

# SHABBAT RITUALS

*Thank you for joining us for this meaningful Pride Shabbat as we support community, inclusion, and belonging, all enriched by our shared Jewish tradition. As you welcome Shabbat, consider how you are receiving the gift of this moment.*

## light

Many people have the tradition of closing their eyes while reciting the candle blessing; that way, when they open their eyes, the very first thing they see is the light of Shabbat. This is a visual way to separate Shabbat from the rest of the week. As you light the candles, drop your shoulders and unclench your jaw: the sacred rest of Shabbat starts now.

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצוותיו וצונו להדליק נר של שבת.

*Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu l'hadlik ner shel Shabbat.*

Blessed are You, Infinite One, who makes us holy through our actions and honors us with the light of Shabbat.

## wine

As you raise the Kiddush cup, a special cup with a special drink (usually fruit of the vine), delight in the holiness of this moment. Let the blessing remind you that your joy is twofold: there is joy in creation, and there is joy in the freedom to celebrate.

ברוך אתה יי אלהינו מלך העולם בורא פרי הנפון.  
ברוך אתה יי מקדש השבת.

*Baruch Atah Adonai Eloheinu Melech ha'olam borei p'ri ha'gafen.  
Baruch Atah Adonai m'kadesh ha'Shabbat.*

Blessed are You, Infinite One, creator of the fruit of the vine.  
Blessed are You, Infinite One, who sanctifies Shabbat.

## preparation (handwashing)

In Jewish tradition, water is transformative. Water is the substance which held the world as it was created, and now helps us to prepare for Shabbat by taking on whatever we no longer wish to hold. It allows space for us to accept the serenity of Shabbat with open hands and open hearts.

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

*Baruch Atah Adonai Eloheinu Melech ha'olam asher  
kidshanu b'mitzvotav vitzivanu al netilat yadayim.*

Blessed are You, Infinite One, who makes us holy through  
our actions and honors us as we raise up our hands.

## bread

An ancient rabbi once said, "Without bread, there is no Torah."  
When we take the time to feed each other and ourselves, we open  
ourselves up to the wisdom of the body and the soul. We are nourished  
both by the food on the table, and by the people sitting around it.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמּוֹצֵיא לֶחֶם מִן הָאָרֶץ.

*Baruch Atah Adonai Eloheinu Melech ha'olam ha'motzi lechem min ha'aretz.*

Blessed are You, Infinite One, who brings forth bread from the earth.

## gratitude

We bookend our meal with blessings: taking a moment of gratitude  
both before and after we eat – a true rabbinic innovation. Take this moment  
to think about all of the work that went into this meal, from farmers to grocers  
to cooks, right down to the company that made it all the more delicious.

When you eat and are satisfied, bless.

בְּרִיךְ רַחֲמָנָא מַלְכָּא דְעָלְמָא מְרִיבָה דְהַאי פִּיטָא.

*Brich rachamana malka d'alma marei d'hai pita.*

We are blessed with compassion by You,  
Infinite One, who sustains us with bread.