

Lighting Shabbat Candles

From the first day of the week, prepare for Shabbat (BT Beitzah 16A)

Before lighting the candles, attend to the physical setting, food preparation, and personal grooming. Light the candles no later than 18 minutes before sundown. The most widespread custom is to light 2 candles.

First light candles, close your eyes and recite the blessing:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת

Baruch atah Adonai, Eloheinu, melek ha-olam, asher kid'shanu b'mitzvotav v'tzivanu l'hadlik near shel Shabbat . Praised are You, Adonai, our God, Sovereign of the Universe, who, sanctifying us with divine commandments, has commanded us to kindle the light of Shabbat.

Follow this blessing with a personal meditation such as *May the peace of Shabbat fill our hearts, home, and world. Amen.*

When there is another holiday/festival (other than Hannuka or Yahrtzeit candle) the following words are added to the blessing above **וְיוֹם טוֹב** v'yom tov (*and holiday/festival*).

Shalom Aleyhem-Peace Unto You

As diners take their places around the table, this song is often sung. It is believed to have been written in the 17th century, inspired by Talmudic legend. Rabbi Yosi ben Yehuda taught: "Two ministering angels, one good and one bad, escort a person home from the synagogue on Shabbat eve. When he comes home and finds the candles lit, the table set, and the bed made, the good angel says, 'May it be God's will that it also be so next Shabbat,' and the bad angel is compelled to say 'Amen.' But if the house is not prepared for Shabbat, then the bad angel says, 'May it be God's will that it also be so next Shabbat,' and the good angel has to say 'Amen.'" If every Jew is accompanied home by two ministering angels, then it is only proper that he greet them, bless them, and seek their blessing.

שְׁלוֹם עֲלֵיכֶם, מְלַאֲכֵי הַשָּׁמַיִם
[בּוֹאֲכֶם בְּרִכּוֹנֵי צְדָקָתְכֶם] לְשְׁלוֹם מְלַאֲכֵי הַשָּׁלוֹם
" " " מְלַאֲכֵי עֲלִיּוֹן מִמְּלֶכֶת מְלַאֲכֵי הַמַּלְאָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Sha-lom a-lei-chem, mal-a-chei ha-sha-reit mal-a-chei el-yon mi-me-lech ma-l'chei ha-m'la-chim ha-kadosh ba-ruch hu. Peace to you, ministering angels, angels of the Most High, from the King of Kings, the Holy One Blessed is He.

Verses 2,3,4, are the same with the exception of the first phrase.

[Bo-a-chem/ Bar-chu-ni / Tsei-t'chem] l'sha-lom, mal-a-chei ha-sha-lom ...

[Come in peace/ Bless me with peace/ Depart in peace] O angels of peace...

Eishet Chayil-A Woman of Valor

Eishet Chayil drawn from Proverbs 31 – A prayer for the utmost accomplishment, typically inferred for the praise of the wife (the Woman of Valor) however, it is also allegorically directed to Torah and Wisdom. This prayer is part of the concept of peace in the home, Shalom Baiyit. It is recited even in a single-person household with the address focused on Torah and Wisdom. The full text is an alphabetical acrostic covering “A to Z.” It can be found in a Tanach (Bible) or online. Here are some excerpts:

An accomplished woman, who can find? Her value is far beyond pearls.

Her husband's heart relies on her and he shall lack no fortune.

She does him good and not evil, all the days of her life.

She is like the merchant ships, she brings her bread from afar.

She plans for a field, and buys it. With the fruit of her hands she plants a vineyard.

She extends her hands to the poor, and reaches out her hand to the needy.

Strength and honor are her clothing, she smiles at the future.

She opens her mouth in wisdom, and the lesson of kindness is on her tongue.

She watches over the ways of her household, and does not eat the bread of idleness.

Her children rise and praise her, her husband lauds her.

Many women have done worthily, but you surpass them all.

Charm is deceptive and beauty is vain, but a woman who fears God shall be praised.

Give her of the fruit of her hands, and let her works praise her in the gates.

