

שבת שלום

שלום בית



*Peace of the Home*

*Shabbat Shalom*

*A Home Shabbat Celebration*

*Created by Rabbi Adam Chalom*



## Introduction

Shabbat Shalom!

Welcome to this home celebration of Shabbat. It includes a variety of ways to celebrate Shabbat in your home. Don't feel bound by the ages listed for certain readings—choose the right readings for your family, and don't be afraid to jump around, to mix and match, or even to edit! For example, for children under 4, even simpler language like practicing “Shabbat Shalom” and Hebrew words for the symbols would also be appropriate.

The most meaningful Jewish experiences are the ones families make for themselves—Haggadot that are re-written every Passover, Hanukkah lights lit in each family's own way. Every home and every Jewish family are different, and so too will your Shabbat be unique. Once you feel ready, think about making your own family Shabbat traditions.

This is the most exciting part of Humanistic Judaism—we are free and encouraged to create new traditions from our Jewish heritage. Who knows how future generations will celebrate Shabbat, in ways that are meaningful to them?



### Bim Bam and Shabbat Shalom

*May sing both songs together or each separately—music on page 9*

Bim Bam, Bim bim bim bam. Bim bim bim bim bim bam.  
Shabbat Shalom, Shabbat Shalom,  
Shabbat Shabbat Shabbat Shabbat Shalom.

## קבלת שבת - Kabbalat Shabbat - Welcoming Shabbat

### Ages 7 and under

To say hello to Shabbat, we say, “Shabbat Shalom.”

Shabbat is a happy time. We are with our family. We are in our home. We are close to people we love, and we are close to people who love us.

Shabbat is a special time for Jewish people all over the world. And for us too!

*All welcome Shabbat by saying “**Shabbat Shalom**”*

### Ages 8-12

We welcome Shabbat by saying, “Shabbat Shalom.”

Shabbat connects us to the whole world. Here in our home we are a family: parents and children. We are part of the Jewish family, linked to every home in the chain of our tradition. And we are part of the human family, and part of the natural world around us.

When we greet Shabbat, we can say, “Shalom, Shabbat! Hello, Shabbat!” And we say to each other, “Shabbat Shalom! A Shabbat of Peace!”

*All greet each other with “**Shabbat Shalom**”*

### Teens and Adults

To wish each other “Shabbat Shalom” is to be generous.

In a busy week, free time, quiet time, is very valuable. The chance to catch our breath, to step back from our work and think about our lives from a distance, to spend time in our home with our family: Shabbat offers all of these, and more.

Greeting each other with “Shabbat Shalom” is another way of expressing love and affection. May we celebrate a peaceful and warm Shabbat together.

*All greet each other with “**Shabbat Shalom**”*

## הדלקת נרות - Hadlakat Nayrot - Lighting Candles

### Ages 7 and under

*Nayrot* is Hebrew for “Candles.”

Candles are very pretty. They help us see, and they keep us warm. The light of a candle dances and jumps, never sitting still. It is full of energy, and full of life. And we are too!

*Parents light Shabbat candles,*

### Ages 8-12

Fire is very powerful. It can help us, or it can hurt us. A small light can become brighter, and warmer, and stronger, but only if we help it to grow.

We are all like the candles. If our family, our teachers, and our friends help us to grow, we will become brighter, and warmer, and stronger. And we must do the same for others.

*Parents assist children in lighting Shabbat candles*

### Teens and Adults

The lights of Shabbat are powerful. They are a bridge between the past and the future.

The lights of the flame transport us back in time and culture, before electricity, before the noise of modern civilization. There is something hypnotizing, something primitive, about the flickering light. In these candles, we see the depth of our past, the warmth of our family, and our hope for the future.

*Light Shabbat candles,*



Choose one of these to say or sing as candles are lit—music on pages 9-10

## Candle Blessing

BA-ROOKH HA-OR BA-O-LAM

בְּרוּךְ הָאוֹר בְּעוֹלָם.

