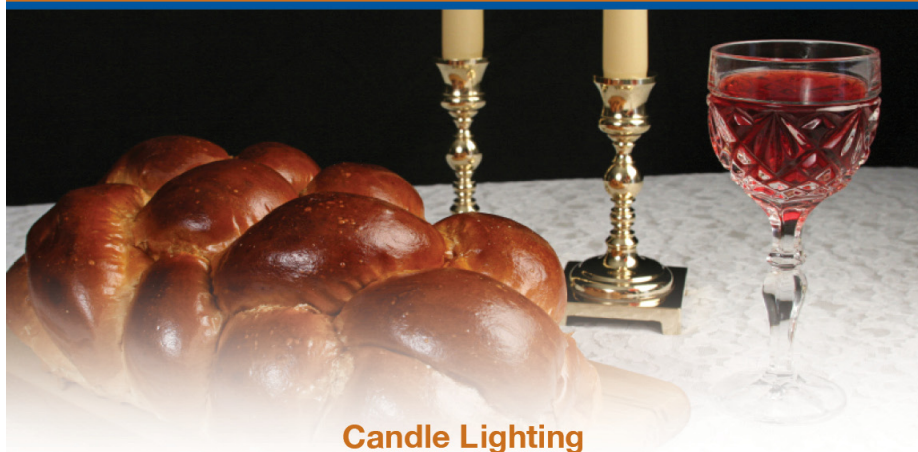


# SHABBAT



## 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*.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת.

*Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'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.

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## Wine

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

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

*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.

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## 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.

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

*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.