

בְּרָכוֹת לְבַיִת וּלְבַיִת הַכְּנֶסֶת

B'RACHOT LABAYIT UL'VEIT HAK'NESSET

BLESSINGS FOR THE HOME AND SYNAGOGUE

בְּרִחוֹת הַמִּשְׁפָּחָה

BIRCHOT HAMISHPACHAH — FAMILY BLESSINGS

IN PRAISE OF A WOMAN

A WOMAN of valor, seek her out;  
she is to be valued above rubies.  
She opens her hand to those in need  
and extends her help to the poor.  
Adorned with strength and dignity,  
she faces the future cheerfully.  
Her speech is wise; the law of kindness is on her lips.  
Those who love her rise up with praise and call her blessed:  
“Many have done well, but you surpass them all.”  
Charm is deceptive and beauty short-lived,  
but a woman loyal to God has truly earned praise.  
Honor her for all of her offerings;  
her life proclaims her praise.

IN PRAISE OF A MAN

BLESSED is the man who reveres Adonai,  
who greatly delights in God's commandments!  
His descendants will be honored in the land  
the generation of the upright will be blessed.  
His household prospers, and his righteousness endures forever.  
Light dawns in the darkness for the upright;  
for the one who is gracious, compassionate and just.  
He is not afraid of evil tidings;  
his mind is firm trusting in Adonai.  
His heart is steady, he will not be afraid.  
He has distributed freely,  
he has given to the poor;  
his righteousness endures forever;  
his life is exalted in honor.

*A woman of valor . . .* Proverbs 31

*Blessed is the man . . .* Psalm 112

בְּרִחוֹת הַמִּשְׁפָּחָה

קְדוּשָׁה, שְׁחִירֵית

הַמִּנְחָה

בְּרִחוֹת הַמִּזְוֵן

הַבְּדִלָה

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Family Blessings

Kiddush, Morning

HaMotzi

Birkat HaMazon

Havdalah

FOR A BOY

FOR A GIRL

Y'SIMCHA Elohim יְשִׁימָךְ אֱלֹהִים  
k'Efrayim כְּאֶפְרַיִם  
v'chiM'nasheh. וְכִמְנַשֶּׁה.

Y'SIMEICH Elohim יְשִׁימָךְ אֱלֹהִים  
k'Sarah, k'Rivkah, כְּשָׂרָה, כְּרִבְקָה,  
k'Rachel uch'Leah. כְּרַחֵל וְכִלְאָה.

MAY GOD inspire you to live  
like Ephraim and Menasseh.

MAY GOD inspire you to live  
like Sarah, Rebecca, Rachel and Leah.

FOR BOTH BOYS AND GIRLS

Y'varech'cha Adonai v'yishm'recha.  
Ya-eir Adonai panav eilecha vichuneka.  
Yisa Adonai panav eilecha  
v'yaseim l'cha shalom.

יְבָרְכֶךָ יי וַיְשַׁמְרְךָ.  
יֵאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנְּךָ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ  
וַיַּשֵּׂם לְךָ שְׁלוֹם.

May God bless you and keep you.  
May God's light shine upon you, and may God be gracious to you.  
May you feel God's Presence within you always, and may you find peace.



KIDDUSH FOR SHABBAT MORNING

*Fill a Kiddush cup with wine or grape juice.*

*Raise it and recite:*

V'SHAMRU v'nei Yisrael et HaShabbat,  
laasot et HaShabbat l'dorotam  
b'rit olam.  
Beini uvein b'nei Yisrael  
ot hi l'olam,  
ki sheishet yamim asah Adonai  
et hashamayim v'et haaretz,  
uvayom hashvi-i shavat vayinafash.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתֵם  
בְּרִית עוֹלָם.  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל  
אֹזֶת הִיא לְעוֹלָם,  
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

בְּרִכּוֹת הַמְּשַׁפָּחָה  
קִדּוּשׁ, שַׁחֲרִית  
הַמוֹצֵיא  
בְּרִכַּת הַמַּיּוֹן  
הַבְּדֻלָּה

THE PEOPLE OF ISRAEL shall keep Shabbat,  
observing Shabbat throughout the ages as a covenant for all time.  
It shall be a sign for all time between Me and the people of Israel,  
for in six days Adonai made heaven and earth,  
and on the seventh day God ceased from work and was refreshed.