BA-ROOKH HA-OR BA-A-DAM

בְּרוּךְ הָאוֹר בְּאָדָם.

BA-ROOKH HA-OR BA-SHA-BAT

בְּרוּךְ הָאוֹר בְּשַׁבָּת.

Blessed is the light in the world.

Blessed is the light of humanity.

Blessed is the light of Shabbat.

## Let us Light These Lights

BA-ROOKH HA-OR

בְּרוּךְ הָאוֹר.

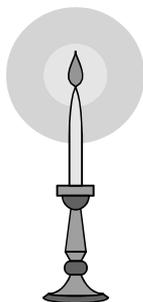
BA-ROOKH O-RAT SHA-BAT

בְּרוּךְ אוֹרַת שַׁבָּת.

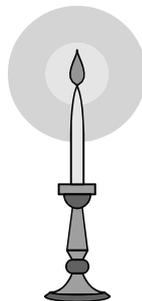
BA-ROOKH HA-OR SHA-LOM

בְּרוּךְ הָאוֹר שְׁלוֹם.

Let us light these lights  
And see the way to joy  
And let us say, *simcha*. (2x)



Let us light these lights  
And see the way to love  
And let us say *ahava*. (2x)



Let us light these lights  
And see the way to peace  
And let us say, *shalom*. (2x)

*Debbie Friedman, adapted by Rabbi Daniel Friedman*

## Celebrating Family

*Parents say to children:*

May you grow into a *mensch*, a full person. May you be brave and strong like the best people in Jewish history and human history. And may you become the best person you can be.

*Children say to parents:*

May we learn from each other. And may we always have peace in our home and love in our hearts.

*All say together:*      **LOO Y'HEE - May it be.**

*Each person shares something nice about another person present*

## קידוש - Kiddush

*More extended Hebrew wine blessings are on the next page.*

### Ages 7 and under

*Yayin* is Hebrew for “Wine.”

Wine is sweet, and wine looks beautiful in a cup for Shabbat. We drink *yayin* at special times – at weddings, on holidays, and on Shabbat. When we share wine, we share life.

*All share wine or grape juice with “L’khayim! To Life!”*

### Ages 8-12

Wine is sweet. Wine helps us taste the sweetness of life. When we share wine, we celebrate our heritage and our happiness today. Wine is a symbol of life, and a symbol of the power of people.

*All share wine or grape juice with “L’khayim! To Life!”*

### Teens and Adults

Wine is a symbol of the power of people to make the world better. We found grapes in nature, and we grew them in vineyards and squeezes them into juice and fermented the juice into wine. We find ourselves in families, in communities, part of the Jewish people. It is our creativity and our efforts that make our lives that much sweeter.

*All share wine or grape juice with “L’khayim! To Life!”*

Choose one of these to say or sing before wine is drunk —music on page 11

BA-ROOKH HA-OR BA-O-LAM	בְּרוּךְ הָאוֹר בְּעוֹלָם
BA-ROOKH HA-OR BA-A-DAM	בְּרוּךְ הָאוֹר בְּאָדָם
BO-RAY P'-REE HA-GA-FEN	בוֹרֵא פְרֵי הַגֶּפֶן.

Blessed is the light in the world.  
Blessed is the light of humanity  
That brings forth the fruit of the vine.

