

TGIS: Thank God It's Shabbat **CONGREGATIONAL DINNER**

Guide to pre-meal blessings at the Friday night Shabbat table



Blessing text from: B'kol Echad, Aish.com and Jewfaq.org



BLESSING OVER THE CHALLAH

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha-olam
Blessed are You, Lord, our God, King of the Universe

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ (אָמֵן)

hamotzi lechem min ha'aretz. (Amein).
who brings forth bread from the earth. (Amen)



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WASHING OF THE HANDS BLESSING

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

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אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

asher kidishanu b'mitz'votav v'tzivanu
Who has sanctified us with His commandments and commanded us

עַל נְטִילַת יָדַיִם

al n'tilat yadayim.
concerning washing of hands.

Note: It is custom that once you wash your hands and say the blessing, you remain silent until you say the blessing over the challah



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KIDDUSH

ובלחשה) ויהי ערב ויהי בקר יום הששי.	(First line quietly:) Va-ye-hee erev, va-ye-hee voker. Yom Ha-shishi.
ונכלו השמים והארץ וכל צבאם: ונכל אלהים ביום השביעי מלאכתו אשר עשה ונשבת ביום השביעי מכל מלאכתו אשר עשה	Va-ye-chulu hashma-mayim vi-ha-aretz vi-kole tzi-va-am. Va-yichal Elohim ba-yom hashe-vi'1 milach-to asher asa. Va-yish-bose ba-yome hashe-vi'1 mi-kole milach-to asher asa.
ונברך אלהים את יום השביעי ונקדש אתו כי בו שבת מכל מלאכתו אשר ברא אלהים לעשות	Va-ye-varech Elohim es yom hashe-vi'1 va-yi-kadesh oso. Kee voe shavas mi-kole milach-toe asher bara Elohim la-a-sose.
סברי סגנו ורענו ורבוסי ברוך אתה יי אלהי מלך העולם בורא פרי הגפן.	Savri maranan ve-rabanen ve-rabosal: Baruch ata Adonoy, Eloheinu melech ha-olam, borei peri ha-gafen. (Others respond: "Amen")
ברוך אתה יי אלהי מלך העולם אשר קדענו במצותיו ורצה לנו ושבת קדשו באהבה וברצון הנהילנו זכרון למעשה בראשית כי הוא יום תחלה לטקראי קדש זכר למציאת מצרים כי בנו כפרת ואותנו קדשת מכל העמים ושבת קדשך באהבה וברצון הנהלתנו. ברוך אתה יי מקדש השבת.	Baruch ata Adonoy, Elo-heinu melech ha-Olam, asher kidish-anu bi-mitz-vosav vi-ratza vanu, vi-Shabbos kod-sho bi-ahava uv-ratzon hin-chi-lanu, zikaron lima-aseh vi-raishis. Ki hu yom ti-chilla li-mikra-ay kodesh, zay-cher li-tzi-as mitz-rayim. Ki vanu vachar-ta vi-osanu kidash-ta mikol ha-amim. Vi-shabbos kod-shicha bi-ahava uv-ratzon hinchal-tanu. Baruch ata Adonoy, mi-kadesh ha-shabbos. ("Amen")

(Quietly: It was evening and it was morning.) The sixth day. So the heavens and the earth were finished, with all their complement. On the seventh day, God had completed His work which He had undertaken, and He rested on the seventh day from all His work which He had been doing. Then God blessed the seventh day and made it holy, because on it He ceased from all His creative work, which God had brought into being to fulfill its purpose.

Blessed are You God, King of the Universe, Creator of the fruit of the vine.
(Others respond: "Amen")

Blessed are You God, King of the Universe, who made us holy with his commandments and favored us, and gave us His holy Shabbat, in love and favor, to be our heritage, as a reminder of the Creation. It is the foremost day of the holy festivals marking the Exodus from Egypt. For out of all the nations You chose us and made us holy, and You gave us Your holy Shabbat, in love and favor, as our heritage. Blessed are you God, Who sanctifies Shabbat. ("Amen")


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BLESSING THE CHILDREN FOR SONS

יְשִׁמְךָ אֱלֹהִים Ye'simcha Elohim
 כְּאֶפְרַיִם וְכִמְנַשֶּׁה: ke-Ephraim ve'chi-Menashe

May God make you like Ephraim and Menashe.

יְבָרֶכֶךָ יי וַיִּשְׁמְרֶךָ: Ye'varech'echa Adonoy ve-yish'merecha
 יֵאָר יי פְּנֵיו אֵלֶיךָ וַיַּחֲנֶנֶךָ: Ya'eir Adonoy panav eilecha viy-chuneka.
 יִשָּׂא יי פְּנֵיו אֵלֶיךָ Yisa Adonoy panav eilecha,
 וַיִּשְׂעַם לְךָ שְׁלוֹם: ve-yaseim lecha shalom.

May God bless you and watch over you.
 May God shine His face toward you and show you favor.
 May God be favorably disposed toward you,
 and may He grant you peace.

FOR DAUGHTERS

יְשִׁמְעֶךָ אֱלֹהִים Ye'simech Elohim
 כְּסָרָה רִבְקָה רָחֵל וְלֵאָה: ke-Sarah, Rivka, Rachel ve-Leah

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

יְבָרֶכֶךָ יי וַיִּשְׁמְרֶךָ: Ye'varech'echa Adonoy ve-yish'merecha.
 יֵאָר יי פְּנֵיו אֵלֶיךָ וַיַּחֲנֶנֶךָ: Ya'eir Adonoy panav eilecha viy-chuneka.
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שלום עליכם Shalom Aleichem

Shalom Aleichem welcomes the angels into our homes each week to come in peace and leave in peace.

שלום עליכם, מלאכי השבת. מלאכי עליון, ממלאך מלכי המלאכים, הקדוש ברוך הוא.	Shalom aleichem malachei hashareit malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.
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באכם לשלום, מלאכי השלום, מלאכי עליון, ממלאך מלכי המלאכים, הקדוש ברוך הוא.	Bo-achem l'shalom malachei hashalom malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.
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ברכוני לשלום, מלאכי השלום, מלאכי עליון, ממלאך מלכי המלאכים, הקדוש ברוך הוא.	Barchuni l'shalom malachei hashalom malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.
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צאתכם לשלום, מלאכי השלום, מלאכי עליון, ממלאך מלכי המלאכים, הקדוש ברוך הוא.	Tzeitchem l'shalom malachei hashalom malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.
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תלמוד בבלי מס שבת דף קעב

[Talmud Bavli Shabbat 119f]

Peace be unto you,
 ministering angels,
 Messengers of the Most High,
 the King of kings, the Holy One,
 blessed is God.

May your coming be in peace,
 Messengers of peace.
 Messengers of Most High,
 the King of kings, the Holy One,
 blessed is God.

Bless me with peace,
 Messengers of peace,
 Messengers of the Most High,
 the King of kings, the Holy One,
 blessed is God.

May your departure be in peace,
 Messengers of peace,
 Messengers of the Most High,
 the King of kings, the Holy One,
 blessed is God.



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BLESSING OVER THE CANDLES

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אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

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לְהַדְלִיק נֵיר שֶׁל שַׁבָּת : (אָמֵן)

l'had'lik neir shel Shabbat. (Amein)
 to light the lights of Shabbat. (Amen)



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