



Shabbat Candle Lighting

הדלקת נרות 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.

ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו
במצותיו וצגנו להדליק נר של שבת.

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."]



Family Blessings

ברכות המשפחה Bir'Chot Ha Mishpachah

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

May God make you like
Ephraim and Menasseh.

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

ישימך אלהים
כאפרים וכמנשה,

May God make you like
Sarah, Rebecca, Rachel,
and Leah.

*Y'see'maych Elohim
k'Sarah, Rivkah,
Rachael, v'Leah.*

ישימך אלהים
כשרה רבקה,
רחל, ולאה.



[over]



Washing the Hands

נטילת ידים 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. Alternatively, pour water over each hand three times and recite the bracha.

ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו
במצותיו וצגנו על נטילת ידים.

Baruch atah Adonai, Elohaynu Melech ha'olam, asher keed'shanu b'meeztvotav v'tzeevanbu 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).]



Apricot or Cherry Noodle

- 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 1 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. Bake at 350° for one hour. Serves 8-10.





May the Lord bless you and watch over you.

Y'varech'ch'cha Adonai v'yeesh'm'recha.

May the Lord cause His face to shine upon you and be gracious to you.

Ya'er Adonai panav aylecha vee'chu'necha.

May the Lord lift up His face toward you, and may He give you peace.

Yeesa Adonai panav aylecha, v'yasem l'cha shalom.

בָּרַכְךָ יי
וְיִשְׁמְרֶךָ,
יְאֵר יי פָּנָיו
אֵלֶיךָ וְיַחַנְּנֶךָ,
יֵשָׁא יי פָּנָיו
אֵלֶיךָ וְיִשְׁמַע
לְךָ שְׁלוֹם.

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California Kugel

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

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

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Shabbat Blessing Over Wine

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

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.

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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.

[Cut or tear pieces from one challah and pass them around.]

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