May use either first paragraph or entire text

SAVRI MARANAN	סְבָרֵי מַרְנָן וְרַבְּנָן דְּאֵתְמוּל
V'RABANAN D'-ETMOL:	קְדָשְׁנוּ אֶת הַיַּיִן.
KIDASHNU ET HA-YAYIN	סְבָרֵי מַרְנָן וְרַבְּנָן דְּהַיּוֹם
SAVRI MARANAN	בְּרוּכִים הַבוֹרְאִים פְּרֵי הַגֶּפֶן.
V'RABANAN D'-HA-YOM:	
BROOKHEEM HA-BOREEM	
PRI HA-GAFEN	
HA-SHA-BAT M'-SAMKHEINU	הַשַּׁבָּת מְשַׂמְּחֵנוּ.
HA-SHA-BAT M'-RAPEINU	הַשַּׁבָּת מְרַפֵּינוּ
LE-GUFOTEINU	לְגַפּוֹתֵינוּ וּלְנַפְשׁוֹתֵינוּ.
U-L'NAFSHOTEINU	הַשַּׁבָּת מְאַשְׂרֵינוּ.
HA-SHA-BAT M'-ASHREINU	בְּרוּכִים הַשּׁוֹמְרִים אֶת יוֹם הַשַּׁבָּת.
BRUKHEEM HA-SHOM-REEM	
ET YOM HA-SHA-BAT	

The Rabbis and Sages of old proclaimed: We sanctify this wine.  
The Rabbis and Sages of today proclaim:  
Blessed is fruit of the vine.  
The Shabbat makes us joyful,  
The Shabbat heals us in body and in spirit.  
The Shabbat enriches us.  
Blessed are those who keep the Shabbat.

*Morris Sukenik*

## חלה - Challah

### Ages 7 and under

Tonight we share food that keeps us healthy and alive. The sweet, soft and chewy Challah melts in our mouth and feeds our body. Challah feeds our hearts and makes us happy too!

*All share Challah bread*

### Ages 8-12

Tonight we share special bread. It is a special food of home and tradition. When we eat it, we remember the sun and water that made the wheat grow, and we remember the people who did many things to help the bread come to our home: planting, growing, harvesting, grinding it into flour, and baking it into sweet bread. Life is good.

*All share Challah bread*

### Teens and Adults

Food is a building block of life, and the seed of human connection. If we can eat and drink together, we can live and love together. The sharing of food is the beginning of generosity, and “breaking bread” is how we learn to care for each other. We learn this lesson every Shabbat by sharing food in the spirit of home and family.

*All share Challah bread*

Choose one of these to say or sing as challah is shared —music on page 12

בְּרוּכִים הַמוֹצִיאים לֶחֶם מִן הָאָרֶץ

B'-ROO-KHEEM HA-MO-TSEE-EEM LE-KHEM MEEN HA-ARETS

Blessed are those who bring forth bread from the earth.

BA-ROOKH HA-OR BA-O-LAM

בְּרוּךְ הָאוֹר בְּעוֹלָם

BA-ROOKH HA-OR BA-A-DAM

בְּרוּךְ הָאוֹר בְּאָדָם

HA-MO-TSEE LE-KHEM MIN HA-A-RETS

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Blessed is the light in the world.

Blessed is the light of humanity

That brings forth bread from the earth.

# אונג שבת - Oneg Shabbat - Celebrating Shabbat

## Ages 7 and under

Shabbat is here	Shabbat is here.
A happy time.	A Jewish time.
Shabbat is here	Shabbat is here.
A singing time.	Our special time Together.

*All welcome Shabbat by saying or singing  
"Hava Nagila! Let us rejoice!"*

## Ages 8-12 AND Teens and Adults

Shabbat is not only a time to rest and a time to think. Shabbat is a time to celebrate! We are together, and life is good. Tonight we can celebrate each other and the joy we feel together.

*All welcome Shabbat by saying or singing  
"Hava Nagila! Let us rejoice!"*

*music on page 12*

HA-VA NA-GEE-LA V'-NIS-MA-KHA

הָבָה נְגִילָה וְנִשְׂמְחָה

HA-VA N'-RAN-N'-NA V'-NIS-MA-KHA

הָבָה נְרַנְנָה וְנִשְׂמְחָה

OO-RU A-KHEEM B'-LEV SA-MAY-AKH

עִירוּ אֶחָיִם בְּלֵב שִׂמְחָה

Come and rejoice

Come sing and rejoice

Awake, brothers and sisters, and be happy

*Traditional*



## Music for Songs and Blessings

### Bim Bam and Shabbat Shalom—page 1

Voice

Bim bam, bin bin bin bam. Bin bin bin bin bin Bam.

