

ב"ה

LEICESTER'S

SHABAT
Experience

The Shabbat Friday Night Guide

Lighting Candles

The mitzvah of lighting candles has been given especially to women, the mainstays of the Jewish home, but it is an obligation for every home, and if no woman over bat mitzvah is present to light, the candles are lit by the man of the home.

It is customary to give some coins to charity before kindling the Shabbat candles. Before we pray to G-d and ask Him kindly to grant our deepest wishes, it is appropriate to display kindness to others.

Use your hands to shield your eyes from the flames and recite the blessing while your eyes are covered.

ברוך אתה אדוני אלהינו מלך העולם אשר קדשנו במצותיו וצונו להדליק נר של שבת קדש
Baruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam A-sher Ki-de-sha-nu Be-mitz-vo-tav
Ve-tzi-va-nu Le-had-lik Ner Shel Sha-bbat Ko-desh.

Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the light of the holy Shabbat.

שלום עליכם

Sha-lom a-lei-chem, mal-a-chei ha-sha-reit,
mal-a-chei el-yon, mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu. Repeat three times

Bo-a-chem l'sha-lom, mal-a-chei ha-sha-lom,
mal-a-chei el-yon, mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu. Repeat three times

Bar-chu-ni l'sha-lom, mal-a-chei ha-sha-lom,
mal-a-chei el-yon, mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu. Repeat three times

Tsei-t'chem l'sha-lom, mal-a-chei ha-sha-lom,
mal-a-chei el-yon, mi-me-lech ma-l'chei ha-m'la-chim,
ha-ka-dosh ba-ruch hu. Repeat three times

TRANSLATION:

Say three times: Peace unto you, ministering angels, messengers of the Most High, of the supreme King of kings, the Holy One, blessed he He.

Say three times: May your coming be in peace angels of peace, messengers of the Most High, of the supreme King of kings, the Holy one, blessed be He.

Say three times: Bless me with peace, angels of peace, messengers of the Most High, of the supreme King of kings, the Holy one, blessed he He.

Say three times: May your departure be in peace, angels of peace, messengers of the Most High, of the supreme King of kings, the Holy one, blessed he He.

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי הַקָּדוֹשׁ בְּרוּךְ הוּא
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי הַקָּדוֹשׁ בְּרוּךְ הוּא
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים

בְּרִכּוֹנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי הַקָּדוֹשׁ בְּרוּךְ הוּא
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי הַקָּדוֹשׁ בְּרוּךְ הוּא
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים

אשת חיל

Eshet chayil mee yimtza, Verachok mi'pninim michra.
Batach ba lev baala, Veshalal lo yechsar.
Gemelat'hu tov velo ra, Kol yemay chayeha.
Darsha tzemer ufishtim, Vatas bechefetz kapeha.
Hayta ka'aniyot socher, Memerchak tavee lachma.
Vatakem be'od layla, Vateeten teref levayta vechok lenaroteha
Zamema sadeh vatikacheyhu, Mepree chapeha nata karem
Chagra b'oz matneha, Vateametz zro'oteha
Ta'ama kee tov sachra, Lo yichbe balayla neyra
Yadeha shilcha bekishor, Vechapeha tamchu falech
Kapa parsa le'ani, Veyadeha shilcha le'evyon
Lo tira levayta meshaleg, Kee chol vayta lavush shanim
Marvadim as'ta la, Shesh v'argaman levusha
Noda bashearim ba'la, Beshivto im ziknei aretz
Sadin as'ta vatimkor, Vachagor natna laknani
Oz vehadar levusha, Vatischak leyom acharon
Piha patcha bechachma, Vektorat chesed al leshona
Tzofiya halichot bayta, Velechem atzlut lo tocheil
Kamu vaneha vay'ashruha, Bala vayehal'la
Rabot banot asu chayil, V'at alit al kulana
Sheker hachen, Vehevel hayofi, Isha yirat A-donay, He tit'halal
Tnu la Mipri yadeha, Vi'yhaleluha bashearim maseha

