

4 Blessing for Washing Hands Before Eating Bread

Take a cup and fill it with water.
Pour water onto your right hand twice and your left hand twice.
Then say the following berakha as you are drying your hands:

בְּרוּךְ אַתָּה יְיָ 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-shainu b'mitz-votav v'izi-vanu
Who sanctified us as a people through God's commandments, & commands us

עַל נְטִילַת יְדַיִם.

al ne-ti-lat ya-dayim
to wash our hands.

5 Blessing over the Hallah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

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הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

ha-Motzi Lehem min ha-Aretz
Who brings bread from the ground.

2

Blessing over Wine & Grape Juice

How to say the blessing over wine and grape juice:

- 1) Fill your Kiddush cup with wine or grape juice.
- 2) Place the Kiddush cup in the palm of your hand and hold it high in the air.
- 3) Sing or say the blessing!

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh Atah Adonai Eloheinu Melekh haOlam
Blessed are You, Eternal our God, Sovereign of the Universe

בּוֹרֵא פְּרֵי הַגָּפֶן.

Borei p'ree ha-gafen.
Creator of the fruit of the vine.

Wine and grape juice represent joy and happiness in our lives.

Think back over the past week and tell your
family about a time when you were happy!

Temple Beth Sholom
Rabbi Albert and Sarah Lewis Religious School

Shabbat Blessings

שַׁבָּת שְׁלוֹם

Shabbat Shalom!

1 Blessing Over The Shabbat Candles

Light the Shabbat candles and then wave your hands towards yourself over the candles three times in a slow circular motion. Close or cover your eyes with your hands and then say the blessing.
After the blessing turn to your loved ones with smiles and say: Shabbat Shalom!

בָּרוּךְ אַתָּה יְיָ 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 Your commandments, and commands us

לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

l'hadlik ner shel Shabbat
to light the Shabbat candles.

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