Sha-bat sha lom, {clap} Sha bat sha lom,{clap} Sha bat sha bat sha bat sha bat sha lom.

Sha bat sha bat {clap} Sha bat sha bat sha lom. Sha bat sha lom {clap}

Sha bat sha lom {clap} Sha bat sha bat sha bat sha bat sha lom. Bim bam,

bin bin bin bam. Bin bin bin bin bin bam. bam. bam.

### Candle Blessing—page 4

Voice

Ba rukh ha or ba oh lam. Ba rukh ha or ba ah dam. Ba rukh ha oh- or

ba sha bat. L' khie yeem.

## Let Us Light These Lights—page 4

MELODY

C/D G Amin7 D G Emin A7



1. Ba - ruch ha - or ba - ruch o-rat Sha - bat ba - ruch ha - or sha -

7 C/D D7 G Amin7 D7 Emin C



lom. Let us light these lights and see the way to peace, and let us

14 C/D D7 G G/A A7 D Emin7 A7 D



say sha - lom. 2. Let us light these lights and see the way to joy, and love,

21 Bmin E7 G/A A7 D Emin7 A7



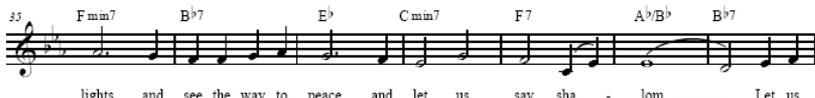
let us say sim - cha. Let us light these lights and see the way to a - ha - va.

28 Bmin G G/A A7 D 1. A7 2. Bb7 Eb



joy, and let us say sim - cha. 3. Let us love, 4. Let us light these

35 Fmin7 Bb7 Eb Cmin7 F7 Ab/Bb Bb7



lights and see the way to peace, and let us say sha - lom. Let us

42 Eb Fmin7 Bb7 Cmin Ab Ab/Bb Bb7 Eb



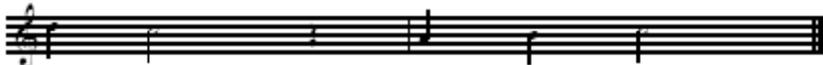
light these lights and see the way to peace, and let us say sha - lom.

## Wine Blessing—page 6

Voice



Ba rukh ha or ba sh lam. Ba rukh ha or ba sh dam bo ray pri<sup>3</sup> em



ga fen. L' khie yeem.

## Savri Maranan—page 6

Voice



Sav ri ma ra nan v' ra<sup>3</sup> ba nan d' et mol: kad shey noo al ha yie yeen.



Sav ri ma ra nan v' ra<sup>3</sup> ba nan d' ha yom: b' roo khie eem ha bor eem pree ha ga



fen. Ha sha bat m' sam khay noo. Ha sha bat m' ra pay noo.



L' goo fo tay noo oo' l' naf sho tay noo. Ha sha bat m' ash ray noo.



B' roo khie eem ha shom reem et yom ha sha bat. L' khie yeem.



## Bread Blessing—page 7

Voice

Ba rukh ha or ba oh lam. Ba rukh ha or ba ah dam. Ha mo tsee leh

khem meen ha ah rets. L' khie yeem.

## Hava Nagila—page 8

Voice

Ha va na gee la ha va na gee la ha va na gee la

v' nis ma kha. v' nis ma kha. Ha va u' ra u' na ha va u' ra u' na  
FINE

ha va u' ra u' na v' nis ma kha. v' nis ma kha. Oo roo

oo roo ah kheem oo roo ah kheem b' lev sa may akh oo roo ah kheem b' lev sa may akh

oo roo ah kheem b' lev sa may akh oo roo ah kheem b' lev sa may akh oo roo ah kheem

oo roo ah kheem b' lev sa may akh. D. C. AL FINE

## Additional Songs for a Home Shabbat

### L'kha Dodee - Come, My Beloved

L'KHA DO-DEE LEE-KRAT KA-LAH . לְכָה דוּדֵי לְקִרְאֵת בְּלָה.  
P'NAI SHA-BAT N'-KAB-LA פְּנֵי שַׁבַּת נְקַבְּלָה.  
SHA-BAT SHA-LOM שַׁבַּת שְׁלוֹם וּמְבוֹרָךְ.  
OO-M'-VO-RAKH