עַל־כֵּן בֵּרַךְ יְיָ אֶת־יוֹם הַשַּׁבָּת וַיְקַדְּשֶׁהוּ.

Al kein beirach Adonai et Yom HaShabbat vay'kadsheihu.

Therefore Adonai blessed the day of Shabbat and hallowed it.

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

Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל V'shamru v'nei Yisrael . . . The people of Israel shall keep . . . Exodus 31:16-17

עַל־כֵּן Al kein . . . Therefore Adonai . . . Exodus 20:8-11



KIDDUSH FOR FESTIVAL MORNING

Family Blessings

Kiddush, Morning

HaMotzi

Birkat HaMazon

Havdalah

ON SHABBAT

V'SHAMRU v'nei Yisrael et HaShabbat,  
laasot et HaShabbat l'dorotam  
b'rit olam.  
Beini uvein b'nei Yisrael  
ot hi l'olam,  
ki sheishet yamim asah Adonai  
et hashamayim v'et haaretz,  
uvayom hashvi-i shavat va-yinafash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתֵם  
בְּרִית עוֹלָם.  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל  
אוֹת הִיא לְעוֹלָם,  
כִּי שִׁשֶּׁת יָמִים עָשָׂה יְיָ  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְאַשׁ.

THE PEOPLE OF ISRAEL shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It shall be a sign for all time between Me and the people of Israel, for in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

עַל־כֵּן בֵּרַךְ יְיָ אֶת־יוֹם הַשַּׁבָּת וַיְקַדְּשֶׁהוּ.

Al kein beirach Adonai et Yom HaShabbat vay'kadsheihu.

Therefore Adonai blessed the day of Shabbat and hallowed it.

ON ALL FESTIVAL DAYS

EILEH MO-ADEI Adonai,  
mikra-ei kodesh,  
asher tikra-u otam b'mo-adam.  
Vay'dabeir Moshe et mo-adei Adonai  
el b'nei Yisrael.

אֵלֶּה מוֹעֲדֵי יְיָ,  
מִקְרָאֵי קֹדֶשׁ,  
אֲשֶׁר תִּקְרְאוּ אֹתָם בְּמוֹעֲדָם.  
וַיְדַבֵּר מֹשֶׁה אֶת־מוֹעֲדֵי יְיָ  
אֶל־בְּנֵי יִשְׂרָאֵל.

THESE ARE THE APPOINTED SEASONS of Adonai, the sacred days, that you shall proclaim at their appointed times. And Moses declared the appointed seasons of Adonai to the people of Israel.

Baruch atah, Adonai Eloheinu,  
Melech haolam, borei p'ri hagafen.

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

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

וְשָׁמְרוּ V'shamru... Exodus 31:16-17

אֵלֶּה מוֹעֲדֵי Eileh mo-adei... Leviticus 23:4

עַל־כֵּן Al kein... Exodus 20:8-11

וַיְדַבֵּר מֹשֶׁה Vay'dabeir Moshe... Leviticus 23:44



# הַמוֹצִיאַ, בְּרַכַּת הַמָּזוֹן

HAMOTZI AND BIRKAT HAMAZON

FOR FOOD

Baruch atah, Adonai Eloheinu,  
Melech haolam,  
hamotzi lechem min haaretz.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,  
מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיאַ לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,  
who brings forth bread from the earth.

BIRKAT HAMAZON, BLESSING AFTER EATING

ON SHABBAT

Shir hamaalot, b'shuv Adonai  
et shivat Tziyon, hayinu k'cholmim.  
Az yimalei s'chok pinu,  
ul'shoneinu rinah.  
Az yomru vagoyim,  
higdil Adonai laasot im eileh.  
Higdil Adonai laasot imanu,  
hayinu s'meichim.  
Shuvah Adonai et sh'viteinu  
kaafikim banegev.  
Hazorim b'dimah b'rinah yiktzoru.  
Haloch yeileich uvachoh  
nosei meshech hazarah,  
bo yavo v'rinah, nosei alumotav.

