Family Blessings

Bir’Chot Ha’Mishpachah

In recent years, it has become common to recite this special bracha in many households. Parents use this opportunity to show their love and bless their children.

For the Sons:
May God make you like Ephraim and Menasseh.

For the Daughters:
May God make you like Sarah, Rebecca, Rachel and Leah.

Shabbat Candle Lighting

Hadlakat Nerot

(It is customary to put coins in a Tzedakah box before lighting the Shabbat candles.)

After lighting two (or more) Shabbat candles, it is a custom to stretch your hands out toward the candles, and move them inward in a circular motion three times to bring the warmth of Shabbat into the home. Then, cover your eyes and recite the blessing.

Baruch atah Adonai, Elohaynu Melech ha’olam, asher heed’shanu b’meeetzvotav v’tzeevanu l’hadleek ner shel Shabbat.

Blessed are You, Lord our God, Ruler of the universe, who makes us holy with the commandments and commands us to kindle the lights of Shabbat.

(Wait until the blessing is recited and the first bite of the challah is eaten so as not to diminish one’s concentration on the bracha (blessing).)

Washing the Hands

N’Teelat Yada’Yeem

All who are at the Shabbat dinner table ritually wash their hands in remembrance of the hand washing performed by the priestly class in the days of the Temple. Alternately pour water over each hand three times and recite the bracha.

Baruch atah Adonai, Elohaynu Melech ha’olam, asher keed’shanu b’meeetzvotav v’tzeevanu al n’teelat yada’yeem.

Blessed are You, Lord our God, Ruler of the universe, who makes us holy with the commandments and commands us concerning the washing of hands.

Apricot or Cherry Noodle Pudding

4 ounces unsalted margarine, melted
16 ounces wide noodles, cooked
4 eggs, beaten
1/2 cup sugar
1 teaspoon vanilla extract
1 20-ounce can crushed pineapple, drained
10 ounces apricot jam or one 20-ounce can cherry pie filling

Topping: 1 cup corn flakes, 1 tablespoon sugar, 1 teaspoon cinnamon

Melt margarine; pour into noodles. Add eggs, sugar, vanilla and pineapple; mix together. Pour 1/2 noodle mixture into greased 3-quart pan. Spread with filling, then cover with rest of noodle mixture.
Shabbat Blessing Over Challah

Baruch atah Adonai, Elohaynu Melech ha’olam, ha’motzi lechem meen ha’aretz.

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

For the full Kiddush, visit https://jkidphilly.org/shabbatithehome

California Kugel

10 ounces medium egg noodles
2 tablespoons butter or margarine, melted
4 eggs
1/2 cup sugar
1/2 teaspoon salt
1/3 cup golden raisins
2 cups fresh-squeezed orange juice (not frozen), including pulp
3 medium tart apples, cored, peeled and grated
2 teaspoons lemon juice

In a large pot, cook noodles and drain. Return to pot and toss with butter. In a second bowl, beat eggs; add orange juice, sugar, salt and raisins. Pour over noodles and mix. Mix apples and lemon juice; add to noodle mixture and mix. Pour into 8x10 -inch greased pan. Bake at 350° F for one hour. Serves 8-10.

For all Children:
May the Lord bless you and watch over you. May the Lord cause His face to shine upon you and be gracious to you. May the Lord lift up His face toward you, and may He give you peace.

Y’varech’ch’cha Adonai v’y’eeshm’reecha.
Ya’er Adonai panav aylecha vee’chu’necha.
Yeesa Adonai panav ay’lecha, v’yaseem l’cha shalom.