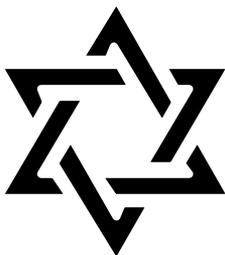
Come, my beloved, to meet the bride,  
The faces of Shabbat we will receive.  
A Sabbath of peace and blessing.

*Solomon Alkabetz*

Voice

The musical notation consists of three staves of music in G major, 4/4 time. The first staff begins with a treble clef and a common time signature. The lyrics are written below the notes. The second and third staves include first and second endings, indicated by dashed lines and numbers 1 and 2.

L' kha doe de see. Leek rat kah lah Lee krat kah lah p' nay  
sha bat n' kab lah n' kab lah kab lah Sha bat sha lom sha  
bat sha lom. sha bat sha lom oo m' vo rakh vo rakh



## Shalom Aleikhem

SHALOM ALEICHEM  
O-HA-VAY HA-SHALOM  
SHOM-RAY SHALOM.  
SHALOM ALEICHEM  
ROD-FEY SHALOM  
SHALOM ALEICHEM.

שָׁלוֹם עֲלֵיכֶם  
אוֹהְבֵי הַשְּׁלוֹם שׁוֹמְרֵי שְׁלוֹם.  
שָׁלוֹם עֲלֵיכֶם  
רוֹדְפֵי שְׁלוֹם שָׁלוֹם עֲלֵיכֶם.

BO-A-CHEM L'SHALOM  
O-HA-VAY HA-SHALOM  
TSEYT-CHEM L'SHALOM.  
MI-YOM ZEH  
L'YA-MIM HA-BA-IM  
SHALOM ALEICHEM.

בוֹאֲכֶם לְשָׁלוֹם  
אוֹהְבֵי הַשְּׁלוֹם צְאֹתְכֶם לְשָׁלוֹם.  
מִיּוֹם זֶה לְיָמִים הַבָּאִים  
שָׁלוֹם עֲלֵיכֶם.

Peace to you, lovers of peace, keepers of peace.  
Peace to you, pursuers of peace. Peace to you.  
Come in peace, lovers of peace. Leave in peace.  
From this day to the days to come, Peace to you.

Voice

Sha lom ah lei khem oh ha vay ha sha lom sho m' ray sha lom

Sha lom ah lei khem rod fey sha lom. Sha lom ah lay khem.

Bo ah khem l' sha lom oh ha vay ha sha lom tseyt khem l' sha lom.

Mee yom zeh l' ya meem ha ba ee eem. Sha lom ah lay khem.

Sha lom ah lei khem oh ha vay ha sha lom sho m' ray sha lom

Sha lom ah lei khem rod fey sha lom. Sha lom ah lay khem.

*All original readings not otherwise cited © 2007 by Rabbi Adam Chalom.*

## **Kol Hadash Humanistic Congregation is part of the world-wide movement of Secular Humanistic Judaism**

- ☆ We believe that human beings possess the intelligence and wisdom to determine the purpose and course of their lives without the need for supernatural guidance or protection. We use human reason, initiative, and courage to formulate and achieve our noblest aspirations.
- ☆ We believe we are Jewish by virtue of our participation in the history of the Jewish people. We interpret Jewish history as the product of human decisions and actions.
- ☆ We believe in the fundamental importance of individual responsibility to shape lives of significance and dignity.
- ☆ We encourage our children to value their Jewish identity and to feel confident in their ability to think for themselves.

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