שִׁיר הַמַּעֲלוֹת, בְּשׁוּב יְיָ  
אֶת-שִׁיבַת צִיּוֹן, הָיִינוּ כְּחֹלְמִים.  
אֲזַי מִלֵּא שְׂחֹק פִּינוּ,  
וּלְשׁוֹנֵנוּ רִנָּה.  
אֲזַי יֹאמְרוּ בְּגוֹיִם,  
הִגְדִּיל יְיָ לַעֲשׂוֹת עִם-אֱלֹהֵי.  
הִגְדִּיל יְיָ לַעֲשׂוֹת עִמָּנוּ,  
הָיִינוּ שְׂמֵחִים.  
שׁוּבָה יְיָ אֶת-שְׁבִיתֵנוּ  
כְּאַפִּיקִים בְּנֶגֶב.  
הֲזֹרְעִים בְּדִמְעָה בְּרִנָּה יִקְצְרוּ.  
הַלֹּךְ יֵלֵךְ וּבָכָה  
נֹשֵׂא מִשְׂדֵּה-הָזָרַע,  
בְּאֵיבּוֹא בְּרִנָּה נֹשֵׂא אֲלֻמֹּתָיו.

A song of ascents. When Adonai restores the fortunes of Zion, we see it as in a dream, our mouths shall be filled with laughter, our tongues, with songs of joy. Then shall they say among the nations, "Adonai has done great things for them!" Adonai will do great things for us and we shall rejoice. Restore our fortunes, Adonai, like watercourses in the Negev. They who sow in tears shall reap with songs of joy. Those who go forth weeping, carrying the seed-bag, shall come back with songs of joy, carrying their sheaves.

ALL DAYS

Leader

Chaveirim vachaveirot, n'vareich!

חֲבֵרִים וְחֲבֵרוֹת, נְבָרֵךְ!

Let us praise God.

בְּרַכּוֹת הַמִּשְׁפָּחָה  
קְדוּשָׁה, שְׁחֵרִית  
הַמוֹצִיאַ  
בְּרַכַּת הַמָּזוֹן  
הַבְּדֻלָּה

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 Birkat HaMazon  
 Havdalah

Group

Y'hi shem Adonai m'vorach  
 mei-atah v'ad olam.

יהי שם יי מְבָרָךְ  
 מֵעַתָּה וְעַד עוֹלָם.

Praised be the name of God, now and forever!

Leader

Y'hi shem Adonai m'vorach  
 mei-atah v'ad olam.  
 Birshut hachevrah, n'vareich Eloheinu  
 she-achalnu mishelo.

יהי שם יי מְבָרָךְ  
 מֵעַתָּה וְעַד עוֹלָם.  
 בְּרִשְׁוֹת הַחֲבֵרָה, נְבָרְךְ אֱלֹהֵינוּ  
 שֶׁאֲכַלְנוּ מִשְׁלוֹ.

Praised be the name of God, now and forever!

Praised be our God, of whose abundance we have eaten.

Group

Baruch Eloheinu she-achalnu mishelo  
 uv'tuvo chayinu.

בָּרוּךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ  
 וּבְטוֹבוֹ חַיֵּינוּ.

Praised be our God, of whose abundance we have eaten,  
 and by whose goodness we live.

Leader

Baruch Eloheinu she-achalnu mishelo  
 uv'tuvo chayinu.  
 Baruch hu uvaruch sh'mo.

בָּרוּךְ אֱלֹהֵינוּ שֶׁאֲכַלְנוּ מִשְׁלוֹ  
 וּבְטוֹבוֹ חַיֵּינוּ.  
 בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.

Praised be our God, of whose abundance we have eaten,  
 and by whose goodness we live.

Praised be God and praised be God's name.

Group

Baruch atah, Adonai Eloheinu,  
 Melech haolom, hazan et haolam  
 kulo b'tuvo, b'chein b'chesed uv'rachamim.  
 Hu notein lechem l'chol basar,  
 ki l'olam chasdo.  
 Uv'tuvo hagadol tamid lo chasar lanu,  
 v'al yechsar lanu mazon l'olam va-ed.  
 Baavur sh'mo hagadol,  
 ki hu El zan um'farneis lakol,  
 umeitiv lakol, umeichin mazon  
 l'chol b'riyotav asher bara.  
 Baruch atah, Adonai, hazan et hakol.