אִשֶּׁת חַיִּיל מִי יִמָּצָא, וְרָחֹק מִפְּנִינִים מִכָּרָה.
בָּטַח בָּהּ לֵב בַּעֲלָהּ, וְשָׁלָל לֹא יִחְסָר.
גִּמְלַתָּהּ טוֹב וְלֹא רָע, כָּל יְמֵי חַיֶּיהָ.
דָּרְשָׁה צִמְר וּפִשְׁתִּים, וַתַּעֲשֶׂ בְּחֹפֶץ כַּפֶּיהָ.
הָיְתָה כְּאִנִּיּוֹת סוֹחֵר, מִמֶּרְחָק תְּבִיא לַחֲמָה.
וַתִּקֶּם בְּעוֹד לַיְלָה, וַתֵּתֵן טָרֶף לְבֵיתָהּ וְחֹק לְנַעֲרֹתֶיהָ.
זָמְמָה שָׂדֶה וַתִּקְחֶהוּ, מִפְּרִי כַּפֶּיהָ נִטְעָה כָּרֶם.
חָגְרָה בְּעוֹז מַתְּנֶיהָ, וַתֹּאמֶץ זְרוֹעֶתֶיהָ.
טַעְמָהּ כִּי טוֹב סִחְרָהּ, לֹא יִכְבֶּה בְּלִילָה נֶרָה.
יָדֶיהָ שָׁלְחָה בְּפִישׁוֹר, וּכְפִיהָ תָמְכוּ פֶלֶךְ.
כַּפָּה פָּרְשָׁה לְעֵנִי, וְיָדֶיהָ שָׁלְחָה לְאֲבִיוֹן.
לֹא תִירָא לְבֵיתָהּ מִשָּׁלֵג, כִּי כָל־בֵּיתָהּ לְבָשׁ שָׁנִים.
מְרַבִּדִים עָשְׂתָה־לָּהּ, שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁה.
נֹדַע בְּשֹׁעְרִים בְּעָלָהּ, בְּשִׁבְתּוֹ עִם זִקְנֵי־אֶרֶץ.
סָדִין עָשְׂתָהּ וַתִּמְכֹּר, וַחֲגוּר נָתַנָּה לַפְּנִיעֵנִי.
עוֹז וְהִדָּר לְבוּשָׁהּ, וַתִּשְׁחַק לְיוֹם אַחֲרוֹן.
פִּיהָ פָּתְחָה בְּחִכְמָהּ, וַתּוֹרֵת חֶסֶד עַל לְשׁוֹנָהּ:
צוֹפִיָּה הִלִּיכּוֹת בֵּיתָהּ, וְלֶחֶם עֲצָלוֹת לֹא תֹאכֵל:
קָמוּ בָנֶיהָ וַיֹּאשְׁרוּהָ, בְּעָלָהּ וַיְהַלְלָהּ:
רַבּוֹת בָּנוֹת עָשׂוּ חַיִּיל, וְאַתְּ עָלִית עַל כָּלֵנָה:
שֹׁקֵר הָחַן וְהַבֵּל הִפִּי, אִשָּׁה יִרְאֵת ה' הִיא תִתְהַלֵּל:
תָּנוּ לָהּ מִפְּרִי יָדֶיהָ, וַיְהַלְלוּהָ בְּשֹׁעְרִים מַעֲשִׂיהָ:

TRANSLATION:

