deḥol beyt yisra'el
ba'agala uvizman kariv ve'imru amen.

Congregation: Yehey shemey raba mevarah le'alam
ulalmey almaya.

Reader: Yitbarah veyishtabah veyitpa'ar veyitromam
veyitnasey veyit-hadar veyitaleh veyit-halal
shemey dekudsha beriḥ hu
le'ela (*On Shabbat Shuvah add:* le'ela) min kol birḥata veshirata
tushbeḥata veneḥemata da'amiran be'alma ve'imru amen.



FRIDAY EVENING SERVICE
A CONCLUDING MEDITATION

*A Concluding
Meditation*

My God, have compassion
on me and help me always
to yearn to live a holy life,
each day to find some
sparks of holiness in the
world. Help me as I turn
inward to express my
yearning for You, and help
me in my going out to
uncover Your presence in
the world.

—based on a prayer of
NAḤMAN OF BRATZLAV



FRIDAY EVENING SERVICE

KIDDUSH

Kiddush for Shabbat Evening

We rise.

With the assent of my friends:

*Barukh atah ADONAI, our God, sovereign of time and space,
who creates the fruit of the vine.*

Barukh atah Adonai eloheinu melekh ha-olam, borei pri ha-gafen.

*Barukh atah ADONAI, our God, sovereign of time and space,
who has desired us and has provided us with a path to
holiness through the observance of mitzvot,
and who lovingly and willingly has bestowed on us Shabbat,
a measure of God's holiness, a symbol of the work of creation.
For it is the first of sacred times,
a symbol of the exodus from Egypt.*

*You have chosen us, and sanctified us among all peoples by
lovingly and willingly bestowing on us Your holy Shabbat.*

Barukh atah ADONAI, who makes Shabbat holy.

*Barukh atah adonai eloheinu melekh ha-olam,
asher kid'shanu b'mitzvotav v'ratzah vanu,
v'shabbat kodsho b'ahavah u-v'ratzon hinhilanu
zikaron l'ma-aseih v'reishit,
ki hu yom t'hilah l'mikra-ei kodesh,
zeikher litziat mitzrayim,
ki vanu vaharta v'otanu kidashta mikol ha-amim,
v'shabbat kodsh'kha b'ahavah u-v'ratzon hinhaltanu.
Barukh atah Adonai, m'kadeish ha-shabbat.*



FRIDAY EVENING SERVICE ALEINU

We rise.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לִתְּת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה,
שֶׁלֹּא שָׂם חֶלְקֵנוּ בָּהֶם,
וְגָרְלָנוּ בְּכָל־הַמוֹנָם.

† וְאִנְחָנוּ כּוֹרְעִים וּמְשַׁתְּחִוִּים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וְשׁוֹכֵנֵת עִזּוֹ בְּגַבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד.
אָמַת מִלְּכָנוּ אָפֶס זוּלָתוֹ,
כְּפָתוּב בְּתוֹרָתוֹ:

וְיִדְעֵת הַיּוֹם וְהַשַּׁבָּת אֶל לְבַבְךָ, כִּי יְהוָה הוּא הָאֱלֹהִים
בְּשָׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

◀ כְּפָתוּב בְּתוֹרָתְךָ: יְהוָה יְמִלְךָ לְעֹלָם וָעֶד.
וְנֹאמַר: וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל־הָאָרֶץ,
בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד, וְשָׁמוֹ אֶחָד.



FRIDAY EVENING SERVICE

ALEINU

Aleinu l'shabei-ah la-adon hakol,
lateit g'dulah l'yotzer b'reishit,
shelo asanu k'goyei ha-aratzot,
v'lo samanu k'mishp'hot ha-adamah,
shelo sam helkeinu kahem,
v'goraleinu k'khol hamonam.
לְּוַאֲנַחְנוּ כּוֹרִים וּמִשְׁתַּחֲוִיִּים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הָאֲמֻלָּחִים, הָאֲקָדוֹשׁ בָּרוּךְ הוּא.
Shehu noteh shamayim v'yosed aretz,
u-moshav y'karo ba-shamayim mima'al,
u-sh'khinat uzo b'govhei m'romim,
hu eloheinu ein od.
Emet malkeinu efes zulato,
ka-katuv b'torato:
v'yadata hayom va-hashevota el l'vavekha, ki Adonai hu ha-elohim
ba-shamayim mima'al v'al ha-aretz mitahat, ein od.

Kakatuv bethorateha: Adonay yimloḥ le'olam va'ed.
V'ne-emar: v'hayah Adonai l'melekh al kol ha-aretz,
bayom hahu yihyeh Adonai ehad, u-sh'mo ehad.



FRIDAY EVENING SERVICE

MOTZI

Hamotzi: Breaking Bread המוציא

It is customary to recite a b'rakhah over two whole loaves on Shabbat, commemorating the double portion of manna that fell on Fridays in the wilderness.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

*Barukh atah ADONAI, our God, sovereign of time and space,
who brings forth bread from the earth.*

*Barukh atah Adonai, eloheinu melek ha-olam,
ha-motzi lehem min ha-aretz.*