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ,  
 מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת־הָעוֹלָם  
 כֻּלּוֹ בְּטוֹבוֹ, בְּחֵן בְּחֶסֶד וּבְרַחֲמִים.  
 הוּא נוֹתֵן לֶחֶם לְכָל־בָּשָׂר,  
 כִּי לְעוֹלָם חֶסֶדוֹ.  
 וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ,  
 וְאֵל יַחֲסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד.  
 בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל,  
 כִּי הוּא אֵל זֵן וּמְפַרְנֵס לְכָל,  
 וּמַטִּיב לְכָל, וּמְכִין מִזֶּן  
 לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.  
 בָּרוּךְ אַתָּה, יי, הַזֵּן אֶת־הַכֹּל.



בְּרִכּוֹת הַמִּשְׁפָּחָה  
קְדוּשָׁה, שְׁחִירֵית  
הַמּוֹצֵיא  
בְּרִכַּת הַמְּזוֹן  
הַבְּדֻלָּה

Sovereign God of the universe, we praise You: Your goodness sustains the world. You are the God of grace, love, and compassion, the Source of bread for all who live; for Your love is everlasting. In Your great goodness we need never lack for food; You provide food enough for all. We praise You, O God, Source of food for all who live.

Kakativ, v'achalta v'savata,  
uveirachta et Adonai Elohecha  
al haaretz hatovah asher natan lach.  
Baruch atah, Adonai,  
al haaretz v'al hamazon.

כִּפְתוּב: וְאַכַּלְתָּ וְשָׂבַעְתָּ,  
וּבְרַכְתָּ אֶת־יְיָ אֱלֹהֶיךָ  
עַל הָאָרֶץ הַטּוֹבָה אֲשֶׁר נָתַן לָךְ.  
בָּרוּךְ אַתָּה, יְיָ,  
עַל הָאָרֶץ וְעַל הַמְּזוֹן.

As it is written: When you have eaten and are satisfied,  
give praise to your God who has given you this good earth.  
We praise You, O God, for the earth and for its sustenance.

Uv'nei Y'rushalayim ir hakodesh  
bimheirah v'yameinu.  
Baruch atah, Adonai,  
boneh v'rachamav Y'rushalayim. Amen.

וּבְנֵי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ  
בְּמַהֲרָה בְּיָמֵינוּ.  
בָּרוּךְ אַתָּה, יְיָ,  
בוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.

Let Jerusalem, the holy city, be renewed in our time.  
We praise You, Adonai, in compassion You rebuild Jerusalem. Amen.

Harachaman, hu yimloch aleinu  
l'olam va-ed.

הַרְחַמְנוּ, הוּא יִמְלֹךְ עָלֵינוּ  
לְעוֹלָם וָעֶד.

Merciful One, be our God forever.

Harachaman, hu yitbarach  
bashamayim u'vaaretz.

הַרְחַמְנוּ, הוּא יִתְבָּרַךְ  
בַּשָּׁמַיִם וּבָאָרֶץ.

Merciful One, heaven and earth alike are blessed by Your presence.

Harachaman, hu yishlach b'rachah m'rubah  
babayit hazeh,  
v'al shulchan zeh she'achalnu alav.

הַרְחַמְנוּ, הוּא יִשְׁלַח בְּרַכָּה מְרֻבָּה  
בְּבַיִת הַזֶּה,  
וְעַל שֻׁלְחָן זֶה שֶׁאֲכַלְנוּ עָלָיו.

Merciful One, bless this house and this table at which we have eaten.

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Family Blessings

Kiddush, Morning

HaMotzi

Birkat HaMazon

Havdalah

ON SHABBAT

Harachaman, hu yishlach lanu  
et Eiliyahu HaNavi, zachur latov,  
vivaser lanu b'sorot tovo,  
y'shuot v'nechamot.