A woman of valor, who can find? Far beyond pearls is her value. Her husband's heart trusts in her and he shall lack no fortune. She repays his good, but never his harm, all the days of her life. She seeks out wool and linen, and her hands work willingly. She is like a merchant's ships; from afar she brings her sustenance. She rises while it is still nighttime, and gives food to her household and a ration to her maids. She considers a field and buys it; from the fruit of her handiwork she plants a vineyard. She girds her loins with might and strengthens her arms. She senses that her enterprise is good, so her lamp is not extinguished at night. She puts her hand to the distaff, and her palms support the spindle. She spreads out her palm to the poor and extends her hands to the destitute. She fears not snow for her household, for her entire household is clothed with scarlet wool. Bedspreads she makes herself; linen and purple wool are her clothing. Well-known at the gates is her husband as he sits with the elders of the land. Garments she makes and sells, and she delivers a belt to the peddler. Strength and splendor are her clothing, and smilingly she awaits her last day. She opens her mouth with Wisdom, and the teaching of kindness is on her tongue. She anticipates the needs of her household, and the bread of idleness, she does not eat. Her children rise and celebrate her; and her husband, he praises her. "Many daughters have attained valor, but you have surpassed them all." False is grace, and vain is beauty; a G-d-fearing woman, she should be praised. Give her the fruit of her hands, and she will be praised at the gates by her very own deeds.

קידוש

Take the cup of wine in the right hand, pass it to the left hand, and lower it onto the palm of the right hand. The cup should be held approximately 9 inches above the table throughout the Kiddush. Those listening to the Kiddush should respond Amen.

Yom ha-shishi.

Vay'chulu hashamayim v'ha-aretz v'chol tz'va'am. Vay'chal

Elohim bayom hash'vi'i milachto asher asa. Vayishbot

bayom hash'vi'i mikol milachto asher asa. Vay'varech

Elohim et yom hash'vi'i vay'kadesh oto. Kee vo shabbat

mi-kol m'lachto asher bara Elohim la'asot.

יום הששי.

ויכלו השמים והארץ וכל צבאם

ויכל אלהים ביום השביעי מלאכתו אשר עשה.

וישבת ביום השביעי מכל מלאכתו אשר עשה

ויברך אלהים את יום השביעי ויקדש אתו.

כי בו שבת מכל מלאכתו אשר ברא אלהים לעשות

Savri maranan.

סברי מרנן

Baruch ata Adonai, Eloheinu melech ha-olam, borei p'ri hagafen.

Baruch ata Adonai, Eloheinu melech ha-olam,

asher kid'shanu b'mitzvotav v'ratza vanu,

v'shabbat kod'sho b'ahava uv'ratzon

hinchilanu, zikaron l'ma'aseh b'reishit.

Ki hu yom t'chila l'mikra-ay kodesh, zaycher l'tziat mitzrayim.

Ki vanu vacharta v'otanu kidashta mikol ha'amim.

V'shabbat kod-shi-cha b'ahava uv'ratzon hinchal tanu.

Baruch ata Adonai, mi'kadesh ha Shabbat.

ברוך אתה ה' אלהינו מלך העולם בורא פרי הגפן

ברוך אתה ה' אלהינו מלך העולם

אשר קדשנו במצותיו ורצה בנו.

ושבת קדשו באהבה וברצון

הנחילנו זכרון למעשה בראשית.

כי הוא יום תחלה למקראי קדש זכר ליציאת מצרים.

כי בנו בחרת ואותנו קדשת מכל העמים

ושבת קדשך באהבה וברצון הנחלתנו

ברוך אתה ה' מקדש השבת

המוציא

Fill a large cup with water and pour it three times over your right hand, then three times over the left. Lift your hands and rub them together, and as you do so recite the following blessing:

Baruch atah A-donay, Elo-heinu Melech Ha'Olam, asher
kideshanu bemitzvotav vetzivanu al netilat yadayim.

Blessed are You L-rd our G-d King of the universe Who has sanctified us with his
commandments and commanded us on the washing of the hands.

Then dry your hands thoroughly. And make the blessing on bread:

Baruch atah A-donay, Elo-heinu
Melech Ha'Olam Hamotzi lechem min ha'aretz.

Blessed are You, L-rd our G-d, King of the Universe, Who brings forth bread from the earth.

ברוך אתה יי אלהינו מלך העולם
אשר קדשנו במצותיו, וצונו על נטילת ידים:

ברוך אתה יי אלהינו מלך העולם
המוציא לחם מן הארץ: