



## Shabbat Candle Lighting

הַדְּלַקַת נְרוֹת 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.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְּלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah Adonai, Elohaynu Melech ha'olam, asher keed'shanu  
b'meeztvotav 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.

(After reciting the blessing, look at the candles and wish each other "Shabbat Shalom.")

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## Family Blessings

בְּרִכּוֹת הַמִּשְׁפָּחָה 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. *Y'seemcha Elohim  
k'Ephraim v'keeMenashe.*

יְשִׁימְךָ אֱלֹהִים  
כְּאֶפְרַיִם וְכַמְנַשֶּׁה,

### For the Daughters:

May God make you like Sarah, Rebecca, Rachel and Leah. *Y'see'maych Elohim  
k'Sarah, Rivka,  
Rachael, v'Leah.*

יְשִׁימְךָ אֱלֹהִים  
כְּשָׂרָה רִבְקָה,  
רַחֵל, וְלֵאָה.

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over



## Washing the Hands

נְטִילַת יָדַיִם 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.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

*Baruch atah Adonai, Elohaynu Melech ha'olam, asher keed'shanu  
b'meeztvotav 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.

(Do not speak until the bracha over the challah is recited and the first bite of it is eaten so as not to diminish one's concentration on the bracha (blessing).)

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## 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.

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**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'yeesh'm'recha. Ya'er Adonai panav aylecha vee'chu'necha. Yeesa Adonai panav ay'lecha, v'yasem l'cha shalom.*

יְבָרֵךְ יי  
וְיִשְׁמְרֵךְ,  
יְאֵר יי פְּנֵינוּ  
אֱלֹהֵינוּ וְיַחַדְנָה,  
יֵשֵׂא יי פְּנֵינוּ  
אֱלֹהֵינוּ וְיִשְׂמַע  
לְךָ שְׁלוֹמִים.

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**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.

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**Shabbat Blessing Over Wine**

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

*Baruch atah Adonai, Elohaynu Melech ha'olam, boray p'ree ha gafen.*

Blessed are You, Lord our God, Ruler of the universe, Creator of the fruit of the vine.

For the full Kiddush, visit <https://jkidphilly.org/shabbatinthehome>

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**Shabbat Blessing Over Challah**

הַמּוֹצִיא Ha'Motzi

Two loaves of challah, representing the double portion of manna we received in the desert each Friday, are uncovered and held up together. The blessing is then recited.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

*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.

[Salt your challah (optional). Cut or tear pieces from one challah and pass them around.]

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