הַרְחֵמֵנוּ, הוּא יִשְׁלַח לָנוּ  
אֶת אֱלִיָּהוּ הַנָּבִיא, זָכוּר לְטוֹב,  
וַיְבַשֶּׂר-לָנוּ בְּשׂוֹרוֹת טוֹבוֹת,  
יְשׁוּעוֹת וְנִחְמוֹת.

Merciful One, send us tidings of Elijah, glimpses of good to come,  
redemption and consolation.

Harachaman, hu yanchileinu yom shekulo  
Shabbat um'nuchah l'chayei haolamim.

הַרְחֵמֵנוּ, הוּא יְנַחֵילֵנוּ יוֹם שְׁכָלוֹ  
שַׁבָּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

Merciful One, help us to see the coming of a time when all is Shabbat.

ON YOM TOV

Harachaman, hu yanchileinu  
yom shekulo tov.

הַרְחֵמֵנוּ, הוּא יְנַחֵילֵנוּ  
יוֹם שְׁכָלוֹ טוֹב.

Merciful One, help us to see the coming of a time when all is good.

ALL DAYS

Oseh shalom bimromav,  
hu yaaseh shalom,  
aleinu v'al kol Yisrael,  
v'al kol yoshvei teveil, v'imru amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל, וְאָמְרוּ אָמֵן.

May the Source of peace grant peace  
to us, to all Israel, and to all the world.

Adonai oz l'amo yitein.  
Adonai y'vareich et amo va'shalom.

יְיָ עֹז לְעַמּוֹ יִתֵּן.  
יְיָ יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם.

May Adonai grant strength to our people.  
May Adonai bless our people with peace.

עֹשֶׂה שְׁלוֹם Oseh shalom bimromav ... May the Source of peace ... Job 25:2

יְיָ עֹז Adonai oz ... May Adonai grant ... Psalm 29:11



# הַבְּדִלָּה

## HAVDALAH

*As Shabbat ends, the Havdalah candle is lit.*

בְּרִכּוֹת הַמְּשַׁכְּחָה

קְדוּשָׁה, שְׁחִירֵית

הַמּוֹצֵיאַ

בְּרִכַּת הַמּוֹזוֹן

הַבְּדִלָּה

HINEIH El y'shuati, evtach v'lo efchad.  
 Ki ozi v'zimrat Yah Adonai, vay'hi li lishuah.  
 Ush'avtem mayim b'sason  
 mimaa-y'nei hay'shuah.  
 L'Adonai hay'shuah,  
 al amcha virchatecha, selah.  
 Adonai tz'vaot imanu,  
 misgav lanu Elohei Yaakov, selah.  
 Adonai tz'vaot, ashrei adam botei-ach bach.  
 Adonai hoshiah,  
 haMelech yaaneinu v'yom koreinu.  
 La-Y'hudim hay'tah  
 orah v'simchah v'sason vikar;  
 kein tih'yeh lanu.  
 Kos y'shuot esa, uv'sheim Adonai ekra.

הִנֵּה אֵל יְשׁוּעָתִי, אֲבִטַח וְלֹא אֶפְחָד.  
 כִּי עֲזִי וְזִמְרַת יְהוָה יִי, וַיְהִי לִי לִישׁוּעָה.  
 וּשְׂאֲבַתֶּם מַיִם בְּשִׂשׁוֹן  
 מִמַּעַיְנֵי הַיְשׁוּעָה.  
 לַיהוָה הַיְשׁוּעָה,  
 עַל עַמְּךָ בְּרַכְתֶּךָ, סֵלָה.  
 יְיָ צְבָאוֹת עִמָּנוּ,  
 מִסְּגֹב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה.  
 יְיָ צְבָאוֹת, אֲשֶׁר־י אָדָם בֵּיתֶךָ בָּךְ.  
 יְיָ הוֹשִׁיעָה,  
 הַמֶּלֶךְ יַעֲנֵנוּ בַיּוֹם קִרְאָנוּ.  
 לַיהוּדִים הַיְתָה  
 אוֹרָה וְשִׂמְחָה וְשִׂשׁוֹן וְיִקָּר;  
 כֵּן תִּהְיֶה לָנוּ.  
 כּוֹס יְשׁוּעוֹת אֲשָׂא, וּבָשִׂם יְיָ אֶקְרָא.

