

FRONT OF CARD

SHABBAT



Candle Lighting

We light two candles symbolizing the two commandments regarding Shabbat, "Shamor" and "Zachor." Keep and remember Shabbat.

"More than the people of Israel kept Shabbat, Shabbat kept the people of Israel" --*Ahad Ha'am*.

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

*Baruch atah, Adonai Eloheinu, Melech haolam, asher
k'd'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.*

Blessed are You, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot, commanding us to kindle the
light of Shabbat.

Wine

Wine was produced by Noah after the flood. It represents the potential
and the blessings we all have in our lives.

ברוך אתה, יי אלהינו, סלך העולם, בורא פרי תבואה.

*Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri
hagafen.*

Blessed are You, Adonai our God, Sovereign of the universe,
Creator of the fruit of the vine.

Bread

The custom of having two loaves of Challah is to remind us of the
double portion of Manna that the people of Israel received from God
in the desert on Shabbat.

ברוך אתה, יי אלהינו, סלך העולם, המוציא לחם
מן הארץ.

*Baruch atah, Adonai Eloheinu, Melech haolam, hamotzi
lechem min haaretz.*

Blessed are You, Adonai our God, Sovereign of the
universe, who brings forth bread from the earth.

BACK OF CARD

BLESSING THE CHILDREN



The first sacred thing in Judaism was not a temple or a mountain,
rather, it was time. God blessed the seventh day and made it holy.
On Shabbat we set time aside to give our children special blessings,
known as the priestly blessings. These sacred words have been
part of Jewish tradition for more than 3,000 years.

For Boys

ישימך אלהים,
באפרים ובמנשה.

*Y'simcha Elohim k'Efrayim
v'chi Menasseh.*

May God inspire you to live
like Ephraim and Menasseh.

For Girls

ישימך אלהים משרה,
רבקה, רחל וכלאח.

*Y'simeich Elohim k'Sarah,
k'Rivkah, k'Rachel vch'Leah.*

May God inspire you to live like
Sarah, Rebecca, Rachel and Leah.

For Both Boys and Girls Continue With

ברכה יי וישמך.

Y'verech'cha Adonai v'yishm'cha.

May God bless you and guard you.

יאר יי פניו אליך ויהנה.

Ya'er Adonai panav eilecha vichuneka.

May God's light shine upon you, and may God be gracious to you.

ישא יי פניו אליך וישם לך שלום.

Yisa Adonai panav eilecha v'yaseim l'cha shalom.

May you feel God's presence within you always, and may you
be granted peace.

These cards contain sacred texts, please handle them with respect.

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Contact: YourJewishJourney@yahoo.com • www.YourJewishJourney.com