אִשֶׁת חַיִל מִי יִמְצָא וְרָחֹק מִפְּנִינִים מִכְרָה.	Eishet chayil mi yimtza v'rachok mipnanim michra
בָּטַח בָּהּ לֵב בְּעֵלָה וְשָׁלַל לֹא יִחְסָר.	Batach bah lev balah v'shalal lo yechar
גִּמְלָתָהּ טוֹב וְלֹא רָע כֹּל יָמֵי חַיֶּיהָ.	G'malathu tov v'lo ra kol y'mei chayeha
הֵיטָה כְּאֲנִיּוֹת סוֹחֵר מִמֶּרְחָק תָּבִיא לַחֲמָה.	Hayta kaoniyot socher mimerchak tavi lachma
זָמְמָה שָׂדֵה וַתִּקְחֶהּ מִפְּרֵי כִפְיָה נְטֹעָה כָּרֶם.	Zamma sade vatikachehu mipri chpeha nat'a kerem
כַּפָּה פָּרְשָׁה לְעֵנִי וַיְדִיחַ שְׁלַחָה לְאַבְיוֹן.	Kapah parsha leoni v'yadeyha shilcha laevyon
עָז וְהָדָר לְבוּשָׁה וַתִּשְׁחַק לְיוֹם אַחֲרוֹן.	Oz v'hadar l'vusha vatischak l'yom acharon
פִּיהָ פִּתְחָה בְּחֻמָּה וְתוֹרַת חֶסֶד עַל לְשׁוֹנָה.	Piha patcha v'choma v'torat chesed al l'shona
צוּפִיָּה הַלִּיכוֹת בֵּיתָהּ וְלֶחֶם עֲצָלוֹת לֹא תֹאכֵל.	Tzofiya halichot beita v'lechem atzlut lo tochel
קָמוּ בְנֵיהָ וַיֵּאשְׁרוּהָ בְּעֵלָה וַיְהַלְלָהּ.	Kamu vaneha vayasruha bala vayhalla
רַבּוֹת בָּנוֹת עָשׂוּ חַיִל וְאַתְּ עָלִית עַל כָּלָנָה.	Rabot banot asu chayil v'at alit al kulana
שִׁקֵּר הַחַן וְהַבֵּל הִלְפֵי אִשָּׁה יִרְאֵת יְיָ הִיא תִּתְהַלָּל.	Sheker hachen v'hevel hayofi isha yirat Adonai hi tithalal
תָּנוּ לָהּ מִפְּרֵי יָדֶיהָ וַיְהַלְלוּהָ בְּשַׁעֲרֵים מַעֲשֵׂיהָ.	Tanu lah mipri yadeha vihalluha vasharim ma'aseha

A comparable text for wives to recite for their husbands is Psalm 112:1-9.

Hallelujah! Happy is the man who reveres the Lord, who greatly delights in His commandments.

His descendants will be mighty in the land; the generation of the upright will be blessed.

Wealth and riches are in his house, and his righteousness endures forever.

He rises in the darkness as a light for the upright; He is gracious, merciful, and righteous.

It is well with the man who deals generously and lends, who conduct his affairs with justice.

For he will never be moved; he will be remembered for ever.

He is not afraid of evil tidings; His heart is firm, secure in the Lord.

His heart is steady, he will not be afraid; in the end he will look in triumph on his foes.

He has distributed freely, he has given to the poor; his righteousness endures forever.

Blessing the Children at the dinner table, the parent(s) place both hands on the child's head (beginning with the eldest).

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה	Son	May God make you like Ephraim and Manasseh.
יְשִׁמְךָ אֱלֹהִים כְּסָרָה רִבְקָה רַחֵל וְלֵאָה	Daught.	May God make you like Sarah, Rebecca, Rachael and Leah.
יְבָרְכֶךָ יְיָ וַיִּשְׁמְרֶךָ		May Adonai bless and guard you.
יָאֵר יְיָ פָּנָיו אֵלֶיךָ וַיְחַנֵּךְ	All	May Adonai shine towards you and be gracious to you.
יִשָּׂא יְיָ פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם.		May Adonai turn to you and grant you peace.

Y'simcha Elochim k'Efra'im v'chiM'nasheh.

Y'simech Elochim k'Sarah, Rivkah, Leah v'Rachel.

Y'varechecha Adonai v'yish'merecha.

Ya'er Adonai panav eilecha vichuneka.

Ya'er Adonai panav eilecha, v'yasem l'cha Shalom.

It is common for parents to whisper to their children praises and encouragement. This custom is a linkage of parental love to the gift of Judaism and Torah from God. It establishes the direct relationship of the security of the home to our beliefs. Thusly, the child can find refuge in the blessings from parent as a conduit to God for life.