BEHOLD the God who gives me triumph! I am confident, unafraid; for Adonai is my strength and might, and has been my deliverance. Joyfully shall you draw water from the fountains of triumph, deliverance is Adonai's; Your blessing be upon Your people! Selah.

*Adonai Tz'vaot* is with us; the God of Jacob is our haven. Selah.

*Adonai Tz'vaot*, happy is the one who trusts in You. O Adonai, grant victory!

May the Sovereign answer us when we call.

The Jews enjoyed light and gladness, happiness and honor. So may it be for us.

I raise the cup of deliverance and invoke the name of Adonai.

הַבְּדִלָּה *Havdalah* means *separation*, the separation of Shabbat from the beginning of the new work week.

הִנֵּה אֵל יְשׁוּעָתִי *Hineih El y'shuati* . . . *Behold the God who gives me triumph!* . . . Shabbat is a foretaste of the world-to-come, a time of perfect peace. These verses call upon God to recall and act on the promise of redemption.

For those who choose: At the last sentence *כּוֹס יְשׁוּעוֹת אֲשָׂא* *kos y'shuot esa*, I raise the cup of deliverance, one lifts a cup of wine or grape juice without tasting and proceeds directly to the blessing.



Family Blessings  
Kiddush, Morning  
HaMotzi  
Birkat HaMazon  
Havdalah

I'LL LET YOU in on a secret  
about how one should pray the sunset prayer.  
It's a juicy bit of praying,  
like strolling on grass,  
nobody's chasing you, nobody hurries you.  
You walk toward your Creator  
with gifts in pure, empty hands.  
The words are golden,  
their meaning is transparent,  
it's as though you're saying them  
for the first time.

If you don't catch on  
that you should feel a little elevated,  
you're not praying the sunset prayer.  
The tuner is sheer simplicity,  
you're just lending a helping hand  
to the sinking day.  
It's a heavy responsibility.  
You take a created day  
and you slip it  
into the archive of life,  
where all our lived-out days are lying together.

The day is departing with a quiet kiss.  
It lies open at your feet  
while you stand saying the blessings.  
You can't create anything yourself, but you  
can lead the day to its end and see  
clearly the smile of its going down.  
See how whole it all is,  
not diminished for a second,  
how you age with the days  
that keep dawning,  
how you bring your lived-out day  
as a gift to eternity.

הִנֵּה אֱלֹהֵי יְשׁוּעָתִי *Hineih El y'shuati* . . . *Behold the God who gives me triumph* . . . Isaiah 12:2-3  
וַיְהִי לִי לִישׁוּעָה *vay'hi li lishuah* . . . *and has been my deliverance* . . . Psalm 3:9  
לַיְיָ הַיְשׁוּעָה *L'Adonai hay'shuah* . . . *deliverance is Adonai's* . . . Psalm 46:12  
אֲשֶׁרֵי אָדָם בֹּטֵחַ בְּךָ *ashrei adam botei-ach bach* . . . *happy is the one who trusts in You* . . . Psalm 84:13  
הוֹשִׁיעָה יְיָ *Adonai hoshiah* . . . *O Adonai, grant victory!* . . . Psalm 20:10  
אוֹרָה וְשִׂמְחָה *orah v'simchah* . . . *light and gladness* . . . Esther 8:16  
כּוֹס יְשׁוּעוֹת אֲשֶׁר *Kos y'shuot esa* . . . *I raise the cup of deliverance* . . . Psalm 116:13



ברכות המשפחה

קדוש, שחרית

המוציא

ברכת הפיון

הבדלה

THE WINE OR GRAPE JUICE

*The blessing may be said over wine or grape juice.*

*Lift the goblet but do not drink until after the Blessing of Separation.*

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
borei p'ri hagafen.

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

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

THE SPICES

*Lift the spice box.*

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
borei minei v'samim.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מִיְּנֵי בְשָׂמִים.

Praise to You, Adonai our God, Sovereign of the universe, Creator of varied spices.

*Circulate the spice box.*

THE LIGHT

*Raise the Havdalah candle.*

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
borei m'orei ha-eish.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מְאוֹרֵי הָאֵשׁ.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the lights of fire.

The filled and raised cup is symbolic of the joy felt when expressing gratitude to God. The wine or grape juice is not sipped until after the final blessing (next page).

The spices, coming from the earth, remind us of our duty during our work-week to protect the fragile balance of nature.



*Family Blessings*

*Kiddush, Morning*

*HaMotzi*

*Birkat HaMazon*

*Havdalah*

TASTE THE PURPLE DUSK, the shimmer of green  
that grow on the hills of Carmel  
near the caves that hint at life.

Taste the orange beaming beneath leaves  
in the endless expanse of the Negev fields.

Taste the joy of these blessings that grow from the earth,  
and sustain us, and nourish us throughout the week.

Blessed is the fruit and its seed.

Smell the spices that awaken us,  
sharp as memory pushing into  
the week's rush of days, cacophonous and long,  
spices that cling, a delicate perfume  
scenting the week with possibilities.  
Blessed are the spices that awaken us.

Fire, sign of home, of safety, of awe,  
as when we gather to tell the stories  
our mothers passed down — the wild nights  
dancing, drums beating, singing the ancient songs,  
words we no longer know, though we feel them  
twining around us like the many wicks of the flame  
uniting in one. Fire and light  
and the shadows they create.  
Blessed is the fire within each of us.

Dawn and dusk, light and dark, memory and forgetfulness,  
sacred and mundane, words and silence, division  
and wholeness, the whole made easy,  
made soft as a pillow when you're tired.

The division a bee hive of honey, the complicated  
sweetness that lets us know bitter.

Blessed are the differences that make up the whole.

---

As Shabbat draws to an end, we hope that the week ahead will continue to bear the light of this day. New and unanticipated challenges await us; we pray that, revitalized by Shabbat, we will be sustained throughout the coming week. May the sweetness of the wine and the aroma of the Havdalah spices linger within us as the sun sets and the new week begins.



THE BLESSING OF SEPARATION

BARUCH atah, Adonai  
 Eloheinu, Melech haolam,  
 hamavdil bein kodesh l'chol,  
 bein or l'choshech,  
 bein Yisrael laamim,  
 bein yom hashvi-i  
 l'sheishet y'mei hamaaseh.  
 Baruch atah, Adonai,  
 hamavdil bein kodesh l'chol.

בָּרוּךְ אַתָּה, יי  
 אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
 הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל,  
 בֵּין אֹר לְחֹשֶׁךְ,  
 בֵּין יִשְׂרָאֵל לְעַמִּים,  
 בֵּין יוֹם הַשְּׁבִיעִי  
 לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה.  
 בָּרוּךְ אַתָּה, יי,  
 הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל.

בְּרִכּוֹת הַמְשַׁפָּחָה  
 קְדוּשָׁה, שְׁחֵרִית  
 הַמּוֹצֵיא  
 בְּרִכַּת הַמָּזוֹן  
 הַגְּדֵלָה

PRAISE TO YOU, Adonai our God, Sovereign of the universe:  
 who distinguishes between the holy and ordinary, between light and dark,  
 between Israel and the nations, between the seventh day and the six days of work.  
 Praise to You, Adonai who distinguishes between the holy and ordinary.

*Sip the wine or grape juice.*

*Extinguish the Havdalah candle in the remaining wine or grape juice,  
 while the following passages are sung or said:*

HAMAVDIL bein kodesh l'chol,  
 chatoteinu hu yimchol,  
 zareinu v'chaspeinu yarbeh kachol,  
 v'chakochavim balailah.

הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל,  
 חַטֹּאתֵינוּ הוּא יִמְחַל,  
 זָרְעֵנוּ וְכֶסֶפֶנוּ יִרְבֶּה כָּחוֹל,  
 וְכּוֹכָבִים בַּלַּיְלָה.

Shavua tov . . .

. . . שְׁבוּעַ טוֹב

MAY THE ONE who distinguishes between the holy and the ordinary, pardon our  
 sins; multiply our offspring and our possessions as grains of sand and as the stars at night.

A good week, a week of peace, may gladness reign and joy increase.



*Family Blessings*

*Kiddush, Morning*

*HaMotzi*

*Birkat HaMazon*

***Havdalah***

**H**AVDALAH is not for the close of Shabbat alone; it is for all the days.

Havdalah means: separate yourself from the unholy; strive for holiness.

Havdalah means: separate yourself from fraud and exploitation;  
be fair and honest with all people.

Havdalah means: separate yourself from indifference to the poor and the deprived,  
the sick and the aged; work to ease their despair and their loneliness.

Havdalah means: separate yourself from hatred and violence;  
promote peace among people and nations.

May God give us understanding to reject the unholy and to choose the way of holiness.

May God who separates the holy from the profane  
inspire us to perform these acts of Havdalah.

**O** GOD, God of our ancestors,  
with good sign and good fortune  
begin for us  
the six days that approach us — for peace,  
separated from transgression and  
attached to the study of Torah  
and to good deeds.  
Grant us wisdom, understanding and knowledge from You.

Let us hear in these days  
joy and happiness.  
Let there not arise jealousy of us in the heart of any person  
and let there not arise jealousy of any person in our hearts...

Open up for us, Adonai our God,  
this week, and every week,  
gates of light and gates of blessing

so that all who enter may know peace and goodness.



ברכות המשפחה

קדוש, שחרית

המוציא

ברכת המזון

הבדלה

ELIYAHU hanavi,  
Eliyahu hatishbi,  
Eliyahu hagiladi.

אֱלִיָּהוּ הַנָּבִיא,  
אֱלִיָּהוּ הַתִּשְׁבִּי,  
אֱלִיָּהוּ הַגִּלְעָדִי.

Bimheirah v'yameinu,  
yavo eileinu,  
im Mashiach ben David.

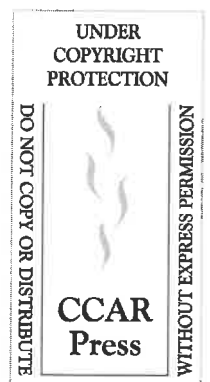
בְּמַהֲרָה בְּיָמֵינוּ,  
יָבוֹא אֵלֵינוּ,  
עִם מָשִׁיחַ בֶּן-דָּוִד.

MAY ELIJAH the prophet,  
Elijah the Tishbite,  
Elijah of Gilead,  
quickly in our day come to us  
heralding redemption.

“Elijah the Tishbite” is a paraphrase of the introduction of the Elijah story in I Kings 17:1.

*Marc Brettler*

Elijah in Jewish folklore is the champion of the poor and downtrodden, an agent of mercy and hope. He is the bearer of good tidings, the harbinger of the messianic age.





Family Blessings

Kiddush, Morning

HaMotzi

Birkat HaMazon

Havdalah

MIRYAM han'viah oz v'zimrah b'yadah.

Miryam tirkod itanu

l'hagdil zimrat olam.

Miryam tirkod itanu

l'takein et haolam.

Bimheira v'yameinu hi t'vi-einu

El mei hay'shuah.

מְרִיָּם הַנְּבִיאָה עִז וְזִמְרָה בְּיָדָהּ.

מְרִיָּם תִּרְקֹד אִתָּנוּ

לְהַגְדִּיל זִמְרַת עוֹלָם.

מְרִיָּם תִּרְקֹד אִתָּנוּ

לְתַקֵּן אֶת הָעוֹלָם.

בְּמַהֲרָה בְּיָמֵינוּ הִיא תְּבִיאֵנוּ

אֶל מֵי הַיְּשׁוּעָה.

MIRIAM the prophet, strength and song are in her hand.

Miriam will dance with us to swell earth's song.

Miriam will dance with us to redeem the world.

Soon, in our day, she will bring us to the waters of redemption.

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Elijah is not the only figure in Jewish tradition to fulfill a role as God's messenger and harbinger of hope. The sages in the Midrash shaped two biblical women, Serah bat Asher (Genesis 46:17) and Miriam, into such visionary personalities. Each woman gave advice and served as models of redemption for the Jewish people. This prayer which includes Miriam in the Havdalah service is a welcome addition to our liturgy.

